



## 2019 AASP West Regional Conference Final Report

The 2019 AASP West Regional Conference was located at Long Beach State University on Friday April 12, 2019 through Saturday April 13, 2019. This report will provide information regarding the conference.

Total Number of Attendees:	105
Undergraduate Students:	11
Graduate Students:	64
Doctoral Students:	9
Professionals:	5
Faculty:	2
Other:	14

### **Schools Represented: 18**

Alliant International University  
Arizona State University  
Azusa Pacific University  
California Baptist University  
California State University, Chico  
California State University, Dominguez Hills  
California State University, Fullerton  
Fresno State University  
Fuller School of Psychology  
John F. Kennedy University  
Long Beach State University  
Norco College  
Pepperdine University  
University of California Riverside  
University of California San Diego  
University of San Francisco  
University of Western States  
USC Performance Science Institute

### **Summary**

The 2019 AASP West Regional Conference, hosted by Long Beach State University, was filled with various opportunities for attendees to gain insight from professionals in the field, network, and showcase their hard work. The conference began with a Pre-Conference Workshop, given by Long Beach State Sport Management professional, Candice Chick, that centered on

branding and marketing oneself in the professional world. Attendees received tools to better create a personal brand they can carry into the workforce, strategies to promote that brand, and inspiration to start the journey. The conference officially started with lecture presentations from students and professionals from various institutions around the Western region. There were two main Keynote Speakers on Friday afternoon, along with a mediator speaker. Olympians, Caroline Burckle, Kami Craig, and Kristy Kowel joined the attendees to share their incredible journeys as athletes and their transitions into the consulting and mentorship roles, and how mental skills have played a part in their lives. Following the conference, there was a social on the beach near the university, where attendees gathered to eat food, listen to music, socialize, and play games, such as beach volleyball, corn-hole, and football.

The conference continued Saturday with more diverse lecture presentations from students and professionals, a disabilities panel, poster session, and a Keynote Speaker. The disabilities panel was an important addition to our conference schedule. Casey Johnson opened up about the trials and tribulations of being a Paralympic swimmer with Dwarfism. Casey not only shared stories about her many astounding achievements, but she also shed light on some of the challenges that she faced as an athlete with a disability. Our second panel member was Jacob Pacheco, an adaptive professional surfer living with Cerebral Palsy. Jacob shared his journey from childhood to adulthood and captured the audience with his infectious spirit. Casey and Jacob allowed conference attendees to see the world of sport through another lens and inspired those in attendance with their stories of overcoming adversity and achieving greatness. After the panel, there was a lunch break where attendees were able to continue socializing and networking with those from differing institutions. During the pizza lunch break, attendees were also given the opportunity to tour the LBSU Sport and Exercise Psychology Graduate Lab, where students are able to consult, study, and check out equipment for sessions during their time at Long Beach. After lunch, the conference continued with the poster session, which allowed students to share their work and research and answer questions about the material. Lastly, the Saturday Keynote, Chrissy King, is a weight lifter and social issues activist who opened attendees' eyes to the social issues present in the exercise world. She gave a passionate and powerful presentation on the importance of diversity and brought a sense of awareness that highlighted the importance of being educated on diversity and inclusion. Not only did she bring a sense of awareness, but she opened up an important dialogue among attendees. Overall, this weekend was a great opportunity for all those present to network, display their practical work and/or research material, and gain more knowledge from the various speakers to take with them into their future endeavors.

#### **Grant Money Budget**

With the \$500 grant given by AASP, we paid \$150 to Caroline Burckle (Friday Keynote), \$150 to Kami Craig (Friday Keynote), \$150 to Chrissy King (Saturday Keynote), and \$50 to Candice Chick (Pre-Conference Workshop Presenter).

#### **Conference Cost**

We charged student attendees \$35 for pre-registration and \$40 for on-site registration. The pre-conference workshop was an additional \$10.

The conference program included:

**One Workshop:**

- Candice Chick
  - *Creating Your Brand*

**Two Keynote Presentations:**

- Caroline Burckle, Kami Craig, and Kristy Kowal
  - *Olympic Journeys*
- Chrissy King
  - *Diversity and Inclusion*

**One Panel**

- Jacob Pacheco and Casey Johnson
  - *Disabilities Panel*

**One Poster Session**

**Ten Student Lectures**

**Two Professional Lectures**

**One Social**

- *Beach social at Belmont Shore*