Greetings ISBS members,

It was great to have the Annual Conference take place in person again this year. I was extremely happy to see so many friends face to face and not just on screen!

Over 320 people from 30 countries attended the meeting. The team at Liverpool John Moores University put on a great conference despite having to adjust for the heat on the first day. I’m sure that was easier than the adjustments they made in 2020 and they were happy to showcase their university and city. I encourage everyone to start organizing papers to submit to the next Annual Conference to be held 12-16 July 2023 at Marquette University in Milwaukee, WI USA.

Also, a great thank you to our Society sponsors Delsys, Qualisys, Simi, and Vicon for their support of the conference and the ongoing activities of ISBS. A reminder that ISBS is currently affiliated with four other professional societies:

- Japanese Society of Biomechanics (JSB);
- Arab Society of Biomechanics in Sports (ArabSBS);
- European Society of Biomechanics (ESB);
- Société de Biomécanique (SB).

Members of ISBS can also attend meetings of these societies at the same cost as members of the named societies. Please contact the society of interest when intending to register for their meetings to avail of the correct fee.

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Message from the President

Randall Jensen

The ISBS Mid-Year Symposium scheduled for 8-9 February 2023 (GMT) is currently starting to get organized. This event has become a great success and a super way to keep ISBS members connected.

At the Post-Conference Meeting, the Board of Directors voted to endorse the principles of “Academic Conferences: How to Build Capacity for Equity, Diversity, and Inclusion (EDI)” and strive to achieve them in all ISBS activities.

In closing, please stay safe and continue to support ISBS. It is your Society.

Randall Jensen
ISBS President
ISBS 2022 was a welcome return to in-person conferencing and we were delighted to welcome >320 delegates from 30 countries. Despite record-breaking heat on the first day which caused some disruption, the remainder of the conference ran very well and we were able to accommodate 129 oral presentations, 56 posters, 6 keynotes and 6 applied sessions.

The Geoffrey Dyson Lecture was given by Prof. JP Vilas-Boas and the Hans Gros Award Lecture by Dr. Marion Mundt. The student mentor breakfast was again a success in connecting students to more experienced biomechanists and new initiatives such as the Supporting Women in Biomechanics and Mothers Café were popular. Delegates enjoyed social activities including a visit to Anfield, the Anglican Cathedral and axe throwing and we finished with a fabulous dinner with the Upbeat Beatles in St George’s Hall.

The conference organising committee were delighted to host the first ISBS conference in the UK and would like to thank all conference sponsors, ISBS VPs, applied session hosts, all session chairs, paper reviewers and most importantly all of the delegates.

Diversity, Equity, & Inclusion Presidential Committee Update

It has been over a year since President Randall Jensen formed a Presidential Committee to look at diversity, equity, and inclusion issues for ISBS. The committee had several Zoom and in-person meetings and would like to report the following activities and actions. First, at the 2021 post-conference meeting the ISBS Board adopted a Code of Conduct and policy. The policy is an initial step to formalize our commitment to collegial, open, and harassment-free exchange of ideas in all ISBS activities. Reporting and due process review of potential violations of the policy will go through conference organizers or any Executive Council members. You can download and review the policy and reporting form on the ISBS website. Second, we surveyed the membership about inclusion issues and the fifty respondents to the survey were primarily positive that ISBS is an open and inclusive society. Only 8% of respondents did not feel ISBS works to promote inclusion. Sixteen percent reported experiencing barriers to inclusion, however none of these perceived barriers resulted from discrimination and many were not under ISBS control. This year the committee recommended to the ISBS board endorsing the “Academic Conferences: How to Build Capacity for Equity, Diversity, and Inclusion (EDI)” document and integrating relevant suggestions into our policies and programs, as well as developing and funding a diversity travel support grant or award. Thank you to the many members who have served on the committee including Felipe Carpes, Floren Colloud, Steffi Colyer, Sina David, Ina Janssen, Bill Johnson, Hashem Kilani, Kristof Kipp, Duane Knudson (Past-President & Chair), Marcus Lee, and Stephanie Moore. Following the AGM the President-Elect Hiro Numome has taken over this committee and members interested in serving on this committee are encouraged to contact him. Science works best when there is respectful, open communication and debate that ensures problems are solved by respecting and valuing a variety of perspectives.
ISBS 2023 Call for Papers

We are excited to announce the first call for papers for the annual scientific conference of the International Society for Biomechanics in Sports in 2023. The conference will be hosted at Marquette University in Milwaukee, USA, from July 12-16.

