How to Match in Sports Medicine—AMSSM Recommended Activities

November 2013

American Medical Society of Sports Medicine (AMSSM):

- National primary care sports medicine organization
- Website: www.amssm.org
- Become a member as a resident
- Go to Annual Conference during second year (spring) or earlier

American College of Sports Medicine (ACSM):

- National sports medicine and exercise science organization
- Website: www.acsm.org
- Become a member as a resident
- Go to annual conference during second year (spring) or earlier

Away Rotation:

- At fellowship of interest
- At fellowship with known faculty within AMSSM (future letter of recommendation)
- Two-week rotation is enough
- If doing two-week rotations – do rotations at different fellowships
- Do rotations during: Spring of 2nd year & Fall of 3rd year
- See AMSSM website – has contact info and link to web pages for individual programs
- Each program has different policies regarding outside resident rotations
- **Contact programs early** – they fill up fast for outside resident rotators (priority given to internal residents for rotation time) – Consider starting 6 months ahead of time

AMSSM Resident Scholarship:

- Apply, apply, apply
- Fellowship directors read the applications & will remember
- Apply for the award given the spring of your 2nd year
- You must be an AMSSM member to apply
- Requires sponsorship by an active AMSSM member
- Award winner receives a $500 cash award and complimentary attendance at the Annual Meeting
• See AMSSM website for details of the application process and award

For Application:

- Electronic Residency Application Service (ERAS)
  - See AMSSM website for full detail
- Work on CV spring of 2nd year
- Work on Personal Statement spring of 2nd year
- Letters of Recommendation – seek out Winter/Spring of 2nd yr:
  - Faculty you rotated with
  - Local AMSSM member you shadowed
  - Residency program director/Faculty Advisor
- Rotations – Away Elective (see above)
- Shadowing:
  - Local Sports Med/AMSSM doctors
  - AMSSM website (www.amssm.org)
  - Talk to graduates of program who did SM fellowship
  - Go to AMSSM conference
- Event Coverage:
  - As much as possible – all events and any of particular interest
  - Keep a strict log of coverage
  - Cover all levels (i.e. High School, College, Olympic programs)
- Residency Projects:
  - Create handbooks/syllabus/etc.
  - Give lectures
  - Help with curriculum
  - High school coverage
- Longitudinal sports team coverage:
  - High school or college
  - Demonstrates ability to work with ATC's
  - Demonstrates long-term interest in sports medicine
  - Provides opportunity to give talks, provide education
- Research:
  - A benefit but not a must – depends on the program you are applying
  - Contact local AMSSM doctor to see if projects are ongoing/available
  - Search AMSSM website
  - Academic writing can include original research but also review articles
  - Development of posters and case presentations for conferences
- Primary Care:
  - Don't forget this is for Primary Care Sports Medicine and is our foundation in medicine
• Excellence in primary care is as important to fellowship directors as your experiences in sports medicine
• Participation in non-sports activities in residency are looked upon favorably and should be included in the application

Timeline of Events

Intern Year:

- Event Coverage, Event Coverage, Event Coverage
- High School Coverage
- Other Volunteer positions – Take part in local conferences, talks, mass participation events, etc.
- Contact local AMSSM Docs, shadowing opportunities/events/research projects

Second Year:

- Set up away elective for Spring
- Event Coverage, Event Coverage, Event Coverage
- Fall/Winter – AMSSM Resident Scholarship Application
- Spring – AMSSM Conference
- Spring – Start on Personal Statement
- Spring – Start on Letters of Recommendation
- Spring – Start on CV
- June – REGISTRATION FOR ERAS SYSTEM

Third Year:

- July 1 – START ERAS APPLICATION
- July 15 – Programs can begin review of ERAS applications
- Summer/Fall – Away Elective/Rotation (If you finish the application for the program before the time of rotation – potential opportunity to interview during the rotation)
- Interview – Middle of December
- Rank List Due – Middle of December
- Match Day!!!!! – Beginning of January