

# 34<sup>TH</sup> Annual Conference

# AASP 2019

PORTLAND, OREGON OCTOBER 23-26

## CONFERENCE PROGRAM



ASSOCIATION for APPLIED  
**SPORTPSYCHOLOGY** 

Presenting Sponsor:

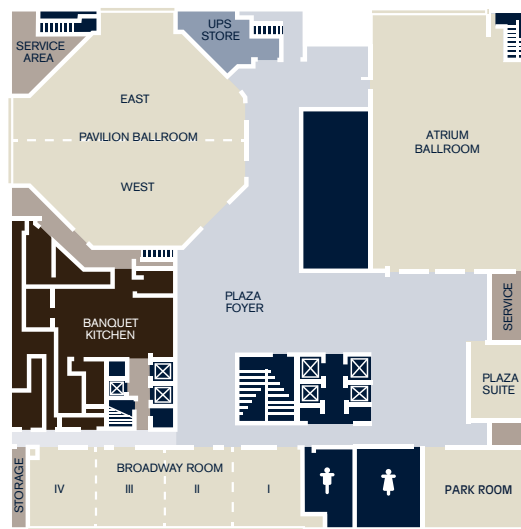
 UNIVERSITY of  
Western States

# FLOOR PLAN

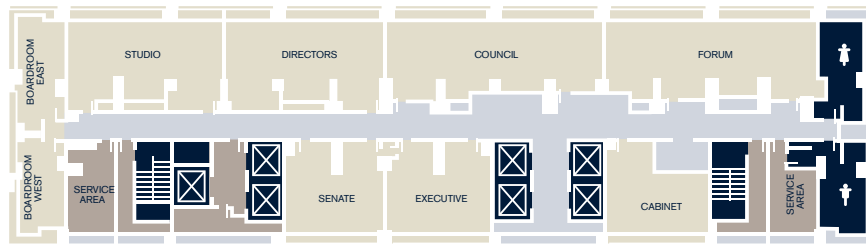
Ballroom Level



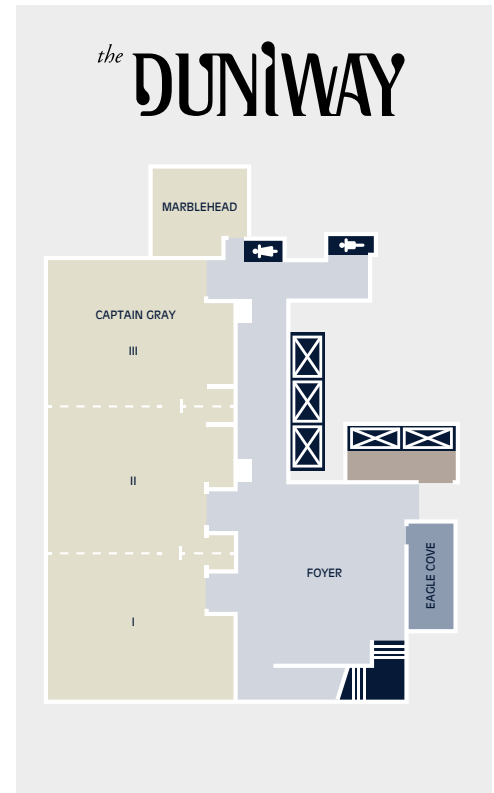
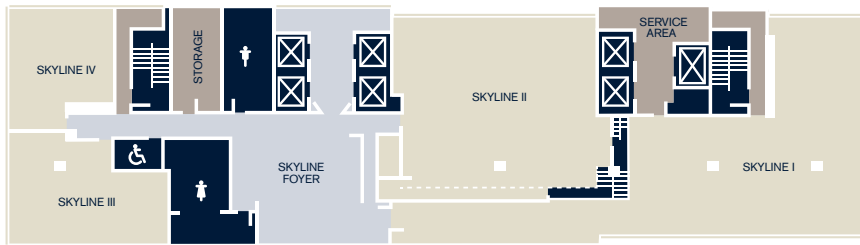
Plaza Level



3rd Floor Conference Level



23rd Floor Skyline Level



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& THE DUNIWAY**  
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# 34<sup>TH</sup> Annual Conference AASP 2019

PORTLAND, OREGON | OCTOBER 23-26

## WELCOME!

Welcome to the 34th Annual Conference of the Association for Applied Sport Psychology.

We are pleased you have chosen this conference to share your knowledge and extend your network of colleagues and friends. Please join us in thanking the Conference Planning Committee and staff:

- Angie Fifer, Scientific Program Chair
- Amy Baltzell, Conference Program Chair
- Jessica Bartley, Conference Planning Committee Member
- Ceci Clark, Conference Planning Committee Member
- Courtney Hess, Student Representative, Conference Planning Committee
- Kent Lindeman, Executive Director
- Stephanie Garwood, Meeting Manager
- Emily Schoenbaechler, Certification & Communications Manager
- Susanna Beier, Membership & Registration Assistant

In addition, we want to thank the over 200 members who assisted with the review of all submitted conference abstracts. Their hard work enabled us to assemble what promises to be an outstanding program. This year's conference features an exceptional list of invited speakers, as well as lectures, panels, posters, symposia, and workshops that AASP members will be presenting. Thank you for continuing to submit your excellent work to our annual conference.

The AASP Executive Board is very pleased to serve as your host for AASP 2019, and hopes that you enjoy the program and networking activities that are planned. If any of us can be of further assistance, or if you have suggestions for increasing the effectiveness of the AASP organization or educational program, please stop and talk to us this week.

Enjoy the conference!

Sincerely yours,



AASP Executive Board  
2018-2019

## AASP EXECUTIVE BOARD 2018-2019



**Traci Statler, PhD, CMPC**  
President  
*Boston University*



**Amy Baltzell, EdD, CMPC**  
Past President  
*Private Practice*



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*Breakthrough Performance Consulting*



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Student Representative  
*University of Massachusetts*



**Julia Cawthra, MA**  
Student Representative  
*Indiana University*

### AASP STAFF

**Kent Lindeman, CMP**  
*Executive Director*

**Stephanie Garwood, MTA**  
*Meeting Manager*

**Emily Schoenbaechler**  
*Certification & Communications Manager*

**Susanna Beier**  
*Membership & Registration Assistant*

**Barbara Case**  
*Accounting Manager*

### Association for Applied Sport Psychology

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Email: [info@appliedsportpsych.org](mailto:info@appliedsportpsych.org)

## AASP PAST PRESIDENTS

AASP is grateful for the individuals who have helped shape the organization by serving as president.

<b>John Silva</b> , 1985-1987	<b>Linda Petlichkoff</b> , 2002-2003
<b>Ronald Smith</b> , 1987-1988	<b>Damon Burton</b> , 2003-2004
<b>Robert Weinberg</b> , 1988-1989	<b>Martha Ewing</b> , 2004-2005 & 2007-2008
<b>Daniel Gould</b> , 1989-1990	<b>Craig Wrisberg</b> , 2005-2006
<b>Lawrence Brawley</b> , 1990-1991	<b>Vikki Krane</b> , 2006-2007
<b>Michael Sachs</b> , 1991-1992	<b>Burton Giges</b> , 2007-2008
<b>Charles Hardy</b> , 1992-1993	<b>Sean McCann</b> , 2008-2009
<b>Jean Williams</b> , 1993-1994	<b>Glyn Roberts</b> , 2009-2010
<b>Tara Scanlan</b> , 1994-1995	<b>Bonnie Berger</b> , 2010-2011
<b>Penny McCullagh</b> , 1995-1996	<b>Jack Lesyk</b> , 2011-2012
<b>Maureen Weiss</b> , 1996-1997	<b>Jack Watson II</b> , 2012-2013
<b>Leonard Zaichkowsky</b> , 1997-1998	<b>Jonathan Metzler</b> , 2013-2014
<b>Robin Vealey</b> , 1998-1999	<b>Robert Schinke</b> , 2014-2015
<b>Andrew Meyers</b> , 1999-2000	<b>Brent Walker</b> , 2015-2016
<b>Joan Duda</b> , 2000-2001	<b>Angus Mugford</b> , 2016-2017
<b>David Yukelson</b> , 2001-2002	<b>Amy Baltzell</b> , 2017-2018

## FELLOWS

A Fellow is an AASP member who has achieved distinction through significant contributions to academic and professional practice knowledge in sport and exercise psychology.

Congratulations to the four members named to AASP's 2019 Class of Fellows.

**Lindsey Blom**, Ball State University

**Lori Gano-Overway**, James Madison University

**Todd Gilson**, Northern Illinois University

**Tiffany Vargas**, Long Beach State University

Mark Aoyagi, 2016	Diane Gill, 1987	Angus Mugford, 2016	Traci Statler, 2015
Amy Baltzell, 2017	Scott Goldman, 2016	Elizabeth Mullin, 2018	Jim Taylor, 2004
Heather Barber, 2005	Daniel Gould, 1987	Maria Newton, 2012	Gershon Tenenbaum, 2006
Bonnie Berger, 1987	Joy Griffin, 2002	Eddie O'Connor, 2010	Melissa Thompson, 2018
Britton Brewer, 2004	Douglas Hankes, 2015	Carole Oglesby, 1987	Judy Van Raalte, 2002
Charles Brown, 2010	Stephanie Hanrahan, 2010	Margaret Ottley, 2018	Robin Vealey, 1989
Damon Burton, 2003	Robert Harmison, 2015	Kirsten Peterson, 2013	Ralph Vernacchia, 2001
Sarah Castillo, 2016	Chris Harwood, 2007	Al Petitpas, 1993	Brent Walker, 2015
Melissa Chase, 2009	Kate F. Hays, 2000	Linda Petlichkoff, 1995	Jack Watson II, 2012
Becky Clark, 2018	John Heil, 1998	Trent Petrie, 2000	Robert Weinberg, 1987
Karen Cogan, 2004	Ken Hodge, 2012	Artur Poczwadowski, 2015	Diane Whaley, 2013
Alexander Cohen, 2018	Jasmin Hutchinson, 2017	Alison Pope-Rhodium, 2018	Diane Wiese-Bjornstal, 2002
Gualberto Cremades, 2015	Anthony Kontos, 2017	Thomas Raedeke, 2015	Jean Williams, 1987
Steven Danish, 1991	Bart Lerner, 2016	Kenneth Ravizza, 1988	Craig Wrisberg, 1998
Kristen Dieffenbach, 2016	Jack Lesyk, 2011	Glyn Roberts, 1987	David Yukelson, 1987
Joan Duda, 1988	Tadhg MacIntyre, 2018	Tatiana Ryba, 2013	Leonard Zaichkowsky, 1988
Natalie Durand-Bush, 2018	Charles Maher, 2017	Michael Sachs, 1987	Sam Zizzi, 2012
Vicki Ebbeck, 2004	Jeffrey Martin, 2004	Tara Scanlan, 1998	
Ed Etzel, 2007	Scott Martin, 2004	Robert Schinke, 2014	
Martha Ewing, 2010	Ian Maynard, 2007	Elizabeth Shoenfelt, 2016	
Leslee Fisher, 2011	Sean McCann, 2009	Wesley Sime, 1987	
David Fletcher, 2014	Penny McCullagh, 1992	Rob Smith, 1995	
Mary Fry, 2009	Rick McGuire, 2010	Gloria Solomon, 2001	
Burton Giges, 2006	Jonathan Metzler, 2013	Natalia Stambulova, 2014	

## 2019 AASP Award Winners



**Distinguished Professional Practice Award –**  
Awards an AASP professional member who demonstrates exceptional quality and innovation in delivering sport and exercise psychology services to the public

**Rick McGuire**, University of Missouri



**Dorothy V. Harris Memorial Award –**

Recognizes an AASP member, in the early stage of his or her professional career, who has made outstanding contributions that are both theoretical and practical

**Erin Reifsteck**, University of North Carolina at Greensboro



**Distinguished Doctoral Student Practice Award –** Acknowledges outstanding and innovative service delivery in sport and exercise psychology by doctoral student member

**Joanna Foss**, University of Missouri



**Distinguished Master's Student Practice Award –** Acknowledges outstanding and innovative service delivery in sport and exercise psychology by master's student member

**Olivia Wyatt**, University of Denver



**Master's Thesis Award –** Acknowledges the completion of an outstanding thesis by an AASP student member

**Zachary McCarver**, Ithaca College



**Dissertation Award –** Recognizes the completion of an outstanding dissertation by an AASP doctoral student member

**Erin Albert**, University of North Texas,  
*"Achievement Motivation Theory as a Model for Explaining College Athletes' Grit"*



**Student Diversity Award –** Recognizes and honors the achievements of students involved in research, service or applied experiences that focus on diversity issues

**Thierry Middleton**, Laurentian University - Canada



**Performance Excellence Award –** Recognizes an individual who embodies exemplary psychological principles associated with performance excellence as demonstrated through consistent achievement, merit or leadership over the course of their career

**Karch Kiraly**, FIVB Best Player of the 20th Century, USA Volleyball Women's National Team Head Coach



**Distinguished International Scholar Award –** Recognizes and honors the achievements of outstanding individuals from the international community whose scientific and/or applied work has significantly impacted the field of sport and exercise psychology.

**Nikos Ntoumanis**, Curtin University – Australia

## 2019 AASP Foundation Award Winners



**Distinguished Mentor Award –**

Recognizes outstanding efforts by an AASP member as a mentor/supervisor who has had a significant impact on their mentees in the field.

**Trent Petrie**, University of North Texas



**Early Career Practitioner Award –**

Recognizes sport psychology practitioners who have recently entered into the applied field post-graduation.

**Scotta Morton**, University of Missouri

### AASP 2019 Conference Student Travel Awards



sponsored by  
Routledge/Taylor & Francis  
\$750 USD award

#### 2019 Conference Student Travel Award Winners:

**Aspen Ankney**, University of Idaho  
**Shelby Baez**, University of Kentucky  
**Kaleb Cusack**, University of North Texas  
**Katherine Fairhurst**, West Virginia University  
**Keith Hamilton**, Simon Fraser University - Canada  
**William Low**, University of Essex - UK  
**Thierry Middleton**, Laurentian University - Canada  
**Sierra Morris**, University of Tennessee  
**Hayley Perelman**, Illinois Institute of Technology  
**Warrick Wood**, Massey University - New Zealand

### The Sport Psychologist Young Researcher Award



sponsored by Human Kinetics  
\$1,000 USD award

2019 *The Sport Psychologist*  
Young Researcher Award Winner:

**Lindsey Miossi**, University of Tennessee

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## 2019 AASP Research Grants

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Elmer Castillo, Saint Francis University;  
Matthew Bird, University of Lincoln, "*Case  
Conceptualization in Sport, Exercise, and Performance  
Psychology: Bridging Theory and Practice*"  
Grant amount: \$1,500

Katherine Fairhurst & Dana Voelker, West Virginia  
University, "*A Phenomenological Photovoice Exploration  
of Female Exercisers' Experiences of Their Body in  
Fitness Center Environments*"  
Grant amount: \$1,335

Paula-Marie Ferrara, Morgan Eckenrod,  
Rebecca Zakrajsek, & Kelley Strohacker, University  
of Tennessee - Knoxville, "*Determining Intervention  
Components for a Physical Activity Program Designed  
for Former Division I College Athletes:  
A Qualitative Approach*"  
Grant amount: \$1,950

Tess Palmateer & Trent Petrie, University of North Texas,  
"*Mental Health Screening of Student-Athletes within  
NCAA Athletic Departments*"  
Grant amount: \$3,630

Gabrielle Salvatore, Jasmin Hutchinson, &  
Sam Santich, Springfield College, "*The Effects of  
Menstrual Cycle Phase on Exercise Self-Efficacy  
in Premenopausal Women*"  
Grant amount: \$3,418

Lennie Waite, University of St. Thomas;  
Anne Shadle, Air Force Research Laboratory;  
Chris Stanley, Florida State University; &  
Brian Zuleger, Adams State University,  
"*Evaluating the Athlete's Needs: Preliminary Stage in  
Building Sport Psychology Services for USATF Athletes  
for the Next Olympic Cycle*"  
Grant amount: \$3,500

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## Expansion of Sport Psychology Employment Opportunities in North America Grant

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Justine Vosloo & Sebastian Harenberg, Ithaca College;  
Alessandro Quartiroli, University of Wisconsin -  
La Crosse; Chris Wagstaff, University of Portsmouth  
Grant amount: \$5,000

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## 2019 AASP Community Outreach Grants

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Makenna Henry, Orange Coast College;  
Leilani Madrigal, Long Beach State University,  
"*Girls' Empowerment and Leadership Through Sport  
and Exercise*"  
Grant amount: \$2,126

Jason Kostrna, Renatta Pavanelli, &  
Michael Perlett, Florida International University,  
"*The Effects of Training Exercise Class Leaders  
in SDT and Hedonic Theory*"  
Grant amount: \$700

Kristin Mauldin & Ed Garrett, California Baptist  
University, "*RUSD Coaches' Clinic: Teaching Techniques  
to Increase Conditioning, Character, and Community*"  
Grant amount: \$750

Olivia Wyatt, Jessica Bartley, & Katie Pagel, University  
of Denver, "*Integrating Mental Skills into an After-School  
Soccer Program for At-Risk and In-Need Youth in the  
Denver Community*"  
Grant amount: \$1,038

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## 2019 AASP Oglesby-Snyder Grant for Equity and Cultural Diversity

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Janelle Thalken, Oregon State University  
"*Facilitating Physical Activity Behavior Among  
Adolescent Girls: A Participatory Action Approach*"  
Grant Amount: \$5,000

Bernadette Compton, Bowling Green State University  
"*Social Justice Activism: Experiences of Sport  
Psychology Consultants Doing Social Justice Activism*"  
Grant Amount: \$2,500

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## 2019 AASP Foundation Gualberto Cremades International Research Grant

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Joonyoung Lee, University of North Texas,  
"*Effects of Different Doses of Virtual Reality-based  
Physical Activity Intervention on Mental Health among  
Asian International College Students*"  
Grant amount: \$1,000

If you would like to apply for an AASP Award or  
Grant, please visit [www.appliedsportpsych.org](http://www.appliedsportpsych.org) for  
deadlines and additional information.

