

18th Annual 2016 Northeast Atlantic Sport Psychology/AASP Mid-Atlantic Regional Conference

Summary

Temple University hosted the 18th Annual Northeast Atlantic Sport Psychology (NASP)/AASP Mid-Atlantic Regional Conference April 1-2, 2016. This year's conference was proud to feature Rebecca Nyquist, a researcher at the University of Pennsylvania, as the keynote speaker. Ms. Nyquist works closely with Dr. Angela Duckworth at Penn and delivered an insightful presentation on grit and mindfulness in health and sport, highlighted by both her personal and professional journey as an athlete, coach, and scientist. Dr. Jack Lesyk, the Director of the Ohio Center for Sport Psychology, Sport Psychologist for the Cleveland Cavaliers, and an Adjunct Asst. Professor of Psychology at Cleveland State University, presented the pre-conference workshop. Dr. Lesyk led an educational and interactive workshop focused on The Nine Mental Skills of Success Athletes: A Practical, Holistic, Model for Assessing and Teaching Mental Skills to athletes. Conference sessions included many interesting and diverse topics from professional and student presenters in a variety of formats. Some highlights included: an elite coaches discussion panel, paper sessions on "Performance under Pressure" by Dan Cohn, and "The Glass Ceiling has Turned to Concrete: Upward Mobility Perceptions of Women of Color in Senior-level College Athletic Administration Position" by Miriam Merrill; exciting workshops, including "Team Building and Team Culture," and "Women's College Sport, Title IX Compliance, & Male Practice Players" by Dr. Ellen Staurowsky and, lastly, ten poster presentations spanning the field of exercise and sport.

In addition to presentations, there were several opportunities for student development. The conference was fortunate to have Brent Walker, AASP President and Dolores Christensen, the current AASP and APA student representative, lead an information session on student opportunities and initiatives in both AASP and APA Div. 47. Students also had many opportunities to learn from their fellow students' research in multiple paper sessions and poster submissions. Finally, the conference included two structured and other informal opportunities with ample time for networking with professionals, at a social on Friday night and both at breakfast and during lunch on Saturday. We look to continue to expand on these social opportunities moving forward.

The conference was also proud to create and offer for the second year, a diversity scholarship geared toward encouraging ethnic minorities to attend. The scholarship provided free registration to the winning grantees, who represented Delaware State University and the University of Houston. Another first for the conference was in offering online registration on site, which made the registration process more efficient and accurate and almost completely digital for the first time ever. For the third year, the conference created a free mobile app for attendees, keeping them engaged and connected. We will continue to enhance this next year



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by having large copies of the conference schedule posted. The conference raffle was a hit yet again, with some superb prizes, including new releases from Human Kinetics, Fitness Information Technology, and Taylor and Francis, gift cards to Dick's sporting goods and local restaurants, and complimentary movie tickets. Finally, even with a number of other conferences being conducted on the same weekend, the conference had high attendance numbers with 114 attendees (81 students, 32 professionals), with representatives from 23 different colleges and universities, as well as numerous professional and private practice attendees, illustrating the continued NASP and AASP Mid-Atlantic Regional Conference's popularity. We also had 17 participants in the Continuing Education pre-conference workshop. We look forward to again partnering with AASP and offering the 2017 NASP/AASP Northeast Atlantic Regional Conference.