

2018 AASP South Central Regional Conference Final Summary Report

The 2018 AASP South Central Regional Conference was held at the University of North Texas in Denton, Texas on March 2-3, 2018.

Total attendees: 78 (57 undergraduate and graduate students, 21 professionals)

Number of schools attended: 12

(East Central University, Louisiana Tech University, Southern Methodist University, Texas A&M University, Texas Christian University, Texas State University, Texas Tech University, University of New Mexico, University of North Texas, University of Texas at Dallas, University of Western States, West Texas A&M University)

Number of presentations: 11 total (2 keynote speeches, 1 invited panel discussion, 8 research presentations), including 3 faculty presentations, 4 graduate student presentations, and 1 undergraduate student presentation.

Conference highlights:

The conference included two keynote speakers and three panel members from various sport and exercise fields.

On March 2nd (Friday), our first keynote speaker, Dr. Marc Lochbaum from Texas Tech University discussed the doing of applied sport psychology as a sport scientist. Following Dr. Lochbaum's keynote and two research presentations, a conference social was held in which approximately one third of conference attendees were present.

On March 3rd (Saturday) morning, we organized a featured panel discussion on working as a CMPC in various environments. Panel members included a CMPC and a licensed psychological associate Dr. Hillary Cauthen, a CMPC and a licensed professional counselor Dr. Matt Johnson, and a CMPC and licensed psychologist Dr. Erica Force. The panel engaged in a lively discussion by answering questions from attendees on how they became professionals in the field of sport psychology.

On March 3rd (Saturday) afternoon, our keynote speaker Kathy Heirmendinger, PT and COMT, from D&D Sports Medicine gave a speech on the mind/body connection for athletes who are recovering from injury. She provided attendees with insights into the various stages of recovery and the unique challenges athletes face from a physical therapist's perspective.

According to our post-conference survey, attendees most consistently commented on the excellent organization of the conference and the great variety of keynote speakers and panelists.

The \$500 of grant money received from AASP was spent on our conference website maintenance, gifts for all 5 keynote speakers and panelists, gift bags for attendees (including a lanyard, stress ball, and note pad), and food and drink provided throughout the conference (including light breakfast, lunch, and snacks throughout the day).

We are grateful for AASP's support in funding the South Central regional conference this year, and we are confident students and professionals in the field were able to learn and grow through this experience.

Sincerely,

Erin Albert, M.S., Kristina Clevinger, M.S., and Jenna Tomalski, M.S.
2018 AASP South Central Conference Co-Chairs
University of North Texas