



## **COLLEGE OF HEALTH AND HUMAN SCIENCES**

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### **SCHOOL OF HEALTH & KINESIOLOGY**

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#### 2016 Southeast Regional AASP Conference Report

The 2016 Southeast Regional AASP Conference took place at Georgia Southern University on Friday, February 26 and Saturday, February 27.

The conference included 41 attendees including undergraduate and graduate students as well as professionals in the southeastern region of the United States. Here is the breakdown of attendees:

- Undergraduate Students: 8
- Graduate Students: 18
- Professionals: 15

Some of the schools represented at the conference included Georgia Southern University, Florida State University, Barry University, Augusta University, Johnson University, University of Georgia, Texas A & M, Life University, University of Denver, University of Florida, University of the Rockies, Georgia School of Professional Psychology, and University of South Carolina.

Some of the professional organizations represented were IMG Academy, EXOS, Evert Tennis Academy, Elite Performance Solutions, Elite Minds, Boys and Girls Club of St. Simons, and United States Military Comprehensive Soldier and Family Fitness.

The conference program included:

- 2 Keynote Presentations:
  - Dr. Andrea Wieland, IMG Academy
  - Ben Freakley, MS, CSCS, EXOS
- 4 Lectures
- 3 Workshops
- 2 Panel Discussions
- 6 Posters

7 of these were presented by current students.

The conference grant of \$500 was used to fully cover the travel expenses of Dr. Andrea Wieland who was a Keynote presenter.



### **Conference Recap**

The 2016 Southeast Regional Association for Applied Sport Psychology Conference was hosted by Georgia Southern University on February 26<sup>th</sup> and 27<sup>th</sup>. The conference drew a variety of people who are passionate for the field including undergraduate students, graduate students, and professionals within the southeastern region of the United States. In addition to the presentations throughout the two days, the conference also included two social events that provided additional opportunities for students to speak with professionals regarding future opportunities or advice for beginning a career in the field.

The conference opened with Ben Freakley giving a dynamic presentation regarding his experience working with the military. This presentation gave new insight to students who are interested in working with those who are currently serving in the military or veterans who may need assistance with transitioning out of their respective branches. Even for the attendees who were not interested in working with the military were able to take away some valuable advice from the former Georgia Southern University soccer player regarding ways to start a career in Sport Psychology with a Master's degree.

The Saturday portion of the conference began with Dr. Andrea Wieland speaking about the various obstacles and detours she had to take to reach this point in her career with working at IMG Academy. Dr. Wieland provided advice for the future professionals at the conference who were thinking about starting their own businesses. Hearing about Dr. Wieland's path to her current success provided motivation for all in attendance due to her ability to continue following her dream of a career within the field of Sport Psychology. Dr. Wieland also made herself available for most of the conference to speak with students who are interested in working at IMG Academy whether it was for a summer internship or a permanent position. She also was very open to speaking with students about the difficulties and successes she had with beginning her own business.

The two panel discussions as well as the workshops were great opportunities for both undergraduate and graduate students in attendance. One panel discussion focused on the experiences of supervised graduate students in an applied sport psychology program that provided insight for the undergraduate students as to what they may be able to expect in the future. Additionally, a panel discussion was presented regarding the dynamics of performance consulting at athletic academies that provide various summer internships and career positions for sport psychology students. The workshops provided great opportunities for students to participate in various activities that could be used in sessions with teams or groups of people who have requested the services of a mental skills trainer. Also, one of the workshops provided advice for ways a student can use mental skills training techniques in other areas outside of sport psychology specific careers. Lastly, a workshop provided opportunities for sport psychology professionals to understand their own beliefs and how that can affect their consulting abilities.



Many conference attendees provided positive verbal feedback regarding the conference and its ability to bring a variety of people together to help further the field of sport psychology.