



26th Annual Eastern Canada Sport & Exercise Psychology Symposium (ECSEPS), An AASP Canada/International Conference

The Eastern Canada Sport and Exercise Psychology Symposium (ECSEPS) is a non-profit, student-run conference that began in 1996 at the University of Ottawa, Canada as an opportunity for students and faculty interested in sport and exercise psychology to come together. Each year, ECSEPS is hosted at a different university and welcomes participants to connect, share, and inspire. This year, the University of Ottawa was pleased to attract 181 registrants from Canada (i.e., Ontario, Nova Scotia, Québec, and Alberta), the United States, and Brazil, in-person on March 25 to 26, 2022 to participate in a rich program highlighted by student presentations, keynote sessions, and a workshop.

Student Presentations

At the heart of the conference were student presentations. Approximately 110 students (i.e., 40 doctorate, 42 masters, and 28 undergraduate), shared their proposed, ongoing, or completed projects. A diverse range of topics were presented and discussed in the domains of sport and exercise psychology, including physical and mental health, performance, education, social justice, and many more. Specific initiatives employed this year included: (a) peer reviews for students to offer and receive constructive feedback on abstracts to support and strengthen work; (b) 12-minute presentation blocks for students to present and receive questions/feedback that promoted insightful dialogue; and (c) a symposium block of a consortium of student presentations on a collective theme. The symposium block, entitled *Emerging Perspectives on Master's Sport*, consisted of five presentations and two chairs, that nicely captured and coordinated works from different universities on the past, present, and future of masters sport.

Keynote Sessions

Anchoring the conference was a keynote panel session with Jenny Davey, Canadian Paralympic Committee; Dr. Marie-Pier Charest, Coaching Association of Canada; and Dr. Veronica Allen, Sport Information Resource Centre; along with a keynote speaker session with Dr. Blair Evans, Western University. The panel discussion delightfully and informally engaged participants through formal presentations by each of the three speakers, followed by an informal "fire-side" chat with Q&As facilitated by an interviewer/moderator. Participants learned about the speakers' journeys, work, companies, and advice (e.g., what they look for in researcher-practitioner partnerships). In addition, the keynote presentation by Dr. Blair Evans creatively and informally engaged participants through a formal presentation on the topic of context within basic and applied research, splendidly supplemented by an impactful narrative, *The Case of the Missing Context*. In addition, Dr. Evans spoke of his journey, work, and advice.

Workshop

Complementing the conference was a workshop led by two members of the Canadian Sport Psychology Association (CSPA), Jonathan Lasnier and Connor Primeau, supported by Dr. Natalie Durand-Bush, co-founder of ECSEPS and CSPA, and former President of AASP, who charismatically shared important insights on applied sport psychology membership and accredited delivery of services.

The Organizing Committee of ECSEPS 2022 wishes to thank our predecessor, Windsor University (ECSEPS 2021), all the participants – student and faculty attendees, keynote speakers, volunteers, faculty sponsors, and generous supporters, including AASP to whom we are grateful for their wonderful contributions in making the conference a success.