

AASP Midwest Regional Conference: Mankato

2015 Conference Report

The 2015 AASP-Midwest Regional Conference was held at Minnesota State University, Mankato on March 27-28th. The conference was attended by over thirty students and faculty members. It consisted of nine student presentations and two keynotes.

Dr. Monna Arvinen-Barrow, Assistant Professor at the University of Wisconsin, Milwaukee, was the keynote speaker on Friday evening, March 27th. Dr. Arvinen-Barrow's keynote titled "Psychosocial Process of Sport Injury: Towards an Athlete Centered Care in an Interdisciplinary World" addressed her recent research within psychosocial sport injury rehabilitation. Dr. Arvinen-Barrow used her research within sport injury to outline her path of professional development. The keynote gave an internal perspective of Dr. Arvinen-Barrow's research process and path in academia.

On Saturday, March 28th, the conference began with a keynote by Dr. Rick Aberman, Director of Peak Performance and member of the medical staff of the Minnesota Twins, titled: "Lessons from the Head 'Head' Coach". Dr. Aberman shared his experiences working in the field of sports. He discussed his path leading him to his current position working with the Minnesota Twins. After his discussion, he answered questions from the audience regarding working in applied sport psychology.

Nine student presentations were facilitated. These consisted of both applied workshop presentations and research presentations. After each presentation, attendees asked follow-up questions to elaborate on specific portions of the presentations. In particular, the implications of research findings were highlighted and discussed in the question and answer sessions. As most

attendees were students the conference centered on highlighting the implications and future directions of research in the field of sport and exercise psychology.

Special thanks to our sponsors: Association for Applied Sport Psychology, Jimmy John's, and Caribou Coffee. The \$500 dollar grant from AASP was used to reimburse the travel expenses of keynote speakers. Jimmy John's provided lunch on Saturday, March 28th and Caribou Coffee donated coffee for Saturday's conference activities.

Schedule for Conference:

Friday March 27th, 3:30-8:00 pm -Johnson Alumni Room, Taylor Center

3:30-4:00 Conference Sign-in

4:00-4:15 Welcome – Christine Pacewicz, 2nd year Master’s student at MNSU, Mankato

4:15-5:30 Research Presentations

4:15-4:40 Jerod Simek “An Athlete Perspective on Quality Coach Relationships in Collegiate Swimming”

4:40-5:05 Amanda Frayeh “The Effect of Mirrors on Women’s State Body Image and Affective Responses to Yoga”

5:05-5:30 Christine Pacewicz “The Role of Coping Tendencies on the Relationship Between Perfectionism and Burnout”

5:30-5:45 Break

5:45-6:30 Banquet Dinner

6:30-8:00 Keynote: “Psychosocial Process of Sport Injury: Towards an Athlete Centered Care in an Interdisciplinary World”

Dr. Monna Arvinen-Barrow, University of Wisconsin, Milwaukee

8:30-11:00 Conference Social- Johnny’s Bar & Grill, University Square

Saturday March 28th, 9:00am-2:30pm- Taylor Center 80

8:45 Coffee Social

9:00-10:30 Keynote: “Lessons from the Head ‘Head’ Coach”

Dr. Rick Aberman, Director of Peak Performance and a member of the coaching staff of the University of Minnesota’s Football, Baseball, and Tennis teams

10:30-10:45 Break

10:45-11:35 Research Presentations

10:45-11:10 Phil Imholte “Athlete Perceptions of Athlete Leadership in Minor League Baseball”

11:10-11:35 Lauren Billing “Learning and Utilizing Pre-race Routines among Novice Marathon”

11:35-12:00 Kenneth Illdefonso “Athletes’ Perceived Athletic Ability and Attitudes Toward Sports Medicine Professionals”

12:00-12:15 Break

12:15-1:00 Lunch

1:00-1:25 Andrew White “No flag on the play”: Using behavioral modification to reduce injuries in youth football

1:25-1:50 Chelsea Hiemstra and Heidi Swanson “Zoom Activity” – Applied Workshop

1:50-2:15 Eydie Kramer, Jessie Eichner, Brittani McVay, and Laura Reutlinger “The Difference Between Positive, Negative, and Ambiguous Feedback” – Applied Workshop

2:15-2:30 Closing Remarks - Christine Pacewicz, 2nd year Master’s student at MNSU, Mankato

Student Presenters:

Lauren Billing “Learning and Utilizing Pre-race Routines among Novice Marathon”

Amanda Frayeh “The Effect of Mirrors on Women’s State Body Image and Affective Responses to Yoga”

Chelsea Hiemstra and Heidi Swanson “Zoom Activity” – Applied Workshop

Kenneth Illdefonso “Athletes’ Perceived Athletic Ability and Attitudes Toward Sports Medicine Professionals”

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