



## North Central Sport Psychology Conference Report

Minnesota State University

February 22nd & 23rd, 2013

To Dr. Jonathan Metzler

On February 22nd & 23rd 2013, Minnesota State University had the pleasure of hosting the 1<sup>st</sup> annual North Central Sport Psychology Conference. With the impressive resiliency accustomed to the people of our region, the conference welcomed 51 attendees from 13 different universities during a major winter storm in the Mankato area. Universities represented include: Minnesota State University-Mankato, University of Minnesota, St. Cloud State University, University of Minnesota-Duluth, University of Minnesota-Crookston, Winona State University, St. Johns University, Macalester College, Gustavus Adolphus College, Century College, University of Northern Iowa, University of Wisconsin-Eau Claire, and Northwest Missouri State University.

During the conference, attendees enjoyed 12 student presentations of original and applied research, as well as 2 student presented applied workshops totaling 14 student presentations. In an effort to make our conference as student-centered as possible, a round-table discussion session was held where students had an opportunity to talk with professionals in the field about various sport psychology topics. Lastly, applied sport psychology opportunities in our region were also presented to interested students and faculty.

In addition to student presentations, attendees were spoiled to an exceptional lineup of keynote presentations. Dr. Diane Wiese-Bjornstal (University of Minnesota) opened the conference with a keynote titled "Sports Medicine Psychology: Encompassing Multidisciplinary Theory, Research, and Practice." During our Friday evening banquet, Dr. Justin Anderson and Dr. Carly Anderson (Premier Sport Psychology LLC) presented a keynote titled "Applied Sport Psychology-Challenges and Opportunities" in which they discussed their career paths, experience developing a private practice, and relationship consulting with a Division I university. Saturday morning was jump-started by a terrific keynote from Dr. Aynsley Smith (Mayo Clinic) titled "From Ice to Axon: The Biomechanics, Physiology, and Psychology of a Concussion and It's Prevention." On Saturday afternoon, Dr. Cindra Kamphoff (Minnesota State University) and Minnesota State Head Football Coach Aaron Keen presented on their partnership in working with the Maverick football and the impact it had in the teams impressive fall football season. Finally, Dr. Nicole LaVoi (University of Minnesota) capped off the conference with a presentation titled "Barriers and Supports for Female Coaches: An Ecological Approach."

In a seemingly unanimous response, members of the region have decided that because the 1<sup>st</sup> annual North Central Sport Psychology Conference was such a great success that the conference will be held as an annual event.

On behalf of the conference planning committee, and the faculty and students of our region, thank you for contributing to the 2013 North Central Sport Psychology Conference and helping us to build a more collaborated North Central region.

Sincerely,

Eric Watson  
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