LAND ACKNOWLEDGEMENT

The Association for Applied Sport Psychology (AASP) recognizes that Orlando, the site of our 2023 Annual Conference, inhabits spaces that are the ancestral home stewarded by the Seminole, Miccosukee, and Mascogo Tribal Nations. AASP also recognizes that virtual attendees worldwide will live, work, and attend from stolen indigenous land. Furthermore, the discipline of sport psychology is intertwined with colonialism that historically forced and continues to force Indigenous peoples from their homes and land. In recognizing this, we commit to an asserted effort to uplift Indigenous sovereignty and histories meaningfully. Indigenous peoples historically have, and still do, play an integral role in our nation’s history and sport’s origins. We recognize that Indigenous athletes and performers have a particular place as heroes and heroines in the sport and military historical milestones of the United States of America. AASP would also like to celebrate the indigenous people and tribes represented in our membership, who continue to suffer at the hands of white supremacy and systemic racism. We assert that sport has played a role in reinforcing violence and stereotypes against Indigenous individuals through harmful forms of imagery and symbolism, land occupation, and a refusal to learn and understand the experiences of all indigenous folks and tribes. As members of AASP, we aim to correct further wrongdoing through awareness and acknowledgment in addition to purposeful learning and action. We encourage members of AASP to make personal and professional efforts to learn more about how you can better support Indigenous peoples in their daily lives. More resources can be found at:

- Nativegov.org
- Native-land.ca
- semtribe.com/stof/home/
Welcome to the 38th Annual Conference of the Association for Applied Sport Psychology.

We are pleased you have chosen this conference to share your knowledge and extend your network of colleagues and friends. Please join us in thanking the Conference Planning Committee and staff:

- Stephen Gonzalez, Scientific Program Chair
- Lindsey Blom, Conference Program Chair
- Chelsea Wooding, Scientific Program Chair-Elect
- Aidan Kraus, Student Representative
- Amanda Perkins-Ball, Diversity Committee Representative
- Dolores Christensen, Conference Planning Committee Member
- Christopher Stanley, Conference Planning Committee Member
- Kent Lindeman, Executive Director
- Stephanie Garwood, Meeting Manager
- Emily Schoenbaechler, Certification & Communications Manager
- Emily Stark, Membership & Registration Coordinator

In addition, we want to thank the over 150 members who assisted with the review of all submitted conference abstracts. Their hard work enabled us to assemble what promises to be an outstanding program. This year’s conference features an exceptional list of invited speakers, as well as lectures, panels, posters, symposia, and workshops that AASP members will be presenting. Thank you for continuing to submit your excellent work to our annual conference.

The AASP Executive Board is very pleased to serve as your host for AASP 2023, and hopes that you enjoy the program and networking activities that are planned. If any of us can be of further assistance, or if you have suggestions for increasing the effectiveness of the AASP organization or educational program, please stop and talk to us this week.

Enjoy the conference!

Sincerely yours,

AASP Executive Board
2022-2023
AASP EXECUTIVE BOARD 2022-2023

Bob Harmison, PhD, CMPC
President
James Madison University

Betsy Shoenfelt, PhD, CMPC
President-Elect
Western Kentucky University

Lindsey Blom, EdD, CMPC
Past President
Ball State University

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Humber College

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Belonging & Justice (DEIBJ)
Temple University

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Empower2Perform

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Research & Practice
IMG Academy

Stephen Gonzalez, PhD, CMPC
Scientific Program
Dartmouth University

Chelsea Wooding, PhD, CMPC
Scientific Program-Elect
University of Wisconsin-Green Bay

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Executive Director

Stephanie Garwood, MTA
Meeting Manager

Emily Schoenbaechler
Certification & Communications Manager

Emily Stark
Membership & Registration Coordinator

Brittany Linville
Accounting Manager

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(317) 205-9225
appliedsportpsych.org
info@appliedsportpsych.org

Aidan Kraus, MS, CMPC
Student Representative
Boston University

Emily Murphy
Student Representative
University of Kentucky
AASP PAST PRESIDENTS

AASP is grateful for the individuals who have helped shape the organization by serving as president.

**FELLOWS**

A Fellow is an AASP member who has achieved distinction through significant contributions to academic and professional practice knowledge in sport and exercise psychology.

Congratulations to the 14 members named to AASP’s 2023 Class of Fellows.

**Active Fellows:**
- Nick Galli (2021)
- Lori Gano-Overway (2019)
- Burt Giges (2006)
- Joy Griffin (2002)
- Diane Gill (1987)
- Todd Gilson (2019)
- Scott Goldman (2016)
- Daniel Gould (1987)
- Kensa Gunter (2020)
- Doug Hanks (2015)
- Stephanie Hanrahan (2010)
- Charles Hardy (1987)
- Bob Harmsion (2015)
- Chris Harwood (2007)
- Brandon Harris (2022)
- Tim Herzog (2020)
- Ken Hodge (2012)
- Jasmin Hutchinson (2017)
- Cindra Kamphoff (2021)
- Linda Keeler (2022)
- Michele Kerulis (2021)
- Bruce Klonsky (2021)
- Anthony Kontos (2017)
- Nonelani Lawrence (2022)
- Bart Lerner (2016)
- Jack Lesyk (2011)
- Charlie Maher (2017)
- Jeff Martin (2004)
- Scott Martin (2004)
- Ian Maynard (2007)
- Sean McCann (2009)
- Penny McCullagh (1992)
- Rick McGuire (2010)
- Jon Metzler (2013)
- Taryn Morgan (2021)
- Angela Mudford (2016)
- Elizabeth Mullin (2018)
- Maria Newton (2012)
- Ed O’Connor (2010)
- Carole Olesby (1987)
- Margaret Ottley (2018)
- Al Pettapas (1993)
- Kirsten Peterson (2013)
- Linda Petlichkoff (1995)
- Trent Petrie (2000)
- Artur Poczwardowski (2015)
- Alison Pope-Rhodius (2018)
- Alessandro Quartioli (2021)
- Glyn Roberts (1987)
- Michael Sachs (1987)
- Tara Scanlan (1987)
- Carrie Scherzter (2022)
- Rob Schinke (2014)
- Jamie Shapiro (2021)
- Elizabeth Shoenfelt (2016)
- John Silva (1987)
- Wesley Sime (1987)
- Duncan Simpson (2021)
- Natalia Stambulova (2014)
- Traci Statler (2015)
- Joan Steidinger (2021)
- Gershon Tennenbaum (2006)
- Melissa Thompson (2018)
- Judy Van Raalte (2002)
- Tiffany Vargas (2019)
- Robin Vealey (1989)
- Ralph Vernacchia (2001)
- Amanda Visek (2020)
- Chris Wagstaff (2022)
- Brent Walker (2015)
- Jack Watson (2012)
- Robert Weinberg (1987)
- Diane Whaley (2013)
- Meredith Whitley (2022)
- Diane Wiese-Bjornstal (2002)
- Jean Williams (1987)
- David Yukelson (1987)
- Michael Zito (2020)
- Sam Zizzi (2012)

**Past Presidents:**
- John Silva, 1985-1987
- Lawrence Brawley, 1990-1991
- Charles Hardy, 1992-1993
- Jean Williams, 1993-1994
- Tara Scanlan, 1994-1995
- Penny McCullagh, 1995-1996
- Maureen Weiss, 1996-1997
- Robin Vealey, 1998-1999
- Andrew Meyers, 1999-2000
- Joan Duda, 2000-2001
- David Yukelson, 2001-2002
- Linda Petlichkoff, 2002-2003
- Damon Burton, 2003-2004
- Craig Wisberg, 2005-2006
- Vikki Krane, 2006-2007
- Burton Giges, 2007-2008
- Sean McCann, 2008-2009
- Glyn Roberts, 2009-2010
- Bonnie Berger, 2010-2011
- Jack Lesyk, 2011-2012
- Jack Watson II, 2012-2013
- Jonathan Metzler, 2013-2014
- Brent Walker, 2015-2016
- Angus Mugford, 2016-2017
- Amy Baltzell, 2017-2018
- Traci Statler, 2018-2019
- Natalie Durand-Bush, 2019-2020
- Kensa Gunter, 2020-2021
- Lindsey Blom, 2021-2022

**Fellows**

Amy Athey, KBR/Naval Special Warfare Development Group

Shannon Baird, KBRWyle/1st Special Forces Group

Angel Brutus, USOPC

Stephanie Coakley, Temple University Athletics

Larry Lauver, USTA Player Development

Christopher Mesagano, Federation University Australia

Robert Owens, Valor Performance

Philip Post, New Mexico State University

Erin Reifsteck, University of North Carolina at Greensboro

Mustafa Sarkar, Nottingham Trent University

Lauren Tashman, Align Performance LLC / Valor Performance Inc.

Jill Tracey, Wilfrid Laurier University

Greg Young, IMG Academy

Rebecca Zakrajsek, University of Tennessee

**Active Fellows:**

- Renee Appaneal (2021)
- Mark Aoyagi (2016)
- Amy Baltzell (2017)
- Monna Arvinen-Barrow (2020)
- Heather Barber (2005)
- Bonnie Berger (1987)
- Lindsey Blohm (2019)
- Gordon Bloom (2021)
- Damon Burton (2003)
- Sarah Castillo (2016)
- Melissa Chase (2009)
- Graig Chow (2022)
- Becky Clark (2018)
- Damien Clement (2020)
- Alex Cohen (2018)
- Steven Danish (1991)
- Kristen Diefenbach (2016)
- Joan Duda (1988)
- Vicki Ebbeck (2004)
- Ed Etzel (2007)
- Marty Ewing (2010)
- Leslee Fisher (2011)
- David Fletcher (2014)
- Frances Flint (2009)
- Mary Fry (2009)
2023 AASP & AASP Foundation Award Winners

Dissertation Award
Recognizes the completion of an outstanding dissertation by an AASP doctoral student member
Ashley Kuchar
Fail Better Training

Distinguished International Professional Award
Recognizes an outstanding individual from the international community whose scientific and/or applied work has significantly impacted the field of sport and performance psychology
David Fletcher
Loughborough University - UK

Distinguished Professional Practice Award
Recognizes a member who demonstrates exceptional quality and innovation in delivering sport and performance psychology services to the public
Michael Gervais
Finding Mastery

Distinguished Student Practice Award
Acknowledges outstanding and innovative service delivery in sport and exercise psychology by student member
Shir Wasserman
James Madison University

Dorothy V. Harris Memorial Award
Recognizes an AASP member, in the early stage of his or her professional career, who has made outstanding contributions that are both theoretical and practical
Jana Fogaca
California State University - Long Beach

Early Career Applied Practitioner Award
Recognizes a sport psychology practitioner who has recently entered into the applied field post-graduation.
Katie Pagel
Strive Performance LLC / Colorado Rapids Youth Soccer Club

Inclusion, Diversity, and Excellence in Advocacy and Social Justice (IDEAS) Student Award
Recognizes a student involved in research, service, or applied experiences that focus on diversity, inclusion, social justice, or advocacy in sport and performance psychology
Kerry Guest
Indiana University

Kate F. Hays Distinguished Mentor Award
Recognizes outstanding efforts by an AASP member as a mentor/supervisor who has had a significant impact on their mentees in the field.
Traci Statler
Philadelphia Phillies

Ken Ravizza Performance Excellence Award
Recognizes an individual who embodies exemplary psychological principles associated with performance excellence as demonstrated through consistent achievement, merit or leadership over the course of their career
Carli Lloyd
2x Olympic Gold Medalist, 2x FIFA Women’s World Cup Champion, 2x FIFA Player of the Year, 4x Olympian

Masters Thesis Award
Recognizes the completion of an outstanding thesis by an AASP student member
Danae Frentz
University of Alberta - Canada

Student/Early Career Professional Science-Practitioner Award
Recognizes student or early career professional who has demonstrated excellence in both the science of applied sport psychology as well as the practice of applied sport psychology
Ryan Sappington
Loyola University Maryland

Teaching Excellence Award
Acknowledges an exceptional classroom educator in the field of sport, exercise, and performance psychology
Amanda Perkins-Ball
Rice University

The Sport Psychologist Young Researcher Award
sponsored by Human Kinetics
$1,000 USD award
2023 The Sport Psychologist
Young Researcher Award Winner:
William Low, Heriot-Watt University, UK
# 2023 Conference Program • Award and Grant Winners

## AASP 2023 Conference Student Travel Awards

<table>
<thead>
<tr>
<th>Award</th>
<th>Name</th>
<th>University/Location</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>$750 USD</td>
<td>Macey Arnold</td>
<td>University of North Texas</td>
<td></td>
</tr>
<tr>
<td>$750 USD</td>
<td>Matthew Cullen</td>
<td>University of Birmingham</td>
<td></td>
</tr>
<tr>
<td>$750 USD</td>
<td>Harley de Vos</td>
<td>Condor Performance - Australia</td>
<td></td>
</tr>
<tr>
<td>$750 USD</td>
<td>Peyton Greco</td>
<td>University of North Carolina at Greensboro</td>
<td></td>
</tr>
<tr>
<td>$750 USD</td>
<td>Nicholas Lee</td>
<td>Boston University</td>
<td></td>
</tr>
<tr>
<td>$750 USD</td>
<td>Anthony Magdaleno</td>
<td>University of Wisconsin-Milwaukee</td>
<td></td>
</tr>
<tr>
<td>$750 USD</td>
<td>Daniel Martin</td>
<td>Durham University - UK</td>
<td></td>
</tr>
<tr>
<td>$750 USD</td>
<td>Melissa Pare</td>
<td>University of Windsor - Canada</td>
<td></td>
</tr>
<tr>
<td>$750 USD</td>
<td>Chelsi Ricketts</td>
<td>Michigan State University</td>
<td></td>
</tr>
<tr>
<td>$750 USD</td>
<td>Rebecca Steins</td>
<td>Saint Louis University</td>
<td></td>
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</tbody>
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## 2023-2024 AASP Research Grants

<table>
<thead>
<tr>
<th>Grant</th>
<th>Principal Investigator/Sponsor</th>
<th>Title</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>$2,454</td>
<td>Caitlin Brinkman &amp; Shelby Baez, University of North Carolina – Chapel Hill</td>
<td>Don’t Sleep on Getting Sleep: Characterizing Sleep After Anterior Cruciate Ligament Reconstruction</td>
<td></td>
</tr>
<tr>
<td>$3,375</td>
<td>Erin Frolich &amp; Robin Vealey, Miami University</td>
<td>Perceptions of Mental Skills Training and the Promotion of Athlete Mental Health by Certified Mental Performance Consultants® (CMPCs)</td>
<td></td>
</tr>
<tr>
<td>$3,600</td>
<td>Erin Haugen &amp; Steven Westereng, University of North Dakota</td>
<td>Ready, Set, Return: Improving Psychological Readiness for Return to Sport Post-Injury</td>
<td></td>
</tr>
<tr>
<td>$3,541</td>
<td>Candace Hogue, University of Minnesota</td>
<td>An Experimental Investigation Examining Athletes Inflammatory Stress Responses to the Motivational Climate During a Free Throw Shooting Clinic</td>
<td></td>
</tr>
<tr>
<td>$3,750</td>
<td>Stephen Mellalieu, Cardiff Metropolitan University (UK); Ella McLoughlin, Nottingham Trent University (UK); Rachel Arnold, University of Bath (UK)</td>
<td>A Longitudinal Examination of Lifetime Stressor Exposure in Sport Performers</td>
<td></td>
</tr>
<tr>
<td>$3,818</td>
<td>E. Whitney Moore, Christine Habeeb, &amp; Nicholas P. Murray, East Carolina University</td>
<td>Influence of Motivational Climate Conditions on Army Cadet Shooters’ Efficacy, Attentional Focus, and Performance</td>
<td></td>
</tr>
<tr>
<td>$4,400</td>
<td>Melvin Sangalang &amp; Scott Pierce, Illinois State University; Lindsey Keller, Illinois Wesleyan University</td>
<td>Life After Sports: A Career Transition Program for Graduating Collegiate Student-Athletes</td>
<td></td>
</tr>
</tbody>
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## 2023-2024 AASP Collaborative Research Grants

<table>
<thead>
<tr>
<th>Grant</th>
<th>Principal Investigator/Sponsor</th>
<th>Title</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>$3,541</td>
<td>Katherine Hirsch, Todd Loughead, &amp; Gordon Bloom, University of Windsor (Canada)</td>
<td>An Exploration of University Athletes’ and Coaches’ Perspectives of Fairness in Coach Leadership</td>
<td></td>
</tr>
<tr>
<td>$3,818</td>
<td>Carly Wahl, Eastern Illinois University; Barbara Meyer &amp; Kyle Ebersole, University of Wisconsin-Milwaukee</td>
<td>Determining Validity of the Assessment of Recovery Activities for Athletes Using Heart Rate Variability</td>
<td></td>
</tr>
</tbody>
</table>

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## 2023-2024 AASP Community Outreach Grants

<table>
<thead>
<tr>
<th>Grant</th>
<th>Principal Investigator/Sponsor</th>
<th>Title</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>$1,800</td>
<td>Charlotte Mohn, Kayla Myers, Kaylie Kappelmann &amp; Jean-Charles LeBeau, Ball State University</td>
<td>Developing Teamwork Skills in an Underserved Community Via a Youth Soccer Program</td>
<td></td>
</tr>
<tr>
<td>$3,200</td>
<td>Lindsay Ross-Stewart, Southern Illinois University Edwardsville</td>
<td>Mental Training in Manitoba Schools: Project 11 Intermission Video Series</td>
<td></td>
</tr>
</tbody>
</table>

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If you would like to apply for an AASP Award or Grant, please visit www.appliedsportpsych.org for deadlines and additional information.
IN MEMORIAM

GREGORY DALE

Gregory Dale, PhD, the Director of Sport Psychology and Leadership Program for Duke Athletics, passed away on November 24, 2022 at the age 60 after a year-long battle with gastric cancer.