## CMPC CREDIT

The AASP Annual Conference counts for 12 CEUs (3 per day) toward CMPC recertification. In order to claim the credit, turn in your conference registration confirmation email with your recertification materials. You will not receive a separate certificate.

You can earn additional credit by attending the sessions below. In order to claim credit for these, you will be required to sign in, and you will receive a certificate via email after the conference.

If you attend the entire conference, including the three sessions below, you can receive a maximum of 15.5 CEUs.

*Required CE Area: Professional Ethics*  
1.25 CEUs

### **FEA-01: Deep Shades of Gray: Everyday Ethics**

Wednesday, October 23, 2:15 pm – 3:30 pm  
Atrium Ballroom

*Required CE Area: Mentorship/Supervision*  
1.0 CEUs

### **PAN-13: To Mentor or Not to Mentor: The Process and Experience of Mentorship in an Applied Setting**

Friday, October 25, 11:30 am – 12:30 pm  
Pavilion East

*Required CE Area: Diversity*  
1.25 CEUs

### **WKSP-21: “It’s the Elephant in the Room”: Maximizing Performance through an Inclusive Team Culture**

Saturday, October 26, 8:15 am – 9:30 am  
Pavilion West

## APA CREDITS

APA credits are available to AASP attendees for an additional fee. To obtain APA credits, you must purchase them when you register for the conference. Please note that APA credits are not available for one- or two-day registration. By attending the entire conference, you are eligible to receive up to 18 credits. Additional APA credits are available for continuing education workshops.

**To receive credits, you must sign in at the conference registration desk each day, and turn in your evaluation packet at the end of the meeting.** You must fill out an evaluation for each session you attend. Certificates of Attendance with the number of credits you received will be emailed to you after the conference. Credits are awarded by the Professional Sport Psychology Group, which is approved by the American Psychological Association to offer continuing education for psychologists.

## SPEAKER READY ROOM

All speakers delivering computer-based presentations are required to visit the Speaker Ready Room, in Plaza Suite, to pre-load their presentations based on the schedule below. Since there are over 100 presentations that will be delivered to the Speaker Ready Room over the course of the conference, we ask that you please visit at the prescribed times indicated below so we can assist you appropriately.

Please provide your presentation on a USB drive, and if your presentation contains audio or video, make sure to have a copy of the audio or video source file on your USB.

An AV Tech will be able to assist you with putting your files on a laptop and previewing your presentation. Please note that once your presentation is uploaded in the Speaker Ready Room, you will not be permitted to revise the presentation. Please make all your last-minute changes before coming to the Speaker Ready Room. Once uploaded, your presentation will be available on a PC laptop in your session room in a folder on the desktop named with your session date and time.

<b>If Your Presentation Time Is...</b>	<b>Then Your Scheduled Check-In Time Is...</b>
<b>Wednesday, October 23</b> between 1:00 pm – 5:00 pm	<b>Wednesday, October 23</b> between 9:00 am – 11:00 am
<b>Thursday, October 24</b> between 8:00 am – 1:00 pm	<b>Wednesday, October 23</b> between 1:00 pm – 5:00 pm
<b>Thursday, October 24</b> between 1:00 pm – 5:00 pm	<b>Thursday, October 24</b> between 7:00 am – 11:00 am
<b>Friday, October 25</b> between 8:00 am – 1:00 pm	<b>Thursday, October 24</b> between 1:00 pm – 5:00 pm
<b>Friday, October 25</b> between 1:00 pm – 5:00 pm	<b>Friday, October 25</b> between 7:00 am – 11:00 am
<b>Saturday, October 26</b> between 8:00 am – 1:00 pm	<b>Friday, October 25</b> between 1:00 pm – 5:00 pm
<b>Saturday, October 26</b> between 1:00 pm – 4:00 pm	<b>Saturday, October 26</b> between 7:00 am – 11:00 am



## SPECIAL INTEREST GROUP (SIG) MEETINGS

Attendees are welcome to attend any SIG meeting; pre-registration is not required.

**NEW THIS YEAR** – Special Interest Groups are meeting at two different times: 12:40 PM – 1:25 PM & 1:30 PM – 2:15 PM. Be sure to check the time your group meets!

### Thursday, October 24

#### 12:40 PM - 1:25 PM

Achievement Motivation	Broadway I/II
Adaptive Sport & Physical Activity	Broadway I/II
Anger & Violence in Sport	Broadway III/IV
Business Ownership	Broadway III/IV
Clean Sport	Galleria North
Coaching Science	Galleria North
College/University Counseling Center	Pavilion West
Eating Disorders	Atrium Ballroom
Exercise Psychology & Wellness	Pavilion West
Fencing	Galleria South
Gay, Lesbian, Bisexual, Transgender, & Intersex	Pavilion East
International Olympic Sport Psychology	Atrium Ballroom
Media in Sport	Galleria South
Men and Masculinities	Pavilion East

#### 1:30 PM - 2:15 PM

Mental Health	Broadway I/II
Military Performance	Broadway III/IV
Mindfulness	Pavilion East
Performance Consulting in Collegiate Sport	Atrium Ballroom
Performance Excellence	Galleria South
Performance Psychophysiology & Biofeedback	Pavilion East
Positive Psychology for Sport & Exercise	Broadway III/IV
Positive Youth Development Through Physical Activity	Broadway I/II
Psychology of Sport Injury	Galleria North
Race & Ethnicity in Sport	Galleria South
Soccer	Galleria North
Study & Practice of Supervision	Pavilion West
Teaching Sport & Exercise Psychology	Atrium Ballroom
Women in Sport	Atrium Ballroom
Youth Sport	Pavilion West

## COMMITTEE & EDITORIAL BOARD MEETINGS

### Thursday, October 24

#### 7:00 AM – 8:00 AM

CSSEP Editorial Board Directors

#### 11:30 AM - 2:00 PM

Past Presidents Council & Lunch Park Room

#### 12:30 PM - 1:30 PM

Foundation Committee Directors

#### 12:30 PM - 1:30 PM

Hospitality Committee Executive

#### 12:30 PM - 1:30 PM

Web Presence Committee Senate

### Friday, October 25

#### 7:00 AM - 8:00 AM

Ethics Committee Cabinet

#### 7:00 AM - 8:00 AM

International Relations Committee Executive

#### 7:00 AM - 8:00 AM

Finance Committee Boardroom East

#### 12:00 PM - 1:00 PM

JASP Editorial Board Directors

#### 12:00 PM - 1:00 PM

TSP Editorial Meeting Executive

#### 12:30 PM - 1:30 PM

Community Outreach Committee Cabinet

#### 12:30 PM - 1:30 PM

Continuing Education Committee Broadway I/II

#### 12:30 PM - 1:30 PM

Newsletter Committee Boardroom East

#### 12:30 PM - 1:30 PM

Science to Practice Committee Broadway III/IV

#### 1:00 PM - 1:45 PM

JSPA Editorial Board Senate

## FULL CONFERENCE SCHEDULE

### WEDNESDAY, OCTOBER 23

9:00 AM – 12:00 PM

*Broadway I/II*

**CE Workshop: Ethical Media Interactions in Sport Psychology: Analyzing Ethical Decision-Making in Modern Media**

*Michele Kerulis, Northwestern University, USA;*  
*Harold Shinitzky, Harold Shinitzky, PsyD, USA*

Pre-registration required; additional fee  
Approved for 3.0 CMPC CEUs  
Required CE Area – Professional Ethics

9:00 AM – 12:00 PM

*Pavilion West*

**CE Workshop: Psychophysiology, Biofeedback, and Mindfulness Applications in Optimal Performance**

*Tim Herzog, Reaching Ahead Counseling and Mental Performance, USA;*  
*Inna Khazan, Harvard Medical School, USA;*  
*Margaret Dupee, Good to Great, Canada*

Pre-registration required; additional fee  
Approved for 3.0 CMPC CEUs  
CMPC Knowledge Areas: K2: Sport Psychology;  
K3: Sport Science; K5: Helping Relationships

1:00 PM - 2:00 PM

*Broadway III/IV*

**LEC-01: Coaching**

**LEC-01A: Perceptions of Coach Caring Amongst Elite Women's Rugby Sevens Athletes**

*Sierra Morris, University of Tennessee, USA;*  
*Leslee Fisher, University of Tennessee, USA;*  
*Matthew Moore, University of Tennessee, USA;*  
*Jordan Schools, University of Tennessee, USA;*  
*Susannah Knust, Walter Reed Army Institute of Research, USA*

**LEC-01B: Application of the Motivational and Caring Climates by a Successful Collegiate Coach**

*Lori Gano-Overway, Bridgewater College, USA;*  
*Sarah Carson Sackett, James Madison University, USA*

**LEC-01C: "It's More Than Just a Game": NCAA Division II Athletes' Perceptions of Coach Caring**

*Jordan Schools, University of Tennessee, USA;*  
*Leslee Fisher, University of Tennessee, USA;*  
*Matthew Moore, University of Tennessee, USA;*  
*Sierra Morris, University of Tennessee, USA;*  
*Trevor Egli, Johnson University, USA;*  
*Susannah Knust, Walter Reed Army Institute of Research, USA*

1:00 PM - 2:00 PM

*Atrium Ballroom*

**PAN-01: Mental Health and Mental Performance: A Panel Addressing the Needs of Youth, Collegiate, Professional, and Olympic Athletes**

*Duncan Simpson, IMG Academy, USA;*  
*Valerie Valle, Johns Hopkins All Children's/IMG Academy, USA;*  
*Vanessa Shannon, University of Louisville Athletics/Norton Sports Health, USA;*  
*Angus Mugford, Toronto Blue Jays, USA;*  
*Sean McCann, USOC, USA*

1:00 PM - 2:00 PM

*Pavilion West*

**PAN-02: Consulting on Culture: Practitioner Perspectives from Clubhouses, Boardrooms, and Battle Fields**

*Justin Foster, AFSC/Magellan Federal, USA;*  
*Lindsay Roberts, Westar Energy, Inc., USA;*  
*Brian Miles, Cleveland Indians, USA;*  
*Lauren Tashman, Align Performance LLC, USA*

1:00 PM - 2:00 PM

*Broadway I/II*

**SYM-01: Examining the Culture and Context of High School Sport in the United States Toward the Leadership and Life Skills Development of High School Athletes**

*Jedediah Blanton, University of Tennessee, USA;*  
*Scott Pierce, Illinois State University, USA;*  
*Kylee Ault, Michigan State University, USA;*  
*Karl Erickson, Michigan State University, USA;*  
*Mustafa Sarkar, Nottingham Trent University, UK*

*Discussants: Jill Kochanek, Both-AND Coaching, USA & Jason Mead, Waubonsie Valley High School, USA*

1:00 PM - 2:00 PM

*Pavilion East*

**WKSP-01: Quests, Badges, and Cheat Codes: Leveling up Your Sport Psychology Classroom with Gamification**

*Amber Shipherd, Texas A&M University - Kingsville / Next Level Mind Consulting, USA*

1:00 PM - 2:00 PM

Galleria North

**WKSP-02: Incorporating a Multicultural Orientation Framework into Sport Psychology Consulting**

*Nile Brandt, University of Utah, USA;*  
*Uma Dorn, University of Utah, USA*

1:00 PM - 2:00 PM

Galleria South

**WKSP-03: A New Approach to Service Delivery: An Overview of Utilizing an Executive Coaching Approach to Sport Psychology Services**

*Taylor Montgomery, MVP Training, USA;*  
*Michael Ross, Saint Louis University, USA;*  
*Jordan Collins, Saint Louis University, USA*

2:15 PM - 3:30 PM

Atrium Ballroom

**FEA-01: Deep Shades of Gray: Everyday Ethics**

*Ceci Clark, Cleveland Indians, USA;*  
*Jessica Bartley, University of Denver, USA;*  
*Adrian Ferrara, Auburn University, USA;*  
*Laz Gutierrez, Boston Red Sox, USA*

This session is eligible for 1.25 CEUs in the area of Professional Ethics for CMPCs. To claim these credits, be sure to sign in at the session. A certificate will be emailed to you after the conference.

