

2015 AASP South Central Regional Conference Final Summary Report

The 2015 AASP South Central Regional Conference was held at the University of North Texas in Denton, Texas on April 24-25, 2015.

Total Attendees: 41

Undergraduate Students: 12

Graduate Students: 18

Professionals: 11

Number of Schools represented: 9 (University of North Texas, Texas A&M, University of Oklahoma, Sam Houston State University, University of Texas-Austin, University of St. Augustine, Abilene Christian University, John F. Kennedy University, University of Georgia)

Presentation Breakdown:

Total: 9

Keynotes: 4

Research Proposal Presentations: 4

Research Lecture Presentations: 1

Relevant Highlights: The conference included three keynote speakers from different domains in addition to a featured panel discussion. On Friday, Dr. Arnold LeUnes from Texas A&M reflected on his 40+ years of experience in the field, focusing on key moments in his career and the way(s) in which the field has changed over this time period. Following Dr. LeUnes' discussion, a conference social was held in which approximately 75% of conference attendees were present. On Saturday, Russell Maryland, a former NFL great with experience in player development, spoke about his experiences as a player, with a special emphasis on motivation. He also discussed ways in which sport psychology professionals can learn to connect with today's professional athletes. Saturday also included the featured panel discussion, which consisted of Dr. Whitney Moore, Dr. Erica Force and Dr. Jordan Hampton-Utley. The panel engaged in a lively discussion of the psychological consequences of injury and how sport psychologists can become more integrated into multidisciplinary sports medicine teams in order to enhance the overall well-being of athletes, especially those who suffer physical injuries. UT-Austin speaker Dr. John Bartholomew led an energetic presentation on the state of physical health and nutritional choices made by schools and children in the public education system to finish off the conference. According to our post-conference survey, attendees most consistently commented on the friendly environment and good organization of the conference and on the great variety of presenters and keynote speakers.

The \$500 of grant money received from AASP was spent on food and beverages for attendees, our conference website maintenance, gifts for all six keynote speakers, gift bags for attendees

(including a stainless steel embroidered coffee mug), and our professional conference room reservation.

The student and faculty conference organizers at the University of North Texas are grateful for AASP's support in funding the South Central regional conference this year. We are confident students and professionals in the field were able to learn and grow through this experience.

Sincerely,

Troy Moles, M.S. and Joey Ramaeker, M.S.

2015 AASP South Central Co-Chairs

University of North Texas

