



NORTH CENTRAL SPORT PSYCHOLOGY CONFERENCE

MINNESOTA STATE UNIVERSITY, MANKATO

FEBRUARY 22-23, 2013



Welcome



Note from our Conference Director, Dr. Cindra Kamphoff:



We are proud to present the annual North Central Sport Psychology Conference (NCSPC) at Minnesota State University, Mankato on February 22-23, 2013.

The upper Midwest is an exciting up-and-coming region in the field of Sport Psychology. In an effort to build collaboration throughout the region, we at Minnesota State University are excited to present the NCSPC as an opportunity for students and faculty from the region to come together to share information and knowledge. We see it as a way to strengthen communication in the region and continue to build a strong Midwest community of Sport Psychology professionals.

We are excited you are here and look forward to continuing the tradition of the North Central Sport Psychology Conference in the future!

Conference Schedule

Friday, February 22, 2013

2:30 p.m. **Center for Sport and Performance Grand Opening**
Short Program beginning at 2:30 p.m.
University Square adjacent to Carmike Movie Theater on Stadium Road

3:00-4:00 p.m. **Conference Sign-in**
Minnesota State University-Mankato
CSU Conference Hall 284

4:00-5:15 p.m. **Welcome & Opening Keynote:**

"Sports Medicine Psychology: Encompassing Multidisciplinary Theory, Research, and Practice"
Diane Wiese-Bjornstal, Ph.D., University of Minnesota

CSU Conference Hall 284

5:15-5:30 p.m. **Break**

Research Presentations

5:30-7:00 p.m. *Session 1 - CSU Conference Room 238*
MSU Baseball: Applying Sport Psychology Skills in Team Practice
Dave Williams, University of Minnesota-Crookston

Can Physical Interventions Improve Psychological Responses and Return to Play Success Post ACL Injury?
Hayley Russell, University of Minnesota

Sport Psych Team: What are Psychs on Bikes?
Eric Watson, Minnesota State University-Mankato

5:30-7:00 p.m. *Session 2 - CSU Conference Room 284a*
The Effects of Mental Skills Education on Self-talk and Imagery Use
Crystal Chariton, University of Northern Iowa

Pokerface: An Analysis of Nonverbal Cues of Pride & Shame in Volleyball Setters

Emily Foster, Minnesota State University-Mankato

Internal and External Focus of Attention Strategies on Bench-press Exercise

Jun Hyun Bae, University of Minnesota-Duluth

7:00-8:30 p.m. **Banquet Dinner**

7:30 p.m. **Keynote: “Applied Sport Psychology: Challenges and Opportunities”**
Justin Anderson, Psy. D., LP & Carlin Anderson Ph.D., LP, CC-AASP
Premier Sport Psychology, LLC

CSU Conference Rooms 253,254,& 255

8:30-9:00 p.m. **Center for Sport and Performance Psychology Tour**
University Square adjacent to Carmike Movie Theater

9:00-10:00 p.m. **Conference Social**
Johnny B’s Bar & Grill, University Square

Conference Schedule

Saturday, February 23, 2013

8:00-9:00 a.m. **Continental Breakfast**
CSU Conference Room 255

9:00-9:15 a.m. **Break**

9:15-10:15 a.m. **Keynote: "From Ice to Axon: The Biomechanics, Physiology, and Psychology of a Concussion and It's Prevention"**
Aynsley Smith, Ph.D., Mayo Clinic
CSU 253-254

10:15-10:30 p.m. **Break**

Research Presentations

10:30-11:30 a.m. *Session 1 - CSU Conference Room 253*
Psycho-Physiological Factors Relating to Performance Consistency on the 3-minute All-out Exercise Test for Cycle Ergometry
Mark Hartman, Minnesota State University-Mankato

The Effects of Diurnal Variation on Post-Exercise Feelings
Kayla McCormick, University of Northern Iowa

10:30-11:30 a.m. *Session 2 - CSU Conference Room 254*
Creating Cohesion in the Classroom: The Experience from a Student Perspective
Rachel Preston, Northwest Missouri State University

College Athlete's Career and Life Transition
Alyssa Nelson, Minnesota State University-Mankato

11:30-11:45 p.m. **Break**

11:45-12:45 p.m. **Round-table Discussion Lunch**
Dr. Diane Weise-Bjornstal - Youth Development through Physical Activity
Dr. Laura Finch - Teaching Sport Psychology Courses in a University Setting
Dr. Jen Bhalla & Dr. Cindra Kamphoff - Lessons Learned Consulting with Groups and Athletes