Kristof Kipp & Chris Geiser

Conference Website

Key Dates

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Submission Information

Papers can be submitted through the [online portal](#)
Following the success of our first two virtual symposia, we will be hosting our 3rd Mid-Year Symposium on **8 - 9th February 2023**.

The symposium will again take place online and will incorporate a number of different session themes and formats that will be presented across varying time zones to accommodate ISBS members from around the globe. As well as research and applied biomechanics focussed events that are suggested by ISBS members, events will also include opportunities to connect with other ISBS members in less formal sessions similar to the students’ event, women’s event and mother’s café from previous years.

**All events will be free and available to all ISBS members.**

Please ensure that your membership is renewed in 2023 to participate and register. Unsure of your membership status? Check on the [ISBS website](http://isbs.org).

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**ISBS Teaching Initiative**

**Alexandra Atack**

A year on from our initial call for expressions of interest in the ISBS Teaching Initiative, we now have over 75 interested members and have held a number of informal online discussions, formal webinar presentations and a Mid Year Symposium session (available to [view on the website](http://isbs.org)), culminating in the face-to-face pre-conference workshop in Liverpool this summer. On the next page is a summary of the annual conference session as well as our upcoming online Lightning Talks.
**ISBS Teaching Initiative (Cont.)**

**Alexandra Atack**

**ISBS Annual Conference, Liverpool July 2022**

We are grateful to everyone who attended the session and in particular the presenters/facilitators Prof Duane Knudson and Prof Cheng-Tu Hsieh. The session started with an overview of the Scholarship of Teaching and Learning in Biomechanics from Prof Knudson, highlighting the literature that is available to help with teaching within the area ([bibliography](#)). This was followed by small group sessions on a range of topics including 'Instructional Strategies (e.g. active learning)', 'Teaching Specific Concepts (e.g. force/CoM)' and 'Specific Student Problems (e.g. maths/how to teach both ends of the ability range)'. It was great to see so many people interested and engaged in the session (including the applied practitioners who gave a great alternative perspective) and we look forward to continuing these at the next annual conference.

**Upcoming – Online Lightning Talks - 11th November 2022, 1300-1500 GMT**

The next scheduled session is a series of lightning talks. We have seven members lined up to share their experiences of teaching and assessment strategies and will facilitate discussions on the topic areas. Please see the image to the right for more details, and [register your interest online](#).

If you are interested in being updated on our activities, please contact one of the working group. We look forward to seeing as many of you as possible on 11th November.

**Dr Alexandra Atack**

**Dr Sarah Breen**

**Dr Stuart McErlain-Naylor**

**Dr Crystal Kean**
The following awards were presented during the Annual Conference held in Liverpool, UK, in July 2022.

**Geoffrey Dyson Award**

The Geoffrey Dyson Award and Keynote Presentation is the most prestigious award offered by ISBS. It is awarded to an individual who through their professional career has embodied and carried out the primary purpose of ISBS; *to bridge the gap between researchers and practitioners*.

The award is named after one of the founding figures of Sports Biomechanics, Geoffrey Dyson. Geoffrey Dyson had a long and strong academic and coaching career. He was the coach of the British Olympic Team in 1952, 1956, and 1960. In 1962, he first published his book on the Mechanics of Athletics. He was a speaker for the International Olympic Academy and conducted athletic courses in 14 countries. According to John Disley, one of Geoffrey Dyson's favourite pupils, “he devoted his life to making coaching a science and to exposing the charlatan whose only effective advice was do it again, but harder”.