2:15 PM - 3:30 PM

Pavilion West

**FEA-02: Journal of Applied Sport Psychology: Science to Practice Symposium**

*Stephen Mellalieu, Cardiff Metropolitan University, UK;*  
*Nicole Gabana, Florida State University, USA;*  
*Alessandro Quartiroli, University of Wisconsin at La Crosse, USA;*  
*Christopher Wagstaff, Portsmouth University, UK*

2:15 PM - 3:30 PM

Broadway III/IV

**LEC-02: Social Justice, Equality, and Inclusion**

**LEC-02A: "Every Day Was a Constant Battle": A Phenomenological Study of Female Athletes' Experiences of Coaches' Bullying**

*Lindsey Miossi, University of Tennessee, Knoxville, USA;*  
*Tanya Prewitt-White, University of Illinois-Chicago, USA*

**LEC-02B: Using Sport for Health Promotion with Youth in Africa**

*Adam Hansell, West Virginia University, USA;*  
*Peter Giacobbi West Virginia University, USA;*  
*Dana Voelker, West Virginia University, USA*

**LEC-02C: Experiences of High School Officials in the United States: A Gendered Perspective**

*Meghan Halbrook, Randolph College, USA;*  
*Stefanee Maurice, California Polytechnic State University, USA;*  
*Elizabeth Holt, California Polytechnic State University, USA;*  
*Katrina Hayek, California Polytechnic State University, USA;*  
*Jenna Riggs, California Polytechnic State University, USA*

**LEC-02D: Special Olympics Strong Minds: Teaching Adaptive Coping Skills to Athletes with Intellectual Disabilities**

*Samantha Engel, Special Olympics, USA;*  
*Jamie Valis, Strong Minds, USA*

2:15 PM - 3:30 PM

Pavilion East

**PAN-03: Cultural Considerations in Sport Psychology Practice: Reflections from Global Youth Academy Perspectives**

*Matthew Cullen, Aspire Academy, Qatar;*  
*Duncan Simpson, IMG Academy, USA;*  
*Shameema Yousuf, Empower2Perform / Brighton & Hove Albion FC, UK;*  
*Taryn Morgan, IMG Academy, USA*

2:15 PM - 3:30 PM

Galleria South

**PAN-04: Making Weight: Risks and Rewards**

*Jenny Conviser, Ascend Consultation in Health Care, USA;*  
*Sharon Chirban, Boston Children's Hospital, USA;*  
*Michele Kerulis, Northwestern University, USA;*  
*Caitlyn Hauff, University of South Alabama, USA;*  
*Christine Selby, Husson University, USA;*  
*Riley Nickols, The Victory Program at McCallum Place, USA*

2:15 PM - 3:30 PM

Broadway I/II

**SYM-02: Personal Journeys: Reflections from Sport and Exercise Psychologists Contemplating Life Transitions**

*Bonnie Berger, Bowling Green State University, USA;*  
*Jack Lesyk, Ohio Center for Sport Psychology, USA;*  
*Frances Price, Independent Practice, USA;*  
*Michael Sachs, Temple University, USA*

*Discussant: Elizabeth Shoenfelt, Western Kentucky University, USA*

2:15 PM - 3:30 PM

Galleria North

**WKSP-04: Slow Is Smooth, Smooth Is Fast: Understanding and Utilizing the ACT Matrix in the Achievement and Maintenance of Focused, Enhanced Athletic Performance**

*David Udelf, Becker, Udelf, and Associates, USA*

3:45 PM - 5:00 PM

Pavilion West

**FEA-03: CMPC Certification: Eligibility Requirements for New Candidates and Recertification Procedures for Current CMPCs**

*Robin Vealey, Miami University, USA;*  
*Vicki Tomlinson, John F. Kennedy University, USA;*  
*Brandonn Harris, Georgia Southern University, USA;*  
*Nick Galli, University of Utah, USA;*  
*Robert Harmison, James Madison University, USA;*  
*Jack Lesyk, Ohio Center for Sport Psychology, USA;*  
*Betsy Shoenfelt, Western Kentucky University, USA;*  
*Damien Clement, West Virginia University, USA;*  
*Charles Maher, Cleveland Indians, USA;*  
*Jerry Reeder, Human Kinetics Coach Education, USA*

3:45 PM - 5:00 PM

Galleria South

**LEC-03: Diversity & Culture**

**LEC-03A: Exploring the "Other": Experiences and Self-Perceptions of Asian American Collegiate Athletes**

*Sharon Ku, John F. Kennedy University, USA;*  
*Megan Byrd, Georgia Southern University, USA;*  
*Gily Meir, John F. Kennedy University, USA*

**LEC-03B: Coaching Openly Lesbian, Gay, and Bisexual Athletes: High School Coach Perspectives**

*Meghan Halbrook, Randolph College, USA;*  
*Jack Watson II, West Virginia University, USA;*  
*Dana Voelker, West Virginia University, USA;*  
*Ed Etzel, West Virginia University, USA*

**LEC-03C: Flip the Script: Challenging the Cultural Narrative of Aging and Sports through Video Portraiture**

*Jessica Kirby, University of Northern Colorado, USA;*  
*Megan Babkes Stellino, University of Northern Colorado, USA;*  
*Maria del Mar Chavarría-Soto, University of Northern Colorado, USA*

**LEC-03D: The State of Diversity in the Association for Applied Sport Psychology: Gaining Momentum or Still Swimming Upstream?**

*Matthew Bejar, Mount Mercy University, USA;*  
*Terilyn Shigeno, Adler University, USA;*  
*Leslie Larsen, California State University, Sacramento, USA;*  
*Sae-Mi Lee, California State University, Chico, USA*

3:45 PM - 5:00 PM

Broadway III/IV

**LEC-04: Youth Sport**

**LEC-04A: United States Elite Youth Tennis Athletes' Use of Psychological Strategies During Competition**

*E. Earlynn Lauer, Western Illinois University, USA;*  
*Rebecca Zakrajsek, University of Tennessee, USA;*  
*Larry Lauer, USTA Player Development, USA*

**LEC-04B: The Role of Passion and Athletic Identity in Reporting Sport-Related Concussions**

*Eric Martin, Boise State University, USA;*  
*Adriana Amador, Boise State University, USA;*  
*Megan Byrd, Georgia Southern University, USA*

**LEC-04C: Body Image Stories: Perspectives of Middle School Girls in a Boxing Program**

*Karisa Fuerniss, Northern Illinois University, USA;*  
*Jenn Jacobs, Northern Illinois University, USA*

**LEC-04D: A Phenomenological Exploration of Mental Toughness in Adolescent Youth Sport**

*E. Earlynn Lauer, Western Illinois University, USA;*  
*Johannes Raabe, West Virginia University, USA;*  
*Matthew Bejar, Mount Mercy University, USA*

3:45 PM - 5:00 PM

Broadway I/II

**SYM-03: A Coaching Education Intervention for American Indian Youth Sport Coaches on the Zuni Reservation**

*Mary Fry, University of Kansas, USA;*  
*Joseph Claunch, Zuni Youth Enrichment Project, USA;*  
*Candace Hogue, Penn State, Harrisburg, USA;*  
*Susumu Iwasaki, Fort Lewis College, USA;*  
*Erving Peynetsa, Zuni Youth Enrichment Project, USA*

3:45 PM - 5:00 PM

Atrium Ballroom

**WKSP-05: Blue Pill, Red Pill, Purple Pill?: The Myths and Realities of Consulting with Men and Boys in Applied SEP Settings**

Robert Owens, University of Western States, USA;  
 Ryan Sappington, University of Maryland at College Park, USA;  
 Rebecca Busanich, St. Catherine University, USA;  
 Christopher Stanley, Florida State University, USA;  
 Jonathan Metzler, AFSC / Magellan Federal, USA;  
 Jorge Ballesteros, Arizona State University, USA;  
 Matthew Moore, University of Tennessee, USA

3:45 PM - 5:00 PM

Pavilion East

**WKSP-06: Mental Performance Coaches' Role in Helping Coaches Become Trauma-informed**

Val Altieri, Jr., Boston University, USA;  
 Maren Rojas, Edgework Consulting, USA;  
 Lou Bergholz, Edgework Consulting, USA;  
 John McCarthy, Boston University, USA

3:45 PM - 5:00 PM

Galleria North

**WKSP-07: Developing a Professional Philosophy to Guide Sport Psychology Service Delivery**

Elmer Castillo, Saint Francis University, USA;  
 Carly Block, Florida State University, USA;  
 Matthew Bird, University of Lincoln, USA;  
 Graig Chow, Florida State University, USA

4:15 PM - 4:45 PM

Directors

**Student Volunteer Training**

4:30 PM - 5:15 PM

Park Room

**New Member Meet & Greet**

5:30 PM - 7:00 PM

Grand Ballroom

**OPENING KEYNOTE SESSION**

**Welcome**

Traci Statler, Cal State Fullerton, USA

**Conference Overview**

Amy Baltzell, Private Practice, USA

**Awards & Recognition**

**Ken Ravizza Distinguished Master's Student Practice Award**

Olivia Wyatt, University of Denver

**Dorothy V. Harris Memorial Award**

Erin Reifsteck, University of North Carolina at Greensboro

**Early Career Practitioner Award**

Scotta Morton, University of Missouri

**Distinguished Mentor Award**

Trent Petrie, University of North Texas

**KEYNOTE PRESENTATION**

Michael Gervais, Seattle Seahawks, Compete to Create, Finding Mastery Podcast

7:00 PM - 9:00 PM

Exhibit Hall

**Opening Reception**



**THURSDAY, OCTOBER 24**

7:00 AM - 8:15 AM

Atrium Ballroom

**CMPC Breakfast**

Open only to current CMPCs.

8:15 AM - 9:30 AM

Atrium Ballroom

**FEA-04: Case Study Workshop**

Chelsea Wooding, National University, USA;  
 Greg Young, IMG Academy, USA

8:15 AM - 9:30 AM

Galleria North

**FEA-05: From Science to Practice: Using Cutting-Edge Research to Enhance Applied Sport Psychology Work**

Alexander Cohen, United States Olympic and Paralympic Committee, USA;  
 Kensa Gunter, Gunter Psychological Services, LLC, USA;  
 Rob Owens, University of Western States, USA;  
 Shameema Yousuf, Empower2Perform, UK

8:15 AM - 9:30 AM

Broadway I/II

**LEC-05: Injury/Rehabilitation**

**LEC-05A: Can Pre-Injury Adversity Affect Post-Injury Responses? A Five-Year Prospective, Multi-Study Analysis**

Ross Wadey, *St Mary's University, UK*;  
Lynne Evans, *Cardiff Met University, UK*;  
Sheldon Hanton, *Cardiff Metropolitan University, UK*;  
Mustafa Sarkar, *Nottingham Trent University, UK*

**LEC-05B: Optimism in mTBI Rehabilitation: How Depression in Athletes Affects fMRI Directed Concussion Treatment and Recovery**

Brittany Prijatel, *Armed Forces Services Corporation (AFSC), USA*;

Alina Fong, *Cognitive FX, USA*;  
Rachel Heinze, *Cognitive FX, USA*;  
Paige Moore, *Notus Neuropsychological Imaging, USA*;  
Mark Allen, *Cognitive FX, USA*

**LEC-05C: Psychological Readiness to Return to Sport After Injury**

Scott Donald, *Wilfrid Laurier University, Canada*;  
Jill Tracey, *Wilfrid Laurier University, Canada*

**LEC-05D: Neuroplasticity in Corticolimbic Brain Regions in Patients after Anterior Cruciate Ligament Reconstruction**

Shelby Baez, *University of Kentucky, USA*;  
Anders Andersen, *University of Kentucky, USA*;  
Richard Andreatta, *University of Kentucky, USA*;  
Marc Cormier, *University of Kentucky, USA*;  
Brian Noehren, *University of Kentucky, USA*;  
Phillip Gribble, *University of Kentucky, USA*;  
Johanna Hoch, *University of Kentucky, USA*

8:15 AM - 9:30 AM

Broadway III/IV

**LEC-06: Elite/Pro Sport**

**LEC-06A: Basic Psychological Need Satisfaction: A Case Study of an Elite-Level Female Sports Team**

Warrick Wood, *Massey University, New Zealand*;  
Gary Hermansson, *Massey University, New Zealand*;  
Andrew Foskett, *Massey University, New Zealand*

**LEC-06B: Integrating a Mindfulness-Based Intervention (MSPE) into a Premier League Academy**

Keith Kaufman, *Keith A. Kaufman, Ph.D., PLLC, USA*;  
Amy Spencer, *Southampton Football Club, UK*;  
Carol Glass, *The Catholic University of America, USA*;  
Timothy Pineau, *Private Practice, USA*

**LEC-06C: Coping with the Transition Out of Professional Baseball Following Release: A Self-Determination Theory Perspective**

Andrew Bass, *Pittsburgh Pirates, USA*;  
Johannes Raabe, *West Virginia University, USA*;  
Lauren McHenry, *University of Tennessee, USA*;  
Rebecca Zakrajsek, *University of Tennessee, USA*

**LEC-06D: Conceptual Model of Automaticity in Execution of Shooting in Biathlon: From Theory and Practical Insights to Context-Specific Applications**

Artur Poczwardowski, *University of Denver, USA*

8:15 AM - 9:30 AM

Grand Ballroom

**PAN-05: Out of the Office: The Art and Science of Consulting On-Site and In the Trenches With Elite Athletes**

Zach Brandon, *Arizona Diamondbacks, USA*;  
Bernie Holliday, *Pittsburgh Pirates, USA*;  
Nicole Detling, *HeadStrong Consulting, USA*;  
Alex Hodgins, *Canadian Sport Institute - Pacific, Canada*;  
Amber Selking, *Selking Performance Group, USA*

8:15 AM - 9:30 AM

Pavilion East

**PAN-06: Signature Practices: When Experts in the Field Experience Burnout – Lessons Learned**

Stiliani "Ani" Chroni, *Inland Norway University of Applied Sciences, Norway*;  
Sebastian Brueckner, *Muenster University, Germany*;  
Goran Kentta, *The Swedish School of Sport and Health Science, Sweden*;  
Elizabeth Shoenfelt, *Western Kentucky University, USA*

8:15 AM - 9:30 AM

Pavilion West

**WKSP-08: Mindfulness and Positive Psychology in Facilitation Settings**

Elizabeth Lange, *William Peace University, USA*;  
Kimberly Fasczewski, *Appalachian State University, USA*

8:15 AM - 9:30 AM

Galleria South

**WKSP-09: A Look Back at MST Periodization: The Plan vs. the Reality and Lessons Learned**

Christian Smith, *IMG Academy, USA*;  
Lindsey Hamilton, *IMG Academy, USA*;  
Taylor Stutzman, *IMG Academy, USA*

9:00 AM – 7:00 PM

Exhibit Hall

**Poster Viewing**

9:30 AM – 4:00 PM

Plaza Foyer

**Exhibits Open**

9:45 AM – 11:00 AM

Grand Ballroom

**KEYNOTE SESSION**

**Awards & Recognition**

**Distinguished Professional Practice Award**

*Rick McGuire, University of Missouri*

**Distinguished Doctoral Student Practice Award**

*Joanna Foss, University of Missouri*

**Gualberto Cremades International Research Grant**

*Joonyoung Lee, University of North Texas*

**Outgoing Board Recognition**

*Bob Harmison, Natalie Durand-Bush, Courtney Hess*

**KEYNOTE PRESENTATION**

**Tempering Tantrums - Seeking Composure and Grit in the Uncertain Storms of Competition**

*Karch Kiraly, Head Coach, US Women's National Volleyball Team*

**Presentation of Performance Excellence Award**

11:30 AM - 12:30 PM

Pavilion East

**FEA-06: Student Workshop: Say What? Self-talk in Sport**

*Judy Van Raalte, Springfield College, USA;  
Katrina (McTeague) Steady, Springfield College, USA*

11:30 AM - 12:30 PM

Grand Ballroom

**PAN-07: ImPerfect Consulting: How Mistakes and Challenges Shape Your Practice**

*Kathleen Mellano, Michigan State University, USA;  
Daniel Gould, Michigan State University, USA;  
Robin Vealey, Miami University, USA;  
Justin Su'a, Rays Baseball, USA*

11:30 AM - 12:30 PM

Atrium Ballroom

**PAN-08: From 50 Minutes to 15: Effective Brief-Interventions You Won't Learn in the Classroom**

*Hillary Cauthen, Texas Optimal Performance & Psychological Services, USA;  
Trey McCalla, Consultant, USA;  
Bernie Holliday, Pittsburgh Pirates, USA;  
Jamie Shapiro, University of Denver, USA;  
Brandonn Harris, Georgia Southern University, USA;  
Alexander Cohen, United States Olympic Committee, USA;  
Brooke Lamphere, University of Denver, USA*

11:30 AM - 12:30 PM

Pavilion West

**PAN-09: Navigating Sport Psychology Research Agendas Centered on Equity, Inclusion, and Social Justice**

*William Massey, Oregon State University, USA;  
Lindsey Blom, Ball State University, USA;  
Leslee Fisher, University of Tennessee, USA;  
Sae-Mi Lee, California State University, Chico, USA;  
Ryan Sappington, University of Maryland at College Park, USA;  
Leeja Carter, Long Island University - Brooklyn, USA*

11:30 AM - 12:30 PM

Broadway III

**PAN-10: Self-Reflexive Sport Psychology Practice: Consulting Through International Lenses**

*Tsz Lun (Alan) Chu, University of Wisconsin-Green Bay, USA;  
Janaina Lima Fogaca, University of Wisconsin-Green Bay, USA;  
Alessandro Quartoli, University of Wisconsin - La Crosse, USA;  
Zeljka Vidic, Western Michigan University, USA;  
Sebastian Brueckner, Muenster University, Germany*

11:30 AM - 12:30 PM

Galleria North

**SYM-04: International Approaches to Sport Psychology Programming and Delivery in Soccer (Football)**

*Karen Lo, Inner Edge Limited, Hong Kong;  
Sydney Querfurth, WWU Münster, Germany;  
Felix Yu, Chicago Fire Soccer Academy, USA;  
Shameema Yousuf, Empower2Perform / Brighton & Hove Albion FC, UK*

11:30 AM - 12:30 PM

Galleria South

**WKSP-10: Performance Optimization Through Fear: Applying Principles of Exposure Therapy**

*Bjorn Bergstrom, Pacific University, USA;  
Tamara Tasker, Pacific University, USA*

11:30 AM - 12:30 PM

*Broadway III/IV*

**WKSP-11: When Your Sport, Exercise, or Performance Client Wants to Lose Weight: How to Help Without Doing Harm**

*Christine Selby, Husson University, USA*

12:30 PM - 1:30 PM

**Committee Meetings**

See page 7 for a complete list of meetings and room assignments.

