

AASP MIDWEST REGIONAL CONFERENCE GRANT REPORT

The 2014 Midwest Sport and Exercise Psychology Symposium continued a tradition of quality student presentations with valuable professional presentations. Hosted in the state-of-the-art Business Administration Building, 95 individuals from 11 universities from across the Midwest were able to attend.

From Friday night to Saturday afternoon, attendees had the opportunity to listen to 22 student presentations that included preliminary and completed theses, possible research topics, and applied work being completed by doctoral students. Rather than having students defend projects and potential works, the goal of this particular conference has always been to aid students in the development of their projects, and we believe this was accomplished with some of sport and exercise psychology's more prevalent researchers and professionals in attendance.

The Symposium began late Friday afternoon with a keynote lecture from Dr. Shannon Baird, a BGSU alum and current Performance Expert for the Comprehensive Soldier and Family Fitness Program at Joint Base Lewis-McChord in Tacoma, Washington. Dr. Baird explained how she uses mental skills training with soldiers in combat settings; a novel concept for some individuals in the field and one that has been explored in past AASP annual conferences. Saturday afternoon offered attendees a chance to listen to a panel of experts with vastly different backgrounds discuss how to succeed in the field and what the future holds for sport and exercise psychology. This panel included Drs. Bonnie Berger, Dryw Dworsky, Al Smith, and Sam Zizzi, who all provided thoughtful answers.

The conference was highlighted by a delicious dinner at a local restaurant, where guests were able to organize into teams and participate in a friendly sport trivia competition via Twitter, which was extremely popular. Saturday's lunch was catered and occurred on site, and students and faculty members had time to discuss presentations and various other topics of interest.

On behalf of the student planning committee, and the sport and exercise psychology faculty and students at Bowling Green State University, we are extremely grateful for the support of AASP and were delighted to serve as host to an outstanding group of students and faculty from across the Midwest.

Submitted by:

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