One of the nation’s foremost experts in sport leadership and psychology, Dale was a member of the Duke Athletics staff for more than two decades. In his unique role, he provided training for athletes, coaches and administrators within the department – and to a number of professional sports franchises and coaches – through various educational programs. A respected professor of sport psychology and sport ethics in the Department of Health, Wellness and Physical Education, Dale was recognized multiple times for excellence in teaching by Duke University.

Greg was a long-time AASP member, presenting at many conferences, and certified by the organization for over 20 years. In 2018, Dale was named to Duke’s newly-created Integrative Performance Excellence Group, a unit comprised of directors in the areas of Sports Performance, Athletic Medicine, Sports Nutrition and Behavioral Health, as well as individuals representing psychological services, team physicians and primary care physicians. The goal of this working group was to enhance the experience of Duke student-athletes by providing an integrative approach to the care of each individual athlete throughout his or her collegiate career.

The family requests with gratitude that contributions in Greg’s memory be directed to Greg Dale Leadership Academy, supporting student-athletes at Duke University.

STEVEN UNGERLEIDER

Steven Ungerleider, long-time AASP member, AASP Fellow, and one of the first group of professionals to be AASP certified has died. He was 73. Ungerleider passed away March 18, 2023 in Healdsburg, California, after an eight-month battle with pancreatic cancer.

He dedicated his life to understanding the psychological factors that influence athletic performance and was widely recognized for his pioneering work in the area of anti-doping and combating the use of performance-enhancing drugs in sport, the importance of fair play and fighting for justice for athletes.

Born in 1949 in New Jersey, Ungerleider was a multifaceted individual who made significant contributions to both the fields of sport psychology and film production through his philanthropic endeavors at the Foundation for Global Sports Development.

He authored several books, including Mental Training for Peak Performance, which focused on mind exercises used by top athletes to excel in sport, and Quest for Success, which explored success achieved by numerous Olympians in sport and in life after athletics.

Ungerleider produced HBO’s At the Heart of Gold: Inside the USA Gymnastics Scandal (2019), the Erin Lee Carr-directed film that focused on the sexual-abuse victims of convicted USA Gymnastics doctor Larry Nassar.

He produced and directed the 2020 PBS documentary short Positive All the Way, an inspiring story about the Paralympic movement and its founder, Philip Craven, and produced the 2021 CNN Films doc Citizen Ashe, about the tennis legend and activist.
Ungerleider received his PhD in Counseling Psychology from the University of Oregon. He served on the Education and Ethics Committee of the World Anti-Doping Agency and the National Advisory Panel of the American Psychological Association. In 2009, Ungerleider co-founded the Texas Program in Sports and Media at his alma mater, the University of Texas, Austin. He more recently helped launch the Courage First Athlete Helpline to build awareness around sexual abuse in sport and offer confidential support.

**RUTH HALL**

Sending this message with a very heavy heart. Any person familiar with persons of color in psychology and sport psychology will know Dr. Ruth Hall. Dr. Hall completed her PhD in Clinical Psychology at Boston University in 1979 and subsequently took a position as Senior Staff Psychologist at University of Pennsylvania. Even then, many athletes were reporting to the Counseling Center and Ruth was very aware and concerned with medical and psychological issues of black women that were not well addressed in the profession. Exercise and sport seemed to her to offer a positive pathway particularly for women of color. Ruth was determined to add sport psychology to her own clinical repertoire. She could have simply ‘stretched’ her licensure in New Jersey and Pennsylvania to begin to be active in this area. But Ruth being Ruth, she enrolled in the master’s program in sport and exercise psychology at Temple and began successful work with Michael Sachs and me.

Ruth had a gift for cross-racial collaboration and leadership. She had founding roles with the Association of Black Psychologists, Association of Women in Psychology, APA (Society of Women in Psychology among others. She joined AASP and immediately served in a leadership capacity with the Diversity Committee. Ruth’s last academic post was Chair of the Graduate Program in Psychology at College of New Jersey where she retired emeritus. Her passion was always clinical work but Ruth’s publications have had great influence, especially among the ethnically diverse in sport psychology. She published “Softly Strong” in The Psychotherapy Patient (1998); Shaking the Foundations: Women of Color in Sport, in The Sport Psychologist (2001); Through the Looking Glass, a Special Issue of Sex Roles: Journal of Research, a prestigious feminist journal. For the latter, although co-edited with me, that was ‘all Ruth’ as their editorial board did not know me from Adam or Eve at that time. She has co-authored work with renowned feminist psychologists Beverly Green and Michelle Fine.

Donations to honor Ruth’s memory can be made to following organizations - American Diabetes Association, Kidney Foundation of America or Providence Animal Center.
APA CREDITS

APA credits are available to AASP attendees for an additional fee. To obtain APA credits, you must purchase them when you register for the conference. If you registered for APA credit, you received instructions and additional information, including a list of eligible sessions, when you picked up your name badge.

CMPC CREDIT

The AASP Annual Conference counts for 12 CEUs (3 per day) toward CMPC recertification. In order to claim the credit, turn in your conference registration confirmation email with your recertification materials. You will not receive a separate certificate.

You can earn additional credit by attending the sessions below. In order to claim credit for these, you will be required to sign in, and you will receive a certificate via email after the conference.

If you attend the entire conference, including the three sessions below, you can receive a maximum of 15.25 CEUs.

Diversity Credit - 1.25
Thursday, October 19, 2:30 pm - 3:45 pm, Grand 4
PAN-08: What Does an AASP that Integrates DEIBJ Look Like? Changes in Membership Demographics from 2017 to 2023 Emphasize the Need to Rethink Diversity and Inclusion in AASP Membership
Amanda Perkins-Ball, Rice University, USA; Derek Zike, UW Milwaukee, USA; Deyanira Enriquez, Flatiron Mental Performance, USA

Ethics Credit - 1.0
Friday, October 20, 1:45 pm - 2:45 pm, International South
FEA-11: Staying Ablreast of Recent Changes to the AASP Ethics Code: Didactics and Collaborative Decision-Making
Michael D. Zito, Morristown Clinical and Sport Psychology, USA; Tim Herzog, Reaching Ahead Counseling and Mental Performance, USA

Mentorship/Supervision Credit - 1.0
Saturday, October 21, 11:30 am - 12:30 pm, International Center
SYM-10: Leveling Up the Training of Certified Mental Performance Consultants in Higher Education Settings: Perspectives and Processes in Effective Mentorship Structure and Design to Meet Emergent Demands
Dana Voelker, West Virginia University, USA; Zenzi Huysmans, Whole Brain Solutions, USA; Jana Fogaca, Long Beach State University, USA; Michelle McAlarnen, Minnesota State University, Mankato, USA

SPEAKER READY ROOM

All speakers delivering computer-based presentations are required to visit the Speaker Ready Room, in Sabal, to pre-load their presentations. Please visit the Speaker Ready Room at least two hours prior to your presentation time. If you are presenting at 8:15 am, plan to visit the day prior to your presentation.

Please provide your presentation on a USB drive, and if your presentation contains audio or video, make sure to have a copy of the audio or video source file on your USB.

An AV Tech will be able to assist you with putting your files on a laptop and previewing your presentation. Please note that once your presentation is uploaded in the Speaker Ready Room, you will not be permitted to revise the presentation. Please make all your last-minute changes before coming to the Speaker Ready Room. Once uploaded, your presentation will be available on a PC laptop in your session room in a folder on the desktop named with your session date and time.

**Speaker Ready Room Hours**

**Wednesday, October 18**
9:00 am - 5:00 pm
**Thursday, October 19**
7:00 am - 4:00 pm
**Friday, October 20**
7:00 am - 2:00 pm
**Saturday, October 21**
7:00 am - 3:00 pm

NURSING LOUNGE

BEGONIA - MEZZANINE LEVEL
A room is available for nursing mothers during conference hours Wednesday - Saturday. Please pick up a key at the AASP registration desk if you would like to use the room.

THE ZEN LOFT: for Quiet Meditation, Reflection, and Prayer

AZALEA - MEZZANINE LEVEL
The purpose of the ZEN Loft is to offer a space for prayer, relaxation, and reflection for all conference attendees. The goal is to provide a quiet sanctuary where you can retreat from the conference and safely respect your personal, spiritual, and/or religious practices. The room is not advocating or endorsing any particular religion or belief system, but instead is there to offer a dedicated, comfortable space for attendees to use throughout the conference as needed.
## SPECIAL INTEREST GROUP (SIG) MEETINGS

Attendees are welcome to attend any SIG meeting; pre-registration is not required.

Groups meet from 12:40 PM – 1:25 PM; and 1:30 PM – 2:15 PM. Check the schedule below for the time your group meets.

### Thursday, October 19

**12:40 PM - 1:25 PM**
- Anger & Violence in Sport
  - Lily
- Coaching Science
  - Grand 6
- Exercise Psychology and Wellness
  - Camellia
- Media in Sports
  - International Center
- Mental Health
  - Grand 7
- Performing Arts
  - International Center
- Soccer
  - Kahili
- Teaching Sport and Exercise Psychology
  - International South

### Thursday, October 19

**1:30 PM - 2:15 PM**
- Athlete Retirement
  - Lily
- Business Ownership
  - Poinsettia
- Eating Disorders
  - International Center
- Fencing
  - Kahili
- Mindfulness
  - Camellia
- Pride (LGBTQ+)
  - Grand 7
- Psychology of Sport Injury
  - Grand 6
- Race and Ethnicity in Sport
  - International South
- Study & Practice of Supervision
  - International North

## COMMITTEE & EDITORIAL BOARD MEETINGS

### Thursday, October 19

**12:30 PM - 2:00 PM**
- Past Presidents Council & Lunch
  - Orange Blossom/Narcissus

**12:30 PM - 1:30 PM**
- Advocacy Committee
  - Poinsettia
- Ethics Committee
  - Quince
- Newsletter Committee
  - Jasmine

### Friday, October 20

**7:00 AM - 8:00 AM**
- Nominations/Leadership Development Committee
  - Kahili
- Webinar/Virtual Conferences Committee
  - Dogwood

**12:30 PM - 1:30 PM**
- Community Outreach Committee
  - International North
- Continuing Education Committee
  - International Center
- Diversity Committee
  - Grand 6
- Finance Committee
  - Grand 7
- Graduate Program Directors Committee
  - Crystal

**12:45 PM - 2:00 PM**
- Sport Psychology Council
  - Dogwood
FULL CONFERENCE SCHEDULE

WEDNESDAY, OCTOBER 18

8:30 AM – 12:30 PM  USTA National Campus

CE Workshop: Mental Performance Training in Professional & Junior Tennis
Larry Lauer, USTA National Campus, USA; Earleynn Lauer, USTA National Campus, USA; Dan Gould, Michigan State University, USA
Pre-registration required; workshop is full. Bus leaves at 8:30 am from the Convention Entrance of the hotel near Grand Ballroom 6.

9:00 AM - 12:00 PM  International North

CE Workshop: From Classrooms and Offices to Fields and Sidelines: An Evolution in Applied Mental Performance Coaching
Cecilia Craft, Philadelphia Phillies, USA; Traci Statler, Philadelphia Phillies, USA; Frances Cardenas, Philadelphia Phillies, USA
Pre-registration required; additional fee.

1:00 PM - 2:00 PM  Crystal

LEC-01: Youth Sport

LEC-01A: Developing Self-Awareness and Emotional Intelligence in Adolescent Soccer: A Community Outreach Program
Sabrina Gomez Souffront, Florida International University, USA; Enzo Everett, Florida International University, USA; Jason Kostrna, Florida International University, USA

LEC-01B: The Effects of Perfectionistic Climate on Perfectionism, Resilience, Fear of Failure, and Psychological Wellbeing in Youth Athletes
Emily Dargue, Nottingham Trent University, UK; Julie Johnston, Nottingham Trent University, UK; Sarah Mallinson-Howard, York St Johns University, UK; Mustafa Sarkar, Nottingham Trent University, UK; Laura Healy, Nottingham Trent University, UK

LEC-01C: A Group Concept Mapping Approach to Guide and Support the USTA's American Development Model: TENNIS FUN MAPS
Amanda Visek, The George Washington University, USA; Rachel Albenze, The George Washington University, USA; Yichen Jin, The George Washington University, USA; Nathan Fordham, The George Washington University, USA

LEC-02: Diversity, Equity, Inclusion, Belonging, and Justice (DEIBJ)

LEC-02A: The Moderating Effect of Ethnic Identity in College Baseball Athletes of Color
Alec Treacy, Florida State University, USA; Tsz Lun (Alan) Chu, University of North Carolina at Greensboro, USA

LEC-02B: Promoting Gender+ Equity in Youth Sport through an Online Social Learning Space
Majidullah Shaikh, The University of British Columbia - Okanagan, Canada; Sara Kramers, School of Human Kinetics, University of Ottawa, Canada

LEC-02C: Sport, Mental Health, and Race in School Systems
Laura Hayden, University of Massachusetts Boston, USA; Joseph Cooper, University of Massachusetts Boston, USA; Allison Smith, University of Massachusetts Boston, USA; Bryce Scottron, University of Massachusetts Boston, USA

LEC-02D: “In the Skin I’m in...I Represent a Different Version of What Help Looks Like:” Black Women Sport Psychology Professionals’ Experiences in Applied Sport Psychology
Sharon Couch, University of Tennessee Knoxville, USA; Leslee Fisher, University of Tennessee, USA; Lauren McHenry, McHenry Mental Performance, LLC, USA; Matthew Bejar, San Jose State University, USA; Diandra Walker, University of Tennessee, Knoxville, USA; Rebecca Zakrajsek, University of Tennessee, USA

1:00 PM - 2:00 PM  International Center

PAN-01: Top-Down: Systems Approach to Mental Performance Delivery in Elite Settings
Kerry Guest, Indiana University, USA; Mike Clark, University of Arizona, USA; Lindsey Hamilton, IMG Academy, USA; Michael Urban, University of California, Berkeley, USA
LEC-03B: Tracking Adolescents Consistency of Physical Activity and Psychological Adjustment Across the First Year of the COVID-19 Pandemic
Lindsey Forbes, Dr. Forbes & Associates, Canada; Wendy Ellis, King’s University College at Western University, Canada; Tara Dumas, Huron University College at Western University, Canada

