

How to Match in Sports Medicine

Recommended Activities

American Medical Society of Sports Medicine (AMSSM):

- National primary care sports medicine organization
- Website: www.amssm.org
- Become of 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)

AMSSM Resident Scholarship:

- Apply, apply, apply
- Fellowship directors read the apps, will remember you when applying to their fellowship
- Apply for the award given the spring of your 2nd year
- See AMSSM website for details of the application process

For Application:

- Submit by the end of August of 3rd year
- See AMSSM website for details on what you will need for the application
- Work on CV spring of 2nd year
- Work on Personal Statement spring of 2nd year
- Letters of Rec – 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
- Research:
 - A benefit but not a must: depends on the program you are applying to
 - Contact local AMSSM doctor to see if projects are ongoing/available
 - Search AMSSM website

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 Rec
- Spring – Start on CV

Third Year:

- August – Application Completed
- 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 – End of Oct → Beginning of Dec
- Rank list due – Middle of Dec
- Match Day!!!! – Beginning of Jan