

2020 Midwest Sport and Exercise Psychology Symposium: An AASP Regional Conference

The 2020 AASP Midwest Sport and Exercise Psychology Symposium was held Illinois State University between Friday, February 21st and Saturday, February 22nd, 2020. In total, there were 176 attendees which included 20 undergraduate students, 124 masters/doctoral students, and 32 faculty/professionals. These attendees represented 24 universities, including: Adler University, Ball State University, Bowling Green State University, Illinois State University, Indiana University, Miami University at Ohio, Michigan State University, Northern Illinois University, The Ohio State University, Pepperdine University, Purdue University, Siena Heights University, Southern Illinois University, University of Central Missouri, University of Illinois, University of Kansas, University of Kentucky, University of Missouri, University of Tennessee, University of Wisconsin, Wake Forest University, Wayne State University, West Virginia University, and Wichita State University.

This student-oriented conference featured 31 oral presentations and 21 poster presentations by undergraduate and graduate students covering topics such as coaching, mental health/psychological well-being, motivation and identity, physical health, sport injuries, sport psychology consultancy, and youth sport. The conference also presented a keynote discussion and two keynote panels, of which there was a distinguished graduate student on each panel. Finally, graduate students had the opportunity to attend an optional event by Dr. Jonathan Metzler which provided an update on the human performance and resilience program at Magellan Federal/AFSC.

The conference presented three keynote sessions. The first keynote session was a moderated discussion between Dr. Dan Gould (Michigan State University) and Dr. Robert Weinberg (Miami University-Ohio) on the evening of Friday, February 21st. These established sport psychology researchers and practitioners discussed how to build and maintain successful collaborations, what it takes to be a successful graduate student, the biggest challenges and developments in the field has faced over their careers, as well as what needs to happen to the field moving forward to ensure its continued advancement.

The other two keynote sessions were four-person panels before lunch on Saturday, February 22nd. The first panel focused on using sport psychology as a vehicle for positive social change and featured Dr. Dawn Anderson-Butcher (The Ohio State University, LiFEsports), Jill Kochanek (PhD Candidate, Michigan State University), Dr. Vikki Krane (Bowling Green State University), and Dr. Andrew MacIntosh (RISE). The second panel focused on translating science to practice in sport psychology consultancy and featured Dr. John Coumbe-Lilley (University of Illinois-Chicago), Dr. Samantha Kurkjian (Illinois State University), Lindsey Miossi (PhD Candidate, University of Tennessee-Knoxville), and Dr. Matt Powless (University of Southern Indiana).

The conference grant of \$500 was used to fully cover the expense of hiring the Hancock Stadium Clubroom to host all conference proceedings on Friday, February 21st. This came to a total of exactly \$500.00.

On behalf of the conference organizing committee, we would like to thank AASP for providing us with funding which made it possible to hold this successful and valuable conference.

2020 MSEPS Organizing Committee