**2022 AASP South Central Regional Conference Final Summary Report**

The 2022 AASP South Central Regional Conference was held at the University of North Texas in Denton, Texas on April 1-2, 2022.

Total attendees: 45 (32 undergraduate and graduate students, 13 professionals)

Number of schools attended: 10

University of Texas at Tyler, East Central University, Oklahoma Panhandle State University, Louisiana Tech University, West Texas A&M University, Louisiana Tech University, University of North Texas, Texas Christian University, Indiana University, Southern Methodist University

Number of presentations: 9 total: 2 keynote presentations, 1 invited panel discussion, 1 team building exercise, 5 research presentations (including 1 faculty presentation and 4 graduate student presentations)

**Conference highlights:**

The conference included two keynote speakers and four panel members from various levels within an athletic department.

On April 1st (Friday), our first keynote speaker, Dr. Kensa Gunter, discussed the importance of focusing on the person of the athlete in the sport context of cultural identities, performance, and mental health. Following Dr. Gunter’s keynote, a conference social was held in which almost all conference attendees were present and were able to network with each other.

On April 2nd (Saturday) morning, we organized a featured panel discussion that focused on mental health stigma within collegiate athletics from different stakeholders’ perspectives. Panel members included a licensed sport psychologist, Dr. Trent Petrie; an athletic administrator, Ray Walls; a DI head coach, Brittany Roth; and a DI student-athlete, Kayla Mokwuah. The panel engaged in a lively discussion by answering questions from attendees on how they view the role of sport psychology and how to decrease stigma within athletics.

On Saturday afternoon, our keynote speaker Dr. Bailey Tackett gave a speech on eating disorders and compulsive exercise within the student-athlete population. She provided attendees with insights into the presentations of different disorders and how sport environments can contribute to increase risk for student-athletes in developing an eating disorder.

According to our post-conference survey, attendees most consistently commented on the appreciation of the important topics discussed by the keynote presenters 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 drawstring backpack and notebook), 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,

Kasey Chambers, Lindsey Slavin, and Karly Nettles

2022 AASP South Central Regional Conference Committee

University of North Texas