The 2022 recipient was **Professor João Paulo Vilas-Boas** from the University of Porto, Portugal. After having to wait an extra day to deliver his presentation due to the extraordinary heat in Liverpool at the start of the conference, Professor Vilas-Boas delivered an engaging keynote presentation which gave a thorough overview of a lifetime’s work focussing on fundamental and applied biomechanical research in swimming. Keep an eye out for Professor Vilas-Boas’ forthcoming invited article in Sports Biomechanics which will elaborate on his lecture as part of his Geoffrey Dyson Award.
ISBS Awards 2022 (cont.)

Neil Bezodis

It was announced towards the end of the 2022 Annual Conference that the 2023 Geoffrey Dyson Award Winner will be Professor Jill McNitt-Gray from the University of Southern California, USA. We all look forward with great anticipation to hearing Professor McNitt-Gray’s Keynote Presentation at the start of the 2023 Annual Conference hosted by Marquette University in Milwaukee, USA.

Fellow

The ISBS Fellow award recognises substantial scholarly and service contributions to ISBS and Sports Biomechanics. Fellowships were awarded this year to (below, from left to right) Dr Alexandra Attack (St Mary’s University, UK), Dr Kelly Sheerin (Auckland University of Technology, NZ), and Dr Hannah Wyatt (Auckland University of Technology, NZ). Unfortunately Kelly and Hannah were unable to join us at the conference due to University travel restrictions, but we look forward to celebrating with them in person at a future conference. Congratulations to all three of our new ISBS Fellows!
Hans Gros Emerging Researcher Award

The Hans Gros Emerging Researcher Award recognizes excellence in early career research. This prestigious award is given annually to an individual who has excelled in their early research career (2-5 years post PhD) and has embodied the ISBS philosophy of applied science and ‘bridging the gap’ between research and application in practice. The Hans Gros Emerging Researcher Award was first awarded in Taipei, Taiwan as part of the 31st ISBS conference. The winner is invited to present a lecture on their research at that year’s ISBS conference.

The award was named to commemorate Hans Gros for his contribution to ISBS. Hans Gros was a founding member of ISBS and was President in 1996-1998. Hans established the first ISBS website and was awarded Life Membership in 2001 in San Francisco. He was a faculty member at the University of Stuttgart in Germany and taught biomechanics, skiing, and track and field. His research interests focused on sports equipment design for gymnastics, archery, and the biomechanics of track and field.

This year’s recipient was Dr Marion Mundt from the University of Western Australia, who delivered an excellent presentation entitled Lab to Field: Repurposing Data and Training Machine Learning Models. Based on the feedback received, this talk was clearly appreciated by everyone ranging from early career researchers to well-established academics, so make sure to give Dr Mundt’s forthcoming article in Sports Biomechanics a careful read when it is published, as it will focus on this topic as part of her award prize.
The New Investigator Award returned to an ‘in person’ competition in 2022 and was hotly contested. Congratulations to all of the new investigators who were shortlisted to the poster and oral finals and presented their work as part of these at the 2022 Conference. The top three for each category are listed below and we look forward to hopefully seeing the two winners’ studies published as award articles in Sports Biomechanics in due course.

**Oral Presentation Winners**
1. Eoin Doyle (Macquarie University, Australia)
2. Kevin Bill (German Sport University, Cologne)
3. Carlie Ede (Loughborough University, UK)

**Poster Presentation Winners**
1. Youri Duchene (University of Lorraine, France)
2. Miika Köykkä (University of Jyväskylä, Finland)
3. Hiroto Shiotani (Waseda University, Japan)

**ISB World Athletics Award for Biomechanics 2022**

We were delighted to host the International Society of Biomechanics’ (ISB) **World Athletics Award for Biomechanics** in 2022. This award was first given at the ISB conference in 2021 and will be hosted by ISBS in all ‘even’ years when there is no ISB conference.

