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From the Editor

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From the Editor

Hunter, Sandra K.

Professor Roger Enoka finished his 10th year as editor-in-chief (EIC) of *Exercise and Sport Sciences Reviews* (*ESSR*) in December 2022. Roger’s involvement and valuable contribution to *ESSR* first as a reviewer, then as associate editor, and EIC has spanned at least half of the 50 years the *Journal* has been in publication. Under his leadership as EIC, *ESSR* grew substantially from an impact factor of 4.491 (2012) to 6.642 (2022). During this time, Roger shepherded *ESSR* into the digital space and increased reader engagement, through actions including appointing the first digital editor, creating a *Journal* club on select articles, and overseeing initiation of digital abstracts and videos. Importantly, Roger will be known for intentionally appointing equitable numbers of women and men onto the editorial board and shaping the journal into publishing excellent, cutting-edge, and forward-thinking reviews in sports medicine and exercise science. We sincerely thank Professor Enoka for his leadership, inclusion, and persistence in adhering to high-quality, clearly defined and hypothesis-driven science.

As the incoming EIC, I am delighted to continue serving on the editorial board of *ESSR* and committed to maintaining the scientific rigor and growing impact of the *Journal*. Our priority is to publish *Brief Reviews* based on a novel hypothesis derived from several of the contributing authors peer-reviewed
publications. These reviews are intended to synthesize emerging ideas that represent opportunities for future research rather than providing a comprehensive review on a topic. Hence, authors are required to propose an original hypothesis that explains a relevant issue from a unique perspective that is illustrated in a conceptual figure. We also publish *Perspectives for Progress* reviews by invited senior investigators. These reviews provide a synthesis of the current state in a particular field, identify gaps in knowledge, and suggest key questions that need to be addressed. High-quality reviews can serve as an important foundation for the translation of science into evidence-based policies and practices in sports medicine and exercise science.

The success of the journal and quality of review depends on the service of the associate editors who recruit scientists to propose new and emerging ideas in sports medicine and exercise science. I am grateful for their contributions. On behalf of the *Journal*, I sincerely thank the outgoing Associate Editors for their service and valuable contributions to the *ESSR* throughout their terms:

- Barry Braun, Fort Collins, CO
- Phil Clifford, Chicago, IL
- Karyn Hamilton, Fort Collins, CO
- Walter Herzog, Calgary, AB, Canada

I also welcome incoming editors including

- Tanya Halliday, Salt Lake City, UT
- Ashleigh Smith, Adelaide, South Australia, Australia

Information about the type of *ESSR* articles and how to submit a proposal is found at the *ESSR* Instructions for Authors webpage https://edmgr.ovid.com/essr/accounts/ifauth.htm. Sharing your ideas and insights are welcome and can be done by emailing us at ESSR@acsm.org.

Lastly, you may notice that the *ESSR* cover looks remarkably different! Upon conducting surveys and competitor analysis, the ACSM marketing and design team brought forth this refreshed cover design for the journal.