LEC-03C: Adverse Childhood Experiences, Protective Factors, and Social Behaviors of Young Adults in Sports and Life
Keely Hayden, University of North Texas, USA; Cami Barnes, University of North Texas, USA; Hunter Williams, University of North Texas, USA; Scott Martin, University of North Texas, USA

LEC-03D: The Relationship Between Poor Mental Health and Sleep Quality in Elite Australian Athletes
Harley de Vos, Condor Performance, Australia

2:15 PM - 3:15 PM  
International North

PAN-03: When Everything and Nothing Changes: Navigating Transitions Between Olympic Cycles from a Systems Theory Perspective
Stacy Gnacinski, Drake University, USA; Barbara Meyer, University of Wisconsin-Milwaukee, USA; Penny Werthner, University of Calgary, Canada; Courtney Hess, Stanford University School of Medicine, USA

1:00 PM - 2:00 PM  
Grand 4

WKSP-01: The WHEN of Mindfulness: Prepare, Compete, Reflect
Michael Gerson, JFKU/ Mission 6 Zero, USA; Danny Ourian, Dominican University of California, USA

1:00 PM - 2:00 PM  
Grand 7

WKSP-02: Integrating Graded Exposure Therapy to Address Injury-Related Fear after Sport-Related Injury
Shelby Baez, University of North Carolina at Chapel Hill, USA; Caitlin Brinkman, University of North Carolina at Chapel Hill, USA

1:00 PM - 2:00 PM  
Grand 6

WKSP-03: Enhancing Supervision Experiences among Novice Mental Performance Consultants through Case Conceptualizations
Charlotte Mohn, Ball State University, USA; Corinne Zimmerman, Michigan State University, USA; Kathryn Gallenstein, USA

2:15 PM - 3:15 PM  
Grand 7

FEA-01: Five Slides in Five Minutes - Teaching Challenging Topics and Sensitive Subject Matter, sponsored by the Teaching Sport and Exercise Psychology SIG
Hannah Bennett, Augusta University, USA; Aman Hussain, University of Winnipeg, Canada; Kimberly Shaffer, Barry University, USA; Erika Van Dyke, Springfield College, USA; Amber Shiperd, Texas A&M University - Kingsville / Next Level Mind Consulting, USA; Andrew Friesen, Pennsylvania State University, USA

2:15 PM - 3:15 PM  
Grand 6

LEC-03: Mental Health

LEC-03A: Disordered Eating, Compulsive Exercise, and Body Image Concerns in Collegiate Athletes
Ksenia Power, Temple University, USA

LEC-03B: Tracking Adolescents Consistency of Physical Activity and Psychological Adjustment Across the First Year of the COVID-19 Pandemic
Lindsey Forbes, Dr. Forbes & Associates, Canada; Wendy Ellis, King’s University College at Western University, Canada; Tara Dumas, Huron University College at Western University, Canada

2:15 PM - 3:15 PM  
Grand 4

WKSP-04: Help Me Help You (and Your Kid): Building Effective Relationships with Youth Sport Parents
Abby Keenan, Intrepid Performance Consulting, USA; Mark Cheney, Faith Lutheran MS & HS, USA
LEC-04D: Existential Athletics: The Connection between Passion and Meaning in Life in University Athletes and Non-Athletes
Joshua Coon, Fort Lewis College, USA; Gily Meir, University of Western States, USA; Matthew Moore, University of Western States / Ampelis, USA; Amy O’Hana, University of Western States, USA

3:45 PM - 5:00 PM International South
PAN-04: Striking Out Silos: Mental Performance and Mental Health Alignment Within a Major League Baseball Organization
Brian Miles, Cleveland Guardians, USA; Lindsay Shaw, Cleveland Guardians, USA; Sean Swallen, Cleveland Guardians Baseball, USA; Kevin Lou, Cleveland Guardians, USA

3:45 PM - 5:00 PM International Center
PAN-05: Exploring Interdisciplinary & Transgenerational Perspectives on Diversity, Equity, and Inclusion in Applied Sport Psychology
Kira Borum, University of North Carolina-Greensboro, USA; Erin Reifsteck, University of North Carolina at Greensboro, USA; Stephany Coakley, Temple University Athletics, USA; Diane Gill, UNCG, USA

3:45 PM - 5:00 PM International North
SYM-02: Signature Interventions for Sustainable Performance Excellence: International Perspectives Across the Continuum of Mental Wellbeing and Mental Performance
Elizabeth Shoenfelt, Western Kentucky University, USA; Sebastian Brueckner, Private Practice, Germany; Stiliani Chroni, Inland Norway University of Applied Sciences, Norway; Göran Kenttä, The Swedish School of Sport and Health Science, Sweden; Antonis Alexopoulos, European University of Cyprus, Nicosia, Cyprus; Courtney Hess, Stanford University School of Medicine, USA

3:45 PM - 5:00 PM Grand 7
SYM-03: Trauma-Informed Sport Psychology: A New Standard of Care?
Amanda Leibovitz, University of Western States, USA; Mitch Abrams, Learned Excellence for Athletes, USA; Keely Hayden, University of North Texas, USA; Scott Martin, University of North Texas, USA
THURSDAY, OCTOBER 19

7:00 AM - 8:00 AM  Grand 4
CMPC Breakfast
Open to current CMPCs.

8:15 AM - 9:30 AM  International South
PAN-06: The Entrepreneurial Experience: Understanding the Business Side of Mental Performance
Abby Keenan, Intrepid Performance Consulting, USA; Lindsey Schriever, Center for Psychological Performance, USA; Adrian Ferrera, A Journey Forward, LLC, USA; Domagoj Lausic, Hourglass Performance Institute, USA

8:15 AM - 9:30 AM  International North
SYM-04: Conducting Collaborative, Multidisciplinary Research in Applied Sport Psychology: The Planning, Lessons Learned, and Findings from an AASP Collaborative Research Grant Project
Candace Hogue, Penn State University, Harrisburg, USA; Mary Fry, University of Kansas, USA; Andrew Fry, University of Kansas, USA; Jacob Chamberlin, University of Kansas, USA; Drake Eserhaut, University of Kansas, USA

8:15 AM - 9:30 AM  Grand 7
SYM-05: Mental Health Interventions in Sport: Evidence from Systematic Reviews, Consensus Statements and Programme Implementation
Gavin Breslin, Ulster University, UK; Nora Sullivan, Ulster University, UK; Stephen Shannon, Ulster University, UK; Bradley Donohue, University of Nevada, Las Vegas, USA

8:15 AM - 9:30 AM  International Center
WKSP-08: Mental Skills, the Coach-Athlete Relationship, and Motor Learning: A Multi-Tiered Approach to Performance Consulting
Shane Thompson, University of Tennessee, USA; Shelby Miller, USA; E. Earlyn Lauer, USA; Lauren McHenry, McHenry Mental Performance, LLC, USA; Andrew Bass, Pittsburgh Pirates, USA; Kevin Becker, University of Tennessee, USA; Rebecca Zakrajsek, University of Tennessee, USA
8:15 AM - 9:30 AM  Grand 6
WKSP-09: From General Education to Customized Training Solutions: How to Periodize and Individualize Cognitive Training to Specific Performer Needs
John Gassaway, USAF, USA; Steve DeWiggins, Private Practice & Luke AFB, USA; Sofoklis Sarellis, Luke AFB, USA

8:15 AM - 9:30 AM  Crystal
WKSP-10: Understanding the Experiences of Trans and Gender Nonconforming NCAA Athletes: Enacting Allyship as Sport Psychology Practitioners
Ryan Socolow, Athlete Ally, USA; Joanna Line, Hiram College & Athlete Ally, USA; Anna Baeth, Athlete Ally, USA; Val Moyer, Athlete Ally, USA

In-room host: Aidan Kraus, Boston University, USA
*please note, this workshop will be presented remotely with speakers live on Zoom

9:00 AM - 7:00 PM  Grand 1
Poster Viewing

9:45 AM - 11:00 AM  Palm 1-2
KEYNOTE SESSION

Awards and Recognition

Distinguished Professional Practice Award
Michael Gervais, Finding Mastery, USA

Distinguished International Professional Award
David Fletcher, Loughborough University, UK

Teaching Excellence Award
Amanda Perkins-Ball, Rice University, USA

Outgoing Executive Board Recognition
Stephen Gonzalez, Dartmouth College, USA; Aidan Kraus, Boston University, USA; Amber Shipherd, Texas A&M University - Kingsville / Next Level Mind Consulting, USA; Duncan Simpson, IMG Academy, USA

Outgoing Certification Council Recognition
Robert Owens, Valor Performance, USA

Special Certification Council Recognition
Linda Petlichkoff, LP Performance LLC, USA; Sharleen Hoar, Canadian Sport Institute-Pacific, Canada; Vicki Tomlinson, JFK Sport & Performance Psychology at NU, USA

Keynote Presentation

Drawn to Life: A Peak Behind the Curtain at Cirque du Soleil
Matthew Sparks, Coaching and Performance Content and Senior Head Coach at Cirque du Soleil, USA; Saro Keresteciyan, Head of Performance Medicine at Drawn to Life, USA; Jérôme Hugo, Main Character, Acrobat and Artist/Coach Teeterboard, Drawn to Life, USA; Chelsea Wooding, University of Wisconsin-Green Bay, USA, moderator

11:30 AM - 12:30 PM  International North
FEA-03: Five Slides in Five Minutes - Scope and Practice of Working with Injured Athletes, sponsored by the Sports Injury SIG
Tim White, White House Athletics, USA; John Coumbe-Lilley, University of Illinois at Chicago, USA; Alex Bianco, Indiana State, USA; Kylie Dykgraaff, Georgia Southern University, USA

11:30 AM - 12:30 PM  Grand 7
LEC-05: Technology & Programming

Jordan Schools, LeTourneau Univeristy, USA; Ben Greenhough, Rezzil, UK; Susanna Pjecha, LeTourneau Univeristy, USA; Ethan Hester, LeTourneau Univeristy, USA; Kelci Wilson, LeTourneau Univeristy, USA

LEC-05B: It’s in Your Pocket: Leveraging the Yardage Book to Equip Golfers with Mental Performance Tools
Noah Sachs, Noah Sachs Performance, USA; Maryrose Blank, USA

LEC-05C: Transforming Tournament Preparation: The Integration of Virtual Reality and Mental Imagery in Golf Training
Noah Sachs, Noah Sachs Performance, USA; Maryrose Blank, USA
11:30 AM - 12:30 PM  International South

SYM-06: “This is How I/We Fit”: Perspectives from Men of Color Consulting in High Performance Domains  
Robert Owens, Valor Performance, USA; 
Aaron Goodson, Duke University, USA; 
Adrian Ferrera, A Journey Forward, LLC, USA; 
Aren Ulmer, Courtex Performance, USA; 
Ardran Carr, University of Michigan, USA

11:30 AM - 12:30 PM  Grand 4

WKSP-11: A Lost Art: The Science of How to CREATE an Effective Mental Performance Workshop  
Zach Brandon, Arizona Diamondbacks, USA; 
Lindsey Hamilton, IMG Academy, USA

11:30 AM - 12:30 PM  International Center

WKSP-12: The Second Half: How to Tackle Mid-Career Obstacles with Confidence  
Duncan Simpson, IMG Academy, USA; 
Hillary Cauthen, Texas Optimal Performance & Psychological Services, USA

11:30 AM - 12:30 PM  Crystal

WKSP-13: The Win-At-All-Costs Mentality: A Catalyst for Eating Disorders and Body Image Disturbance in Female Athletes  
Kelsey Varzeas, Walden Behavioral Care, USA; 
Julie Freedman, USA  
In-room host: Jenny Conviser, Illinois Sport & Performance Institute / Northwestern University, USA  
*please note, this workshop will be presented remotely with speakers live on Zoom

12:30 PM - 1:30 PM  Committee Meetings  
See page 9 for a complete list of meetings and room assignments.

12:30 PM - 2:00 PM  Orange Blossom/ Narcissus  
Past Presidents Council Meeting & Lunch

12:40 - 1:25 PM & 1:30 PM - 2:15 PM

Special Interest Group (SIG) Meetings  
See page 9 for a complete list of meetings and room assignments. SIG meetings are open to all attendees.

12:45 PM - 1:45 PM  Crystal

Graduate Program Director Meeting  
This annual in-person meeting is intended for Graduate Program Directors to hear updates from the Graduate program Directors Committee (GPDC), participate in discussions about current AASP initiatives impacting graduate programs (e.g., Graduate Program Accreditation, CMPC Mentorship, etc.), and bring issues to the floor for consideration in the coming year.

2:30 PM - 3:45 PM  Grand 6

FEA-06: Sponsor Session - University of Western States

2:30 PM - 3:45 PM  Crystal

LEC-06: Professional Development & Supervision

LEC-06A: Are We Talking about Practice? Mental Performance Consultants Elaborate on Integrating the Self-Regulation of Sport Practice Survey as A Dialogue Tool with Adolescent Athletes  
Bradley Young, University of Ottawa, Canada; 
Lisa Bain, University of Ottawa, Canada; 
Sharleen Hoar, Canadian Sport Institute-Pacific, Canada; 
Stuart Wilson, University of Ottawa, Canada; 
Joe Baker, York University, Canada
LEC-06B: Well-being, Performance, and Effective Service Provision: (Re)locating Reflective Practice at the Heart of Applied Sport Psychology Practice
Brendan Cropley, University of South Wales, UK;
Zoe Knowles, Liverpool John Moores University, UK;
Andy Miles, Cardiff Metropolitan University, UK;
Emma Huntley, Edge Hill University, UK

LEC-06C: Composite Vignettes Exploring Reflection on Values for Developing Sport Psychology Practitioners’ Self-Care
Heather Hunter, University of Portsmouth, UK;
Alessandro Quaratioli, University of Wisconsin - La Crosse (USA)/University of Portsmouth (UK);
Chris Wagstaff, University of Portsmouth, UK;
Richard Thelwell, University of Portsmouth, UK

LEC-06D: “But I hate watching myself...”: Strategies for Incorporating Video Feedback in Mentorship
Jen Farrell, University of North Carolina Greensboro/ MindBody Endurance, USA

PAN-08: What Does an AASP that Integrates DEIBJ Look Like? Changes in Membership Demographics from 2017 to 2023 Emphasize the Need to Rethink Diversity and Inclusion in AASP Membership
Amanda Perkins-Ball, Rice University, USA;
Derek Zike, UW Milwaukee, USA;
Deyanira Enriquez, Flatiron Mental Performance, USA

* This session has been approved for 1.25 CEUs in the area of Diversity to partially meet the recertification requirement for Certified Mental Performance Consultants (CMPC). You must sign in at the session in order to receive credit.

Stiliani Chroni, Inland Norway University of Applied Sciences, Norway;
Kristen Dieffenbach, WVU - Center for Applied Coaching and Sport Sciences, USA;
Shameema Yousuf, Empower2Perform, UK;
Göran Kентtä, The Swedish School of Sport and Health Science, Sweden;
Peter Olusoga, Sheffield Hallam University, UK

FRIDAY, OCTOBER 20

7:00 AM - 8:00 AM
Committee Meetings
See page 9 for a complete list of meetings and room assignments.