Having been selected for the award prior to the conference by a panel of judges from ISB, ISBS and World Athletics, **Dr Tadahiko Kato** from the Shonan Institute of Technology, Japan, presented an excellent paper entitled **Investigation of a Theoretical Model for the Rotational Shot Put Technique**.
We received high quality applications for the student and internship research grants. Thank you to all that applied. Following the review process the following grant awardees were announced at the closing ceremony of the conference. Congratulations to all of the awardees, I wish you the best of luck with your research and look forward to hearing about your findings as you present at ISBS the coming years.

**Student Research Grant (2 recipients):**

**Yu Song**
University of Wyoming, USA

“Mid-flight External Trunk Perturbation and Landing and Cutting Mechanics: Implications for Anterior Cruciate Ligament Injuries”

**AuraLea Fain**
Macquarie University, Australia

“Quantifying Movement and Performance with Wearable Technologies during Simulated Military Tasks”

**Internship Grant:**

**Kat Daniels**
Manchester Metropolitan University, UK

“The effect of task constraints on the mechanics of cutting manoeuvres.”
Call for Applications: ISBS Research Grants 2023

ISBS is pleased to announce that the Student Research Grant, Internship Grant and the Mobility Grant will all be available in 2023. These grants have been developed to support the research activities of ISBS members. Brief information relating to all three grants are provided over the next two pages. Full details of the grants and application processes are available under the ‘Grants’ tab of the website. Please note that the deadline for all applications is April 15 2023.

Student Research Grant

The Student Research Grant is open to final year undergraduate students and postgraduate students and is available to fund biomechanics research projects in an environment that provides strong mentorship from an established researcher. The grant is designed to assist the student in the early stages of their professional development to encourage the pursuit of biomechanics research.

Funds Available / Allowable Costs

ISBS funds up to two awards per year, each award may be up to €1000 and is available to fund research for up to one year in duration.

Applications in one or more of the following areas are encouraged:

• Sports / Exercise biomechanics • Paediatric/ gerontology exercise biomechanics
• Development of biomechanical methods/ instrumentation
• Fundamental movement biomechanics • Sports engineering
• Biomechanics of injury prevention and rehabilitation in sport / exercise

Funding can be used for participant expenses, lab consumables, software/hardware costs, or travel to a collaborating laboratory.

Eligibility

The applicant is a student member of ISBS and is supervised by an established researcher who has been a member of ISBS for at least one year.

Students must be enrolled as a final year undergraduate or a graduate student at the time of application.
Call for Applications: ISBS Research Grants 2023 (Cont.)

**Internship Grant**

The Internship Grant will provide funds to pay an intern student to assist with the research of a full ISBS member. The purposes of the internship are to: 1) support full ISBS members (particularly early career researchers) in their research activities by providing student internship support, and 2) foster the intern student’s interest in biomechanics research and provide them with an opportunity to become familiar with research techniques and collect data under the guidance of an ISBS researcher.

**Funds Available / Allowable Costs**

The amount paid will be €250 per week for students living away from home or €150 per week for students living at home for 4-8 weeks and is administered by the Host Institution. Other research expenses are not payable. Student interns are offered one year’s free ISBS student membership.

**Duration/Eligibility**

Projects should be achievable in 4-8 weeks – students should be working on a specific project and details of what is intended to be achieved within the time frame is required at application. Students should currently be enrolled as an undergraduate or taught masters student (PhD students are not eligible as intern students). Applicants must have been ISBS members for three consecutive years.

**Early Career and Developing Researcher Mobility Grant**

The Early Career and Developing Researcher Mobility Grant will provide funds to support full ISBS members to travel to an ISBS member’s or applied organization’s lab. Alternatively, when the applicant is unable to travel due to family obligations or medical reasons, this grant may be utilized to fund an ISBS full member to visit the applicant’s lab. The purpose of this grant is to allow the applicant to learn new techniques, collect data, develop research skills, bridge the gap between research and practice and build collaborative sports biomechanics networks. Visits may be to a research lab or applied organization that utilizes sports biomechanics (e.g. National Governing Body or footwear/equipment manufacturer).

**Funds Available / Allowable Costs**

Up to €2000 is available to support travel costs and accommodation/subsistence. Full anticipated costings and details of other current financial support to be provided with application.

