

USEMS NEWSLETTER

Summer 2026
Issue No. 1

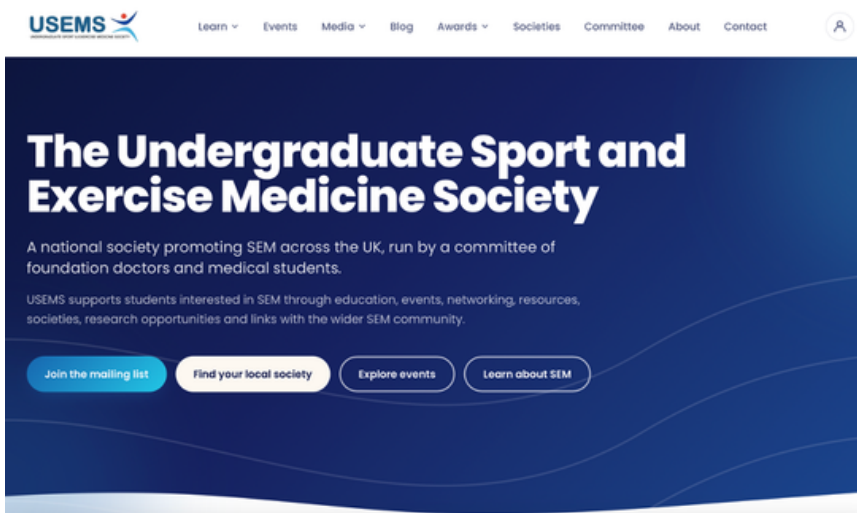
What is USEMS?

USEMS (Undergraduate Sports and Exercise Medicine Society) is a non-profit society working to promote the speciality of Sport and Exercise Medicine (SEM) to all interested students and recent graduates. Stay connected to discover more about our society, upcoming events, educational resources, and the many opportunities available to our members. We will publish a seasonal newsletter, keeping you informed with the latest news, developments, and opportunities in the world of Sports and Exercise Medicine.

USEMS website!

We have a brand new website, where we are bringing together our resources, events and opportunities to make it easier for you to get involved with USEMS.

Please make an account and have a look around at USEMS.co.uk.



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MEET THE COMMITTEE

USEMS 2026-2027



VICE PRESIDENT
ALLEGRA WISKING



PRESIDENT
ROSIE RUDIN



VICE PRESIDENT
KUDZI GARIKAYI



EVENTS COORDINATOR
BILLY WAGER



SECRETARY
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EVENTS COORDINATOR
LEWIS LORD



SOCIAL MEDIA
EDDIE PHILLIPS



SOCIAL MEDIA
GEMMA LANT



NORTHERN
JOHN CROASDALE



SOUTHERN
CALLUM HAMILTON



W MIDLANDS & WALES
WILLIAM MACKAY



SCOTLAND
ABU KHAN



NORTHERN IRELAND
IMRAJ BARRING

USEMS National Conference

We are excited to announce that our USEMS Conference will be taking place in Brighton in March/April 2027, hosted by the Brighton and Sussex Medical School SEM Society, in association with Brighton and Hove Albion F.C.

The theme for this year's conference is Medicine in Motion: Supporting Athletes, Partners and Communities. The exact date and further details will be confirmed soon, so keep an eye out for updates!



National teaching series

Beginning November 1st, USEMS will be releasing a weekly Youtube series that will focus on a range of topics from women's health to deconditioning in hospital, common MSK injuries and day-in-the-life videos from those already in SEM. We'll also be releasing TikToks around these topics!

USEMS/FSEM Essay Competition



Congratulations! The winner of the 2026 USEMS/FSEM essay competition has been decided and is due to be released on the FSEM website. Keep your eyes peeled for another essay competition which will be released towards the end of the year for the chance to win a BASEM conference ticket, £100 and publication in BASEM today!

Strava competition

In August, we launched the official USEMS Strava club; a space for those interested in SEM to connect through physical activity. Whether you're training for a marathon, cycling to placement or walking between lectures, everyone is welcome! Our aim is to encourage movement and build a supportive national community. Throughout the year we'll run regular challenges, celebrate members achievements and share opportunities to get involved in SEM.