8:15 AM - 9:15 AM
FEA-07: Five Slides in Five Minutes - (Re)Considering Traditional Psychological Constructs to Empower LGBTQ+ Athletes and Build a Culture of Inclusive Excellence, sponsored by the Pride SIG
Hannah Bennett, Augusta University, USA;
Brooke Rundle, Headstrong Mindset LLC, USA;
Chloe Monroe, Boston University, USA;
Macy Lou Tarrant, Boston University, USA;
Nicholas Lee, Boston University, USA;
AJ Fallon-Korb, SUNY Cortland, USA
LEC-08B: “I Thought I would Recover Within Two or Three Weeks Max and Get Back to the Tennis Court” - Supporting Athletes with Long COVID: Recommendations for Sport Psychology Professionals Navigating the Unfamiliar and Unknown
Justine Vosloo, Ithaca College, USA;
Jessica Peacock, Shenandoah University, USA

LEC-08C: What Are Athletic Therapists Learning in School? An Analysis of Sport Psychology Course Descriptions at Canadian Athletic Therapy Association Accredited Institutions
Melissa Pare, University of Windsor, Canada;
Krista Chandler, University of Windsor, Canada

LEC-08D: The Utility of Cognitive Testing in the Treatment of Post-Concussion Athletes
Jacob Daheim, Texas Tech University, USA;
Kirsten Cooper, Howard Head Sports Medicine, USA;
Harlan Austin, Vail Health Howard Head Sports Medicine, USA

PAN-09: Building the Plane as You’re Flying It: Reflections on Supervision and Mentorship Outside of and Beyond Academic Settings
Aaron Goodson, Duke University, USA;
Angel Brutus, USOPC, USA;
Natalie Léger, Georgetown University, USA;
Breigh Jones-Coplin, University of Denver, USA;
Miana Graves, University of Texas, USA;
Brittany Collins, University of Louisville Heath-Athletics, USA

LEC-07: Tactical Populations & Ethics

LEC-07A: Veterans’ Resilience Program: Using Physical Activity to Enhance the Mental Wellbeing of Military Veterans
Craig White, Loughborough University, UK

LEC-07B: Needs Uncovered: An Exploration of Mental Skills Knowledge, Applications, and Wants Within Canadian Armed Forces Families
Shelby Rodden-Matthews, Wilfrid Laurier University, Canada;
Jill Tracey, Wilfrid Laurier University, Canada

LEC-07C: It’s Not about You: The Ethical Implications of Ego Free(ish) Work
Zellessia Ejalonibu, Mississippi State University, USA

LEC-07D: From the Turf to the Battlefield: Applying Integrated Sport Periodization Models to Special Operators
Seth Rose, KBR, USA;
Lauren Thomas, KBR, USA

LEC-08: Injury/Rehabilitation

LEC-08A: The Mindful Injured Athlete Program: Integrating Mindfulness Based Interventions for Injured Athletes During Injury Rehabilitation
JoAnne Bullard, Rowan University, USA;
Jessica DeDomenico, Rowan University, USA;
Catherine Koenig, Rowan University, USA
### KEYNOTE SESSION

**Awards and Recognition**
- Inclusion, Diversity, and Excellence in Advocacy and Social Justice Student Award
  *Kerry Guest, Indiana University, USA*
- Student Diversity Conference Travel Grants
- Conference Student Travel Awards
- Young Researcher Award
  *William Low, Heriot-Watt University, UK*

**Keynote Presentation**
- **Interview with Carli Lloyd,** 2x Olympic Gold Medalist, 2x FIFA Women’s World Cup Champion, 2x FIFA Player of the Year, 4x Olympian
  *Lindsey Blom, Ball State University, USA, moderator*
- **Presentation of the Ken Ravizza Performance Excellence Award**

### 9:45 AM - 11:00 AM

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<th>Track</th>
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<td><strong>LEC-09C:</strong> Understanding Existing Resources for Transition from Sport: Programming Implications for Division III Student-Athletes</td>
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<td>Peyton Greco, University of North Carolina at Greensboro, USA; Erin Reifsteck, University of North Carolina at Greensboro, USA</td>
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<td><strong>LEC-09D:</strong> “But Athletes Get Special Privileges…”: Diverse College Student-Athletes’ Experiences at an Elite Institution</td>
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<td>Amanda Perkins-Ball, Rice University, USA</td>
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### 11:30 AM - 12:30 PM

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<th>Track</th>
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<td><strong>LEC-10:</strong> Collegiate Sport 2</td>
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<td><strong>LEC-10A:</strong> Experiences of Abuse Among Former NCAA Student-Athletes: Understanding the Role of Coaches’ Coercive Control</td>
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<td>Katherine Alexander, Utah State University, USA; Travis E. Dorsch, Utah State University, USA; Leslie A. Page, Utah State University, USA; Kat V. Adams, Utah State University, USA</td>
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<td><strong>LEC-10B:</strong> Implicit Beliefs and Competitive Anxiety in Student-Athletes</td>
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<td>Luca Ziegler, Georgia Southern University, USA; Megan Byrd, Georgia Southern University, USA; Brandonn Harris, Georgia Southern University, USA; Jenna Tomalski, University of Georgia Athletics Association, USA</td>
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<td><strong>LEC-10C:</strong> A Common Knot: Athletes’ Perceived Coach Behaviors, Competitive Trait Anxiety, and Burnout Symptoms</td>
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<td>Sabrina Madson, University of North Texas, USA; Scott Martin, University of North Texas, USA; Robin Vealey, Miami University, USA</td>
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<td><strong>LEC-10D:</strong> Unconditional Positive Self-Regard, Resilience, and Performance Anxiety: Scale Validation and Quantitative Investigation with NCAA Student-Athletes</td>
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<td>Lauren McHenry, McHenry Mental Performance, LLC, USA; Rebecca Zakrjasek, University of Tennessee, USA; Johannes Raabe, Bering Global Solutions, USA; Shelby Miller, USA</td>
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11:30 AM - 12:30 PM  International Center

**PAN-11: Applicability of Sport Psychology Consulting for International Leadership Development and Sustainable Performance Excellence**
Melanie Poudevigne, USA; Sebastian Brueckner, Private Practice, Germany; Robert Owens, Valor Performance, USA; Maximilian Richert, FEPSAC, Germany

11:30 AM - 12:30 PM  International North

**PAN-12: Should I Stay or Should I Go?: Discussing Factors that Influence Mid-Career Professional Transitions**
Chelsea Wooding, University of Wisconsin- Green Bay, USA; Marc Cormier, University of Kentucky, USA; Pete Kadushin, Chicago Blackhawks, USA; Adrian Ferrera, A Journey Forward, LLC, USA

11:30 AM - 12:30 PM  Grand 6

**SYM-08: Mental Health in Elite Sport – It Is Not Only about the Athletes: A Scandinavian Perspective**
Tom Oevreboe, Norwegian School of Sport Sciences/ Norwegian Olympic Training Center, Norway; Göran Kenttä, The Swedish School of Sport and Health Science, Sweden; Anne Marte Pensgaard, Norwegian School of Sport Sciences & NOC, Norway; Marte Bentzen, Norwegian School of Sport Sciences, Norway; Karin Hägglund, The Swedish School of Sport and Health Sciences, Sweden

11:30 AM - 12:30 PM  Grand 4

**WKSP-16: Breathing Life into Virtual Interventions: Utilizing HRV Apps for Virtual/Remote Training with Elite Performers**
Lindsay Shaw, Cleveland Guardians, USA; Sean Swallen, Cleveland Guardians Baseball, USA

12:30 PM - 1:30 PM  Orange Blossom/ Narcissus

**Meet the Professionals Lunch**
Ticket required; event sold out.

12:30 PM - 1:30 PM

**Committee Meetings**
See page 9 for a complete list of meetings and room assignments.

1:45 PM - 2:45 PM  Grand 4

**FEA-10: Five Slides in Five Minutes - A Diverse Pool of Exercises for Various Performance Concerns, sponsored by the Mindfulness SIG**
Ashley Kuchar, Fail Better Training LLC, USA; Dhruv Raman, Boston University, USA; Maile Sapo, University of Maine, USA; Lani Silversides, SG United Foundation, USA; Joel Hark, Boston University, USA; Piotr Piasecki, Boston University Wheelock College of Education and Human Development, USA

1:45 PM - 2:45 PM  International South

**FEA-11: Staying Abreast of Recent Changes to the AASP Ethics Code: Didactics and Collaborative Decision-Making**
Michael D. Zito, Morristown Clinical and Sport Psychology, USA; Tim Herzog, Reaching Ahead Counseling and Mental Performance, USA

* This session has been approved for 1.0 CEU in the area of Ethics to partially meet the recertification requirement for Certified Mental Performance Consultants (CMPC). You must sign in at the session in order to receive credit.

1:45 PM - 2:45 PM  Grand 7

**LEC-11: Consulting & Professional Development**

**LEC-11A: A Qualitative Exploration of Elite Track and Field Coaches’ Perceptions of the Motivationally Relevant Coaching Behaviours and Strategies that Positively Impact the Quality of Elite Athletes’ Motivation**
Matthew Cullen, University of Birmingham, UK; Paul Appleton, Manchester Metropolitan University, UK; Joan Duda, University of Birmingham, UK

**LEC-11B: A Longitudinal Examination of a Practitioner’s Experiences of Managing Their Self-Care at the Tokyo 2021 Games**
Daniel Martin, Durham University, UK; Alessandro Quartrioli, University of Wisconsin - La Crosse (USA)/University of Portsmouth (UK); Chris Wagstaff, University of Portsmouth, UK

**LEC-11C: The Role of Athletic Identity in Athletes’ Experiences of Emotional Abuse**
Jatta Muhonen, University of Helsinki, Finland; Virve Toivonen, University of Helsinki, Finland

**LEC-11D: Associations between Readiness, Dosage, and Outcomes in Mindfulness-Based Interventions with Athletes**
Thomas Minkler, West Virginia University, USA; Sam Zizzi, West Virginia University, USA; D. Jake Follmer, West Virginia University, USA
1:45 PM - 2:45 PM  International North

PAN-13: The Two Things Firefighters Hate – Change and the Way Things Are: Experiences of Two Embedded Mental Performance Consultants Building a Cognitive Performance Program in a Fire Department
Sophie Perekslis, South Metro Fire Rescue, USA; Nicholas Bartley, South Metro Fire Rescue, USA

1:45 PM - 2:45 PM  International Center

WKSP-17: Equitable Teaching in Sport, Exercise, and Performance Psychology: Increasing Interactions and Enhancing Engagement
Stefanee Maurice, California Polytechnic State University, USA; Hannah Bennett, Augusta University, USA

1:45 PM - 2:45 PM  Grand 6

WKSP-18: Leveling Up Communication and Conflict Resolution: Tools for Consulting in High-Stakes, Opinionated, and Emotionally Charged Situations
Stephen Gonzalez, Dartmouth College, USA; John Gaddy, GDIT, USA

1:45 PM - 2:45 PM  Crystal

WKSP-19: What Do We Say in the Mirror? Helping Others and Ourselves to Reframe or Refocus Appearance Related Thoughts
Jamie Robbins, Methodist University, USA; Amanda Ransom, Methodist University, USA

3:00 PM - 4:00 PM  Palm 1-2

COLEMAN GRIFFITH LECTURE
Applied Sport Psychology Essentials: A Participatory Evolution of Our Field
Artur Poczwardowski, University of Denver, USA

PRESIDENTIAL ADDRESS
Better Together!
Elizabeth Shoenfelt, Western Kentucky University, USA

4:15 PM - 5:15 PM  Palm 1-2

Business Meeting

5:30 PM - 7:00 PM  Grand 1

Poster Session

7:00 PM - 8:00 PM  International North
Black Students & Professionals Meetup

SATURDAY, OCTOBER 21

8:15 AM - 9:30 AM  Crystal

LEC-12: Programming & Teaching

LEC-12A: Coaches’ Perspectives on a Leadership Development Program for Adolescent Girls
Morgan Rogers, University of Calgary, Canada; Cari Din, University of Calgary, Canada; Penny Werthner, University of Calgary, Canada

LEC-12B: Online Psychological Skills Training: Describing Publicly Available Programs
Frank Ely, University of Windsor, Canada; Krista Chandler, University of Windsor, Canada; Ashley Flemington, University of Windsor, Canada

LEC-12C: Teaching Cultural Competence and Social Justice Through Civic Engagement in the Classroom
Rebecca Busanich, St. Catherine University, USA

8:15 AM - 9:30 AM  International North
PAN-14: Second Chapters: Scientist-Practitioner Application of Career Transition Interventions with Elite Athletes
Tim Herzog, Reaching Ahead Counseling and Mental Performance, USA; Cristina Versari, San Diego University for Integrative Studies, USA; Melinda Harrison, Melinda Harrison Inc, Canada; Avinash Chandran, Datalys Center, USA; Johnny Davis, Former NBA Player & Coach, USA

8:15 AM - 9:30 AM  International South
WKSP-20: Introduction to the Human Rehabilitation Framework: An Advanced ACT Workshop
Eddie O’Connor, Dr. Eddie O’Connor, PLLC, USA
KEYNOTE SESSION

Awards & Recognition

Masters Thesis Award
Danae Frentz, University of Alberta, Canada

Doctoral Dissertation Award
Ashley Kuchar, Fail Better Training, USA

Early Career Applied Practitioner Award
Katie Pagel, Strive Performance LLC / Colorado Rapids Youth Soccer Club, USA

Outgoing President Recognition
Robert Harmison, James Madison University, USA

Recognition of Conference Planning Committee

Keynote Presentation

Activating Systems Change in Youth Sport
Robert Castaneda, Beyond the Ball, USA
Kaig Lightner, Portland Community Football Club, USA
Renata Simril, LA84 Foundation, USA
Meredith A. Whitley, Adelphi University, USA, Moderator

11:30 AM - 12:30 PM  International South

FEA-12: Student Workshop - From a Student to a Professional: How to Navigate the Transition?
Frances Cacho, Florida State University, USA; Savanna Ward, Boston University, USA; Elliot Cox, IMG Academy, USA; Chelsi Battle, Auburn University/Northwestern University, USA

11:30 AM - 12:30 PM  Crystal

LEC-13: Well Being, Diversity, and Culture

LEC-13A: Initiating AAS Use - Former AAS (Anabolic Androgenic Steroid) Users Reflect on Reasons They Began Use 20 Years Ago
Mario Vassallo, Wayne State University, USA; Tracy Olrich, Central Michigan University, USA; Jeffrey Martin, Wayne State University, USA

LEC-13B: Short-Term International Sport for Development and Peace Programs: A Retrospective Analysis and Critique Informed by Stakeholders’ Perspectives in a Two-Year Follow-Up
Adam Hansell, Stillwater Counseling LLC, USA; Dana Voelker, West Virginia University, USA; Lindsey Blom, Ball State University, USA; Andrea Patton, West Virginia University, USA; Jack Watson II, West Virginia University, USA; Cheyenne Luzynski, West Virginia University, USA; Kristen Dieffenbach, WVU - Center for Applied Coaching and Sport Sciences, USA

LEC-13C: Perceived Social Pressure and Intention to Play Through Injuries in Junior Ice Hockey: Does the Sporting Environment Matter?
Jan Kristensen, Norwegian School of Sport Sciences, Department of Sport and Social Sciences, Norway

LEC-13D: A Body Paradox: The Impact Sport vs. Societal Body Ideals Have on the Female Collegiate Athletes
Amanda Karas, Elevate Maintain Evolve, USA

11:30 AM - 12:30 PM  International North

PAN-15: Adopting an Interprofessional Approach to Injured Athlete Care
Rachel Shinnick, The South Boston Collaborative Center, USA; Monna Arvinen-Barrow, University of Wisconsin - Milwaukee, USA; John McCarthy, Boston University, USA
11:30 AM - 12:30 PM  
**PAN-16: Developing and Implementing a Comprehensive Mental Performance Team in a Collegiate Setting**  
Megan Byrd, Georgia Southern University, USA; Brandonn Harris, Georgia Southern University, USA; Jenna Tomalski, University of Georgia Athletics Association, USA; Brandy Clouse, Georgia Southern University, USA

**SYM-10: Leveling Up the Training of Certified Mental Performance Consultants in Higher Education Settings: Perspectives and Processes in Effective Mentorship Structure and Design to Meet Emergent Demands**  
Dana Voelker, West Virginia University, USA; Zenzi Huysmans, Whole Brain Solutions, USA; Jana Fogaca, Long Beach State University, USA; Michelle McAlarne, Minnesota State University, Mankato, USA

* This session has been approved for 1.0 CEU in the area of Mentorship/Supervision to partially meet the recertification requirement for Certified Mental Performance Consultants (CMPC). You must sign in at the session in order to receive credit.