**Duration/Eligibility**

Visits are for a duration of 4-8 weeks.

ECRs should be less than 3 years post-PhD graduation (not including verified absence due to sickness, maternity, paternity). Developing Researcher >3 years post-completion of PhD.

Applicants must have been ISBS members for three consecutive years.

Ina Janssen

ISBS Vice President (Research and Projects)
This is the 1st call for hosting the 44th Conference (2026) of the International Society of Biomechanics in Sports

The annual ISBS conference is a key-event for the international scientific exchange and networking within the field of sports biomechanics. At this time of the year, we are making the first call to ISBS members interested in hosting this attractive event in the year 2026.

This first call is open to interested ISBS members in the preferred region of North / South America, with the deadline 31st of March, 2023.

If no proposals are received from the preferred region, a 2nd call for hosting will be made on the 1st of April 2023, opening the invitation to all global regions. The deadline for submission will then be 31st of May 2023.

**Preparation of bid**

If you are interested in hosting the 44th ISBS conference in 2026, please prepare your bid according to the ‘Policy Manual for Planning and Preparation of the ISBS Annual Conference, which can be found at the ISBS homepage: https://isbs.org/images/Policy_Manual_VP_Conferences_2022.pdf

This document contains all relevant information to guide the preparation of a proposal to host the conference and information to help prepare and organise the ISBS Conference.

**Submission of bid**

Those wishing to submit a bid to host the conference in 2026 should submit the electronic file of the application to the VP of Conferences (vpconferences@isbs.org) by the 31st of March, 2023.

Please don’t hesitate to contact me to indicate your interest in preparing a bid and if any further information is needed. I look forward to receiving your bid.

Kind regards,

Tim Exell
ISBS Vice President (Conferences and Meetings)
2022 – the year the ISBS conference and ISBS Students finally saw each other off-screen and in person after a long 3-year break. The week started with a Student Meet and Greet for ISBS students to make connections with the large student presence attending the conference. This is something we are hoping to include in all conferences moving forward to enable these connections to be made as early as possible in the conference week. The ISBS Student Night was a great success with plenty of mini-golf biomechanics practice on show. Finally, the ISBS Student-Mentor program once again was an invaluable opportunity for students to connect with academics in their research area. From the student side, the ISBS conference was a great success and many thanks in particular to the LJMU student team for their constant presence and assistance throughout the week. Thanks also to Mark Robinson, Mark Lake, the ISBS committee, and the wider LJMU team for delivering such an enjoyable conference. And also for the best ISBS Social Tours (from a biased Liverpool fan!).

2022 ISBS Student Initiatives

In 2022, alongside the ISBS conference, there have been other ISBS Student Initiatives running, both online and behind the scenes.

For the ISBS Mid-Year symposium a student session “Student Portraits: Panel Insights” provided students with some support and advice during the difficulties of working through a degree program in biomechanics. All credit goes to the speakers of Dr Celeste Wilkins, Marc Elmeua González, Dr Phillis Teng, and Dr Stuart McErloon-Naylor. This session can be viewed back on the videos section of the ISBS website after logging in. In other news, we are hoping to have a student dedicated section of the ISBS website up and running soon so keep an eye out.

Finally, I would like to welcome Molly Goldacre as the incoming ISBS Student Director (2022-2024). Thanks to outgoing student rep Stephanie Moore for her incredible work over the last two years. If anyone has an interest in running for ISBS Student Director (2023-2025), don’t hesitate to reach out. I hope to see everyone in Milwaukee in 2023.
I would like to start by re-iterating my thanks to all the organisers who helped make the ISBS Conference in Liverpool so special. As Evan touched on, the conference was an amazing experience for all students to network, share their work and make life-long connections. As a first time conference attendee, getting to meet all the other students at the student meet and greet was a great way to get to connect with peers (and to get the first time conference nerves out of the way!). A big thank you to outgoing student rep Stephanie Moore and my co-director Evan Crotty for organising such a great event for the students that really made people feel comfortable right from the get-go! We look forward to continuing this initiative and growing it further in Milwaukee in 2023. If you have any queries or questions related to attending next year’s conference please don’t hesitate to reach out— especially if you are hesitant to come as a first time attendee.