12:30 PM - 2:00 PM

*Park Room*

**Past Presidents Luncheon** (invitation only)

12:40 PM - 1:25 PM & 1:30 PM - 2:15 PM

**Special Interest Group (SIG) Meetings**

See page 7 for a complete list of meetings and room assignments.

SIG meetings are open to all attendees.

2:30 PM - 3:45 PM

*Atrium Ballroom*

**FEA-07: The Burt Giges Workshop: The Spirit and Tradition of Experiential Learning**

*Mark Aoyagi, University of Denver, USA;*  
*Shannon Baird, KBRwyle/1st Special Forces Group, USA;*  
*Dolores Christensen, University of Oklahoma, USA;*  
*Stephany Coakley, Maximum Mental Training Associates, USA;*  
*Courtney Hess, University of Massachusetts - Boston, USA;*  
*Al Petitpas, Springfield College, USA*

2:30 PM - 3:45 PM

*Broadway I/II*

**FEA-08: Graduate Program Spotlight: University of Western States**

*Conrad Woolsey, University of Western States;*  
*Wendell Otto, University of Western States;*  
*Vince Lodato, University of Western States;*  
*Robert Owens, University of Western States;*  
*Russell Flaten, University of Western States;*  
*Stephen Walker, University of Western States;*  
*Bridget Smith, University of Western States;*  
*Mathew Condie, University of Western States;*  
*Jaime Sawchuk, University of Western States;*  
*Michelle Cox, University of Western States*

2:30 PM - 3:45 PM

*Broadway III/IV*

**LEC-07: Consulting & Interventions**

**LEC-07A: Take Me Inside the Ball Game: A Brief Mindfulness and Psychological Skills Training Intervention with Division I Collegiate Baseball Players**

*Zeljka Vidic, Western Michigan University, USA;*  
*Nicholas Cherup, Miami University, USA*

**LEC-07B: Working with Roller Derby: Culture, Challenges, and Strategies for Sport Psychology Consultants**

*Shelby Anderson, UNCG, USA;*  
*Leilani Madrigal, Long Beach State University, USA;*  
*Diane Gill, UNCG, USA*

**LEC-07C: Athlete Mental Performance (AMP): Mental Skills for Student-Athletes and Mentorship for Graduate Students**

*Jill Tracey, Wilfrid Laurier University, Canada;*  
*Melissa Pare, Wilfrid Laurier University, Canada;*  
*Shelby Rodden-Aubut, Wilfrid Laurier University, Canada;*  
*Scott Donald, Wilfrid Laurier University, Canada*

**LEC-07D: "Look What I Can Do!" Is Feedforward Modeling the Newest Way for Coaches and Consultants to Take Advantage of Video Technology?**

*Amanda Rymal, California State University, San Bernardino, USA;*  
*Jenny O, California State University, East Bay, USA;*  
*Christopher Hill, California State University, San Bernardino, USA*

2:30 PM - 3:45 PM

*Pavilion East*

**SYM-05: A Systems-Based Approach to Recovery Intervention in Elite Sport Environments**

*Stacy Gnacinski, Drake University, USA;*  
*Barbara Meyer, University of Wisconsin-Milwaukee, USA;*  
*Mellanie Nai, University of Wisconsin - Milwaukee, USA;*  
*Carly Wahl, University of Wisconsin Milwaukee, USA;*  
*Veronica Brenner, Olympic Performance Manager, Canadian Olympic Committee, Canada*

*Discussant: Traci Statler, Cal State Fullerton, USA*



2:30 PM - 3:45 PM

Galleria North

**SYM-06: Developing Integrative Interventions for Migrant Athletes Through Research and Practice**

*Thierry Middleton, Laurentian University, Canada;*  
*Robert Schinke, Laurentian University, Canada;*  
*Natalia Stambulova, Halmstad University, Sweden;*  
*Sebastian Brueckner, Muenster University, Germany;*  
*Cristina Fink, Philadelphia Union HP Sports, USA*

2:30 PM - 3:45 PM

Pavilion West

**WKSP-12: Up-Up-Down-Down-Left-Right-Left-Right-B-A: Leveling Up Your Ethics**

*Trey McCalla, Consultant, USA;*  
*Hillary Cauthen, Texas Optimal Performance & Psychological Services, USA*

2:30 PM - 3:45 PM

Galleria South

**WKSP-13: Self-Care: The Forgotten Performance Strategy in Coaching**

*Goran Kentta, The Swedish School of Sport and Health Science, Sweden;*  
*Peter Olusoga, Sheffield Hallam University, UK;*  
*Kristen Dieffenbach, WVU - Athletic Coaching Ed, USA*

4:00 PM - 5:30 PM

Grand Ballroom

**Graduate Program & Career Fair**

4:30 PM - 5:30 PM

Pavilion East

**International Jamboree**

The International Jamboree is a social event sponsored by the International Relations Committee and the Diversity Committee that will include food, ice breakers, and a diversity trivia game! It is the first ever gathering of all the diversity-focused special interest groups (SIGs) and committees. This social event is open to all members who want to learn more about the Association's diversity, inclusion, international, and advocacy effort.

5:30 PM - 7:00 PM

Exhibit Hall

**Poster Session I**

6:00 PM - 7:30 PM

Pavilion West

**Fellows Meeting**

6:00 PM - 9:00 PM

Broadway I/II

**CE Workshop: Inclusion for All: Providing Sport Psychology Services for Athletes with Hidden Disabilities**

*Robyn Braun Trocchio, Texas Christian University, USA;*  
*Kara Rosenblatt, University of Texas Permian Basin, USA*

Pre-registration required; additional fee  
 Approved for 3.0 CMPC CEUs  
 Required CE Area - Diversity

6:00 PM - 9:00 PM

Broadway III/IV

**CE Workshop: Don't Spread Yourself Too Thin: Tips for Supervision and Meeting the New CMPC Requirements**

*Leilani Madrigal, Long Beach State University, USA;*  
*Tiffanye Vargas, Long Beach State University, USA*

Pre-registration required; additional fee  
 Approved for 3.0 CMPC CEUS  
 Required CE Area - Mentorship/Supervision

**FRIDAY, OCTOBER 25**

7:00 AM - 8:00 AM

**Committee Meetings**

See page 7 for a complete list of meetings and room assignments.

8:15 AM - 9:30 AM

Broadway I/II

**LEC-08: Research Design & Intervention**

**LEC-08A: Effects of Acute Psychological Stress on Athletic Performance in Elite Male Swimmers**

*Jacqueline Rano, Royal College of Surgeons in Ireland (RCSI, Bahrain), Canada;*  
*Cecilia Fridén, Karolinska Institutet - Division of Physiotherapy, Department of Neurobiology, Care Sciences and Society, Sweden;*  
*Frida Eek, Department of Health Sciences, Lund University, Sweden*

**LEC-08B: Te Taha Hinengaro: Using Talanoa to Facilitate an Interconnected Analysis of Psychosocial Development Shared by Māori and Pasifika Young Men in Rugby League**

*Sierra Keung, AUT University, New Zealand;*  
*Sarah-Kate Millar, AUT University, New Zealand;*  
*Julia Ioane, AUT University, New Zealand;*  
*Lynn Kidman, AUT University, New Zealand*

(Continued next page)

8:15 AM - 9:30 AM

Broadway I/II

**LEC-08C: A Need Assessment of Applied Sport, Exercise, and Performance Psychology Supervisors**

*Michelle McAlarnen, Minnesota State University, Mankato, USA;*

*Janaina Lima Fogaca, University of Wisconsin-Green Bay, USA;*

*Alessandro Quartoli, University of Wisconsin - La Crosse, USA;*

*Gily Meir, John F. Kennedy University, USA*

**LEC-08D: Effects of Brief Intervention Biofeedback on Mental Workload, Mood, Arousal, Movement Time, and Biofeedback Device Preference**

*Seth Rose, California State University, Fullerton, USA;*

*Frances Cacho, California State University Fullerton, USA;*

*Lenny Wiersma, California State University, Fullerton, USA;*

*Anthony Magdaleno, California State University, Fullerton, USA;*

*Omar Rubio, California State University, Fullerton, USA;*

*Nicholas Anderson, California State University, Fullerton, USA;*

*Brian Stark, California State University, Fullerton, USA;*

*Traci Statler, Cal State Fullerton, USA*

**LEC-09D: Sport Psychology? Never Heard of It: An Analysis and Implications of Sport Psychology Courses at Minority Serving Institutions (MSIs)**

*Aaron Goodson, Winston-Salem State University, USA*

8:15 AM - 9:30 AM

Pavilion West

**PAN-11: No English? No Problem! How Coaches Can Support Athletes Learning English**

*Fritz Ettl, Butler University, USA;*

*Brooke Kandel-Cisco, Butler University, USA;*

*John McCarthy, Boston University, USA;*

*Val Altieri, Jr., Boston University, USA;*

*Cristina Fink, Philadelphia Union, USA;*

*Tanya Bialostozky, Toronto Blue Jays, USA*

8:15 AM - 9:30 AM

Galleria North

**SYM-07: Psychology of Sport Injury: Theory to Practice and Practice to Theory**

*Ross Wadey, St Mary's University, UK;*

*Renee Appaneal, Australian Institute of Sport, Australia;*

*Monna Arvinen-Barrow, University of Wisconsin - Milwaukee, USA;*

*Leslie Podlog, University of Utah, USA*

8:15 AM - 9:30 AM

Broadway III/IV

**LEC-09: Teaching**

**LEC-09A: Empowerment through Open Education Practices in the Classroom**

*Rebecca Busanich, St. Catherine University, USA*

**LEC-09B: Practicing What You Teach: Gameful Learning as a Self-Determined Approach to the Sport Psychology Classroom**

*Matthew Jones, University of Tennessee, Knoxville, USA;*

*Lindsey Miossi, University of Tennessee, Knoxville, USA;*

*Jedediah Blanton, University of Tennessee, USA*

**LEC-09C: Teaching Sport Psychology in an Online Era: Effectively Creating an Online Presence and Actively Engaging Online Learners**

*Sharon Ku, John F. Kennedy University, USA;*

*Alison Pope-Rhodi, John F. Kennedy University, USA;*

*Gily Meir, John F. Kennedy University, USA*

8:15 AM - 9:30 AM

Atrium Ballroom

**WKSP-14: Can We Control the Mind? Using Mindfulness and Acceptance Approaches to Help Elite Athletes Thrive and Perform**

*Kristoffer Henriksen, University of Southern Denmark, Denmark;*

*Amy Baltzell, Private Practice, USA;*

*Peter Haberl, USOC, USA;*

*Keith Kaufman, Keith A. Kaufman, Ph.D., PLLC, USA;*

*Sara Mitchell, United States Olympic Committee, USA;*

*Tobias Lundgren, Department of Clinical*

*Neuroscience, Karolinska Institute, Sweden*

8:15 AM - 9:30 AM

Pavilion East

**WKSP-15: A Functional Team Leadership Approach to Developing Leader and Team Mental Performance**

*Jeffrey Coleman, Coleman Performance Group, LLC, USA;*

*Carl Ohlson, The Pennsylvania State University, USA;*

*David Yukelson, Independent Contractor, USA*

8:15 AM - 9:30 AM

Galleria South

**WKSP-16: Theories of Performance Excellence: Rationale, Conceptualization, and Application**

*Aspen Ankney, Special Operations Cognitive Enhancement for Performance, USA;*  
*Ian Ankney, Special Operations Cognitive Enhancement for Performance, USA;*  
*John Evans, Human Engagement & Adaptive Thinking, USA;*  
*Dan Sproles, Special Operations Cognitive Enhancement for Performance, USA;*  
*Nathan Toft, Special Operations Cognitive Enhancement for Performance, USA*

9:00 AM - 7:00 PM

Exhibit Hall

**Poster Viewing**

9:00 AM - 3:00 PM

Plaza Foyer

**Exhibits Open**

9:45 AM - 11:00 AM

Grand Ballroom

**KEYNOTE SESSION**

**Awards & Recognition**

**Student Diversity Award**

*Thierry Middleton, Laurentian University*

**Student Diversity Conference Travel Grants**

**Conference Student Travel Awards**

**Young Researcher Award**

*Lindsay Miozzi, University of Tennessee*

**KEYNOTE PRESENTATION**

**Sport in the Age of Advocacy**

*Angela Hucles, Women's Sport Foundation, 2-time Gold Medalist, US Women's Soccer*

11:30 AM - 12:30 PM

Grand Ballroom

**FEA-09: A Gold Medal Partnership: The Roadmap to Success for USA Women's Ice Hockey**

*Colleen Hacker, Pacific Lutheran University, USA Women's Ice Hockey, USA;*  
*Reagan Carey, Former USA Women's Ice Hockey General Manager, USA*

11:30 AM - 12:30 PM

Broadway III

**LEC-10: Coaching & Teaching**

**LEC-10A: The Experience of Assessing and Adapting Trauma-Informed Sport Programs in a National Community Organization**

*Majidullah Shaikh, University of Ottawa, Canada;*  
*Lou Bergholz, Edgework Consulting, USA;*  
*Bruce Scott, Boys and Girls Club of Kawartha Lakes, Canada;*  
*Maren Rojas, Edgework Consulting, USA;*  
*Corliss Bean, The University of British Columbia, Canada;*  
*Tanya Forneris, The University of British Columbia, Canada*

**LEC-10B: Commitment in Sport: The Role of Motivational Climate and Need Satisfaction/Thwarting**

*Ken Hodge, University of Otago, New Zealand;*  
*Graig Chow, Florida State University, USA;*  
*Matteo Luzzi, Florida State University, USA;*  
*Tara Scanlan, Psychology Dept, UCLA, USA;*  
*Larry Scanlan, USA*

**LEC-10C: Evidence-Based Practice in Applied Sport Psychology: A Training Model for Graduate Programs and Mentors**

*Terilyn Shigeno, Adler University, USA;*  
*Teresa Fletcher, Adler University, USA*

11:30 AM - 12:30 PM

Atrium Ballroom

**PAN-12: Establishing Applied Sport Psychology Into Division 1 Collegiate Athletics**

*Marc Cormier, University of Kentucky, USA;*  
*Vanessa Shannon, University of Louisville Athletics/ Norton Sports Health, USA;*  
*Chelsi Day, Indiana University, USA;*  
*Ian Connoles, Dartmouth College / Vision Pursue LLC, USA*

11:30 AM - 12:30 PM

Pavilion East

**PAN-13: To Mentor or Not to Mentor: The Process and Experience of Mentorship in an Applied Setting**

*Taryn Morgan, IMG Academy, USA;*  
*Christian Smith, IMG Academy, USA;*  
*Lindsey Hamilton, IMG Academy, USA;*  
*Duncan Simpson, IMG Academy, USA;*  
*Joseph Kennedy, IMG Academy, USA;*  
*Kerry Guest, IMG Academy, USA;*  
*Ryan Ingalls, IMG Academy, USA*

This session is eligible for 1.25 CEUs in the area of Mentorship/Supervision for CMPCs. To claim these credits, be sure to sign in at the session. A certificate will be emailed to you after the conference.