11:30 AM - 12:30 PM  
**WKSP-23: Check Yourself: Exploring Your Own Identities and Understanding Their Role in Your Applied Practice**  
Hana DeGuzman, Boston University, USA; Carly Block, Boston University, USA

**FEA-13: Five Slides in Five Minutes - Academic Program Efforts to Teach Coaches Psychological Skills, sponsored by the Coaching Science SIG**  
Megan Buning, Florida State University, USA; Jody Langdon, Georgia Southern University, USA; Lindsay Ross-Stewart, SIUE, USA; Lori Gano-Overway, James Madison University, USA; Melissa Thompson, Southern Mississippi University, USA

1:45 PM - 2:45 PM  
**LEC-14B: “I F@*ing Hate Running”: A Longitudinal Investigation Utilizing the Think-Aloud Protocol in Ultra-Marathon Runners**  
Ashley Samson, University of Kentucky, USA

**LEC-14C: Alexithymia in Athletic Populations: Prevalence and Impact on Self-Control and Reinvestment**  
Hannah Graham, PhD Student, UK

**LEC-14D: Perceived Psychosocial Implications of Strava Use in Female Competitive Runners**  
Hayley Russell, Gustavus Adolphus College, USA; Charlie Potts, Gustavus Adolphus College, USA; Megan King, Gustavus Adolphus College, USA; Evelyn Villalobos, Gustavus Adolphus College, USA; Christopher Lundstrom, University of Minnesota, USA

1:45 PM - 2:45 PM  
**PAN-17: Psychology of Airborne Operations with Airborne Warfighters**  
Matthew Hood, LMR Technical Group, LLC, USA; Brian Stark, LMR Technical, USA; Becky Snow, LMR Technical, Champions Mentality Consulting, USA; Shanice Page, LMR Technical Group, LLC, USA

**PAN-18: Adopting a Scientist-Practitioner-Advocate Model for Graduate Training in Sport Psychology**  
Rebecca Steins, Saint Louis University, USA; Michael Ross, Saint Louis University, USA; Jordan Collins, Saint Louis University, USA; Isabella Fiorenzo, Saint Louis University, USA; Savannah Jefferis-Henriques, Saint Louis University, USA

**WKSP-24: From Locker Rooms to Laptops: Navigating the Virtual World of Sport Psychology**  
Greg Young, IMG Academy, USA; Ashwin Patel, Humber College, Canada; Duncan Simpson, IMG Academy, USA

**WKSP-25: A New Tool to Optimize Athlete Recovery: Utilizing the Assessment of Recovery Activities for Athletes in Research and Practice**  
Carly Wahl, Eastern Illinois University, USA; Barbara Meyer, University of Wisconsin-Milwaukee, USA
3:00 PM - 4:15 PM  Crystal

LEC-15: Unique Applications of Mental Performance

LEC-15A: Identify, Connect, And REfer (ICARE): Evaluating A Pilot Mental Health Gatekeeper Training Program for College Coaches
J.D. DeFreese, University of North Carolina, USA; Jeni Shannon, UNC Chapel Hill, USA; Christine Habeeb, East Carolina University, USA; Kate Morris, University of North Carolina at Chapel Hill, USA

LEC-15B: NCAA Athletic Trainers’ Personal Use of Psychosocial Strategies to Reduce Stress, Improve Well-being, and Enhance Performance
Alexander Blanco, Ripon College, USA; Rebecca Zakrajsek, University of Tennessee, USA; Sharon Couch, University of Tennessee Knoxville, USA; Leslee Fisher, University of Tennessee, USA; Johannes Raabe, Bering Global Solutions, USA; Sonya Hayes, University of Tennessee, USA

LEC-15C: An Exploration into Physicians’ Lived Experiences Participating in a High-Performance Physician Training Program
Aman Hussain, The University of Winnipeg, Canada; Andrew Friesen, Pennsylvania State University, USA; Jason Brooks, Maven Consulting Group, Canada; Tony Rossi, Western Sydney University, Australia; Cal Botterill, Retired, Canada

LEC-15D: Making Physical Activity Fun: Results of a Gamification Intervention for Adults with an Intellectual Disability
Stephanie Turgeon, Universite du Quebec en Outaouais, Canada; Alexandra MacKenzie, Université du Québec en Outaouais, Canada; Charles Sebiyo Batcho, Université Laval, Canada

LEC-15E: Experiences of Perfectionistic Collegiate Classical Musicians
Frances Cacho, Florida State University, USA; Genna Ellinwood, University of Western States, USA; Myles Englis, Florida State University, USA

3:00 PM - 4:15 PM  International Center

WKSP-27: Enhancing Student Learning and Motivation Via Need Supportive Teaching Behaviors
Jody Langdon, Georgia Southern University, USA; Hannah Bennett, Augusta University, USA

3:00 PM - 4:15 PM  International North

WKSP-28: Bridging the Gap Between Education and Application: Using the TOPE Literature to Help Young Professionals Organize Their Knowledge
Russ Flaten, Mindset4Change, LLC, USA; Quincy Davis, University of Western States, USA; Kristen Trenda, University of Western States, USA; Liz Schmitt, University of Western States, USA

3:00 PM - 4:15 PM  Grand 7

WKSP-29: The Psychological Effects of Shame in Elite and Professional Sports
Jessica Garza, ULTIER LLC, USA

4:15 PM - 5:30 PM  Grand Foyer

Closing Happy Hour
### WEDNESDAY, OCTOBER 18, 2023

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<tbody>
<tr>
<td>1:00 pm - 2:00 pm</td>
<td>WKSP-01: The WHEN of Mindfulness: Prepare, Compete, Reflect</td>
<td>WKSP-03: Enhancing Supervision Experiences among Novice Performance Consultants through Case Conceptualizations</td>
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<tr>
<td>2:15 pm - 3:15 pm</td>
<td>WKSP-04: Help Me Help You (and Your Kid): Building Effective Relationships with Youth Sport Parents</td>
<td>LEC-03: Mental Health</td>
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<td>3:45 pm - 5:00 pm</td>
<td>WKSP-07: Creating a Magic Kingdom of Learning: How a Community of Practice (CoP) Can Benefit Mental Performance Consultants</td>
<td>FEA-02: Five Slides in Five Minutes - Applied Exercise Psychology: To Infinity And Beyond... sponsored by the Exercise Psychology &amp; Wellness SIG</td>
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<td>4:30 pm - 5:15 pm</td>
<td>Palm 3 - New Member Meet &amp; Greet</td>
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<td>5:30 pm - 7:00 pm</td>
<td>OPENING KEYNOTE: Technology, Psychology &amp; Sport Performance: How to Use the Tools, Not Let the Tools Use You (Sian Allen)</td>
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<td>7:00 pm - 9:00 pm</td>
<td>Pool - Opening Reception</td>
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### THURSDAY, OCTOBER 19, 2023

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<td>7:00 am - 8:00 am</td>
<td>CMPC Breakfast</td>
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<td>8:15 am - 9:30 am</td>
<td>WKSP-09: From General Education to Customized Training Solutions: How to Periodize and Individualize Cognitive Training to Specific Performer Needs</td>
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<td>9:00 am - 7:00 pm</td>
<td>Grand 1 - Poster Viewing</td>
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<td>9:45 am - 11:00 am</td>
<td>KEYNOTE: Drawn to Life - A Peak Behind the Curtain at Cirque du Soleil</td>
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<td>11:30 am - 12:30 pm</td>
<td>WKSP-11: A Lost Art: The Science of How to CREATE an Effective Mental Performance Workshop</td>
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<td>12:30 pm - 2:15 pm</td>
<td>Orange Blossom/ Narcissus - Past Presidents Lunch (12:30 - 2:00)</td>
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<td>2:30 pm - 3:45 pm</td>
<td>PAN-08: What Does an AASP that Integrates DEIBJ Look Like? Changes in Membership Demographics from 2017 to 2023 Emphasize the Need to Rethink Diversity and Inclusion in AASP Membership</td>
<td>FEA-06: Sponsor Session - University of Western States</td>
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<td>4:00 pm - 5:30 pm</td>
<td>Graduate Program and Career Fair</td>
<td>Orange Blossom/ Narcissus - International Jamboree (5:00 - 6:00 pm)</td>
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<tr>
<td>5:30 pm - 7:00 pm</td>
<td>Grand 1 - Authors Present at Posters</td>
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**GRAND 7** | **INTERNATIONAL SOUTH** | **INTERNATIONAL CENTER** | **INTERNATIONAL NORTH** | **CRYSTAL**
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**WKSP-02:** Integrating Graded Exposure Therapy to Address Injury-Related Fear after Sport-Related Injury | **LEC-01:** Youth Sport | **PAN-01:** Top-Down: Systems Approach to Mental Performance Delivery in Elite Settings | **PAN-02:** Sharpening Your Skills: The Power of Debate in Professional Development | **LEC-02:** Diversity, Equity, Inclusion, Belonging, and Justice (DEIBJ)

**FEA-01:** Five Slides in Five Minutes - Teaching Challenging Topics and Sensitive Subject Matter, sponsored by the Teaching Sport and Exercise Psychology SIG | **SYM-01:** Intensive Mindfulness Meditation Silent Retreat: Impact on Preparation for and Performance at the 2020 Tokyo Olympic Games | **WKSP-05:** Supporting LGBTQ2IA+ Student-Athlete Affinity Groups at Universities Through Identity-Based Sport Psychology Services | **PAN-03:** When Everything and Nothing Changes: Navigating Transitions Between Olympic Cycles from a Systems Theory Perspective | **WKSP-06:** Social Identity Mapping in Sport

**SYM-03:** Trauma-Informed Sport Psychology: A New Standard of Care? | **PAN-04:** Striking Out Silos: Mental Performance and Mental Health Alignment Within a Major League Baseball Organization | **PAN-05:** Exploring Interdisciplinary & Transgenerational Perspectives on Diversity, Equity, and Inclusion in Applied Sport Psychology | **PAN-02:** Signature Interventions for Sustainable Performance Excellence: International Perspectives Across the Continuum of Mental Wellbeing and Mental Performance | **LEC-04:** Collegiate Sport 1

| **GRAND 7** | **INTERNATIONAL SOUTH** | **INTERNATIONAL CENTER** | **INTERNATIONAL NORTH** | **CRYSTAL**
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**SYM-05:** Mental Health Interventions in Sport: Evidence from Systematic Reviews, Consensus Statements and Programme Implementation | **PAN-06:** The Entrepreneurial Experience: Understanding the Business Side of Mental Performance | **WKSP-08:** Mental Skills, the Coach-Athlete Relationship, and Motor Learning: A Multi-Tiered Approach to Performance Consulting | **SYM-04:** Conducting Collaborative, Multidisciplinary Research in Applied Sport Psychology: The Planning, Lessons Learned, and Findings from an AASP Collaborative Research Grant Project | **WKSP-10:** Understanding the Experiences of Trans and Gender Nonconforming NCAA Athletes: Enacting Allyship as Sport Psychology Practitioners

**SYM-06:** “This is How I/We Fit“: Perspectives from Men of Color Consulting in High Performance Domains | **WKSP-12:** The Second Half: How to Tackle Mid-Career Obstacles with Confidence | **FSA-03:** Five Slides in Five Minutes - Scope and Practice of Working with Injured Athletes, sponsored by the Sports Injury SIG | **WKSP-13:** The Win-At-All-Costs Mentality: A Catalyst for Eating Disorders and Body Image Disturbance in Female Athletes

**SYM-07:** Coach Spotlight – Transitioning, Development, Empowerment, Work-Home Interface, and Wellbeing of Coaches

**FEA-04:** Student Workshop - Undergraduate to Graduate Student: How to Navigate the Transition?

**LEO-06:** Professional Development & Supervision

**FEA-05:** Sponsor Session - Employer Spotlight: Magellan Federal and our Performance Experts

WKSP-14: Being Kind to Oneself and Beyond: Diverse and Flexible Approaches for Working with Athletes on Self-Compassion

**SYM-07:** Coach Spotlight – Transitioning, Development, Empowerment, Work-Home Interface, and Wellbeing of Coaches

**FEA-04:** Student Workshop - Undergraduate to Graduate Student: How to Navigate the Transition?

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**SYM-07:** Coach Spotlight – Transitioning, Development, Empowerment, Work-Home Interface, and Wellbeing of Coaches

**FEA-04:** Student Workshop - Undergraduate to Graduate Student: How to Navigate the Transition?

**LEO-06:** Professional Development & Supervision
### FRIDAY, OCTOBER 20, 2023

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<tr>
<td>8:15 am - 9:15 am</td>
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<td>PAN-09: Building the Plane as You’re Flying It: Reflections on Supervision and Mentorship Outside of and Beyond Academic Settings</td>
<td>FEA-08: CMPC Certification: Eligibility Requirements for New Candidates and Recertification Procedures for Current CMPCs</td>
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<td>9:00 am - 7:00 pm</td>
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<td>Grand 1 - Poster Viewing</td>
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<td>9:45 am - 11:00 am</td>
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<td>KEYNOTE SESSION: Interview with Carli Lloyd</td>
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<td>11:30 am - 12:30 pm</td>
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<td>WKSP-16: Breathing Life into Virtual Interventions: Utilizing HRV Apps for Virtual/Remote Training with Elite Performers</td>
<td>SYM-08: Mental Health in Elite Sport – It Is Not Only about the Athletes: A Scandinavian Perspective</td>
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<td>12:30 pm - 1:30 pm</td>
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<td>Orange Blossom/ Narcissus - Meet the Professional Lunch (pre-registration required)</td>
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<td>1:45 pm - 2:45 pm</td>
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<td>FEA-10: Five Slides in Five Minutes - A Diverse Pool of Exercises for Various Performance Concerns, sponsored by the Mindfulness SIG</td>
<td>WKSP-18: Leveling Up Communication and Conflict Resolution: Tools for Consulting in High-Stakes, Opinionated, and Emotionally Charged Situations</td>
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<td>3:00 pm - 3:30 pm</td>
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<td>COLEMAN GRIFFITH LECTURE: Applied Sport Psychology Essentials: A Participatory Evolution of Our Field (Artur Poczwardowski)</td>
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<td>3:30 pm - 4:00 pm</td>
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<td>PRESIDENTIAL ADDRESS Better Together! (Elizabeth Shoenfelt)</td>
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<td>4:15 pm - 5:15 pm</td>
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<td>Business Meeting</td>
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<td>Grand 1 - Authors Present at Posters</td>
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### SATURDAY, OCTOBER 21, 2023

