

April 16, 2015

President Elect Brent Walker
Association for Applied Sport Psychology
8365 Keystone Crossing, Suite 107
Indianapolis, IN 46240

RE: Final Conference Report and Summary

The 2015 AASP Southwest Regional Conference was held at The University of Utah, on April 10-11th. The conference was attended by over forty students and faculty members. The conference program consisted of twelve student presentations, seven student posters, and two keynotes.

Dr. Traci Statler, Associate Professor at the California State University, Fullerton, was the keynote speaker on Friday evening, April 10th. Dr. Statler's keynote titled "*Alchemy in Applied Sport Psych Consulting: Blending Art and Science for Effective Performance*" addressed her approach to sport psychology consulting. She spoke to the strategies she uses with athletes, potential pitfalls that may occur early in a consultant's career, and the importance of going outside one's comfort zone. Dr. Statler's main point of emphasis was on the application of the scientist-practitioner model in applied consulting. Dr. Statler concluded with a case study of an elite pole vaulter to illustrate how she blends art and science in applied sport psychology consulting.

On Saturday, April 11th, the conference began a hike to the 'U' and breakfast for the attendees. Following the hike, four student research presentations were given. A poster session and lunch were held concurrently following the initial student presentations. After the poster session the remaining eight student presentations were given. In sum, there were three applied workshops, six project proposals, seven posters, and three research lectures. The applied

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workshops were 30 minutes in length and required a ‘hands on’ portion. The proposals and research lectures were 15 minutes long. Following each presentation attendees were given the opportunity to ask questions and offer feedback.

The conference concluded with a keynote address by Dr. Nicole Detling CC-AASP, Assistant Professor at The University of Utah, and Olympian Travis Jayner, a bronze medalist in the 5000m relay short track speed skating event at the Vancouver Olympics. Their joint keynote was titled “*Mental Toughness at the Olympic Games: An Interview with Travis Jayner, Olympic Bronze Medalist.*” Travis spoke about his experiences at the Olympic Games and his relationship with Dr. Detling as his sport psychology consultant leading up to and through the Olympics. Dr. Detling and Travis spoke candidly about many of the mental strategies that helped Travis go from winning practice but losing competitions to his eventual success in Vancouver.

I would like to thank the Association for Applied Sport Psychology for the regional conference grant. The \$500 dollar grant from AASP was used as a speaker’s fee for Dr. Statler and Travis Jayner, two outstanding keynote speakers.

Sincerely,

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Department of Exercise and Sport Science
[The University of Utah](#)

Conference Schedule:

Friday, April 10th

3:00-4:00 Registration

Room: HPER-N 242

4:30-5:30- Welcome and Opening Keynote

Dr. Traci Statler

Room: HPER-W 117

6:00-8:00- Dinner

Saturday, April 11th

8:00- 10:15 Registration and Breakfast

Room: HPER-N 242

8:30-9:30 Hike/Exercise Break

Room: HPER-N 225

10:30-11:30 Session 1

Room: HPER-N 242

10:30-10:45 AM

Michael Papadakis, Morgan Hall, Beau Bertagnolli, & Aubrey Newland

Research Proposal

The self-importance of moral identity and moral self-regulation in collegiate athletes

10:45-11:00 AM

Elyse D’Astous

Research Proposal

An examination of the effect of sport injury on achievement motivation

11:00-11:15 AM

Cait Wilson

Research Lecture

Praising the process: promoting a growth mindset in sports organizations

11:15-11:30

Nate Last

Research Lecture

Delivering sport psychology to and through the coach: A performance framework

11:45 AM-12:45 PM Poster Session and Box Lunch

Room: HPER-N 101

Poster 1

Exercise Dependence in Marathon and Half-Marathon Runners

Tyler Orr and Benjamin Ogles, Brigham Young University

Poster 2

Optimal Focusing in Free-Throw Shooting

Benjamin Ogles, Brigham Young University, Chad Fong, University of Utah, Andrew Griffin Jr., Brigham Young University, Laurie Ottehenning, Brigham Young University

Poster 3

Patients' Perspective of Care in Physical Therapy

Lindsey Greviskes, University of Utah

Poster 4-7

A Moderate Bout of Exercise on Positive Affect, Self Esteem, Cognitive Functioning, etc.
University of Utah Undergraduates

1:00 PM-2:00 PM Session 2

Rooms: HPER-N 238

1:00 PM - 1:30 PM

Jacob Cannon Jensen

Applied Workshop

Using the MARS© Approach When Consulting with Individual Athletes and Teams

1:30 PM - 1:45 PM

Brittany Prijatel

Research Proposal

Can music help athletes manage pain during an icing task? : an experimental test

1:45 PM - 2:00 PM

Cait Wilson

Research Lecture

HIGH FIVE Quest 2 as a youth development quality assessment tool for youth sport programs

2:15 PM-3:15 PM Session 3

Rooms: HPER-N 242

2:15 PM - 2:45 PM

Chad Fong

Applied Workshop

Teaching the growth mindset to teams using an interactive activity.

2:45 PM - 3:00 PM

Sean Bergeson

Athletes Transitioning out of Sport

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3:00 PM - 3:15 PM

David Bennion

Tripartite Efficacy: Implications for Adherence and Patient Outcomes in Physical Therapy

3:30 PM - 4:15 PM

Room HPER-N 242

3:30 - 4:00 PM

Aubrey Newland

Applied Workshop

The Role of Sport Psychologists in Developing Transformational Coaches

4:00 - 4:15 PM

Stefano Barbagelata

Project Proposal

Self Talk in Crossfit

4:30-5:30 Closing Keynote

Dr. Nicole Detling CC-AASP and Olympian Travis Jayner

Room: HPER-N 236