



Itemized Budget (Grant Funds \$1,200):

Personnel (\$1,151.54)

Honorarium	\$200
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Dr. Jessyca Arthur-Cameselle: \$100

Dr. Fernando Frias: \$100

Dr. Julie McCleery \$0 (waived to cover extra hotel night)

Travel Expense Budget	\$771.74
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Dr. Julie McCleery: \$471.74

Dr. Jessyca Arthur-Cameselle: \$300

Dr. Fernando Frias: \$0.00 (waived; local)

Keynote Conference Registration	\$180
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Dr. Julie McCleery: \$60

Dr. Jessyca Arthur-Cameselle: \$60

Dr. Fernando Frias: \$60

Supplies

Name tags, badges, registration materials and printing	\$48.46
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Additional Budget (Non-grant funds (\$1,481.08):

Personnel (\$100)

5 undergraduate student scholarships (sponsored by 2Play Lab)	\$100
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Food (\$1,381.08)

Appetizers and snacks (Friday evening)	\$317.88
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University Catering (Saturday)	\$1,063.20
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In Kind Donations from the Hallie Ford Center for Children and Families

Space, folders, bags, pens, coffee mugs, stickers



An Association for Applied Sport Psychology (AASP) Pacific Northwest Regional Sport and Performance Psychology Conference

Hosts: The 2025 AASP PNW Regional Conference was held on April 25-26, 2025, at Oregon State University (OSU) in Corvallis. The conference was hosted by OSU's Kinesiology program faculty and the Psychosocial Physical Activity Laboratory (2Play) PI, Dr. William V. Massey and graduate students from his research group: Nazlı Özkoca, Jim Arnold, Reagan von Wildenratt, Rasheda Charles, and Sara King. Nazlı Özkoca served as the conference chair.

Attendees: We had 42 attendees, including 28 students (20 graduate and 8 undergraduate students), 8 University faculty members, and 6 professionals in the field. Attendees traveled from Washington, Oregon, and Idaho. The educational institutions represented were: Boise State University, Grand Canyon University, Lewis-Clark State College, Oregon State University, Pacific University, Seattle University, University of Portland, University of Western States, Washington State University, and Western Washington University. Practice entities represented included: Oregon State University Athletics, Refine Performance Psychology, Seattle University Athletics, Strength in Mind Counseling, Washington State University Athletics.

Program Highlights: The conference program included thirteen research presentations (10 delivered by students, and three delivered by faculty/professionals), three keynote lectures, and four social/networking activities (people bingo, scavenger hunt, recess break, and student & faculty social). On Friday, April 25th, Dr. Fernando Frias, PhD, CMPC presented a keynote lecture entitled, "Win(d) of Change: Applied Sport Psychology in the Modern Landscape of Collegiate Athletics." On Saturday, April 26th, Dr. Julie McCleery, PhD presented a keynote lecture entitled, "Stepping Stones: A Reflection on Research to Practice Work in the Youth Sports Ecosystem;" and Dr. Jessyca Arthur-Cameselle, PhD, CMPC presented a keynote lecture entitled, "Lessons from a Winding Path in Sport & Performance Psychology." The overall feedback for the student presentations and keynote speaker choices were positive.

Summary of Attendee Feedback: All survey respondents rated their overall experience as excellent. Attendees highlighted several aspects of the conference that worked particularly well, including the engaging and well-paced schedule, diverse presentation topics, and welcoming, supportive atmosphere. Attendees reported that the inclusion of breaks, interactive activities and a mix of formal and informal networking opportunities enhanced the overall experience. Additionally, they commented on the quality of the keynote speakers and student presentations, as well as the thoughtful organization and venue. Participants expressed interest in incorporating more interactive formats such as small-group roundtables, graduate student panels to get more perspectives, practical application and skill sessions, as well as increased content related to small schools (at the college level) and children and athletes with disabilities. Attendees also expressed interest in undergraduate poster sessions, digital access to presentation materials, and structured opportunities to connect with others, such as attendee rosters or campus tours. These insights reflect a desire for continued innovation and inclusivity in future conferences.

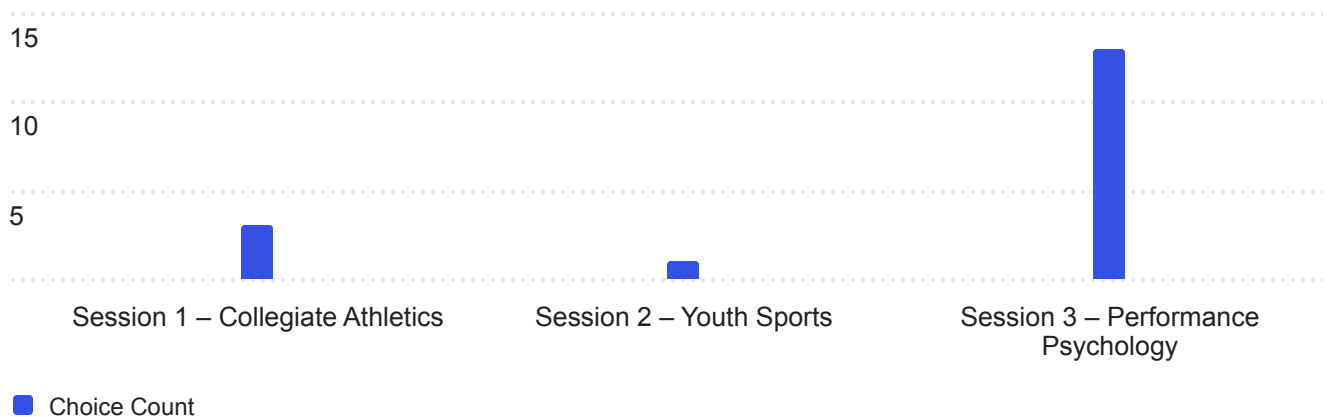
Q4 - Overall, how would you rate your experience at the conference?