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<tr>
<td>9:45 am - 11:00 am</td>
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<td>KEYNOTE SESSION: Activating Systems Change in Youth Sport</td>
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<td>11:30 am - 12:30 pm</td>
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<td>WKSP-23: Check Yourself: Exploring Your Own Identities and Understanding Their Role in Your Applied Practice</td>
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<td>WKSP-25: A New Tool to Optimize Athlete Recovery: Utilizing the Assessment of Recovery Activities for Athletes in Research and Practice</td>
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<td>4:15 pm - 5:30 pm</td>
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<td>Grand Foyer - Closing Happy Hour</td>
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<td>GRAND 7</td>
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<td>LEC-08: Injury/Rehabilitation</td>
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<td>FEA-07: Five Slides in Five Minutes - (Re)Considering Traditional Psychological Constructs to Empower LGBTQ+ Athletes and Build a Culture of Inclusive Excellence, sponsored by the Pride SIG</td>
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<td>LEC-07: Tactical Populations &amp; Ethics</td>
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<td>PAN-10: Don’t Say the “Y” Word: Yips in Sport</td>
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<td>WKSP-15: From Flexibility to Flow: Using the ACT Matrix and DNA-V to Enhance Sport Performance</td>
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<td>INTERNATIONAL SOUTH</td>
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<td>LEC-09: Collegiate Sport &amp; DEIBJ</td>
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<td>FEA-09: The Burt Giges Workshop: Navigating Identity Differences in Sport Psychology Spaces</td>
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<td>PAN-11: Applicability of Sport Psychology Consulting for International Leadership Development and Sustainable Performance Excellence</td>
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<td>PAN-12: Should I Stay or Should I Go?: Discussing Factors that Influence Mid-Career Professional Transitions</td>
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<td>LEC-10: Collegiate Sport 2</td>
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<td>PAN-13: The Two Things Firefighters Hate – Change and the Way Things Are: Experiences of Two Embedded Mental Performance Consultants Building a Cognitive Performance Program in a Fire Department</td>
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<td>WKSP-18: What Do We Say in the Mirror? Helping Others and Ourselves to Reframe or Refocus Appearance Related Thoughts</td>
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<td>INTERNATIONAL CENTER</td>
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<td>LEC-11: Consulting &amp; Professional Development</td>
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<td>FEA-11: Staying Abreast of Recent Changes to the AASP Ethics Code: Didactics and Collaborative Decision-Making</td>
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<td>WKSP-17: Equitable Teaching in Sport, Exercise, and Performance Psychology: Increasing Interactions and Enhancing Engagement</td>
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<td>PAN-14: Second Chapters: Scientist-Practitioner Application of Career Transition Interventions with Elite Athletes</td>
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<td>PAN-15: Adopting an Interprofessional Approach to Injured Athlete Care</td>
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<td>LEC-12: Programming &amp; Teaching</td>
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<td>GRAND 7</td>
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<td>WKSP-21: Developing Mental Toughness in Sport: From Theory to Practice</td>
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<td>WKSP-28: Introduction to the Human Rehabilitation Framework: An Advanced ACT Workshop</td>
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<td>SYM-09: Advancements in the Practice and Application of Rational Emotive Behaviour Therapy with Diverse Populations</td>
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<td>PAN-14: Second Chapters: Scientist-Practitioner Application of Career Transition Interventions with Elite Athletes</td>
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<td>LEC-12: Programming &amp; Teaching</td>
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<td>INTERNATIONAL SOUTH</td>
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<td>WKSP-22: Developing and Implementing a Comprehensive Mental Performance Team in a Collegiate Setting</td>
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<td>FEA-12: Student Workshop - From a Student to a Professional: How to Navigate the Transition?</td>
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<td>SYM-10: Leveling Up the Training of Certified Mental Performance Consultants in Higher Education Settings: Perspectives and Processes in Effective Mentorship Structure and Design to Meet Emergent Demands</td>
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<td>PAN-15: Adopting an Interprofessional Approach to Injured Athlete Care</td>
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<td>LEC-13: Well Being, Diversity, and Culture</td>
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<td>WKSP-23: Developing Mental Toughness in Sport: From Theory to Practice</td>
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<td>FEA-13: Five Slides in Five Minutes - Academic Program Efforts to Teach Coaches Psychological Skills, sponsored by the Coaching Science SIG</td>
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<td>PAN-16: Developing and Implementing a Comprehensive Mental Performance Team in a Collegiate Setting</td>
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<td>WKSP-24: From Locker Rooms to Laptops: Navigating the Virtual World of Sport Psychology</td>
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<td>PAN-17: Psychology of Airborne Operations with Airborne Warfighters</td>
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<td>PAN-18: Adopting a Scientist-Practitioner-Advocate Model for Graduate Training in Sport Psychology</td>
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<td>WKSP-25: Psychotherapeutic Interventions for the Treatment of Eating Disorders Among Athletes: Best Practices</td>
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<td>TKP-19: Enhancing Student Learning and Motivation Via Need Supportive Teaching Behaviors</td>
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<td>WKSP-26: Bridging the Gap Between Education and Application: Using the TOPE Literature to Help Young Professionals Organize Their Knowledge</td>
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<td>LEC-14: Elite/Pro Sport</td>
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POSTER PRESENTATIONS

New This Year
Poster PDFs will be available for viewing as part of the virtual conference option. All in person and virtual attendees will receive access in mid-November. Additional virtual-only posters will also be available at this time.

GRAND 1

Each poster board is double-sided with one presentation per side. Poster numbers appear on each board, and boards are arranged in numerical order in Grand 1. Posters 1-80 will be displayed on Thursday; and Posters 81-165 will be displayed on Friday.

POSTER SESSION I
THURSDAY, OCTOBER 19
GRAND 1
Poster Setup - 7:30 AM - 9:00 AM
Poster Viewing - 9:00 AM - 7:00 PM
Authors Present at Posters - 5:30 PM - 7:00 PM
Poster Tear Down - 7:00 PM - 7:30 PM

Coaching

1 Considering the Coach: An Analysis of Coach Focused Literature Published Within Sport Psychology Journals
Tammy Sheehy, Bridgewater College, USA; Christina Villalon, Tarleton State University, USA; Kristen Dieffenbach, WVU - Center for Applied Coaching and Sport Sciences, USA

2 Exploring High School Coaches' Leadership Mindset and Coach Education Programming
Kim Ferner, University of North Texas, USA; Regan Mergele, DBat New Braunfels, USA; Scott Martin, University of North Texas, USA

3 Learning to Thrive: A Multi-Study Exploration of Factors that Optimize Hardiness in Sport Coaches and the Role of Reflective Practice in Facilitating Hardy Attitudes
Brendan Cropley, University of South Wales, UK; Lee Baldock, University of South Wales, UK; Sheldon Hanton, Cardiff Metropolitan University, UK; Daniel Gucciardi, Curtain University, Australia; Alan McKay, Cardiff Metropolitan University, UK; Rich Neil, Cardiff Metropolitan University, UK; Tom Williams, St Mary’s University, UK

4 Role of Coach in Mental Toughness of Soccer Player: Examination of Interaction between Coach's Implicit Beliefs and Coach-Athlete Fit Perceived by Athlete
Dojin Jang, Seoul National University, Republic of Korea; Seungjoo Lee, Seoul National University, Republic of Korea; Sungho Kwon, Seoul National University, Republic of Korea

5 The Invisibility of Age and Gender in Sport
Kristen Dieffenbach, WVU - Center for Applied Coaching and Sport Sciences, USA; Stiliani Chroni, Inland Norway University of Applied Sciences, Norway; Sydney Miller, West Virginia University, USA

6 The Relationship between Perceived Coaching Behavior and Athletes' Basic Needs Satisfaction: Mediating Effects of Coach–Athlete Fit
Sungho Kwon, Seoul National University, Republic of Korea; Seungjoo Lee, Seoul National University, Republic of Korea; Doheung Lee, Seoul National University, Republic of Korea

Collegiate Sport

7 Affective Forecasting and Social Physique Anxiety among Female Athletes: A Pilot Study
Jessica Wolverton, McDaniel College, USA; Urska Dobersek, University of Southern Indiana, USA

8 College Student-Athletes' Depression and Anxiety: Intersection of Gender, Race, and Sexual Orientation
Cachet Lue, University of North Texas, USA; Julian Yoon, University of North Texas, USA; Carmyn Hayes, University of North Texas, USA; Trent Petrie, University of North Texas, USA

9 Exploring Mental Health Outcomes for Student Athletes
Brent Felnagle, Pacific University, USA; Tamara Tasker, Pacific University, USA

10 Exploring the Impact of the COVID-19 Pandemic on Student-Athlete Mental Health Outcomes
Annemarie Jagielo, PGSP-Stanford PsyD Consortium, Palo Alto University & Stanford University School of Medicine, USA; Jackson Howard, Athletics Department, Auburn University, USA; Jennifer Wahleithner, PGSP-Stanford PsyD Consortium, USA; Andrea Kussman, Department of Orthopaedics, Stanford University, USA; Kelli Moran-Miller, Sports Medicine Center, Stanford University, USA

11 It’s Not Just About Being Confident: Self-Compassion Explains Collegiate Athletes' Perceived Performance Above and Beyond Confidence
Tsz Lun (Alan) Chu, University of North Carolina at Greensboro, USA; Abbi Byrne, University of Wisconsin - Green Bay, USA; Gracie Moffett, University of Wisconsin - Green Bay, USA; Jeramiah Tschirgi, University of Wisconsin - Green Bay, USA; Chanel Bradford, University of Wisconsin - Green Bay, USA; Juan Burleigh, University of Wisconsin - Green Bay, USA

12 Mental Toughness and Social Influences on Well-Being in Athletes: A Mixed Methods Design
Rose Martillotti, Stony Brook University, USA; Anne Moyer, Stony Brook University, USA
<table>
<thead>
<tr>
<th>Page</th>
<th>Title</th>
<th>Authors</th>
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<tbody>
<tr>
<td>13</td>
<td>NCAA Student-Athletes Comfort Making Mental Health Disclosures: Implications of Gender, Race, and Who They Are Telling</td>
<td>Isabella Franks, University of North Texas, USA; Dafina Chisolm-Salau, University of North Texas, USA; Jessica Renteria, University of North Texas, USA; Trent Petrie, University of North Texas, USA</td>
</tr>
<tr>
<td>14</td>
<td>Sports Trauma Injury Predicts Flow State in Collegiate Athletes</td>
<td>Lauren Borato, Saint Louis University, USA; Michael Ross, Saint Louis University, USA</td>
</tr>
<tr>
<td>15</td>
<td>Supporting Well-Being Alongside Performance: Stress, Coping, and Psychological Skills in Collegiate Student-Athletes</td>
<td>Amber Mosewich, University of Alberta, Canada; Ben Sereda, University of Alberta, Canada; Jimena Lopez Lamas, University of Alberta, Canada; Brea McLaughlin, University of Alberta, Canada; Danae Frentz, University of Alberta, Canada; Taran Schubert, University of Alberta, Canada; Craig Hordal, Edmonton Police Service, Canada; Katie Gunnell, Carleton University, Canada; Nicholas Holt, University of Calgary, Canada; Tara-Leigh McHugh, University of Alberta, Canada; Ben Gallaher, University of Alberta, Canada; Klaudia Sapieja, University of Alberta, Canada</td>
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<td>16</td>
<td>The Effects of Wearable Fitness Devices on a Female Collegiate Athlete's Psychological Rest</td>
<td>Jessica Renteria, University of North Texas, USA; Debbie Rhea, Texas Christian University, USA; Meena Shah, Texas Christian University, USA; Robyn Trocchio, Texas Christian University, USA</td>
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<td>17</td>
<td>The Importance of Identifying Collegiate Athlete Burnout</td>
<td>Jordan Collins, Saint Louis University, USA; Michael Ross, Saint Louis University, USA</td>
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<td>18</td>
<td>The Relationship between Athlete Perceptions of Teamwork Behaviors and Team Cohesion and Collective Efficacy</td>
<td>Derek Sokoloff, University of North Texas, USA; Trent Petrie, University of North Texas, USA</td>
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<td>19</td>
<td>The Roles and Responsibilities of a Director of Meditation Training Working within an NCAA Division I Athletic Department: A Case Study</td>
<td>Piotr Piasecki, Boston University Wheelock College of Education and Human Development, USA; Thomas Minkler, West Virginia University, USA; Ari Sapinsley, West Virginia University, USA; Lisa Weyhenmeyer, Boston University, USA</td>
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<td>20</td>
<td>A Dynamic Duo: Implementing Sport and Performance Psychology Applications to Build Bridges of Connection in the Social Work Field</td>
<td>Ed Garrett, California Baptist University, USA; Philip Breitenbacher, California Baptist University, USA</td>
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<tr>
<td>21</td>
<td>An Evidence-Based Framework for Conducting Pressure Training</td>
<td>William Low, Heriot-Watt University, UK; Mike Stoker, English Institute of Sport, UK; Joanne Butt, Liverpool John Moores University, UK; Ian Maynard, University of Essex, UK</td>
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<td>22</td>
<td>Development of a Theoretically Grounded Stress and Performance Diagnostic Instrument</td>
<td>Steven Wininguer, Western Kentucky University, USA; Lindsey Wheeler, WKU, USA; Reagan Phelps, WKU, USA</td>
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<td>23</td>
<td>Exploring Potential Benefits of a Mindfulness-Based Intervention for Coaches</td>
<td>Brian Tremml, Self-Employed, USA; Jean-Charles Lebeau, Ball State University, USA; Lawrence Judge, Ball State University, USA</td>
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<td>24</td>
<td>Goal Setting Practices in Sport and Exercise Psychology</td>
<td>Matthew Bird, University of Lincoln, UK</td>
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<td>25</td>
<td>Navigating the Junior-to-Senior Transition in Sport - Outlining Learnings from 10+ Years of Research and Applied Practice</td>
<td>Robert Morris, University of Stirling, UK</td>
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<td>26</td>
<td>Running Up that Hill: A Pilot Study of Perceptions of a Psyching Team</td>
<td>Robert Hilliard, Shenandoah University, USA; Patrick Maneval, Shenandoah University, USA</td>
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<td>27</td>
<td>The Effects of Brief Mindfulness Training on Sport Performance Under Pressure: A Dosage Response Investigation</td>
<td>Jessyca Arthur-Cameselle, Western Washington University, USA; Linda Keeler, Western Washington University, USA; Rebecca Pierce, Western Washington University, USA</td>
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<td>28</td>
<td>Theory-Based Data-Driven Decision-Making: The Application of a Theoretical Model to Build Athlete Learning and Performance Profiles</td>
<td>Jordan Goffena, Miami University, USA</td>
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<td>29</td>
<td>Theory-Based Interventions for Teams in Performance Crises</td>
<td>Stephanie Buenemann, University of Muenster, Germany; Charlotte Raue-Beblau, University of Muenster, Germany; Katherine Tamminen, University of Toronto, Canada; Maja Tietjens, University of Muenster, Germany; Bernd Strauss, University of Muenster, Germany</td>
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<td>30</td>
<td>An Examination of Diversity in NCAA Student-Athletes, Coaches, and Administrators: The Need for Greater Advocacy</td>
<td>Savannah Jeffers-Henriques, Saint Louis University, USA; Emily Wiegers, Saint Louis University, USA; Alexander Chang, Saint Louis University, USA; Michael Ross, Saint Louis University, USA</td>
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**Diversity & Culture**

29
31 Cultivating a Two-Fold Mentorship Opportunity: Empowering Underserved Female-Identifying Youth Communities Through Implementation of a Mental Skills Curriculum Led by Collegiate Student-Athletes
Amber Ortiz, University of Denver, USA; Stephanie Vilenkin, University of Denver, USA

32 Initial Development and Psychometric Evaluation of the Mental Health Optimization Checklist (MHOC)
Raymond Lopez, University of Nevada, Las Vegas, USA; Bradley Donohue, University of Nevada, Las Vegas, USA; Kaelyn Griffin, University of Nevada, Las Vegas, USA; Angelos Tsalaatos, University of Nevada, Las Vegas, USA; Shane Kraus, University of Nevada, Las Vegas, USA

33 The Benefits and Barriers of Sports Participation for Youth with Autism Spectrum Disorder
Jessica Pauley, University of Iowa, USA; Megan Foley-Nicpon, University of Iowa, USA

Elite/Pro Sport

34 Transitioning from Traditional Sports to Esports: Investigating Sport Psychology Practitioners' Experiences
Jonathan Brain, University of Portsmouth | Mastering the Mind, UK; Alessandro Quartiroli, University of Wisconsin - La Crosse (USA)/University of Portsmouth (UK); Chris Wagstaff, University of Portsmouth, UK

Exercise/Health/Fitness

35 20 Years Later--Former AAS Using Athletes Describe Their Struggle with Body Image Post AAS Use
Mario Vassallo, Wayne State University, USA; Tracy Olrich, Central Michigan University, USA; Jeffrey Martin, Wayne State University, USA

36 Does Cognitive Dissociation Affect Stretch Adherence?
Anamaria Astudillo, Florida International University, USA; Elizabeth Perez, Florida International University, USA; Jason Kostrna, Florida International University, USA

37 Effects of Tempo of Self-Selected Music on Isokinetic Strength Performance and Psychological Outcomes in Resistance-Trained Young Adults
Stephanie Svoboda, Florida International University, USA; Jason Kostrna, Florida International University, USA; Anamaria Astudillo Garcia, Florida International University, USA; Elizabeth Perez, Florida International University, USA

38 Exploration of the Relationships among Basic Psychological Needs, Mental Health, and Steps in Native American College Students
Ty Gray, Fort Lewis College, USA; Taylor Toya, Fort Lewis College, USA; Riley Todacheene, Fort Lewis College, USA; Mark Beattie, Fort Lewis College, USA; Melissa Knight-Malone, Fort Lewis College, USA; Joe Claunc, Zuni Youth Enrichment Project, USA; Susumu Iwasaki, Fort Lewis College, USA