For September, we're challenging you to complete 150 minutes of physical activity each week:

1. Join the USEMS Strava Club (@USEMS)
2. Track 150 minutes of physical activity each during September on Strava.
3. Once you've reached this, comment "Completed! ✅" on our post so we can celebrate your achievement and recognise everyone who takes part



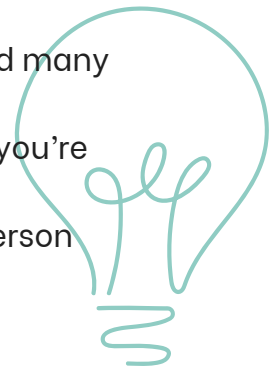
Elective experience

Dr Callum Hamilton

I spent four weeks exploring Sports and Exercise Medicine across two countries, starting at Axis Sports Medicine in Auckland, New Zealand. Here, I gained experience in MSK clinics, concussion assessment and compartment pressure testing, as well as the opportunity to experience pitch-side medicine with the New Zealand Warriors. I then spent two weeks at The Stadium Clinic in Sydney, Australia, learning about ultrasound-guided steroid and PRP injections, as well as innovative approaches such as the Cross Bracing Protocol for ACL injuries. I also had the privilege of watching a Sydney Swans AFL game pitch-side and seeing their elite medical department in action. Outside of placement, I watched Scotland vs Samoa at Eden Park and explored the amazing landscapes that both countries have to offer!

Top Tips:

1. **Start planning early** – arranging an elective can take a long time, and many places may not get back to you or be able to offer you a place
2. **Use LinkedIn** – this is a great way to contact clinicians at institutions you're interested in
3. **Network** – Attend conferences if you can and speak to clinicians in person and build a rapport
4. **Enjoy it!** – It is a great opportunity to explore SEM as a specialty and a different country



USEMS guide to organising an SEM Elective

We have put together a brand new SEM Elective Guide, bringing together useful information and advice to help you plan your elective. You can find this at USEMS.co.uk!





Event experience: Isle of Man TT

Dr Rosie Rudin

I had the privilege of spending a week at the Isle of Man TT Races with the team at Manx Road-racing Medical Services (MRMS). The infamous TT Races are held on a 37.7 mile course of closed public roads, with riders exceeding 200mph and navigating more than 200 corners, making it one of the world's highest-risk sporting events. The week included clinical skills days centred around airway management, mechanisms of injury, spinal trauma, airbag systems, reflections from case studies and the importance of psychological safety. I was also fortunate to take part in simulations at the helipad and contribute to research into the physiological, biomechanical and cognitive demands placed on the riders. And, of course, I was lucky enough to watch some incredible racing! The experience provided invaluable insight into SEM and pre-hospital care. I learnt the importance of preparation, flexibility, situational awareness and the need to communicate effectively within an MDT.

Join the USEMS mailing list



We have a new USEMS mailing list for the year! Please sign up using the Google Form (<https://forms.gle/Hc3FH6GNPZThPS5d6>) to make sure you don't miss out on our latest events, opportunities, conferences, electives information and other exciting updates throughout the year. You can unsubscribe any time!

Upcoming events



Nov 1, 2026 - USEMS National Teaching Series released on Youtube and TikTok

Nov 17 - 18, 2026 - BASEM Conference

Nov - Dec, 2026 - USEMS Essay Competition

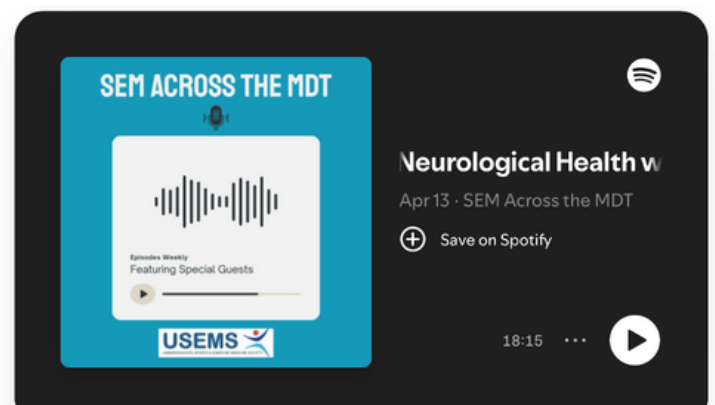
Mar - Apr, 2027 - USEMS National Conference, hosted by BSMS

SEM across the MDT podcast

Check out Dr Alessio Kenda's podcast!

Trivia

Sheffield F.C. is the world's oldest surviving independent football club having been founded in 1957!



<https://open.spotify.com/show/0euG8f1oDlQgo3e3AusfpR?si=82e03b2820af4144>