**AASP Southeast Regional Student Conference Report**

**April 4th-6th, 2013**

**Georgia Southern University, Statesboro, GA**

The 2013 AASP Southeast Regional Conference was hosted by Georgia Southern University in Statesboro, GA on April 4th-6th. Over 20 people, from several universities participated in the conference over the course of the weekend. Students from Georgia Southern University, Florida State University, Middle Tennessee State University, and University of Tennessee attended the conference.

Key note presentations were given by Dr. Dan Czech and Coach Ben Freakley of Georgia Southern University, Anya Salzgeber of IMG, and Jody Middleton, owner of Swim. Bike. Run. Mr. Middleton spoke about the mental aspect of cyclists and working through fear during races. Dr. Czech and Coach Freakley gave a motivating speech about achieving your dreams as a sport psychology graduate student. Ms. Salzgeber spoke about applying sport psychology principles to help you grow as a consultant.

The conference consisted primarily of oral presentations, however on Saturday we held a poster presentation and several workshops. 21 of the 24 presentations were given by graduate students.

A survey was sent out following the completion of the survey via surveymonkey.com to all of the participants. 17 individuals completed the survey, 15 of which were AASP student members and 2 were non-members. The feedback was generally positive, with most questions answered as either good or excellent. Getting to meet and talk to students from other universities was mentioned most as being something that was enjoyed about the conference. The most common comment regarding ways to improve the conference were more professional speakers and a higher attendance.

Overall, the conference provided a great learning experience for those involved in the planning processes and hopefully for those who attended.

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