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Field	Min	Max	Mean	Standard Deviation	Variance	Responses	Sum
Overall, how would you rate your experience at the conference?	5.00	5.00	5.00	0.00	0.00	17	85.00

Q5 - Which session did you find most valuable/interesting?



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Field	Choice Count
Session 1 – Collegiate Athletics	3
Session 2 – Youth Sports	1
Session 3 – Performance Psychology	13

Q6 - Did the conference meet your expectations?



Q2 - What aspects of the conference worked particularly well? (This could include organization, content, networking, atmosphere, etc.)

What aspects of the conference worked particularly well?
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The incorporation of activities/breaks throughout the events/speakers helped break up the day to make the conference as a whole more engaging.

Loved the programming - great choice of keynotes - and good student presentations. Very well organized and felt very welcome throughout.

Inviting and engaging hosts

Great time management, physical space, and stimulating mix of speakers and networking/interactive activities.

The atmosphere was informative and welcoming, allowing for lots of networking and learning.

I liked the short presentations because they kept me engaged but were long enough to be informative. I also liked the opportunity to go outside and have "recess" together because it make it easier to talk with people and connect that way.

Schedule was awesome, food and beverages, venue were all wonderful

Networking and Overall atmosphere

Variety in presentations topics

Atmosphere

Presenters who based there show with a metaphor

Content, networking opportunities, fun games during "recess", a good amount of breaks, welcome goody bag, location.

All of the above were exceptional

Friendly atmosphere, food, invitations to network and socialize.

It was really well organised.

test

Q8 - Was there any topics or modes of presentation you wish had been included?

Was there any topics or modes of presentation you wish had been included?

No

Perhaps a more informal roundtable set up with multiple professionals, where students could choose which group they go sit with for 15-20 minutes(researchers, university athletics practitioners, private practice professionals, etc) and ask questions. I imagine undergrads would feel more comfortable asking questions in small groups, not in front of all attendees.

I think it would be helpful for the development of undergraduate students to have a poster session that included many undergraduate's posters. This would be a great career development opportunity for them to practice presenting about their research.

I wish there was more geared towards small schools. Obviously OSU was hosting so I understand why it was all about D1, but more info about issues smaller schools have would have felt more applicable for me personally.

Would love something like a panel to get more perspectives

Research involving Youth athletes with disabilities

The topics of children and adults with disabilities and how to get them involved in sports

Not that I can think of right now

It was perfect as is

I think it would be interesting to hear more about environment and its role in performance, but I felt overall the topic spread was good.

Maybe more practical applications - opportunities to practice skills

test

Q3 - What suggestions do you have for improving the conference in the future?

What suggestions do you have for improving the conference in the future?

n/a

Maybe a guided "things to see on campus" with landmarks? The whole thing was excellently run.

An overview of the host university's program (brief explanation of focus of program and faculty research areas) or tour of facilities would be interesting.

It could be helpful to have some kind of panel of graduate students answering undergraduates questions about what it is like applying for and being in graduate programs.

Have a roster of who all is in attendance and their contact information (if they consent) for networking connections after the conference.

None!

Not a whole lot the conference was great

Probably the best problem to have, I think some presenters/presentations could've used more time. I'm not sure if that would be achievable through scheduled longer sessions, breaks in-between each presenter (like 5 minutes) so someone can have some extra time if necessary. It just seems like a few people got a little cutoff by the time and I think most of us were intrigued by their presentations, and we obviously all understand keeping to the schedule.

Keep Nazli in charge

Provide digital format materials, possibly presentation slides or key points to review after the fact, or materials to investigate the presented topics further.

Maybe spread out the presentations over the two days

test

Q7 - Any other comments or feedback you'd like to share?

Any other comments or feedback you'd like to share?

No

Thank you for a wonderful conference!

Excellent work hosting! It was a welcoming and engaging environment. Well done!

Thank you so much for hosting! I had such a great time meeting all the OSU students and I was impressed with the welcoming atmosphere you all created.

Great job!

Breakfast on Day 2 was less of a breakfast and more coffee and baked goods, would appreciate a more accurate representation of the food.

Nope

Amazing conference learned a whole lot can't wait for the next one

NA

Bingo was a blast! Prizes were fire. Food delish. Yoga restorative. Community supportive.

What a beautiful campus with the birds and foliage.

Great job!!

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