11:30 AM - 12:30 PM

*Pavilion West*

**PAN-14: Supporting Transgender Athletes**

*Mac Brown, Keene State College, USA;*  
*Amanda Alexander, Stretch Performance Psychology, LLC - Private Practice, USA;*  
*Michelle Montero, Alchemy Performance Consulting, LLC, USA;*  
*Weston Durham, LifeVesting Group, USA*

11:30 AM - 12:30 PM

*Broadway III/IV*

**SYM-08: Current Trends in Methods, “Hot Topics,” and Student Perceptions within Applied Sport and Exercise Psychology**

*Jordan Goffena, George Mason University, USA;*  
*Travis Scheadler, University of Kentucky, USA;*  
*Zachary McCarver, University of Northern Colorado, USA*

11:30 AM - 12:30 PM

*Galleria North*

**WKSP-17: Acting Out: Mindfulness (MSPE) Practice for the Working Actor & Performing Artist**

*Jacob Jensen, California State University-Northridge, USA;*  
*Ashley Samson, California State University, Northridge, USA*

11:30 AM - 12:30 PM

*Galleria South*

**WKSP-18: Helping Teams Build Their Secret Weapons: A Framework for Aiding in Developing and Implementing Team Culture**

*Justin Foster, AFSC/Magellan Federal, USA;*  
*Lauren Tashman, Align Performance LLC, USA*

12:30 PM – 1:30 PM *Captain Gray at the Duniway*

**Meet the Professionals Lunch**

Ticket required; event sold out

12:30 PM – 1:30 PM

**Committee Meetings**

See page 7 for a complete list of meetings and room assignments.

1:30 PM - 2:45 PM

*Park Room*

**Program Director Meeting**

This meeting is intended for Program Directors of graduate programs who have some oversight over supervision of students’ mental performance consultation work. Strategies for helping students meet the mentored experience requirements for CMPC will be shared and Program Recognition will be discussed.

1:45 PM - 2:45 PM

*Atrium Ballroom*

**FEA-10: Inserting Imagery Into Practice- How Two Applied Mental Performance Coaches Conduct Imagery Sessions from Start to Finish**

*Brian Miles, Cleveland Indians, USA;*  
*Lindsey Hamilton, IMG Academy, USA*

1:45 PM - 2:45 PM

*Galleria North*

**FEA-11: Student Workshop - The Path to Publishing Your Work: Understanding Academic Publication Procedures**

*Monna Arvinen-Barrow, University of Wisconsin-Milwaukee, USA;*  
*Amanda Visek, The George Washington University, USA;*  
*Stacy Gnacinski, Drake University, USA;*  
*Travis Scheadler, University of Kentucky, USA;*  
*Carra Johnson, West Virginia University, USA;*  
*Julia Cawthra, Indiana University, USA;*  
*Courtney Hess, University of Massachusetts - Boston, USA*

1:45 PM - 2:45 PM

*Broadway III/IV*

**LEC-11: Mental Health**

**LEC-11A: Female Interuniversity Athletes’ Perspectives on Peer-to-Peer Bullying Prevention and Intervention**

*Rachel Jewett, Ryerson University, Canada;*  
*Gretchen Kerr, University of Toronto, Canada;*  
*Ellen MacPherson, University of Toronto, Canada;*  
*Ashley Stirling, University of Toronto, Canada*

**LEC-11B: A Case of Career Ending Depression in Elite Sport: Beyond Self-Rated Symptoms of “Mental Health Disorders”**

*Carolina Lundqvist, Swedish Olympic Committee & Linköping University, Sweden*

**LEC-11C: High School Sport Coaches’ Knowledge of Student-Athlete Mental Health and Wellness**

*Heidi Nordstrom, Gonzaga University, USA;*  
*Karen Rickel, Gonzaga University, USA*

1:45 PM - 2:45 PM

Pavilion West

**PAN-15: Author Capacity Building Panel from the Vantage of Peer Review Journal Editors**

Robert Schinke, Laurentian University, Canada;  
Bernd Strauss, University of Muenster, Germany;  
Nikos Ntoumanis, Curtin University, Australia;  
Stephen Mellalieu, Cardiff Metropolitan University, UK

1:45 PM - 2:45 PM

Broadway I/II

**PAN-16: An Athlete is Crying in My Office, Now What? Making the Case for Emotional First Aid Training for Coaches**

Sarah Cook, Pacific University, USA;  
Megan Granquist, University of La Verne, USA;  
Laura Kenow, Linfield College, USA;  
Leslie Podlog, University of Utah, USA;  
Tamara Tasker, Pacific University, USA;  
Leah Washington, Elon University, USA

1:45 PM - 2:45 PM

Pavilion East

**WKSP-19: Self-Care, Setting Limits and Preventing Burnout for Sport Psychology Practitioners in High Performing Sport Organizations**

Julie Sutcliffe, Stanford University, USA;  
Kelli Moran-Miller, Stanford University, USA

1:45 PM - 2:45 PM

Galleria South

**WKSP-20: 359 Degrees of Freedom: A Discussion on the Experience and Application of Acceptance as a Performance Psychology Intervention**

Kirsten Cooper, University of Denver, USA;  
Jessica Bartley, University of Denver, USA;  
Emily Clark, University of Denver, USA

3:00 PM - 4:00 PM

Grand Ballroom

**COLEMAN GRIFFITH LECTURE**

**Enjoying the Ride: From Jekyll Island to Portland and Beyond**

Richard Gordin, Utah State University

**PRESIDENTIAL ADDRESS**

Natalie Durand-Bush, University of Ottawa, Canada

4:15 PM - 5:15 PM

Grand Ballroom

**Business Meeting**

5:30 PM - 7:00 PM

Exhibit Hall

**Poster Session II**

**SATURDAY, OCTOBER 26**

8:15 AM - 9:30 AM

Pavilion East

**FEA-12: Taking the CMPC Exam: Preparation + Strategy = Success**

Traci Statler, Cal State Fullerton, USA

8:15 AM - 9:30 AM

Broadway I/II

**FEA-13: Distinguished International Scholar Presentation: The Role of Motivational Factors in Predicting Physical Activity, Weight Management, and Physical/Mental Health in Different Life Settings**

Nikos Ntoumanis, Curtin University, Australia

8:15 AM - 9:30 AM

Galleria North

**LEC-12: Tactical Populations**

**LEC-12A: Attention Training for Senior Military Leaders: The Effects of a Daily 15-minute Mindfulness-Based Training During a Professional Military Education Course**

Aspen Ankney, Special Operations Cognitive Enhancement for Performance, USA;  
Ian Ankney, Special Operations Cognitive Enhancement for Performance, USA

**LEC-12B: Developing the Army's Leaders: A Snapshot of the Master Resilience Trainer Program**

Susannah Knust, Walter Reed Army Institute of Research, USA;  
Laurel Booth, TechWerks contractor at the Walter Reed Army Institute of Research, USA;  
Pam Kumparatana, TechWerks contractor at the Walter Reed Army Institute of Research, USA;  
Alexis Rivera, Army Resiliency Directorate, USA;  
Casey Olson, Army Resiliency Directorate, USA

(Continued next page)

8:15 AM - 9:30 AM

Galleria North

**LEC-12C: Integrating Acceptance and Commitment Therapy (ACT) with Adaptability Training for Psychological and Behavioral Flexibility for Military Medics**

*Aspen Ankney, Special Operations Cognitive Enhancement for Performance, USA;*  
*John Evans, Human Engagement & Adaptive Thinking, USA;*  
*Ian Ankney, Special Operations Cognitive Enhancement for Performance, USA*

**LEC-12D: Taking the Plunge: A Blended Virtual Reality and Mental Skills Training Program for Tower Entry Amongst Cadets**

*Jen Schumacher, United States Military Academy, USA;*  
*John Plumstead, United States Military Academy, USA*

8:15 AM - 9:30 AM

Broadway III/IV

**LEC-13: Collegiate Sport**

**LEC-13A: Transitioning Out of Sport: Perspectives of Student-Athlete Support or Development Services**

*Ali Ohashi, Boise State University, USA;*  
*Eric Martin, Boise State University, USA*

**LEC-13B: Exploring Collegiate Athletes Proneness to Shame**

*Mario Fontana, The College at Brockport, USA*

**LEC-13C: Finding Headspace: Division 1 Soccer Players' Experiences Using a Mindfulness Meditation App**

*Cory Shaffer, Synergy Performance/Clemson University, USA;*  
*Lindsay Shaffer, Headspace, USA*

**LEC-13D: Mental Performance Consultants' Experiences with Support Staff in NCAA DI Athletic Departments**

*Morgan Eckenrod, University of Tennessee, USA;*  
*Rebecca Zakrajsek, University of Tennessee, USA;*  
*Matthew Jones, University of Tennessee, Knoxville, USA;*  
*Monna Arvinen-Barrow, University of Wisconsin - Milwaukee, USA;*  
*Damien Clement, West Virginia University, USA*

8:15 AM - 9:30 AM

Atrium Ballroom

**PAN-17: It's Complicated: Real World Challenges in the Intersecting Worlds of Performance and Mental Health**

*Karen Cogan, USOC, USA;*  
*Alexander Cohen, United States Olympic Committee, USA;*  
*Sean McCann, USOC, USA;*  
*Sara Mitchell, United States Olympic Committee, USA;*  
*Lindsay Thornton, USOC, USA*

8:15 AM - 9:30 AM

Galleria South

**SYM-09: Reconceptualizing Punishment in Sport as Athlete Maltreatment**

*Gretchen Kerr, University of Toronto, Canada;*  
*Ashley Stirling, University of Toronto, Canada;*  
*Anthony Battaglia, University of Toronto, Canada;*  
*Joseph Gurgis, University of Toronto, Canada;*  
*Erin Willson, University of Toronto, Canada*

8:15 AM - 9:30 AM

Pavilion West

**WKSP-21: "It's the Elephant in the Room": Maximizing Performance through an Inclusive Team Culture**

*Mary Foston-English, Stanford University & Private Practice, USA;*  
*Kelli Moran-Miller, Stanford University, USA*

This session is eligible for 1.25 CEUs in the area of Diversity for CMPCs. To claim these credits, be sure to sign in at the session. A certificate will be emailed to you after the conference.

9:30 AM - 11:30 AM

Plaza Foyer

**Exhibits Open**

9:45 AM - 11:00 AM

Grand Ballroom

**KEYNOTE SESSION**

**Awards & Recognition**

**Master's Thesis Award**

*Zachary McCarver, Ithaca College*

**Doctoral Dissertation Award**

*Erin Albert, University of North Texas*

**Distinguished International Scholar Award**

*Nikos Ntoumanis, Curtin University, Australia*

**Outgoing President Recognition**

*Traci Statler, Cal State Fullerton, USA*

**Recognition of Conference Planning Committee**

**KEYNOTE PRESENTATION**

**Mindfulness+ in Sport and Performance: Luminaries in Research and Practice**

**Acceptance and Commitment Training in Sports**

*Tobias Lundgren, Karolinska Institute, Sweden*

**Pure Performance**

*George Mumford, Mindfulness & Performance Expert*

11:30 AM - 12:30 PM

*Pavilion West*

**FEA-14: Keynote Discussion with George Mumford & Tobias Lundgren**

*George Mumford, Mindfulness & Performance Expert, USA,  
Tobias Lundgren, Karolinska Institute, Sweden*

11:30 AM - 12:30 PM

*Broadway III/IV*

**LEC-14: Exercise/Health/Fitness**

**LEC-14A: Exploring the Recovery Trajectories of Patients During the First Year Following Major Lower Limb Loss**

*Phoebe Sanders, St Mary's University, UK;  
Ross Wadey, St Mary's University, UK;  
Melissa Day, University of Chichester, UK;  
Stacy Winter, St Mary's University, Twickenham, UK*

**LEC-14B: The Effects of Participation in a Six-Week Exercise Program on Senior Citizens' Well-Being and Partner Participation on Their Motivation**

*Takahiro Sato, Western New Mexico University, USA;  
Susumu Iwasaki, Fort Lewis College, USA;  
Garrett Peltonen, Western New Mexico University, USA;  
Rosa María Cruz-Castruita, Universidad Autónoma de Nuevo León, Mexico*

**LEC-14C: The Fantastic Four: Superheroes of the Self that Provide Psychological Energy for Sustainable Physical Activity**

*Jay Kimiecik, Miami University, USA;  
Elizabeth Sohns, Miami University, USA*

11:30 AM - 12:30 PM

*Grand Ballroom*

**PAN-18: When Mental Health Becomes the Focus in Olympic and Paralympic Sport**

*Karen Cogan, USOC, USA;  
Karen MacNeill, Canadian Olympic Committee, Canada;  
Natalie Durand-Bush, University of Ottawa, Canada;  
Sara Mitchell, United States Olympic Committee, Canada*

11:30 AM - 12:30 PM

*Galleria South*

**SYM-10: Growth Following Adversity in Sport: Evidence-Based Practices and Practice-Based Evidence**

*Karen Howells, Cardiff Metropolitan University, UK;  
Ross Wadey, St Mary's University, UK;  
Stephen Mellalieu, Cardiff Metropolitan University, UK*

11:30 AM - 12:30 PM

*Atrium Ballroom*

**WKSP-22: Confidently Jumping Off the Cliff: Practical Business Strategies and Confessions of Failing Forward in Private Consulting**

*Elliott Waksman, Portland Sport Psychology, USA;  
Lauren Tashman, Align Performance LLC, USA*

11:30 AM - 12:30 PM

*Broadway III*

**WKSP-23: How to Develop Project-based Learning in an Introductory Sport Psychology Course**

*Fritz Ettl, Butler University, USA;  
Val Altieri, Jr., Boston University, USA*

1:45 PM - 2:45 PM

*Pavilion West*

**LEC-15: Collegiate Sport II**

**LEC-15A: And 1? Coupling Imagery and Free Throw Shooting with Community College Basketball Players**

*Alia Alvarez, Fresno State, USA;  
Jenelle Gilbert, California State University, Fresno, USA;  
Stephanie Moore, NATA, USA;  
John Pryor, NATA, ACSM, USA;  
Wade Gilbert, USA*

**LEC-15B: Mental Performance and Mental Health Services in NCAA DI Athletic Departments**

*Matthew Jones, University of Tennessee, Knoxville, USA;  
Rebecca Zakrajsek, University of Tennessee, USA;  
Morgan Eckenrod, University of Tennessee, USA*

*(Continued next page)*

1:45 PM - 2:45 PM

*Pavilion West*

**LEC-15C: NCAA Division I Student-Athletes' Perceptions of How the Coach-Athlete Relationship Influences Student-Athlete Resilience**

*Sara Erdner, USA;  
Rebecca Zakrajsek, University of Tennessee, USA*

1:45 PM - 2:45 PM

*Broadway III/IV*

**LEC-16: Youth Sport II**

**LEC-16A: Continued Testing of the Sport Participation Assessment of Fun: Toward Early Establishment of its Validity**

*Amanda Visek, The George Washington University, USA;  
Heather Mannix, George Washington University, USA;  
Avinash Chandran, The University of North Carolina at Chapel Hill, USA;  
Sean Cleary, The George Washington University, USA;  
Brandonn Harris, Georgia Southern University, USA;  
Karen McDonnell, The George Washington University, USA;  
Loretta DiPietro, The George Washington University, USA*

**LEC-16B: It's All About Motivation, Is it Not? Predicting Youth Soccer Players' Future Success Based on Psychological Characteristics in Adolescence**

*Oliver Höner, University of Tübingen, Institute of Sports Science, Department Sport Psychology and Research Methods, Germany;  
Philip Feichtinger, University of Tübingen, Institute of Sports Science, Department Sport Psychology and Research Methods, Germany;  
Florian Schultz, University of Tübingen, Institute of Sports Science, Department Sport Psychology and Research Methods, Germany;  
Svenja Wachsmuth, Eberhard Karls University, Germany*

**LEC-16C: Youth Athletes' Experiences in the Specializing Years: A Qualitative Investigation of Motivation and Perceived Pressures**

