

AASP MIDWEST REGIONAL CONFERENCE GRANT REPORT

Ball State was proud to host the 25th annual Midwest Sport and Exercise Psychology Symposium. Held in the beautiful Alumni Center, there were 129 registrants from 19 different institutions represented from across the Midwest.

The conference went from late Friday afternoon to late Saturday afternoon. In that time, there were 19 oral presentations and 9 poster presentations in addition to 2 keynote speeches. Of the oral and poster presentations, all but one were delivered by students. Presentations included preliminary results of theses, completed research projects, proposed projects, and a professional presentation about applied work. With several prominent names in the field present, students were able to receive valuable feedback on their research projects, and further their knowledge on the field of sport and exercise psychology, in general.

The conference began on Friday with a keynote presentation by Dr. Barbara Walker out of the Center for Human Performance in Cincinnati, Ohio. She spoke about her experiences applying sport psychology across several performance domains and provided valuable keys to professional growth. On Saturday, Dr. Jeffrey Martin, a professor at Wayne State University in Detroit, Michigan, spoke about considerations for obtaining careers within the field. Later on Saturday, students were able to listen to a panel consisting of Drs. Damien Clement (West Virginia University), Meghan McDonough (Purdue University), Kacey Oiness (St. Vincent Sport Performance), and Robin Vealey (Miami of Ohio University). They discussed the interdisciplinary nature of sport and exercise psychology and ways the field needs to grow.

A dinner social was held on Friday night where attendees were able to mingle and participate in a game of trivia. During the on-site catered lunch on Saturday, attendees were able to sit in and participate in several roundtable options hosted by faculty and practitioners, which included: working across cultures and continents, consulting with teams, doing qualitative research, getting into graduate school, publishing in peer-reviewed journals, working with youth, building interdisciplinary relationships, and running your own business in SEP. This was a well-received event where students felt that they were able to network and learn valuable information in an informal setting.

The students and faculty of the Sport and Exercise Psychology program at Ball State University are very grateful for AASP's support. We were excited to host such a large regional conference and feel that students were able to grow professionally and personally.

Submitted by:

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