Get to know me...

As your recently appointed Student Director I thought I would take a moment to introduce myself. I am a current third year PhD candidate student at the University of Western Australia and with the Australian Institute of Sport. My PhD looks at how to improve technical standards, from traditional methods to new and emerging technologies. Some more fun things to know about me:

• I am a typical Australian when it comes to my sports—I love netball, football (the Australian kind), cricket and most sports on/in the water.
• I have recently taken to (attempting) to make focaccia from scratch—any avid bread breakers, please reach out.
• I am co-enrolled in my PhD in the Law school so I am also working on understanding how to better regulate surveillance of the human body and the impact that could have on athletes.

Keep in touch on social media channels

Molly Goldacre
ISBS Student Director 2022-2024

@evancrotty_
@mollygoldacre
ISBS Student Mentor Programme 2022 Report

Dr Ina Janssen
ISBS Vice President (Research & Projects)

The ISBS Student Mentor Programme was held for the 11th time, and for the first time was held live during the ISBS Annual Conference AND virtual for those unable to attend. 28 students from 15 different countries took part live with a further 10 students signed up for the online mentor programme. The live programme brought together mentees and mentors over breakfast at the start of the conference. Mentees were matched with mentors from around the world based on interest and experience and there was the opportunity to discuss research and career paths. There was a 1-1 ratio between mentors and mentees which enabled students to receive lots of individualized advice. As the virtual format seemed to be successful in connecting students and mentors unable to attend the conference, we will strive to continuing offering this option at future conferences.

Thank you to all of the mentors who volunteered their time and experience this year. Details regarding the Student Mentor Programme at ISBS 2023 in Milwaukee will be available in the March / April 2023 newsletter and on the conference website. I hope to see many of you there!
Jun Liu (Sam) from Stevens Institute of Technology (USA).

Sam Liu participated in the Student Mentor Programme for the first time and shared these experiences:

The 2022 ISBS conference was my first in-person conference experience, and I wanted to take advantage of every single opportunity provided at the conference, including the student mentor program. Though I had gotten in contact with my mentor professor Kevin Ball through email and shared some of my research, I wasn’t sure what exactly to expect, especially given the differences in our backgrounds and exact research topics. However, when we began the discussion over some food, his preparedness truly surprised me as he had read my abstract in detail, with a vivid discussion springing off from there. As I am moving into the main section of my dissertation research, I had multiple questions about the logistics of data collection and methods of analysis, particularly surrounding filters, statistical analysis, and examining individual differences. We went into each topic with as much depth as I had wanted, and I went away thoroughly satisfied with what I had learned as well as receiving words of encouragement. Overall, it was a great experience, and I would recommend these sessions to all ISBS student members.

The ISBS Student Mentor Programme is unable to run or be successful without having mentors volunteer their time for the students. We wanted to take the opportunity to recognise those members that have volunteered their time for at least 7 out of the last 11 years. These mentors were recognised during the conference Closing Ceremony and received a certificate of appreciation. On behalf of the students and ISBS board, thank you for your dedicated support and commitment!

Certificate of Appreciation
has been presented to
GARETH IRWIN
RANDALL JENSEN
EZIO PREATONI
HERMANN SCHWAMEDER
YOUNG-HOO KWON
in thanks for your dedicated support and commitment to ISBS students
A heatwave welcomed me and the participants to Liverpool and to the ISBS 2022 conference. It was (for me) and probably for many of the other participants the first conference after two years with COVID dictating the framework. There was minimal use of face masks, hand sanitizer and social distancing which made the participation in the conference very welcoming.