*Robin Vealey, Miami University, USA;  
Alexander Bianco, Miami University, USA;  
Jacob Chamberlin, Miami University, USA;  
Valeria Freysinger, Miami University, USA*

1:45 PM - 2:45 PM

*Grand Ballroom*

**PAN-20: The Battle for Balance: Business and Babies**

*Hillary Cauthen, Texas Optimal Performance & Psychological Services, USA;  
Angus Mugford, Toronto Blue Jays, USA;  
Jessica Bartley, University of Denver, USA;  
Eddie O'Connor, Mary Free Bed Sports Rehabilitation, USA*

1:45 PM - 2:45 PM

*Atrium Ballroom*

**PAN-21: Peer Mentoring Among Mental Performance Consultants in AASP: A Tribute in Memory of Ken Ravizza**

*David Yukelson, Independent Contractor, USA;  
Rick McGuire, University of Missouri, USA;  
Richard Gordin, Utah State University, USA;  
Ralph Vernacchia, Western Washington University, USA;  
Amber Selking, Selking Performance Group, USA;  
Cristina Fink, Union Youth Development, USA*

1:45 PM - 2:45 PM

*Broadway I/II*

**PAN-22: Utilizing Research to Guide Practice in National Governing Bodies**

*Lauren McHenry, University of Tennessee, USA;  
Caroline Silby, U.S. Figure Skating, USA;  
E. Earlyynn Lauer, Western Illinois University, USA;  
Larry Lauer, USTA Player Development, USA;  
Rebecca Zakrajsek, University of Tennessee, USA*

1:45 PM - 2:45 PM

*Pavilion East*

**WKSP-24: Experience it for Yourself: Prepping and Performing Team Building Workshops Through Experiential Learning**

*Linda Keeler, Western Washington University, USA;  
Jessyca Arthur-Cameselle, Western Washington University, USA;  
Arianna Martignetti, Manhattanville College, USA;  
Taylor Leenstra, Western Washington University, USA;  
Brook Skidmore, Regis University, USA;  
Nathan Wolch, Western Washington University, USA;  
Samantha MacDonald, Western Washington University, USA*

1:45 PM - 2:45 PM

*Galleria North*

**WKSP-25: Mitigating Stereotype Threat: Towards More Inclusive Sport Spaces**

*Erica Tibbetts, Smith College, USA;  
Emma Kraus, Smith College, USA*



3:00 PM - 4:15 PM

Galleria North

**LEC-17: Mental Health II**

**LEC-17A: Stigma, Attitudes, and Intentions to Seek Help in Collegiate Student-Athletes**

*Robert Hilliard, West Virginia University, USA;  
Jack Watson II, West Virginia University, USA*

**LEC-17B: “Maintaining Her Weight Is Part of Her Job”: Coaches’ Perspectives on Body- and Weight-Related Communication with Female Athletes in Aesthetic Sports**

*Katherine Fairhurst, West Virginia University, USA;  
Dana Voelker, West Virginia University, USA*

**LEC-17C: Running Toward Recovery: A Qualitative Analysis of Collegiate Runners’ Recovery from Anorexia**

*Jessyca Arthur-Cameselle, Western Washington University, USA*

3:00 PM - 4:15 PM

Atrium Ballroom

**PAN-23: Seeking Mentorship and Supervision: Lessons Learned From a Legend**

*Wesley Sime, University of Nebraska Emeritus, USA;  
Douglas Chadwick, Colorado Rockies Baseball Club, USA;  
Eric Bean, HigherEchelon, INC, USA;  
Angela Fifer, Breakthrough Performance Consulting, USA*

3:00 PM - 4:15 PM

Galleria South

**PAN-24: Win at All Costs? Perspectives on the Mental Health of High Performance Athletes**

*Kristoffer Henriksen, University of Southern Denmark, Denmark;  
Robert Schinke, Laurentian University, Canada;  
Natalia Stambulova, Halmstad University, Sweden;  
Sean McCann, USOC, USA;  
Natalie Durand-Bush, University of Ottawa, Canada*

3:00 PM - 4:15 PM

Pavilion East

**WKSP-27: Consulting with Transgender Athletes: The Impact of Institutional Policy**

*Ryan Socolow, Springfield College, USA;  
Elizabeth Mullin, Springfield College, USA;  
Allison Grace, Springfield College, USA;  
Sarah Wooley, Springfield College, USA*

3:00 PM - 4:15 PM

Pavilion West

**WKSP-28: Enter the (ACT) Matrix: Hacking the Acceptance and Commitment Therapy Process With Mental Flexibility and Valued Action**

*James Schwabach, Tampa Bay Rays, USA*

3:00 PM - 4:15 PM

Broadway III

**WKSP-29: Managing Athletes’ and Coaches’ Emotions in Sport: A Workshop for Applied Practitioners**

*Andrew Friesen, Pennsylvania State University, USA*

3:00 PM - 4:15 PM

Broadway III/IV

**WKSP-30: Utilizing Mindfulness and Self-Compassion to Increase Performance, Safety, and Well-Being in First Responders**

*David Schary, Winthrop University, USA;  
Charles Palmer, University of Montana, USA*

4:30 PM – 5:45 PM

Grand Ballroom

**Closing Reception**

Keep Portland Weird: Drinks & Donuts

## WEDNESDAY, OCTOBER 23, 2019

TIME	EXHIBIT HALL	GRAND BALLROOM	ATRIUM BALLROOM	PAVILION EAST
9:00 am - 12:00 pm				
1:00 pm - 2:00 pm			<b>PAN-01:</b> Mental Health and Mental Performance: A Panel Addressing the Needs of Youth, Collegiate, Professional, and Olympic Athletes (Simpson, Valle, Shannon, Mugford, McCann)	<b>WKSP-01:</b> Quests, Badges, and Cheat Codes: Leveling up Your Sport Psychology Classroom with Gamification (Shipherd)
2:15 pm - 3:30 pm			<b>FEA-01:</b> Deep Shades of Gray: Everyday Ethics (Clark, Bartley, Ferrara, Gutierrez)	<b>PAN-03:</b> Cultural Considerations in Sport Psychology Practice: Reflections from Global Youth Academy Perspectives (Cullen, Simpson, Yousuf, Morgan)
3:45 pm - 5:00 pm			<b>WKSP-05:</b> Blue Pill, Red Pill, Purple Pill?: The Myths and Realities of Consulting with Men and Boys in Applied SEP Settings (Owens, Sappington, Busanich, Stanley, Metzler, Ballesteros, Moore)	<b>WKSP-06:</b> Mental Performance Coaches' Role in Helping Coaches Become Trauma-informed (Altieri, Jr., Bergholz, McCarthy, Rojas)
4:30 pm - 5:15 pm	<b>New Member Meet &amp; Greet - Park Room (Plaza Level)</b>			
5:30 pm - 7:00 pm		<b>OPENING KEYNOTE:</b> Michael Gervais		
7:00 pm - 9:00 pm	<b>Opening Reception</b>			

## THURSDAY, OCTOBER 24, 2019

TIME	EXHIBIT HALL	GRAND BALLROOM	ATRIUM BALLROOM	PAVILION EAST
7:00 am - 8:00 am	<b>Poster Setup</b> (until 9 am)		<b>CMPC Breakfast</b>	
9:00 am - 7:00 pm	<b>Poster Viewing</b>			
8:15 am - 9:30 am		<b>PAN-05:</b> Out of the Office: The Art and Science of Consulting On-Site and In the Trenches With Elite Athletes (Brandon, Holliday, Detling, Hodgins, Selking)	<b>FEA-04:</b> Case Study Workshop (Wooding, Young)	<b>PAN-06:</b> Signature Practices: When Experts in the Field Experience Burnout – Lessons Learned (Chroni, Brueckner, Kentta, Shoenfelt)
9:45 am - 11:00 am		<b>KEYNOTE SESSION:</b> Tempering Tantrums - Seeking Composure and Grit in the Uncertain Storms of Competition (Kiraly)		
11:30 am - 12:30 pm		<b>PAN-07:</b> ImPerfect Consulting: How Mistakes and Challenges Shape Your Practice (Mellano, Gould, Vealey, Su'a)	<b>PAN-08:</b> From 50 Minutes to 15: Effective Brief-Interventions You Won't Learn in the Classroom (Cauthen, McCalla, Holliday, Shapiro, Harris, Cohen)	<b>FEA-06:</b> Student Workshop: Say What? Self-talk in Sport (Van Raalte, Steady)
12:30 pm - 2:15 pm			<b>Committee Meetings &amp; Special Interest Group (SIG) Meetings - See page 7 for full list.</b>	
2:30 pm - 3:45 pm			<b>FEA-07:</b> The Burt Giges Workshop: The Spirit and Tradition of Experiential Learning (Aoyagi, Baird, Christensen, Coakley, Hess, Petitpas)	<b>SYM-05:</b> A Systems-Based Approach to Recovery Intervention in Elite Sport Environments (Gnacinski, Meyer, Nai, Wahl, Brenner)
4:00 pm - 5:30 pm		<b>Graduate Program &amp; Career Fair</b>		<b>International Jamboree (4:30 PM)</b>
5:30 pm - 7:00 pm	<b>Authors Present at Posters</b>			
6:00 pm - 9:00 pm			<b>Fellows Meeting</b> (6:00 pm - 7:30 pm)	
7:00 pm - 7:30 pm	<b>Poster Tear Down</b>			

PAVILION WEST	GALLERIA NORTH	GALLERIA SOUTH	BROADWAY I/II	BROADWAY III/IV
<b>CE Workshop:</b> Psychophysiology, Biofeedback, and Mindfulness Applications in Optimal Performance			<b>CE Workshop:</b> Ethical Media Interactions in Sport Psychology: Analyzing Ethical Decision-Making in Modern Media	
<b>PAN-02:</b> Consulting on Culture: Practitioner Perspectives from Clubhouses, Boardrooms, and Battle Fields (Foster, Roberts, Miles, Tashman)	<b>WKSP-02:</b> Incorporating a Multicultural Orientation Framework into Sport Psychology Consulting (Brandt, Dorn)	<b>WKSP-03:</b> A New Approach to Service Delivery: An Overview of Utilizing an Executive Coaching Approach to Sport Psychology Services (Montgomery, Ross, Collins)	<b>SYM-01:</b> Examining the Culture and Context of High School Sport in the United States Toward the Leadership and Life Skills Development of High School Athletes (Blanton, Pierce)	<b>LEC-01:</b> Coaching <b>01A:</b> Morris <b>01B:</b> Gano-Overway <b>01C:</b> Schools
<b>FEA-02:</b> Journal of Applied Sport Psychology: Science to Practice Symposium (Mellalieu, Gabana, Quartiroli, Wagstaff)	<b>WKSP-04:</b> Slow Is Smooth, Smooth Is Fast: Understanding and Utilizing the ACT Matrix in the Achievement and Maintenance of Focused, Enhanced Athletic Performance (Udelf)	<b>PAN-04:</b> Making Weight: Risks and Rewards (Conviser, Chirban, Kerulis, Hauff, Selby, Nickols)	<b>SYM-02:</b> Personal Journeys: Reflections from Sport and Exercise Psychologists Contemplating Life Transitions (Berger, Lesyk, Price, Sachs)	<b>LEC-02:</b> Social Justice, Equality, and Inclusion <b>02A:</b> Miossi <b>02B:</b> Hansell <b>02C:</b> Halbrook <b>02D:</b> Engel
<b>FEA-03:</b> CMPC Certification: Eligibility Requirements for New Candidates and Recertification Procedures for Current CMPCs (Certification Council)	<b>WKSP-07:</b> Developing a Professional Philosophy to Guide Sport Psychology Service Delivery (Castillo, Block, Bird, Chow)	<b>LEC-03:</b> Diversity & Culture <b>03A:</b> Ku <b>03B:</b> Halbrook <b>03C:</b> Kirby <b>03D:</b> Bejar	<b>SYM-03:</b> A Coaching Education Intervention for American Indian Youth Sport Coaches on the Zuni Reservation (Fry, Claunch, Hogue, Iwasaki, Peyneta)	<b>LEC-04:</b> Youth Sport <b>04A:</b> Lauer <b>04B:</b> Martin <b>04C:</b> Fuerniss <b>04D:</b> Lauer
<b>New Member Meet &amp; Greet - Park Room (Plaza Level)</b>				

PAVILION WEST	GALLERIA NORTH	GALLERIA SOUTH	BROADWAY I/II	BROADWAY III/IV
<b>WKSP-08:</b> Mindfulness and Positive Psychology in Facilitation Settings (Lange, Faszewski)	<b>FEA-05:</b> From Science to Practice: Using Cutting-Edge Research to Enhance Applied Sport Psychology Work (Cohen, Gunter, Owens, Yousuf)	<b>WKSP-09:</b> A Look Back at MST Periodization: The Plan vs. the Reality and Lessons Learned (Smith, Hamilton, Stutzman)	<b>LEC-05:</b> Injury/Rehabilitation <b>05A:</b> Wadey <b>05B:</b> Prijatelj <b>05C:</b> Donald <b>05D:</b> Baez	<b>LEC-06:</b> Elite/Pro Sport <b>06A:</b> Wood <b>06B:</b> Kaufman <b>06C:</b> Bass <b>06D:</b> Poczwardowski
<b>PAN-09:</b> Navigating Sport Psychology Research Agendas Centered on Equity, Inclusion, and Social Justice (Massey, Blom, Fisher, Lee, Sappington, Carter)	<b>SYM-04:</b> International Approaches to Sport Psychology Programming and Delivery in Soccer (Football) (Lo, Querfurth, Yu, Yousuf)	<b>WKSP-10:</b> Performance Optimization Through Fear: Applying Principles of Exposure Therapy (Bergstrom, Tasker)	<b>PAN-10:</b> Self-Reflexive Sport Psychology Practice: Consulting Through International Lenses (Chu, Fogaca, Quartiroli, Vidic, Brueckner)	<b>WKSP-11:</b> When Your Sport, Exercise, or Performance Client Wants to Lose Weight: How to Help Without Doing Harm (Selby)
<b>Committee Meetings &amp; Special Interest Group (SIG) Meetings - See page 7 for full list.</b>				
<b>WKSP-12:</b> Up-Up-Down-Down-Left-Right-Left-Right-B-A: Leveling Up Your Ethics (McCalla, Cauthen)	<b>SYM-06:</b> Developing Integrative Interventions for Migrant Athletes Through Research and Practice (Middleton, Schinke, Stambulova, Brueckner, Fink)	<b>WKSP-13:</b> Self-Care: The Forgotten Performance Strategy in Coaching (Kentta, Olusoga, Dieffenbach)	<b>FEA-08:</b> Graduate Program Spotlight: University of Western States (Woolsey, Otto, Lodato, Owens, Flaten, Walker, Smith, Condie, Sawchuk, Cox)	<b>LEC-07:</b> Consulting & Interventions <b>07A:</b> Vidic <b>07B:</b> Anderson <b>07C:</b> Tracey <b>07D:</b> Rymal
			<b>CE Workshop:</b> Inclusion for All: Providing Sport Psychology Services for Athletes with Hidden Disabilities	<b>CE Workshop:</b> Don't Spread Yourself Too Thin: Tips for Supervision and Meeting the New CMPC Requirements

