

## **AASP 2015 Regional Conference Grant Summary Report**

Temple University hosted the 17<sup>th</sup> Annual Northeast Atlantic Sport Psychology (NASP)/AASP Mid-Atlantic Regional Conference March 20-21, 2015. This year's conference was proud to feature Dr. Becky Clark, an alumna of Temple University, as the keynote speaker. Dr. Clark delivered an insightful presentation on resiliency, ingenuity, and empowerment highlighted by both her personal and professional journey, as well as her inspiring work with athletes with disabilities. Dr. Angie Fifer, Performance Enhancement Trainer at the United States Military Academy at West Point, presented the pre-conference workshop. Dr. Fifer led an educational and interactive workshop focused on sport psychology techniques applied to athletes and coaches in a variety of levels and sports. Conference sessions included many interesting and diverse topics from professional and student presenters in a variety of formats. Some highlights included: paper sessions focused on coaching, novel applications, and exercise psychology including a paper by Dr. Erica Tibbetts, "Exercise and Sobriety"; symposiums including, "Female Sports Body Stereotypes" presented by Dr. Joan Steidinger and Dr. Emily Roper; roundtable discussions, such as, "Understanding the impact of parent behavior on well-being and performance" led by Dr. Miranda Kaye and Dr. Angie Fifer; finally, exciting workshops including, "Performatory Psychology" by Dr. Joan Ingalls and Jennifer Bullock.

In addition to presentations, there were several opportunities for student development. During the opening sessions, Dr. Michael Sachs facilitated a breakout group on AASP and the *Directory of Graduate Programs in Applied Sport Psychology* for new attendees and students. The conference was also fortunate to have Dolores Christensen, a current AASP and APA student representative, lead an information session on student opportunities and initiatives in both AASP and APA Div. 47. Students also had many opportunities to learn from their fellow students' research in multiple paper sessions and a poster session. Finally, the conference included two structured opportunities with ample time for networking with professionals, both at breakfast and during lunch on Saturday.

The conference was also proud to create and offer for the first year, a diversity scholarship geared toward encouraging ethnic minorities to attend. The scholarship provided free registration to the winning grantees, who represented Chestnut Hill College, Bowie State University, and Norfolk State University. Another first for the conference was in offering online registration payment, which made the registration process more efficient and accurate. For the second year, the conference created a free mobile app for attendees, keeping them engaged and connected. The conference raffle was a hit yet again with some superb prizes including new releases from Human Kinetics, Fitness Information Technology, and Taylor and Francis, gift cards to local restaurants, and complimentary gym memberships and movie tickets. Finally, even with a snowstorm on Friday, the conference had high attendance numbers with 121 attendees (85 students, 36 professionals), with representatives from 29 different colleges and universities, as well as numerous professional and private practice attendees, illustrating the continued NASP and AASP Mid-Atlantic Regional Conference's popularity. We look forward to again partnering with AASP and offering the 2016 NASP/AASP Mid-Atlantic Regional Conference.

## Conference Participant Breakdown

### Conference Participant Breakdown Summary

17th Annual Northeast Atlantic Sport Psychology Conference/AASP Mid-Atlantic  
Regional Conference

**Registered:** 99 online/22 on site

**Location:** Temple University, Philadelphia, PA

**Start Date:** 20/03/2015 12:00 AM

**End Date:** 21/03/2015 12:00 AM

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<b>Participant Type</b>	<b>Conference Attendance</b>	<b>Pre-Conference Attendance</b>
Professional/Faculty Affiliation	36	11
Graduate (doctoral/masters)	49	7
Undergraduate	36	1
	<b>121.00</b>	<b>19.00</b>

## Professional Attendee Affiliations

Location: Temple University, Philadelphia, PA  
 Conference Dates: 2015-03-20 - 2015-03-21

Question	Answers	No. of Responses	% of Responses
If you are a faculty member, provide your college or university.	East Stroudsburg University	1	2.78 %
	Boston University	1	2.78 %
	California University of PA	1	2.78 %
	Edinboro University	1	2.78 %
	Ithaca College	2	5.56 %
	LaSalle University	1	2.78 %
	Manhattan College	1	2.78 %
	Monmouth University	1	2.78 %
	Penn State	1	2.78 %
	Rider University	1	2.78 %
	Rowan University	1	2.78 %
	Sam Houston State University	1	2.78 %
	Shippensburg University	1	2.78 %
	Temple University	2	5.56 %
	The United States Military Academy	2	5.56 %
	West Chester University	2	5.56 %
	N/A (other professional/private affiliation)	16	44.40 %
<b>Total</b>		<b>36</b>	<b>100.00%</b>

## Student (Graduate/Undergraduate) Attendee Affiliations

Location: Temple University, Philadelphia, PA  
 Conference Dates: 2015-03-20 - 2015-03-21

Question	Answers	No. of Responses	% of Responses
Please provide your College or University affiliation (non-professional).	Arcadia University	1	1.18 %
	Barry University	1	1.18 %
	Bloomsburg Universtiy	1	1.18 %
	Boston University	4	4.71 %
	Bowie State University	1	1.18 %
	Capella University	2	2.35 %
	Catholic University of America	2	2.35 %
	Chestnut Hill College	1	1.18 %
	Edinboro University	1	1.18 %
	Ithaca College	5	5.88 %
	Kean University	1	1.18 %
	LaSalle University	2	2.35 %
	Rutgers University	1	1.18 %
	Shippensburg University	3	3.53 %
	Springfield College	2	2.35 %
	Temple University	45	52.90 %
	The Catholic University of America	2	2.35 %
	The College of Wooster	1	1.18 %
	University of East London	1	1.18 %
	West Chester University	2	2.35 %
	N/A (other student affiliation)	6	7.06 %
	<b>Total</b>	<b>85</b>	<b>100.00%</b>

## AASP Regional Conference Grant Budget Breakdown

Expense	Cost
Friday March 20th	
Continuing Education Workshop	
Conwell Inn Room for Dr. Fifer X 2 nights	\$300
Refreshments (pretzels, snacks, drinks)	\$50
Saturday March 21st	
Lunch - City View Pizza (13 pies)	\$150
<b>Total</b>	<b>\$500</b>