Dr. Jen Waldron - Unhealthy Behaviors in Sport and Exercise

Jeff Thomae, MS – Gender & Sexuality in Sport

CSU Conference Room 253, 254, 255 A&B

12:45-1:00 p.m. **Break**

Keynote: “Maverick Partnership: Collaboration for Sustained Success”

1:00-1:45 p.m. Dr. Cindra Kamphoff, Associate Professor, Certified Consultant (CC-AASP)

Aaron Keen, Maverick Football Acting Head Coach, Division II Coach of the Year, Minnesota State University, Mankato

Adam Thielen, Maverick Football, Senior Team Captain

CSU 253-254

1:45-2:00 p.m. **Break**

Applied Workshops/Research Presentations

2:00-3:00 p.m.

Session 1 Applied Workshops - CSU Conference Room 201

Michael Jordan’s Eyes-closed Free Throw: One Shot, Unlimited Points

Dave Williams, University of Minnesota-Crookston

Controlling Arousal: Don’t Get Trapped by Your Own Energy

Eric Watson & Mark Hartman, Minnesota State University-Mankato

2:00-3:00 p.m.

Session 2 Research Presentations - CSU Conference Room 253

Motivational Climate and the Self-perceptions of a Jump Rope Team

Jessica Albers, University of Minnesota

Emerging from Silence: Experiences of Gay Male Coaches in the NCAA

Jeff Thomae, Minnesota State University-Mankato

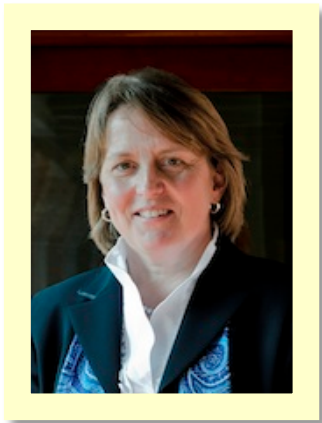
3:00-3:15 p.m. **Break**

Closing Keynote: "Barriers and Supports for Female Coaches: An Ecological Approach"

3:15-4:15 p.m. Nicole LaVoi, Ph.D, University of Minnesota

CSU Conference Room 253-254

Keynote Speakers



**Diane Wiese-Bjornstal
Ph.D.**

Keynote: “Sports Medicine Psychology: Encompassing Multidisciplinary Theory, Research, and Practice”

Diane Wiese-Bjornstal, Ph.D., is an associate professor of Sport & Exercise Psychology, as well as Director of Graduate Studies at the University of Minnesota.

Sports medicine psychology refers to multidisciplinary theory, research and practice in the psychological, behavioral and social aspects of injury prevention and injury experiences among physically active populations across the lifespan. The University of Minnesota Sports Medicine Psychology Lab research group studies psychological and social factors that relate to physical activity injury risk, response and recovery, such as emotional responses of runners to sport injury, psychosocial aspects of injuries to military trainees, gender and sport injury, concussions and the female athlete, and the social pressures of conformity to playing with pain. This talk will overview past and present theory, research, teaching, and practice in sports medicine psychology at the University of Minnesota.



**Justin Anderson
Psy.D., LP**

Keynote: “Applied Sport Psychology: Challenges and Opportunities”

Justin Anderson is a Licensed Psychologist who specializes in sport psychology. Dr. Anderson is trained and credentialed to provide both performance-enhancement and mental health treatment to athletes. He helps athletes, coaches and teams of any level tap into their strengths to achieve more from their sport.

Dr. Anderson has consulted with many athletes, coaches and teams from around the country. Prior to opening Premier Sport Psychology, LLC in Minneapolis/St. Paul, Minnesota, he was employed by several NCAA Division I Universities (in Tennessee and Texas) as a psychologist and sport psychology consultant.



**Carlin Anderson
Ph.D., LP, CC-AASP**

Carlin Anderson is a Licensed Psychologist who specializes in sport psychology. Dr. Anderson works part-time as a sport psychologist with Olympic, professional and amateur athletes at Premier Sport Psychology, LLC. She is a Certified Consultant for the Association for Applied Sport Psychology (AASP) and is listed on the US Olympic Committee’s registry for sport psychologists.

Keynote Speakers



**Aynsley Smith
RN, Ph.D.**

Keynote: *"From Ice to Axon: The Biomechanics, Physiology, and Psychology of a Concussion and Its Prevention"*

Aynsley Smith, RN, Ph.D., is a sport psychology consultant and research director in the Sports Medicine Center at Mayo Clinic, Rochester, MN. She is an associate professor in Orthopedic Surgery and Physical Medicine and Rehabilitation in the Mayo Clinic College of Medicine. Aynsley is an AASP Certified Consultant and is on the USOC Sport Psychology Registry.