For me personally, it was a lot of firsts. It was my 1st participation in a conference after COVID, but also my 1st conference after becoming a mother, and the 1st time leaving my daughter for a week. Furthermore, the stress of coordinating infant care and pumping was a little stressful to be honest. So participating in the conference was, at first, a mix of feelings, but the biggest was the fight of Mom-guilt I felt by leaving my daughter to fulfill my own needs - not as a mother, but as a physical therapist and Ph.D student with a big passion for sports. But some of the most important lessons I learned during the conference wasn’t from the keynote speeches, but perhaps that I was not alone by having the feelings of mom-guilt by putting my own needs first.

The ISBS conference made an effort to present and connect the female participants by a late evening session discussing the female position within biomechanics and academia, and to connect the women who also were mothers or were about to be. The ISBS board wanted to start a social system that supports, guides and empowers mothers within biomechanics, inspired from the STEMM community.

The first physical “mothers lunch” was held on the Wednesday of the conference. All the women were in different parts of their motherhood. Some were soon to become a mother, some had just become a mother, others had several at home and one brought her 15-year-old daughter to join. Approximately 20 women joined this informal talk regarding being a woman in the field of biomechanics, academia and thoughts on how to create “the famous” work-life balance while creating the career you want for your own. A consensus of the importance of allies was clear. Perhaps allies were the most important factor of all – when one has to enjoy or survive the ride of parenthood. Here the appearance of COVID hadn’t been all bad, and it has presented zoom as a possibility to maintain communication to colleagues, while trying to juggle parenthood.

For some, motherhood was the hardest adaption challenge they ever have had to face. The acceptance of unpredictability was one of the themes that kept coming back. Acceptance of gaps and delays in publications, even though every naptime is used to work on papers. Also, the importance of healthy and stable work environment was discussed, and which positive/negative elements each participant had experience with from their own country.

Personal stories empowered me to not choose between motherhood and having a career. As another mother said, *It is possible to grow and re-invent yourself as a mother without losing your own identity. But nothing will come as exactly planned – it don’t have to be perfect, I just have to try and that will be enough.*

For me, as a Ph.D student and a woman new in the field of motherhood, it is important to find equals who are willing to share their history, so we can all benefit and learn from it. I am looking forward to participating and developing the ISBS Mother’s community.

Looking forward to meeting you all again in Milwaukee in 2023.
**ISBS Women’s Circles**

**New Circles**

As mentioned at the time of organising our first circles, the circle groups were for a maximum of two years and thus new circles will be formed starting January 2023. Sign up for the next round of ISBS women’s circle groups (2023-2025) [here](#). Please note that in order to remain active with your women’s circle your ISBS membership must remain current. **ISBS memberships expire in December so please remember to renew membership**

**End of Circle Survey**

As a society, we are looking for ways to improve the women’s circle experience. For this reason, members who signed up for our first round of mentor circles, will receive a short survey soon. We appreciate if you could complete this survey even if your participation in circles was minimal, as this will help us identify ways to improve. All answers and information collected will remain strictly anonymous.

**End of Year Trivia**

After the success and fun of the 2021 End of Year Trivia, we will be hosting another End of the Year Trivia event.

The Plan:
- **Date/Time:** Sunday 4 December 2022 8:00-10:00pm GMT
- A calendar invite has been sent to all registered members. Please RSVP to the calendar invite so we can organise teams/breakout rooms. The invite should adjust for your date/time; however, you can check your local time [here](#).
- Members are encouraged to attend in Fancy Dress Costumes; the theme is Christmas!
- Trivia Rounds plus a general catch-up!

*Hope to see you virtually on the 4\textsuperscript{th} December (or 5\textsuperscript{th} December for some members)!!*

*Cheers,*

*Crystal, Sophie, Victoria, Shelley, Laura, Ina*
Women in Biomechanics Initiatives

Biomechanics Research & Innovation Challenge

From May to Mid-August, 92 Year 9/10 girls from 12 schools across Australia formed 18 teams and participated in the 2022 Biomechanics Research and Innovation Challenge (BRInC). The teams were mentored and supported by 28 female early/mid-career biomechanists.