39 Kiteboarding: At the Intersection of Adventure and Extreme Sports
Zackary Bryant, Menlo College, USA; Elizabeth Mullin, Springfield College, USA

40 Motivation for Physical Activity Amongst Black Women
Jameice DeCoster, USA

41 Physical Fitness and Mental Wellness Optimization in Athletes and Non-Athletes
Leandro de Lorenzo Lima, Milestone Martial Arts, USA; Alah Love, University of Nevada, Las Vegas, USA; Angelos Tsalaatos, University of Nevada, Las Vegas, USA; Kristin Brooks, Stand Tall Consulting, USA; Lidia Wossen, University of Nevada, Las Vegas, USA; Bradley Donohue, University of Nevada, Las Vegas, USA

Injury/Rehabilitation

42 Can 44 Cases of Severely Injured Athletes Telling Their Experience Be Wrong?
John Coumbe-Lilley, University of Illinois at Chicago, USA

43 Exploring the Perceived Psychosocial Experiences of Recreational Runners with Patellofemoral Pain: A Grounded Theory Approach
Kenneth Ildefonso, University of Wisconsin-Milwaukee, USA; Monna Arvinen-Barrow, University of Wisconsin - Milwaukee, USA

44 Having, Being, and Living: Stories of Disability by Female Athletes After Spinal Cord Injury
Derek Zike, UW Milwaukee, USA; Monna Arvinen-Barrow, University of Wisconsin - Milwaukee, USA

45 High School Football Player Experiences With Multiple Injuries: A Mixed Method Biopsychosocial Model Application
Natalie Golub, Indiana University, USA; Jesse Steinfeldt, Indiana University, USA

46 Rehabilitation Profiling for Injured Elite Athletes in Transition: A Case Study with Implications for Rehabilitation, Recovery, and Return to Sport
Cody Newton, University of Wisconsin: Green Bay, USA; Tsz Lun (Alan) Chu, University of North Carolina at Greensboro, USA
47 Sport-injury related growth: Development and Validation of the Perceived Benefits following a severe Sport Injury Questionnaire (PB/SI-Q)  
Alessandro Quartiroli, University of Wisconsin - La Crosse (USA)/University of Portsmouth (UK); Victor Rubio, Universidad Autonoma Madrid, Spain; E. Whitney Moore, East Carolina University, USA; Aurelio Olmedilla Zafra, Universidad de Murcia, Spain

48 Understanding the Effects of Long-Term Injury on Student Athletes Body Image  
Amber Ruiz-Bueno, Southern Illinois University, USA; Julie Partridge, Southern Illinois University Carbondale, USA

49 Artistic Athlete Wellness and Performance Assessment  
Arianna Shimits, Springfield College & Persistence Psych, LLC, USA; Erin Ayala, Skadi Sport Psychology, PLLC, USA; William Reid, self-employed, USA

50 Athletic Identity, Mental Health Stigma, Help Seeking Intentions and Mental Health Symptoms in Female Collegiate Athletes  
Giscard Petion, USA

51 Body Dissatisfaction and Disordered Eating Among Collegiate Athletes: Intersection of Gender, Race, and Sexual Orientation  
Dafina Chisolm-Salau, University of North Texas, USA; Cameren Pryor, University of North Texas, USA; Jessica Renteria, University of North Texas, USA; Macey Arnold, University of North Texas, USA; Trent Petrie, University of North Texas, USA

52 Does Athletic Identity Moderate the Relationship of Body Satisfaction and Disordered Eating among Collegiate Male Athletes?  
Cameren Pryor, University of North Texas, USA; Jessica Renteria, University of North Texas, USA; Dafina Chisolm-Salau, University of North Texas, USA; Macey Arnold, University of North Texas, USA; Trent Petrie, University of North Texas, USA

53 Implementing Feminist Theory for Woman Athletes with Eating Disorders  
Rebecca Steins, Saint Louis University, USA; Emily Wiegers, Saint Louis University, USA; Michael Ross, Saint Louis University, USA

54 “Is it Hard Out Here for a Player?”: Understanding the Relationship Between Adverse Childhood Experiences and Athletic Identity among College Student Athletes  
Courtney Copeland, University at Buffalo, USA

55 NCAA Coaches’ Beliefs toward Mental Health Service Utilization: A Person-Oriented Investigation  
Kim Tolentino, West Virginia University, USA; Daniel Leyhr, Institute of Sports Science, Department Sport Psychology and Research Methods, University of Tuebingen, Germany; Johannes Raabe, Bering Global Solutions, USA

56 Performance Optimization Assessment or Psychiatric Symptom Assessment: Which Do Collegiate Students Believe Will Help Them Most with Mental Health and Performance Optimization?  
Lidia Wossen, USA; Bradley Donohue, University of Nevada, Las Vegas, USA; Angelos Tsalafos, University of Nevada, Las Vegas, USA

57 Strength Training Interventions for Adults Coping with Trauma and Posttraumatic Symptoms  
Jasmine Reyna, Mount Saint Mary’s University-Clinical Psychology Program, USA; Brad Conn, USA

58 The Importance of Sport Culture and Problems Experienced Due to Sport Culture: How Are These Factors Associated with Mental Health Symptomology in Collegiate Athletes  
Bradley Donohue, University of Nevada, Las Vegas, USA; Angelos Tsalafos, University of Nevada, Las Vegas, USA; Lidia Wossen, USA

59 The Mediating Effects of Fear of COVID-19 Pandemic in the Relationship between Sense of Community and Mental Health Recovery for Local Residents  
MJ Kim, Republic of Korea; Chang Duk-Sun, KNSU, Republic of Korea

60 The Relationship Between Social Media and Disordered Eating in College-Aged Female Gymnasts  
J.C. Ausmus, University of Texas-Permian Basin, USA; Lindsey Blom, Ball State University, USA; Jean-Charles Lebeau, Ball State University, USA; Sharon Bowman, Ball State University, USA

61 The Role of Athletic Identity in Body Satisfaction and Disordered Eating Among Collegiate Women Athletes: Differences by Race  
Macey Arnold, University of North Texas, USA; Kasey Chambers, University of North Texas, USA; Carmyn Hayes, University of North Texas, USA; Justin Harker, University of North Texas, USA; Dafina Chisolm-Salau, University of North Texas, USA; Cameren Pryor, University of North Texas, USA; Trent Petrie, University of North Texas, USA

Non-Sport Performance Applications

62 A Scoping Review of Empirical Research on Dance Imagery  
Irene Muir, Pennsylvania State University, USA; Krista Chandler, University of Windsor, Canada

63 Exploring Climate and Shame in Video Game League Experiment  
Mario Fontana, SUNY Brockport, USA
<table>
<thead>
<tr>
<th>Title</th>
<th>Authors</th>
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<tr>
<td>Exploring the Psychophysiological Benefits of Adaptive Martial Arts,</td>
<td>Jonathan Drummond, HDI, USA</td>
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<td>Dance, and Climbing for Youth with Neurodevelopmental and Related</td>
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<td>Perceptions of Sport Psychology Consultants on Working with Athletes</td>
<td>Robyn Trocchio, Texas Christian University, USA;</td>
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<td>with Hidden Disabilities</td>
<td>Kara Rosenblatt, University of Texas of the Permian Basin, USA;</td>
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<tr>
<td>Supervision in Private Practice: Logistics, Challenges, and</td>
<td>Jana Fogaca, Long Beach State University, USA;</td>
</tr>
<tr>
<td>Strategies</td>
<td>Leilani Madrigal, Long Beach State University, USA;</td>
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<tr>
<td>Where Has All the Sport Science Gone? The Marginalization of</td>
<td>Brian Gonzalez, Long Beach State University, USA;</td>
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<tr>
<td>Kinesiology Expertise Limits the Quality of Professional Development</td>
<td>David Lerner, Long Beach State University, USA;</td>
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<tr>
<td>in the Field and Practice of Sport, Performance, and Exercise</td>
<td>Sierra Boyajian, Long Beach State University, USA</td>
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<tr>
<td>Psychology</td>
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<tr>
<td>Can I Provide Psychotherapy and Mental Skills Training to the Same</td>
<td>Amy O’Hana, University of Western States, USA;</td>
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<tr>
<td>Client? An Ethical Decision-Making Model for Integrated Practitioners</td>
<td>Stephanie Fryer, University of Western States, USA</td>
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<td>Development and Validation of the Well-Being in Sport Questionnaire</td>
<td>Seth Rose, KBR, USA; Damon Burton, University of Idaho Retired, USA</td>
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<td>A Pilot Intervention to Address Racism in Sport</td>
<td>Leilani Madrigal, Long Beach State University, USA;</td>
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<tr>
<td>Understanding Student-Athletes' Commitment to Social Justice:</td>
<td>Katie Califano, University of Memphis, USA</td>
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<tr>
<td>Utilizing a Social Cognitive Framework</td>
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<td>Gibbs' Reflective Cycle: Adapting Athlete Mental Skills Workshops</td>
<td>Landon Braun, University of Wisconsin-Milwaukee, USA;</td>
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<tr>
<td>to Firefighters</td>
<td>Chloe Ouellet-Pizer, University of Wisconsin - Milwaukee, USA;</td>
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<td>Optimizing Soldier Counseling: Increasing First-Line Leader Training</td>
<td>Pierre Harris, Walter Reed Army Institute of Research, USA;</td>
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<td>Precision through a Grounded Theory Analysis of Senior Non-Commissioned</td>
<td>Shardonnal Sims, Walter Reed Army Institute of Research, USA;</td>
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<tr>
<td>Officers in the U.S. Army</td>
<td>Will Hertzman, Walter Reed Army Institute of Research, USA;</td>
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<tr>
<td>Applying Applied Sport Psychology (in an Undergraduate Classroom)</td>
<td>Carrie Scherzer, Mount Royal University, Canada</td>
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<tr>
<td>Evidence-Based Practices: Embedding Physical Activity in Classrooms</td>
<td>Laura Hayden, University of Massachusetts Boston, USA;</td>
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<tr>
<td>for Children with Autism Spectrum Disorder</td>
<td>Chris Denning, University of Massachusetts Boston, USA;</td>
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<tr>
<td>An Ecological Approach to Conflict in Youth Sport</td>
<td>Lauren Secaras, Michigan State University, USA;</td>
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<tr>
<td>Evaluating the Accuracy of Soccer Coaches' Subjective Assessment of</td>
<td>Michael Zito, Morristown Clinical and Sport Psychology, USA;</td>
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<tr>
<td>Athletic Skill: A Case for Use of Data</td>
<td>Nori Pennisi, Self-Employed, USA; Diane Gill, University of North Carolina at Greensboro, USA;</td>
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<tr>
<td>Psychological Characteristics and Skills of Junior Competitive Swimmers</td>
<td>Daniel Gould, Michigan State University, USA;</td>
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<td>Posters Withdrawn</td>
<td>Erin Reifsteck, University of North Carolina at Greensboro, USA;</td>
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<td>A Pilot Intervention to Address Racism in Sport</td>
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<td>Social Justice, Equity, and Inclusion</td>
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**Mentoring**

**Professional Development, Supervision, and Mentoring**

**Teaching**

**Research Design**

**Social Justice, Equity, and Inclusion**

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32
80 The Relationship among Perceived Parental Psychological Control, Socially Prescribed Perfectionism, Fear of Failure, and Performance of Adolescent Athletes
Jieun Won, Seoul National University, Republic of Korea; Dojin Jang, Seoul National University, Republic of Korea; Sungho Kwon, Seoul National University, Republic of Korea

POSTER SESSION II
FRIDAY, OCTOBER 20
GRAND 1
Poster Setup - 7:30 AM - 9:00 AM
Poster Viewing - 9:00 AM - 7:00 PM
Authors Present at Posters - 5:30 PM - 7:00 PM
Poster Tear Down - 7:00 PM - 7:30 PM

Coaching

81 Athletes' Mental Health as Related to the Perception of Coaches
Madalyn Bigley, McDaniel College, USA; Jessica Ford, McDaniel College, USA

82 Examining Cognitive Appraisals and Coping Styles Among Elite Premier League Football Coaches and Players in Ghana
Medina Srem-Sai, University of Education, Winneba, Ghana; John Elvis Hagan Jr., University of Cape Coast, Cape Coast, Ghana; Prosper Narteh Ogum, University of Cape Coast, Cape Coast, Ghana / Bielefeld University, Bielefeld, Germany; Thomas Schack, Bielefeld University, Bielefeld, Germany

83 Investigating Nigerian Basketball Coaches’ Perceived Personal and Professional Growth through a Sport for Development Program
Adam Kroot, Ball State University, USA; Lindsey Blom, Ball State University, USA; Chenfa Dombin, Dream Sports Africa, USA; Khushbu Patel, Ball State University, USA; Chelsea Davis, Ball State University, USA

84 Overflowing with Passion: How Passion, Enjoyment and Positive Affect Affects the Coach-Athlete Relationship
Keith McShan, Missouri State University, USA; E. Whitney Moore, East Carolina University, USA

85 Teaching Short-Term Mindfulness Interventions to Coaches: A Coach Educator’s Online Design
Megan Buning, Florida State University, USA

86 The Relationship Between Controlling Coaching Behaviors and Competitive Anxiety in Athletes: A Meta-Analysis
Andrea Castellanos, Texas A&M International University, USA; Marco Carrillo, Texas A&M International University, USA; Seong Kwan Cho, Texas A&M International University, USA

87 What Do You Expect? High School Football Coaches’ Attitudes and Expectations about Sport Psychology Services
Kim Ferner, University of North Texas, USA; Sabrina Madson, University of North Texas, USA; Rebecca Zakrajsek, University of Tennessee, USA; Scott Martin, University of North Texas, USA

Collegiate Sport

88 A Comparison of Collegiate Athletes Perceptions of Trust with their Psychologist or Psychiatrist by Race
Megan Loftin, Michigan State University, USA; Jessica Wallace, University of Alabama, USA; Tamaria Hibbler, University of Arkansas, USA; Tracey Covassin, Michigan State University, USA

89 Assessing the Mental Health Resources of Mid-Major Level College Athletic Departments
Grace Louis, Northern Illinois University, USA; Shaine Henert, Northern Illinois University, USA

90 Exploring the Caring Behaviors of a Coach on a National Champion Gymnastics Team
Mario Fontana, SUNY Brockport, USA; Vista Beasley, SUNY Brockport, USA

91 Poster Withdrawn

92 International Collegiate Athlete’s Self-Compassion, Social Support, COVID-19 Worry and Psychological Distress: A Mediational Analysis
Cachet Lue, University of North Texas, USA; Trent Petrie, University of North Texas, USA; E. Whitney Moore, East Carolina University, USA; Chiachih Wang, University of North Texas, USA

93 Poster Withdrawn

94 NCAA Division I Assistant Coaches’ Understanding and Use of Mental Performance and Mental Health Services
Morgan Eckenrod, University of Southern Mississippi, USA; Heather Hill, University of Southern Mississippi and Indiana State University, USA; Melissa Thompson, The University of Southern Mississippi, USA; Laurie Neelis, University of Southern Mississippi, USA; Paul Donahue, University of Southern Mississippi, USA

95 Relationship of Gender, Race, and Sport to Collegiate Athletes’ Alcohol Use and Sleep Disturbances
Olivia Kit, The University of North Texas, USA; Nicholas Magera, University of North Texas, USA; Trent Petrie, University of North Texas, USA
96  Student-Athlete Transition Program with a Health-Related Physical Activity Focus: A Feasibility Study For a NCAA Division II Institution
Amanda Hilton, Lenoir-Rhyne University, USA; Erin Reifsteck, University of North Carolina at Greensboro, USA; Diane Gill, UNCG, USA; Mindy Smith, Messiah University, USA

97  The Effects of a Sports Nutrition Education Intervention on Sports Nutrition Knowledge and Perceptions of Recovery in NCAA Division I Men's Soccer Players
Jamie McAllister-Deitrick, Coastal Carolina University, USA; K Michelle Singleton, Coastal Carolina University, USA; Keirstin Roose, Coastal Carolina University, USA

