

# 2019 WEST REGIONAL AASP CONFERENCE

Hosted by Long Beach State University

Welcome to the 2019 West Regional AASP Conference! We are excited for you to join us as we learn about current research and ideas from students and professionals in the field.

## Friday April 12th, 2019

**10:00 AM-12:00 PM:** Pre-conference Workshop with Candice Chick (KIN 51A)

**12:00-1:00 PM:** Registration (CBA 139)

**1:00-1:15 PM:** Opening (CBA 139)

**1:20-2:45 PM:** Lecture Block 1 (CBA 139)

**1:20-2:35 PM:** Work in Progress: Should I post this selfie? Audience perceptions of Instagram accounts. Asia Blevins, Graduate Student, Long Beach State University

**1:40-1:55 PM:** Sport-Related Anxiety and Self-Talk between Traditional Sports and eSports Competitors. Eric LeNorgant, Graduate Student, California State University, Fresno

**2:00-2:15 PM:** Meeting Them Where They Are: Integrating Psychological Skills Training to the Weight Room. Seth Rose, Lecturer, California State University, Fullerton

**2:20-2:35 PM:** Female Collegiate Swimmers' Perspectives on Training and Competition Swimsuits.

Danielle Wong, Student, Long Beach State University

## **BREAK**

**3:00 PM- 4:00 PM:** Keynotes: RISE Co-Founder, Caroline Burckle & RISE Mentor, Kami Craig (CBA 139)

**5:00-6:30 PM:** Social at Belmont Shore Beach

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**Saturday April 13th, 2019**

**8:30-9:00 AM:** Morning Coffee

**9:00-9:05 AM:** Opening Message (CBA 140A)

**9:10-9:40 AM:** CAPS & Sport PSY Presentation (CBA 140A)

**9:45-11:00 AM:** Lecture Block 2 (CBA 140A)

**9:45-10:00 AM:** The Relationship Between Mental Toughness and Performance in Professional Baseball. Max Doshay, PsyD

**10:05-10:20 AM:** The Importance of Achievement Goals in Explaining the Link Between Perfectionism and Stress Appraisals of Competition

Haley Barrows, Project Specialist, USC Performance Science Institute

**10:25-10:40 AM:** Understanding Your Relationship with Your Coach: Individual Sport Elite Female Athlete and Optimal Well-Being. Lina Chmiel

**10:45-11:00 AM:** Performance Based Identity in Athletes. Rachel Falco, Student, Fuller School of Psychology

**11:00 AM-12:00 PM:** Disabilities Panel- Jake Pacheco & Casey Johnson (CBA 140A)

**12:00-1:00 PM:** Lunch

**1:00-1:15 PM:** Poster Session (CBA 140A)

**1:15-2:30 PM:** Lecture Block 3 (CBA 140A)

**1:15-1:30 PM:** Efficacy of Brief Intervention Biofeedback on Mental Workload, Mood, Arousal, Movement Time, and Biofeedback Device Preference

Seth Rose, MS, Frances Cacho, MS, California State University, Fullerton

**1:35-1:50 PM:** The Other Victims: Ocean Lifeguards and Traumatic Events.

Darielle Watkins, Graduate Student, Long Beach State University

**1:55-2:10 PM:** Exploring the Relationship Between Yoga, Music and Mood,

Laura Gross, Graduate Student, Long Beach State University

**2:15-2:30 PM:** Improving Sport Psychology Practicums: The Role of a "Team of Three" Kaila Vento, PhD Student, Arizona State University

**BREAK**

**2:45-4:15 PM:** Keynote- Chrissy King (CBA 140A)

**4:15-4:30 PM:** Closing (CBA 140A)



**ON BEHALF OF THE  
STUDENTS AND  
FACULTY AT LONG  
BEACH STATE  
UNIVERSITY,**

**THANK YOU FOR  
ATTENDING THE  
2019 AASP WEST  
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