## FRIDAY, OCTOBER 25, 2019

TIME	EXHIBIT HALL	GRAND BALLROOM	ATRIUM BALLROOM	PAVILION EAST
7:00 am - 8:00 am	<b>Poster Setup</b> (until 9 am)		<b>Committee Meetings - See page 7 for full list.</b>	
9:00 am - 7:00 pm	<b>Poster Viewing</b>			
8:15 am - 9:30 am			<b>WKSP-14:</b> Can We Control the Mind? Using Mindfulness and Acceptance Approaches to Help Elite Athletes Thrive and Perform (Henriksen, Baltzell, Haberl, Kaufman, Mitchell, Lundgren)	<b>WKSP-15:</b> A Functional Team Leadership Approach to Developing Leader and Team Mental Performance (Coleman, Ohlson, Yukelson)
9:45 am - 11:00 am		<b>KEYNOTE SESSION:</b> Sport in the Age of Advocacy (Hucles)		
11:30 am - 12:30 pm		<b>FEA-09:</b> A Gold Medal Partnership: The Roadmap to Success for USA Women's Ice Hockey (Hacker, Carey)	<b>PAN-12:</b> Establishing Applied Sport Psychology Into Division 1 Collegiate Athletics (Cormier, Shannon, Day, Connole)	<b>PAN-13:</b> To Mentor or Not to Mentor: The Process and Experience of Mentorship in an Applied Setting (Morgan, Smith, Hamilton, Simpson, Kennedy, Guest, Ingalls)
12:30 pm - 1:30 pm			<b>Committee Meetings - See page 7 for full list.</b>	
1:45 pm - 2:45 pm			<b>FEA-10:</b> Inserting Imagery Into Practice- How Two Applied Mental Performance Coaches Conduct Imagery Sessions from Start to Finish (Miles, Hamilton)	<b>WKSP-19:</b> Self-Care, Setting Limits and Preventing Burnout for Sport Psychology Practitioners in High Performing Sport Organizations (Sutcliffe, Moran-Miller)
3:00 pm - 3:30 pm		<b>COLEMAN GRIFFITH LECTURE:</b> Enjoying the Ride: From Jekyll Island to Portland and Beyond (Gordin)		
3:30 pm - 4:00 pm		<b>PRESIDENTIAL ADDRESS</b>		
4:15 pm - 5:15 pm		<b>Business Meeting</b>		
5:30 pm - 7:00 pm	<b>Authors Present at Posters</b>			
7:00 pm - 7:30 pm	<b>Poster Tear Down</b>			

## SATURDAY, OCTOBER 26, 2019

TIME	EXHIBIT HALL	GRAND BALLROOM	ATRIUM BALLROOM	PAVILION EAST
8:15 am - 9:30 am			<b>PAN-17:</b> It's Complicated: Real World Challenges in the Intersecting Worlds of Performance and Mental Health (Cogan, Cohen, McCann, Mitchell, Thornton)	<b>FEA-12:</b> Taking the CMPC Exam: Preparation + Strategy = Success (Statler)
9:45 am - 11:00 am		<b>KEYNOTE SESSION:</b> Mindfulness+ in Sport and Performance (Lundgren & Mumford)		
11:30 am - 12:30 pm		<b>PAN-18:</b> When Mental Health Becomes the Focus in Olympic and Paralympic Sport (Cogan, MacNeill, Durand-Bush, Mitchell)	<b>WKSP-22:</b> Confidently Jumping Off the Cliff: Practical Business Strategies and Confessions of Failing Forward in Private Consulting (Waksman, Tashman)	
1:45 pm - 2:45 pm		<b>PAN-20:</b> The Battle for Balance: Business and Babies (Cauthen, Mugford, Bartley, O'Connor)	<b>PAN-21:</b> Peer Mentoring Among Mental Performance Consultants in AASP: A Tribute in Memory of Ken Ravizza (Yukelson, McGuire, Gordin, Vernacchia, Selking, Fink)	<b>WKSP-24:</b> Experience it for Yourself: Prepping and Performing Team Building Workshops Through Experiential Learning (Keeler, Arthur-Cameselle, Martignetti, Leenstra, Skidmore, Wolch, MacDonald)
3:00 pm - 4:15 pm			<b>PAN-23:</b> Seeking Mentorship and Supervision: Lessons Learned From a Legend (Sime, Chadwick, Bean, Fifer)	<b>WKSP-27:</b> Consulting with Transgender Athletes: The Impact of Institutional Policy (Socolow, Mullin, Grace, Wooley)
4:30 pm - 5:45 pm		<b>Closing Event - Keep Portland Weird: Drinks &amp; Donuts</b>		

PAVILION WEST	GALLERIA NORTH	GALLERIA SOUTH	BROADWAY I/II	BROADWAY III/IV
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Committee Meetings - See page 7 for full list.

<b>PAN-11:</b> No English? No Problem! How Coaches Can Support Athletes Learning English (Ettl, Kandel-Cisco, McCarthy, Altieri, Jr, Fink, Bialostozky)	<b>SYM-07:</b> Psychology of Sport Injury: Theory to Practice and Practice to Theory (Wadey, Appaneal, Arvinen-Barrow, Podlog)	<b>WKSP-16:</b> Theories of Performance Excellence: Rationale, Conceptualization, and Application (A. Ankney, I. Ankney, Evans, Sproles, Toft)	<b>LEC-08:</b> Research Design & Intervention <b>08A:</b> Rano <b>08B:</b> Keung <b>08C:</b> McAlarnen <b>08D:</b> Rose	<b>LEC-09:</b> Teaching <b>09A:</b> Busanich <b>09B:</b> Jones <b>09C:</b> Ku <b>09D:</b> Goodson
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<b>PAN-14:</b> Supporting Transgender Athletes (Brown, Alexander, Montero, Durham)	<b>WKSP-17:</b> Acting Out: Mindfulness (MSPE) Practice for the Working Actor & Performing Artist (Jensen, Samson)	<b>WKSP-18:</b> Helping Teams Build Their Secret Weapons: A Framework for Aiding in Developing and Implementing Team Culture (Foster, Tashman)	<b>LEC-10:</b> Coaching & Teaching <b>10A:</b> Shaikh <b>10B:</b> Hodge <b>10C:</b> Shigeno	<b>SYM-08:</b> Current Trends in Methods, "Hot Topics," and Student Perceptions within Applied Sport and Exercise Psychology (Goffena, Scheadler, McCarver)
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Committee Meetings - See page 7 for full list.  
Meet the Professional Lunch - Captian Gray at The Duniway

<b>PAN-15:</b> Author Capacity Building Panel from the Vantage of Peer Review Journal Editors (Schinke, Strauss, Ntoumanis, Mellalieu)	<b>FEA-11:</b> Student Workshop- The Path to Publishing Your Work: Understanding Academic Publication Procedures (Arvinen-Barrow, Visek, Gnacinski, Scheadler, Johnson, Cawthra, Hess)	<b>WKSP-20:</b> 359 Degrees of Freedom: A Discussion on the Experience and Application of Acceptance as a Performance Psychology Intervention (Cooper, Bartley, Clark)	<b>PAN-16:</b> An Athlete is Crying in My Office, Now What? Making the Case for Emotional First Aid Training for Coaches (Cook, Granquist, Kenow, Podlog, Tasker, Washington)	<b>LEC-11:</b> Mental Health <b>11A:</b> Jewett <b>11B:</b> Lundqvist <b>11C:</b> Nordstrom
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PAVILION WEST	GALLERIA NORTH	GALLERIA SOUTH	BROADWAY I/II	BROADWAY III/IV
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<b>WKSP-21:</b> "It's the Elephant in the Room": Maximizing Performance through an Inclusive Team Culture (Foston-English, Moran-Miller)	<b>LEC-12:</b> Tactical Populations <b>12A:</b> Ankney <b>12B:</b> Knust <b>12C:</b> Ankney <b>12D:</b> Schumacher	<b>SYM-09:</b> Reconceptualizing Punishment in Sport as Athlete Maltreatment (Kerr, Stirling, Battaglia, Gurgis, Willson)	<b>FEA-13:</b> Distinguished International Scholar Presentation: The Role of Motivational Factors in Predicting Physical Activity, Weight Management, and Physical/Mental Health in Different Life Settings (Ntoumanis)	<b>LEC-13:</b> Collegiate Sport <b>13A:</b> Ohashi <b>13B:</b> Fontana <b>13C:</b> Shaffer <b>13D:</b> Eckenrod
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<b>FEA-14:</b> Keynote Discussion with George Mumford & Tobias Lundgren (Mumford, Lundgren)	<b>WKSP-25:</b> Mitigating Stereotype Threat: Towards More Inclusive Sport Spaces (Tibbetts, Kraus)	<b>SYM-10:</b> Growth Following Adversity in Sport: Evidence-Based Practices and Practice-Based Evidence (Howells, Wadey, Mellalieu)	<b>WKSP-23:</b> How to Develop Project-based Learning in an Introductory Sport Psychology Course (Ettl, Altieri, Jr)	<b>LEC-14:</b> Exercise/Health/Fitness <b>14A:</b> Sanders <b>14B:</b> Sato <b>14C:</b> Kimiecik
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<b>LEC-15:</b> Collegiate Sport II <b>15A:</b> Alvarez <b>15B:</b> Jones <b>15C:</b> Erdner	<b>WKSP-22:</b> Utilizing Research to Guide Practice in National Governing Bodies (McHenry, Silby, E. Lauer, L. Lauer, Zakrajsek)	<b>PAN-22:</b> Utilizing Research to Guide Practice in National Governing Bodies (McHenry, Silby, E. Lauer, L. Lauer, Zakrajsek)	<b>LEC-16:</b> Youth Sport II <b>16A:</b> Visek <b>16B:</b> Höner <b>16C:</b> Vealey
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<b>WKSP-28:</b> Enter the (ACT) Matrix: Hacking the Acceptance and Commitment Therapy Process With Mental Flexibility and Valued Action (Schwabach)	<b>LEC-17:</b> Mental Health II <b>17A:</b> Hilliard <b>17B:</b> Fairhurst <b>17C:</b> Arthur-Cameselle	<b>PAN-24:</b> Win at All Costs? Perspectives on the Mental Health of High Performance Athletes (Henriksen, Schinke, Stambulova, McCann, Durand-Bush)	<b>WKSP-29:</b> Managing Athletes' and Coaches' Emotions in Sport: A Workshop for Applied Practitioners (Friesen)	<b>WKSP-30:</b> Utilizing Mindfulness and Self-Compassion to Increase Performance, Safety, and Well-Being in First Responders (Scharly, Palmer)
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## POSTER PRESENTATIONS

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Each poster board is double-sided with one presentation per side. Poster numbers appear on each board, and boards are arranged in numerical order in the Exhibit Hall.

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## POSTER SESSION I

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**THURSDAY, OCTOBER 24**

EXHIBIT HALL

**Poster Setup - 7:30 AM - 9:00 AM**

**Poster Viewing - 9:00 AM - 7:00 PM**

**Authors Present at Posters -**

**5:30 PM - 6:15 PM (even numbers) &**

**6:15 PM - 7:00 PM (odd numbers)**

**Poster Tear Down - 7:00 PM - 7:30 PM**

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### Coaching

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**1 Assessing the Impact of Coaching Feedback Strategies on the Motivation and Performance of Elite Athletes**

*Zachary Mastrich, Virginia Polytechnic Institute and State University, USA; E. Scott Geller, Virginia Tech, USA*

**2 Camp Leaders' Training: An EPIC WIN**

*Karynn Glover, Wayne State University, USA; E. Whitney Moore, Wayne State University, USA*

**3 Examining Alpine Coaches' and Athletes' Perceptions of Adaptations to Stress in the Classroom and on the Slopes**

*Paul Davis, University of Umea, Sweden; Anton Halvarsson, University of Umea, Sweden; Victor Lundström, University of Umea, Sweden; Carolina Lundqvist, Swedish Olympic Committee & Linköping University, Sweden*

**4 Exploring the Gap: Differences in Perceptions of Mental Toughness Between Collegiate Athletes and Coaches**

*Andrea Fallon-Korb, Aspire Performance Coaching, USA; Kendahl Shortway, Kean University, USA*

**5 Pilot Study to Enhance Coaches' Ability to Teach Resilience Skills in Student-Athletes**

*Jennifer Bhalla, Pacific University, USA; Tamara Tasker, Pacific University, USA*

**6 Qualitative Analysis to Understand Motivational Sources in Master-Disciple Relationship of a Martial Art**

*Takuya Hayakawa, University of Tennessee, Knoxville, USA; Karee Dunn, University of Tennessee, Knoxville, USA*

**7 The Dark Side of Grit: Can Part-time Coaches Burn Out Too?**

*Peter Olusoga, Sheffield Hallam University, UK; Korey Hallett-Blanch, Sheffield Hallam University, UK; James Rumbold, Sheffield Hallam University, UK*

**8 The Ripple Effect: How a High School Cross Country Team Build a Culture of Love Through Team Journals**

*Paige Nelson, St. Catherine University, USA; Amber Montero, St. Catherine University, USA; Rebecca Busanich, St. Catherine University, USA*

**9 Trust in Technology and Trust in Coach – Examining Trust Transfer Effects of Digital Training Technologies in the Coach-Athlete Relationship**

*Sydney Querfurth, WWU Münster, Germany; Lisa Förster, University of Muenster, Germany; Linda Schuecker, University of Muenster, Germany; Bernd Strauss, University of Muenster, Germany*

**10 What Does it Mean to Inspire? A Content Analysis of Inspiring Coaches from a National Competition**

*Stephen Gonzalez, The College at Brockport, State University of New York, USA; John Gaddy, Kennesaw State University, USA; Joe Aratari, Next Level Strength and Conditioning, USA; Matthew Pidgeon, The College at Brockport, USA*

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### Collegiate Sport

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**11 Achievement Motivation and Grit Among Collegiate Athletes**

*Erin Albert, University of North Texas, USA; Trent Petrie, University of North Texas, USA; E. Whitney Moore, Wayne State University, USA*

**12 Anxiety and Self-Efficacy in Practice and Competition for Collegiate Swimmers**

*Justine Jagga, Marshall University, USA; Elizabeth Pacioles, Marshall University, USA*

**13 Body Dissatisfaction, Self-Efficacy and Trait Self-Control in NCAA Athletes**

*Molly Josephs, Southern Illinois University Edwardsville, USA; Megan Mottola, Southern Illinois University Edwardsville, USA; JaiLin Allen, Southern Illinois University Edwardsville, USA; Lindsay Ross-Stewart, Southern Illinois University Edwardsville, USA*

**14 Collegiate Student-Athletes' Perceptions of Social Support**

*Ken Ildefonso, University of Wisconsin-Milwaukee, USA; Jennifer Earl-Boehm, University of Wisconsin-Milwaukee, USA; Monna Arvinen-Barrow, University of Wisconsin - Milwaukee, USA*

**15 Comparison of Flow State Between Men's and Women's Division I Basketball Teams**

*Jordan Collins, Saint Louis University, USA; Jeffrey Shulze, St. Louis University, USA; Ashley Hansen, Saint Louis University, USA; Taylor Montgomery, MVP Training, USA; Joanne Perry, Novant Health, USA; Michael Ross, Saint Louis University, USA*

