



Oregon State University
Hallie E. Ford Center



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.