Over the 100-days of the program, the girls were introduced to the field of biomechanics with biomechanists from around the world sharing their journey in biomechanics and inspiring the teams. Alongside their mentors, the teams worked to identify a problem and develop a biomechanics-based solution. Furthermore, the girls participated in workshops on design thinking, storytelling, and entrepreneurship delivered by the BRInC industry partner, BrainSTEM.

The program concluded with two Virtual Showcase events where each team presented their journey across the 100-day program. The presentations highlighted the participants increased awareness and exposure to the field of biomechanics through laboratory visits and equipment use, and the wide application of biomechanics through projects examining the adaptations to commonly used items (e.g., backpacks, chairs, glasses etc), or measuring biomechanical movement and changes through data capture (e.g., pregnant versus non-pregnant female gait, dog pelvic angles in running or posture in archery). The showcase videos also highlighted the development of key life skills such as problem solving, critical thinking, and communication which are important for girls pursing education and careers in STEM. Some of the presentations can be seen here.

While we are still analysing outcomes of our pre-post surveys/interviews, preliminary results highlight that after the BRInC program, participants were more likely to strongly agree/agree with the following statements:

- I can be a scientist if I so choose
- I could be a successful engineer
- Biomechanics is a good career option
- Biomechanics is interesting/fun

Planning is currently underway to run the second BRInC program in 2023. Follow our journey on social media Twitter, Facebook, LinkedIn and Instagram to help us raise awareness of the exciting field of biomechanics. The BRInC Team would like to thank those that supported the program and acknowledge the funding provided through the Women in STEM and Entrepreneurship Grant. If anyone is keen to be involved in BRInC or would like more information, please feel free to contact Dr Crystal Kean, c.kean@cqu.edu.au.
We warmly thank our four society sponsors – DELSYS, QUALISYS, SIMI and VICON – for their ongoing support of ISBS. They provide important support to the mission of ISBS thorough their quality products and financial support to the Society. We encourage you to consider these fine vendors of sports biomechanics research equipment and software when purchasing or updating your lab equipment.

**Affiliated Societies**

ISBS is currently affiliated with four societies: the **Japanese Society of Biomechanics** (JSB), **European Society of Biomechanics** (ESB), **Arab Society of Biomechanics in Sports** (ArabSBS), and **Société de Biomécanique** (SB). This is in addition to our continued association with the International Society of Biomechanics. These affiliations are an exciting opportunity for all and we look forward to working closely with these learned societies to grow the discipline of sports biomechanics.

I would like to highlight that, as part of our affiliations with ESB, SB, ArabSBS and JSB, **members of ISBS can attend their conferences with the same registration fees** than their own members. Do not miss to check out their websites for further information on their annual conferences and deadlines for submitting your abstracts.

**Focus on Société de Biomécanique**

The Société de Biomécanique is a French speaking learned society created in 1976. Its purpose is to encourage and promote research in all areas of biomechanics. Its role is, notably, to foster close cooperation between researchers, encourage the dissemination of knowledge, and promote the development of the discipline. Members of the Société de Biomécanique do their research in various countries (France, Belgium, Luxembourg, Switzerland, Tunisia, Canada, Japan) and take part in the study of living biological systems. Their scientific activities are at the interface of physics, biology, mechanics, physiology, neurophysiology, medicine, engineering, robotics, or imaging. Research is both multi-scale and multi-physical from cell, tissue, joints, bone and fluid mechanics to movement analysis and simulation as well as biorobotics. Studies are carried out using both in vivo, in vitro and in silico models. The work addresses important societal challenges in the fields of health, physical and sporting activities, transport, ergonomics and industrial production to name a few.

The Société de Biomécanique organizes scientific events (annual congress in October/November, co-organization of scientific sessions during international conferences, support of scientific colloquium, ...) and participates in public events promoting biomechanics (National Biomechanics Day, ...). It created specific grants to promote excellence in research and support collaborative scientific projects.

Find all the news in the Société de Biomécanique [website](#), read the brand-new scientific works in the blog, find or publish PhD offers, connect to researchers through the interactive maps, and follow the Société de Biomécanique through Twitter and LinkedIn.
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2022-2024
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