Aynsley has worked as a sport psychology performance enhancement consultant to ice hockey teams at all levels of participation including the NHL. Dr. Smith has enjoyed investigating psychological, physiologic, and situational variables and their relationship to performance in ice hockey goalies, figure skaters, "yips" affected golfers, musicians and health care providers.

Aynsley is a co-chair of the Minnesota Hockey Education Program (HEP), chairs the Action on Obesity Task Force and is a coordinator for AASP's Anti-Doping Congress. She co-authored a paper on Head and Facial Protection in Ice Hockey that received the Hughston Award from the American Orthopedic Society for Sports Medicine and in 2007; she received a Mayo Clinic Excellence in Leadership Award.



**Cindra Kamphoff,
Ph.D.**

Keynote: *"Maverick Partnership: Collaboration for Sustained Success"* with Aaron Keen and Adam Thielen

Cindra Kamphoff, Ph.D., is an Associate Professor and coordinator of the Sport and Exercise Psychology graduate program at Minnesota State University.

Dr. Kamphoff has roughly 15 years of experience consulting with athletes, teams, and coaches at all levels (youth, high school, university, professional, etc.). She is a Certified Consultant in applied sport psychology (CC-AASP) with the Association for Applied Sport Psychology. She is also a member of the United States Olympic Committee (USOC) Sport Psychology Registry.

Dr. Kamphoff, received a "Big Ideas" Grant from President Davenport along with five other Minnesota State University faculty to start a Center for Sport and Performance Psychology. The Center opened in January 2013 and is expected to make a national impact as well as help performers reach their potential in the state and local community.

Keynote Speakers



Aaron Keen

Aaron Keen is the Interim Head Football Coach at Minnesota State University, Mankato.

As acting head coach in 2012, Keen led the Mavericks to the best season in school history as Minnesota State finished 13-1, earning a berth in the NCAA Division II national semifinals. The Mavericks hosted three NCAA playoff games at Blakeslee Stadium after going undefeated in Northern Sun Intercollegiate Conference action in capturing the 2012 league title with an 11-0 mark.

Keen was named Northern Sun Intercollegiate Conference Coach of the Year and American Football Coaches Association Regional Coach of the Year, and 2012 Division II National Coach of the Year.



**Nicole LaVoi
Ph.D.**

Keynote: "Barriers and Supports for Female Coaches: An Ecological Approach"

Nicole M. LaVoi, Ph.D., is the Associate Director of the Tucker Center for Research on Girls & Women in Sport, Co-Founder of the Minnesota Youth Sport Research Consortium, in the School of Kinesiology at the University of Minnesota. Dr. LaVoi's multidisciplinary research includes influences from sport & exercise psychology, sport sociology, sport management, youth development, child development, moral development, and feminist studies. LaVoi's research has focused on the relational qualities of the coach-athlete relationship, coach and parent "background anger" behaviors in youth sport, emotional experiences of youth sport parents, physical activity of underserved girls, barriers and supports experienced by female coaches, and media representations of girls and women in sport. Follow her on Twitter @DrSportPsych or read her blog [.nicolemlavoi.](http://nicolemlavoi.com)

Sponsors

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Special Thanks to Our Volunteers!

Student Conference Planning Committee
Eric Watson & Ashley Shields, Minnesota State University-Mankato

The NCSPC Conference Planning Committee would like to thank the 2012 Midwest Sport & Exercise Psychology Symposium (MSEPS) Conference Planning Committee, Dr. Jeff Buchanan, and Dr. Cindra Kamphoff for their knowledge and support in helping to plan this event. These people have truly been integral in guiding our efforts from the very start and without them this event could not have been accomplished.



Association for Applied Sport Psychology
28th Annual Conference

October 2 - 5, 2013 • Hilton New Orleans Riverside • New Orleans, LA, USA

AASP 2013 will focus on Lifelong Physical and Mental Well-Being through Sport and Exercise through nearly 100 workshops, lectures, and symposiums. While the conference will have plenty of sessions to choose from, you will also have the opportunity to network with colleagues and catch up with friends. Make sure to take some time as well to experience the New Orleans nightlife, listen to the jazz music, and enjoy the famous Southern fare that you can't find anywhere else.

More Information at: www.appliedsportpsych.org/conference

AASP Conference on Twitter

Get regular updates on conference-related materials by following AASP on twitter - @SportPsyAASP.