

The 2018 AASP Midwest Sport and Exercise Psychology Symposium was held at Miami University February 16 and 17. Undergraduate and graduate students presented research proposals and preliminary findings, and had the opportunity to receive feedback from their peers and faculty members. There were 16 verbal presentations on topics such as youth sports, college athletes, mental skills, training, coaching and leadership skills, rehabilitation, and exercise psychology. There were 11 poster presentations on topics ranging from group cohesion to body image. There was a \$100 prize awarded to the best undergraduate and best graduate presentation, given to the conference organizers by AASP. The undergraduate winner was Rayme Ehle from Indiana University for his poster presentation, "Sport officials' perceptions of group cohesion: Preliminary results." The graduate winner was Morgan Eckenrod from University of Tennessee for her verbal presentation, "SPCs Experiences with Support Staff in NCAA Division I Athletic Departments."

In lieu of a keynote speaker, there were two moderated panels for academics and professionals in the field to share their insights and advice. One panel highlighted research findings in sport and exercise psychology, featuring Dr. Robert Weinberg (Miami University), Dr. Rebecca Zakrajsek (University of Tennessee), Dr. Karl Erickson (Michigan State University), and Dr. Lindsey Blom (Ball State University), moderated by Dr. Andy Driska (Michigan State University). Panelists were asked to share their experiences conducting research and to give advice to students interested in pursuing a career in academia. The other panel was more applied in nature, and panelists were asked to share their experiences consulting, regarding what interventions they felt worked or did not work, and to reflect on things they would have done differently when they first started consulting with athletes. The panelists were Dr. Scott Barnicle (West Virginia University), Kathleen Mellano (Michigan State University), Dr. Barbara Walker (Center for Human Performance), and Brendan Danker (Clearmind Performance, LLC), and the moderator was Dr. Robin Vealey (Miami University).

During breaks in between presentations, conference attendees had the opportunity to test their cognitive focus and speed, using the FITLIGHT Trainer™. Although many tried their hand with the FITLIGHT equipment, the two competitors with the fastest and most accurate trials were awarded two books donated by Dr. Robert Bell. Attendees also had the opportunity to enter into a raffle to win books donated by FIT Publishing, Human Kinetics, Dr. Robert Weinberg, Dr. Robin Vealey, Dr. Melissa Chase, and various other prizes donated by businesses around Miami University.