On February 21-22, 2015, AASP held its first International Regional Conference at Loughborough University (UK), the first AASP conference ever held in Europe. This historic two-day event provided an exciting setting for international scholars, early career researchers, and practitioners to exchange ideas and explore numerous topics within sport and exercise psychology. The 111 delegates who attended from Europe created a fantastic platform to share ideas and learn from different cultures. As space precludes a detailed description of each presentation, this review will present a brief overview of the conference.

Pete Lindsay (English Institute of Sport), who shared the lessons he had learned from an extensive career in applied sport psychology, delivered the opening keynote presentation. The attendees were treated to a fascinating insight into the applied world of the English Institute of Sport (Manchester, UK). Lindsay spoke of the unique position sport psychology has by being a consistent underpinning element of all sport science disciplines. However, he reminded delegates that the service could only retain this position by being tangible and accessible to everyone. The keynote ended with details from his work with the Great Britain national teams at the 2012 London Olympic Games.

Chris Harwood (Loughborough University) delivered the second keynote and spoke about the importance of relationships. His insightful presentation explored some of the key interpersonal relationships in sport that require the attention of a sport psychologist. Drawing on his wide-ranging personal experiences of working with junior and senior athletes, coaches, parents, and national organizations, Harwood identified specific examples of relationships, such as the one between the coach and the athlete, and explored strategies to ensure their effective functioning. His presentation offered students a meaningful and deep understanding of the relationship challenges facing practitioners as well as useful practical tips on how to ensure these are appropriately addressed.

Urban Johnson (Halmstad University) delivered the final keynote presentation that focused on the psychological aspects of injury and recovery. Johnson discussed a variety of psychological interventions derived from
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She concluded the workshop with a number of anecdotes from her work with National Governing Bodies and the British Broadcasting Corporation.

There was an excellent poster session with 15 submissions that had an international flavor and covered a diverse range of interesting subjects. The posters were displayed in a setting that encouraged delegates to mingle and discuss the implications of the work. Students and early-career researchers and practitioners shared their experiences over cups of coffee and lunch, with many of the conversations extending into the bar area following the afternoon sessions!

To conclude, Loughborough University provided a fantastic platform for the lively, educational, as well as informative keynotes, workshops, lectures, and posters that were presented during the two-day conference. The international nature of the conference supported the sharing of ideas across national boundaries and promoted the development of practical and research initiatives by engaging fellow students and young practitioners. We are certain that all of the delegates will be eagerly anticipating the next AASP international Regional Conference.