98  Poster Withdrawn

99  The Long-Term Impact of Study Abroad: Post-Graduation Reflections of NCAA Division II and III International Student-Athletes
Brian Foster, Florida State University, USA; Patricia Lally, Lock Haven University, USA

100  The Role of Demographic Factors, Mental Health, Resilience, and Covid Worries on Athletic Identity: A Study of Collegiate Athletes
Rachel Shinick, The South Boston Collaborative Center, USA; Edson Filho, Boston University, USA

Consulting & Interventions

101  A Season-Long Adaptation of the CLUTCH Framework for Collegiate Field Hockey
Sarah Carson Sackett, James Madison University, USA

102  An Interactional Approach to Facilitate the Psychological Development of Elite Youth Soccer Players
Joanne Butt, Liverpool John Moores University, UK; Andrew Mills, British Psychological Society, UK; Ian Maynard, University of Essex, UK

103  Eleven Weeks to Kona: One Triathlete's Journey
Jamie Robbins, Methodist University, USA; Shyanne Mcgregor, Triathlete, USA

104  Exploring the Learning Experiences of One Chinese Volleyball Athlete Throughout a Psychological Skills Training Program
Xiao Zhang, University of Calgary, Canada; Penny Werthner, University of Calgary, Canada

105  Mental Skills Training to Facilitate the Cycle of Liberation for Athletes With Non-dominant Identities
Rebekah Armstrong, Adler University, USA; Ismael Alaoui-Vezina, Adler University (Chicago), USA; Melanie Richburg, Grand Canyon University, USA; Teresa Fletcher, Adler University, USA

106  Qualified and Trainee Sport and Exercise Psychologists’ Attitudes, Skills and Behaviours Towards Research Utilisation in Applied Practice
Marie Winter, University of Essex, UK; Ian Maynard, University of Essex, UK; Paul Freeman, University of Essex, UK; Murray Griffin, University of Essex, UK

107  The Effects of Autonomy-Supportive vs Controlling Feedback on the Performance of Novice Jugglers
Dominique Mullicane, Western Washington University, USA; Jessyca Arthur-Cameselle, Western Washington University, USA; Linda Keeler, Western Washington University, USA; Nick Washburn, Western Washington University, USA

Matthew Bird, University of Lincoln, UK

Diversity & Culture

109  Beyond the Binary: An Exploration of Transgender and Gender Nonbinary Athletes’ Experiences in College Athletics
Olivia Kimmel, Pacific University, USA; Tamara Tasker, Pacific University, USA

110  Cultural Competence; Inclusion, Equity, Conceptualization; Ethical Practice
Ismael Alaoui-Vezina, Adler University (Chicago), USA; Rebekah Armstrong, Adler University, USA; Teresa Fletcher, Adler University, USA; Melanie Richburg, Grand Canyon University, USA

111  Passion in Sport and the Quality of Coach-Athlete Relationship Among Lebanese and American Athletes and Coaches: A Cross-cultural Study
Diala El-Khazen, CSULB, USA; Jana Fogaca, Long Beach State University, USA; Alison Ede, Long Beach State University, USA; Leilani Madrigal, Long Beach State University, USA

Elite/Pro Sport

112  A Longitudinal Exploration of Competitive Dancers’ Experiences
Ben Sereda, University of Alberta, Canada; Danae Frentz, University of Alberta, Canada; Amber Mosewich, University of Alberta, Canada

113  The Effect of Trust in Coach on the Team Performance: Mediation Effect of Team Climate
Sungho Kwon, Seoul National University, Republic of Korea; Doheung Lee, Seoul National University, Republic of Korea; Taiwoo Kim, Seoul National University, Republic of Korea

114  Thriving in Elite Sport: A Systematic Review
Jordan Hayman, Ocean Healthcare, UK; Gillian Cook, Liverpool John Moores University, UK
115 A Pilot Study: Engaging Growth Mindset and Imagery Skills for Adopting a “Stress-is-Beneficial” Mindset for College Student-Athletes
Darrell Phillips, University of Kansas, USA; Andreas Sloth, Danske Studenters Roklub, Denmark

116 Effect of an Extended Theory of Planned Behavior Intervention on Physical Activity in College Students
Taylor Gabler, Bowen Center, USA; Jean-Charles Lebeau, Ball State University, USA

117 Evaluating the Effect of Exercise on Emotional Health and Cognitive Function in Neurodivergent Individuals
Evan Darr, McDaniel College, USA; Jessica Ford, McDaniel College, USA

118 Exercise Modality Differences in Effect on Depressive Symptoms: Meta-Analysis
Elisheva Gottstein, Georgia Tech Counseling Center, USA; Craig Marker, Mercer University, USA

119 Improving Moods and Exercise Enjoyment in Young Adults: Resistance or Endurance Training?
Selen Razon, West Chester University of PA, USA; Andrew Schlosser, West Chester University, USA; Jeffrey Harris, West Chester University, USA; Lawrence Judge, Ball State University, USA

120 Mentors’ Retrospective Views a Decade after Volunteering in a Positive Youth Development Program
Taiylor Sharp, University of Kansas, USA; Jacob Chamberlin, University of Kansas, USA; Bailey Gilbert, University of Kansas, USA; Mary Fry, University of Kansas, USA

121 “On Your Left”: Bicyclists’ Commands Impact Receivers’ Responses
Lauren Hecht, Gustavus Adolphus College, USA; Jacob Christenson, Gustavus Adolphus College, USA

122 Photo-Elicitation as a Research Method to Assess Adolescent Girls’ Perceptions of the Climate in a Positive Youth Development Program
Nabilah Alhelai, HSES KU, USA; Gray Randi, Doctoral Counseling Psychology Student, Graduate Research Assistant, Research and Training Center on Independent Living Life Span Institute, USA; Mary Fry, University of Kansas, USA

124 Can I Get Some Help Here? A Systematic Review of Injured Athletes’ Perceptions of the Role Social Support Plays During Their Rehabilitation
Shaine Henert, Northern Illinois University, USA; William Pitney, Northern Illinois University, USA; Grace Louis, Northern Illinois University, USA; Nicholas Grahovec, Northern Illinois University, USA; Tyler Wood, Northern Illinois University, USA

126 Helping the Have-Not: Examining the Relationship Between Rehabilitation Adherence and Self-Efficacy Beliefs in ACL Reconstructed NAIA and NCAA DII and III Female Athletes
Myles Englis, Florida State University, USA; Marc Cormier, University of Kentucky, USA

127 Poster Withdrawn

Michelle McAlarnen, Minnesota State University, Mankato, USA; Hayley Russell, Gustavus Adolphus College, USA

129 The Application of Feminist Therapy to Athletic Injuries: The Role of Gender in Recovery and Mental Health
Rebecca Steins, Saint Louis University, USA; Savannah Jefferis-Henriques, Saint Louis University, USA; Lauren Olson, Saint Louis University, USA; Michael Ross, Saint Louis University, USA

130 Working With Injured Athletes: Structures And Processes
Kendra Bullard, University of Illinois at Chicago, USA; Logan Gallaher, University of Illinois at Chicago, USA; Dominique Martinez, University of Illinois at Chicago, USA; John Coumbe-Lilley, University of Illinois at Chicago, USA

131 An Investigation of the Relationship between Racial identity, Athletic identity, Mental Health Stigma on Mental Health Help-Seeking in Black College Athletes
Giscard Petion, USA

132 Athletic Coaches’ Understandings and Discussions of Players’ Adverse Childhood Experiences
Simon Wright, University of Maryland, USA; Bryan Blum, Long Island University, USA

133 Barriers and Opportunities for Help Seeking in Collegiate Student-Athletes
Megan Fox, UW-Green Bay, USA; Georjeanna Wilson-Doenges, UW - Green Bay, USA
134 Declines in Adolescent Physical Activity and Links to Social Media Use: Application of Findings to the MOODment Program
Lindsey Forbes, Dr. Forbes & Associates, Canada; Wendy Ellis, King’s University College at Western University, Canada; Tara Dumas, Huron University College at Western University, Canada

135 Poster Withdrawn

136 Exploring the Negative Mental Health Consequences of Choking under Pressure
Christopher Mesagno, Victoria University, Australia; Matthew Goodyear, Victoria University, Australia; Adwoah Hammond, Victoria University, Australia

137 Helping Athletes to Thrive: A Conceptual Framework to Promote Mental Health, Well-Being, and Performance
Daniel Birrer, Swiss Federal Institute of Sport Magglingen, Switzerland; Laurie Schwab, Swiss Federal Institute of Sport Magglingen, Switzerland

138 Men and Muscles: Self-Esteem and Body Dissatisfaction in the Drive for Muscularity among Jamaican Weightlifters
Chelsi Ricketts, Michigan State University, USA; Caryl James Bateman, The University of the West Indies, Mona, Jamaica; Marvin G. Powell, George Mason University, USA; Andre Bateman, Michigan State University, USA; Emilio J. Compte, Adolfo Ibáñez University, Chile

139 On the Frontline of Athlete Mental Health: The Mental Health Literacy of NCAA Coaches
Kelzie Beebe, University of North Texas, USA; Trent Petrie, University of North Texas, USA

140 Relationship between Mindfulness, Mental Toughness, and Sport Anxiety
Teona Velehorschi, University of Toledo, USA; Wesley Bullock, University of Toledo, USA

141 Student-Athlete Perceptions of Team Experiences While Seeking Treatment for Mental Illness
Bryan Blum, Long Island University, USA; Andrea Youniss, Long Island University, USA; Jordan Daniel, Long Island University, USA; Linnea Mavrides, Long Island University, USA; Eric Rose, Stevens Institute of Technology, USA

142 The Influence of Personal, Social, and Environmental Factors on Next Gen Athletes’ Mental Health
Lara Pomerleau-Fontaine, McGill University, Canada; Veronique Boudreaux, Université de Sherbrooke, Canada; Sophie Brassard, University of Sherbrooke, Canada; Juliette Maurin, University of Sherbrooke, Canada; Amélie Soulard, University of Sherbrooke, Canada; Natalie Durand-Bush, University of Ottawa, Canada

143 The Relationship among Leisure Involvement, Well-being, and Leisure Satisfaction in Skiing Enthusiasts
Taro Aihara, Tokai University, Japan; Hideki Yamada, Tokai University, Japan; Hiroyuki Aihara, Tokai University, Japan; Hideo Matsumoto, Tokai University, Japan

144 The Relationship of Division I Collegiate Athletes’ Race, Gender, and Sexual Orientation to Their Actual Mental Health Help-Seeking
Lindsey Slavin, University of North Texas, USA; Briana Wallace, University of North Texas, USA; Kasey Chambers, University of North Texas, USA; Megan Drew, University of North Texas, USA; Derek Sokoloff, University of North Texas, USA; Trent Petrie, University of North Texas, USA

145 Threat to Athletic Identity During Covid-19: Mental Health Outcomes and Influential Factors
Emily Matis, USA

Non-Sport Performance Applications

146 Law School Students’ Experience with Performance Psychology & Wellbeing Coaching
Keira Towers, University of Tennessee Knoxville, USA; Scott Barnicle, University of Tennessee, USA

Professional Development, Supervision, and Mentoring

147 Investigating Differences in CMPCs’ Perceived Stress, Burnout, and Occupational Recovery when Grouped by Services Provided and Years of Experience
Anthony Magdaleno, University of Wisconsin-Milwaukee, USA; Barbara Meyer, University of Wisconsin-Milwaukee, USA

148 Sport Psychology Practitioners’ Professional Development: An International Perspective
Jana Fogaca, Long Beach State University, USA; Alexandra Herrera, Long Beach State University, USA; Alessandro Quartiroli, University of Wisconsin - La Crosse (USA)/University of Portsmouth (UK)

Professional Issues & Ethics

149 Case Conceptualization in Sport, Exercise, and Performance Psychology: Bridging Theory and Practice
Elmer Castillo, Magellan Federal, USA; Matthew Bird, University of Lincoln, UK

150 Mental Health or Mental Skills? A Decision-Making Model at Assessment for Performance Clients
Amy O’Hana, University of Western States, USA

151 Sport Psychology Continuing Education: A Survey of Where We Are and Where We Need to Go
Alessandro Quartiroli, University of Wisconsin - La Crosse (USA)/University of Portsmouth (UK); Chris Wagstaff, University of Portsmouth, UK
Research Design

152 An Interdisciplinary Research Approach to Examining Intersections between Sports Field Conditions, Sport Performance, Sport Injuries, and Athlete Well-Being in Collegiate Club Sports
Diane Wiese-Bjornstal, University of Minnesota, USA; Francesca Principe, University of Minnesota Twin Cities, USA; Rebecca Stanford, University of Minnesota Twin Cities, USA; Kaija Eckholm, University of Minnesota Twin Cities, USA; Chase Straw, University of Minnesota Twin Cities, USA

153 Confirming the Athlete Emotion Regulation Strategies Scale's Underlying Factor Structure and Establishing Convergent Evidence of Validity
Allison Grace, Springfield College, USA; Jasmin Hutchinson, Springfield College, USA; Elizabeth Mullin, Springfield College, USA; Kathleen Mellano, Springfield College, USA

154 Exploring Tweets of Teams in Performance Crises Using Sentiment Analysis
Stephanie Buenemann, University of Muenster, Germany; Katherine Tamminen, University of Toronto, Canada; Maike Tietjens, University of Muenster, Germany; Bernd Strauss, University of Muenster, Germany

Social Justice, Equity, and Inclusion

155 NCAA Coaches’ Attitudes Towards the Inclusion of Transgender Athletes: Qualitative Analyses
Macey Arnold, University of North Texas, USA; Kasey Chambers, University of North Texas, USA; Trent Petrie, University of North Texas, USA

156 The Value of Self-Determination in Overcoming Discrimination and Stigma in School, Sport and Other Social Domains: A Fulbrighter’s Perspective
Major Khale, University of Kansas Sport and Exercise Psychology, USA; Mary Fry, University of Kansas, USA

Tactical Populations

157 Empathy from the Front: A Qualitative Study Analyzing Effective Leadership through the Lens of Marines
Roger Parrino, Boston University, USA, Wheelock College; Edson Filho, Boston University, USA

158 Putting the Cart before the Horse: Why Simplicity Overrides Complexity in Elite Tactical Athletes
Seth Rose, KBR, USA; Maryrose Blank, USA

Teaching

159 Building a Sport Psychology Presence at a Small, Division III, Liberal Arts Teaching College: Reflections on the Process thus Far
Jessica Ford, McDaniel College, USA

160 From Sport Psychology to Performance Psychology: Strategies and Resources for Expanding the Scope of a Sport Psychology Class
Todd Wilkinson, University of Wisconsin - River Falls, USA

161 Virtual Reality Training Intervention as a Tool for Pitchers in Baseball
Sam Fonder, Springfield College, USA; Daniel Smith, Springfield College, USA; Jasmin Hutchinson, Springfield College, USA; Zhan Liu, Springfield College, USA

162 What Do We Teach When We Teach Undergraduate Introductory Sport Psychology? A Content Analysis
William Bean, Florida State University, USA; Kelsey Kinnamon, USA

Youth Sport

163 Emotion Regulation Training for Adolescent Athletes and Their Parents: Implementing a Sport-Specific Unified Protocol for Adolescents Approach
Alexander Chang, Saint Louis University, USA; Emily Wiegers, Saint Louis University, USA; Sarah Hanske, Saint Louis University, USA; Monica Grace, Saint Louis University, USA; Jacob Arett, Saint Louis University, USA; Michael Ross, Saint Louis University, USA

164 Extroversion as a Personality Dimension Moderating the Relationship Between Team Climate to Relationships with Coaches and Teammates
Congtian Xu, University of Kansas, USA; Jacob Chamberlin, University of Kansas, USA; Troy Wineinger, University of Kansas, USA; Mary Fry, University of Kansas, USA

165 Sports Specialization and the Family: Examining the Effects Outside the Line with Parental Interviews
Amanda Aguilar, East Texas Baptist University, USA; Diane Gill, UNCG, USA; Erin Reifsteck, University of North Carolina at Greensboro, USA; Adam Berg, University of North Carolina Greensboro, USA
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