



2024 AASP South Central Regional Conference Final Summary Report

The 2024 AASP South Central Regional Conference was held at the University of North Texas in Denton, Texas on April 5-6, 2024.

Total attendees: 73 (60 undergraduate and graduate students, 13 professionals)

Number of schools attended: 12

East Central University

Louisiana Tech University

Missouri State University

Springfield College

Southeast Missouri State University

Stephen F. Austin State University

Texas Christian University

Texas Tech University

University of Cincinnati

University of North Texas

University of Saint Mary

University of Western States

Number of presentations: 16

2 keynote presentations

1 invited panel discussion

13 research presentations (including 1 faculty presentation and 12 undergraduate and graduate student presentations)

Conference highlights:

The conference included two keynote speakers and three-panel members of sport psychology professionals.

On April 5th (Friday), our first keynote speaker, Dr. Marcia Faustin, discussed the physician's perspective on mental health in working with diverse populations of professional elite and college athletes during the COVID-19 pandemic. Following Dr. Faustin's keynote, a conference social was held in which almost all conference attendees were present and were able to network with each other.

On April 6th (Saturday) morning, we organized a featured panel discussion that focused on the various roles of sport psychology professionals. Panel members included a licensed sport psychologist, Dr. Trent Petrie; a licensed professional counselor-supervisor, Ellicia Money; and an associate professor of kinesiology, Dr. Robyn Trocchio. The panel engaged in a lively discussion by answering questions from attendees on how they view the role of sport psychology.

On Saturday afternoon, our keynote speaker Bryan Kegans gave a presentation on the intersection of sport psychology and strength and conditioning with a focus on athlete mental health and elite performance.

According to our post-conference survey, attendees most consistently commented on the appreciation of the important topics discussed by the keynote presenters and panelists. The \$500 of grant money received from AASP was spent on our conference website maintenance, gifts for all 5 keynote speakers and panelists, gift bags for attendees (including a drawstring backpack and notebook), and food and drink provided throughout the conference (including light breakfast, lunch, and snacks throughout the day).

We are grateful for AASP's support in funding the South Central regional conference this year, and we are confident students and professionals in the field were able to learn and grow through this experience.

Sincerely,

Briana Wallace and Jessica Renteria
2024 AASP South Central Regional Conference Committee
University of North Texas