- 16 Does Cooperative Learning Activity Improve Self-Regulated Learning? An Intervention for Collegiate Gymnasts**  
 Minori Mitsui, Affiliate, Japan; Toshiyuki Fujihara, Osaka University of Health & Sport Sciences, Japan; Takayuki Sugo, Osaka University of Health & Sport Sciences, Japan
- 17 Embedding Mental Skills Training into a Strength and Conditioning Environment**  
 Mick Lizmore, University of Alberta, Canada
- 18 Examination of Student-Athletes' Developmental Transition from Youth Sport to College Sport**  
 Coleman Childers, Illinois State University, USA; Scott Pierce, Illinois State University, USA; Anthony Amorose, Illinois State University, USA
- 19 Examining Recovery Experience Predictors of National Collegiate Athletic Association Athletic Trainers' Stress**  
 Stacy Gnacinski, Drake University, USA; Mellanie Nai, University of Wisconsin - Milwaukee, USA; Barbara Meyer, University of Wisconsin-Milwaukee, USA; Megan Brady, Drake University, USA; Nathan Newman, Drake University, USA
- 20 Examining the Longitudinal Relationship Between Grit and Well-Being in UK Student-Athletes**  
 James Rumbold, Sheffield Hallam University, UK; Peter Olusoga, Sheffield Hallam University, UK
- 21 Exploring the Use of Performance Strategies in Division 1 Athletes**  
 Jessica Ford, University of Wisconsin-Milwaukee, USA; Rebecca Beauchemin, University of Wisconsin-Milwaukee, USA; Brianna Halama, University of Wisconsin-Milwaukee, USA; Ken Ildefonso, University of Wisconsin-Milwaukee, USA; Derek Zike, UW Milwaukee, USA; Monna Arvinen-Barrow, University of Wisconsin - Milwaukee, USA
- 22 Impacts of Athletic Identity and Career Resources on Job Searching in College Student-Athletes: The Mediation of Employability**  
 Chung-Ju Huang, University of Taipei, Taiwan; Tzu-Lin Wong, Department of Physical Education, National Taipei University of Education, Taiwan
- 23 Influences of Gender and Type of Sport on Sources of Sports Confidence**  
 Luke Evans, Saint Louis University, USA; Lindsey Poe, Saint Louis University, USA; Jeffrey Shulze, St. Louis University, USA; Jordan Collins, Saint Louis University, USA; Taylor Montgomery, MVP Training, USA; Ashley Hansen, Saint Louis University, USA; Joanne Perry, Novant Health, USA; Michael Ross, Saint Louis University, USA
- 24 Mental Toughness of NCAA Division 1 Coaches**  
 Robert Weinberg, Miami University, USA; Valeria Freysinger, Miami University, USA; Robin Vealey, Miami University, USA; Carly Block, Florida State University, USA; Amelia Alexander, Miami University, USA
- 25 Personality and Trait Self-Handicapping in Rugby and Volleyball College Club Athletes**  
 David Tobar, Bowling Green State University, USA; Jordan Allen, Bowling Green State University, USA; Bonnie Berger, Bowling Green State University, USA
- 26 Pre-Competitive State Anxiety of Nigerian College Athletes**  
 Olanrewaju Ipinmoroti, Tai Solarin University of Education, Nigeria
- 27 Predictors of Mental Health Service Use Among Division-I Student-Athletes and Implications for Practitioners**  
 William Way, West Virginia University, USA; Jack Watson II, West Virginia University, USA
- 28 Relationship Between Athletic Identity and Career Decision-Making Self-Efficacy Among Korean Collegiate Student Athletes**  
 Jong Joo Moon, Indiana State University, USA; Joshua Powers, Indiana State University, USA
- 29 Relationships Between Perfectionism, Anxiety, and Psychological Well-/ill-being in Collegiate Athletes**  
 Seongkwan Cho, Texas A&M International University, USA; Yong-Jin Yoon, Yonsei University, South Korea; Hun-Hyuk Choi, Korea National University of Education, South Korea; Sibak Sung, Florida State University, USA
- 30 Self-Efficacy, Implicit Theories of Ability, and 2x2 Achievement Goal Orientation: A Mediation Analysis in Collegiate Athletics**  
 Cory Cottrell, International Junior Golf Academy, USA; Brandonn Harris, Georgia Southern University, USA
- 31 Sport Retirement Experiences of Former NCAA Division I Athletes**  
 Kelly Renner, Franklin University, USA; Amber Shipherd, Texas A&M University - Kingsville / Next Level Mind Consulting, USA; Itay Basevitch, Anglia Ruskin University, UK
- 32 Stress, Recovery, and Burnout Changes Among Collegiate Female Swimmers: A Longitudinal Analysis During a Competitive Season**  
 Lindsay Berg, Georgia Southern University, USA; Ally Claytor, Georgia Southern University, USA; Brandonn Harris, Georgia Southern University, USA; Loren Stroud, Georgia Southern University, USA
- 33 The Comorbidity of Social Physique Anxiety and Low Self-Esteem among Female Collegiate Athletes: A Matter of Sport**  
 Eva Monsma, University of South Carolina, USA; Hayes Bennett, University of South Carolina, USA; Toni Torres-McGehee, University of South Carolina, USA
- 34 The Mental Game of Sport Differs By Sex: Examining Mindfulness and Sport Confidence**  
 Hayley Perelman, Illinois Institute of Technology, USA; Joanna Buscemi, DePaul University, USA; Alissa Haedt-Matt, Illinois Institute of Technology, USA

**35 The Relationship of Perceived Social Support and Athletic Identity on College Female Athletes' Burnout**

*William Russell, Missouri Western State University, USA*

**36 "We're Taught How to Switch on But Not How to Switch Off": An Empirical Study and Initial Theory of the Psychology of Rest in Athletes**

*David Eccles, Florida State University, USA;  
Alexander Kazmier, Durham University, UK*

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**Consulting & Interventions**

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**37 A Qualitative Study of Mindfulness-Based Training for Collegiate Lacrosse Players**

*Thomas Minkler, Catholic University of America, USA;  
Megan Hut, Catholic University of America, USA;  
Carol Glass, The Catholic University of America, USA;  
Erin Wallace, The Catholic University of America, USA*

**38 An Independent Examination of MSPE in NCAA Athletics**

*Jason Kostrna, Florida International University, USA;  
Aaron D'Addario, Florida State University, USA;  
Andrew Nation, Barry University, USA*

**39 Applying the P.A.C.E. Sport Psychology Model to Collegiate Endurance Athletes**

*Parker Hardcastle, Southern Illinois University Edwardsville, USA;  
Virginia Kjer, Southern Illinois University Edwardsville, USA;  
Victoria Roberts, Southern Illinois University Edwardsville, USA;  
Karen Swanner, Southern Illinois University at Edwardsville, USA;  
Aleia Campbell, Southern Illinois University Edwardsville, USA;  
Lindsay Ross-Stewart, Southern Illinois University Edwardsville, USA*

**40 Athletic Coping Skills Pre and Post Intervention Among Volleyball Players**

*Sergio Olvera, California State University Long Beach, USA;  
Kiana Nua, Long Beach State University, USA;  
Anastasia Blevins, Long Beach State University, USA;  
Leilani Madrigal, Long Beach State University, USA*

**41 Collegiate Softball Umpires: Examining the Utility of Mental Performance Training on Self-Efficacy**

*Megan Buning, Augusta University, USA;  
Hannah Bennett, Augusta University, USA*

**42 Effects of a Single Diaphragmatic Breath on Anxiety, Gaze, and Golf-Putting Performance**

*Mason Nichols, Optimal Norms, USA;  
Jessyca Arthur-Cameselle, Western Washington University, USA;  
Linda Keeler, Western Washington University, USA;  
Todd Haskell, Western Washington University, USA*

**43 Gender Personalities in Japanese Female College Athletes - Basic Research for Psychological Intervention**

*Daisuke Takeda, Tokai University, Japan;  
Rino Takenaka, Student, Japan*

**44 Mindfulness in Sport: A Proposed Intervention for a Choking Susceptible Athlete**

*Jenna Hussey, Miami University, USA;  
Arash Assar, Miami University, USA;  
Robert Weinberg, Miami University, USA*

**45 Perceptions of the Mindfulness-Acceptance-Commitment (MAC) Approach with Wheelchair Rugby Athletes**

*Andrew Corbett, Corbett Performance Training, USA;  
Kimberly Cologgi, Barry University, USA;  
Andrew Friesen, Pennsylvania State University, USA;  
Sharon Kegeles, Barry University, USA*

**46 Promoting Team Cohesion in Collegiate Club Baseball Players Through Team Building Exercises**

*Victoria Roberts, Southern Illinois University Edwardsville, USA;  
Karen Swanner, Southern Illinois University at Edwardsville, USA;  
Aleia Campbell, Southern Illinois University Edwardsville, USA;  
Virginia Kjer, Southern Illinois University Edwardsville, USA;  
Parker Hardcastle, Southern Illinois University Edwardsville, USA;  
Lindsay Ross-Stewart, Southern Illinois University Edwardsville, USA*

**47 Reducing Regrets Through a Goal-Setting Intervention in Rowing Athletes**

*Juan Sigala, Long Beach State University, USA;  
Leilani Madrigal, Long Beach State University, USA;  
Jamie Robbins, Methodist University, USA;  
Alison Ede, Long Beach State University, USA*

**48 The Psychological Support Program to Collegiate Kendo Practitioners in Freshman Year: A Case Study**

*Yaeko Yamada, Osaka University of Health and Sport Sciences, Japan;  
Hironobu Tsuchiya, Osaka University of Health and Sport Sciences, Japan;  
Kenta Karakida, Osaka University of Health and Sport Sciences, Japan;  
Tomohiko Shogen, Osaka University of Health and Sport Sciences, Japan;  
Nijika Tanaka, Osaka University of Health and Sport Sciences, Japan*

**49 POSTER WITHDRAWN**

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**Diversity & Culture**

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**50 An Exploration of the Goal-Setting Practices of Elite Para-Athletes**

*Marie-Emma Gagne, Concordia University, Canada;  
Theresa Bianco, Concordia University, Canada*

**51 "Go Home and Bake Cookies": A Case Study of a Female Officials Experience in Men's Soccer**

*Karen Swanner, Southern Illinois University at Edwardsville, USA;  
Lindsay Ross-Stewart, Southern Illinois University Edwardsville, USA*

**52 #OneTeam: International Student-Athletes' Perceptions of Belonging and Inclusion During Their First Year at an NCAA Division I Institution**

*Emily Tyler, Springfield College, USA;  
Brian Cole, The University of Kansas, USA*



**53 Reflections on Becoming a PhD Student: Lessons Learned**

*Derek Zike, UW Milwaukee, USA; Monna Arvinen-Barrow, University of Wisconsin - Milwaukee, USA*

**54 The Effect of Socioeconomic Status and Sport Participation on Resilience of High School Students**

*Destinee Ganious, Southern Illinois University Edwardsville, USA; Kerry Guest, IMG Academy, USA; Lindsay Ross-Stewart, Southern Illinois University Edwardsville, USA*

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**Elite/Pro Sport**

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**55 POSTER WITHDRAWN**

**56 I've Seen This, so I've Got This! Exploring the Use of Imagery and Self-Talk Within Action Sport Athletes**

*Patrick Young, Wingate University, USA; Anne Taylor, Wingate University, USA; Tyrone Fleurizard, Boston College, USA*

**57 Intrinsic Motivation of Elite Basketball Athletes**

*David Laughlin, Grand Valley State University, USA; William Afleje, U.S. Department of State, USA; Rainer Meisterjahn, Courtex Performance LLC, USA; Arya Alami, CSU Stanislaus, USA*

**58 Oatmeal Is Better than No Meal: Career Pathways of Ten Professional Athletes from Underserved Communities in the United States**

*Robert Book, University of Southern Denmark, Denmark; Natalia Stambulova, Halmstad University, Sweden; Kristoffer Henriksen, Team Denmark, Denmark*

**59 The Importance of Achievement Goals in Explaining the Link Between Perfectionism and Stress Appraisals of Competition**

*Haley Barrows, USC Performance Science Institute, USA; Glenn Fox, USC Performance Science Institute, USA; Arianna Uhalde, USC Performance Science Institute, USA; Ben Houlberg, USC Performance Science Institute, USA*

**60 Transitions in the Careers of Elite Swimmers: To or Out of Elite Sport?**

*Malgorzata Siekanska, The University of Physical Education in Krakow, Poland; Jan Blecharz, Department of Psychology, Faculty of Physical Education and Sport, University of Physical Education in Cracow, Poland*

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**Exercise/Health/Fitness**

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**61 An Exploratory Study of Measuring Motivational and Cohesive Properties of Music in Sport**

*Eric Belt, Springfield College, USA; Jasmin Hutchinson, Springfield College, USA*

**62 Effects of Multitasking on Self-Selected Pace & Distance While Walking**

*Hannah Seaver, Western Kentucky University, USA; Steven Winger, Western Kentucky University, USA*

**63 Exploring Perceptions of Psychological Safety and Meaningfulness in Group Exercise Classes**

*Briana Hubbard, California State University, Fullerton, USA; Kathleen Wilson, California State University, Fullerton, USA; Sarah Hamamoto, California State University, Fullerton, USA*

**64 Fit Minded: Improving Physical Activity among Adult Women through an Interactive Book Club**

*Sarah Carson Sackett, James Madison University, USA; Elizabeth Edwards, James Madison University, USA*

**65 Influence of Social Support and Fitbits on Physical Activity Following Knee Replacement**

*Sara Powell, Missouri State University, USA; Nicholas Mook, University of South Carolina, USA; Katherine DeVivo, University of South Carolina, USA; Christine Pellegrini, University of South Carolina, USA*

**66 Making Positive Changes: Growth Mindset and Exercise Motives of College Students**

*Lindsey Greviskes, University of Wisconsin-Whitewater, USA; Wesley Kephart, University of Wisconsin-Whitewater, USA; Andrea Ednie, University of Wisconsin-Whitewater, USA*

**67 Moderating Capabilities of Health-Related Fitness Knowledge on Self-Esteem and Exercise in Female Young Adults**

*Jimmie Vaughn, West Texas A&M University, USA; Gene Farren, West Texas A&M University, USA; Paul Yeatts, Texas Woman's University, USA; Michelle Bartlett, West Texas A & M University, USA; Vanessa Fiaud, West Texas A&M University, USA*

**68 Satisfaction with Life Is Associated with Positive Effects of Exercise**

*Urska Dobersek, University of Southern Indiana, USA; Gabrielle C. Wy, University of Southern Indiana, USA; McKenna Deem Blaylock, University of Southern Indiana, USA; Elizabeth Boik, University of Southern Indiana, USA; Charleen R Chase, University of Michigan, USA; Jon K. Maner, Florida State University, USA*

**69 The Influence of Personalized Priming on the Affective Experience of Exercise**

*Suzanne Pottratz, Barry University, USA*

**70 The Personality Profile of Extreme Sports Athletes**

*Andrijana Vlacic, University of Belgrade, Serbia; Goran Knežević, University of Belgrade, Serbia*

**71 The Relationship Between Grit and Exercise Behavior and Adherence**

*Shaine Henert, Northern Illinois University, USA; Justy Reed, Chicago State University, USA*

**72 Using Asset Mapping to Guide Community-Based Physical Activity Interventions in Rural WV**

*Sam Zizzi, West Virginia University, USA; Karly Casanave, West Virginia University, USA; Sean Bulger, West Virginia University, USA; Eloise Elliott, West Virginia University, USA; Emily Murphy, West Virginia University, USA*

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## Injury/Rehabilitation

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**73 An Investigation into Former High School Athletes' Experiences of a Multidisciplinary Approach to Sport Injury Rehabilitation**

*Damien Clement, West Virginia University, USA;  
Monna Arvinen-Barrow, University of Wisconsin - Milwaukee, USA*

**74 Coping with Injury and Daily Stressors in University Student Athletes**

*Tiffany Shepherd, Nova Scotia Health Authority, Canada;  
Keith Hamilton, Simon Fraser University, Canada;  
David Cox, Simon Fraser University, Canada*

**75 Identity & Emotional Recovery Experiences Following Severe Sport Injury**

*Kelsey Ruffing, Tobin Counseling Group, USA;  
John Coumbe-Lilley, University of Illinois at Chicago, USA*

**76 Injured Athletes Expectations of Coach Provided Social Support**

*Stefanee Maurice, California Polytechnic State University, USA;  
Samantha Holder, California Polytechnic State University, USA;  
Jillian Zuck, California Polytechnic State University, USA*

**77 Living with Post-Concussion Syndrome**

*Moira Kelly, Southern Illinois University Edwardsville, USA;  
Zachary Osborne, Southern Illinois University Edwardsville, USA;  
Lindsay Ross-Stewart, Southern Illinois University Edwardsville, USA;  
Samantha Knight, Southern Illinois University Edwardsville, USA;  
Elizabeth Rexford, Southern Illinois University Edwardsville, USA*

**78 Revisiting the Prevalence of Sport-Related Traumatic Brain Injury in the Criminal Justice System**

*Olivia Wyatt, University of Denver, USA; Kimberly Gorgens, University of Denver, USA; Maria Novak, University of Denver, USA*

**79 Sports Medical Professionals' Views on Psychological Problems among Injured Athletes: A Qualitative Study Focused on Disagreements among Professionals**

*Tae Horiuchi, The University of Tokyo, Japan;  
Masahiro Nochi, The University of Tokyo, Japan*

**80 Using Psychoeducation to Influence Athletes' Psycho-Emotional Responses to Injury**

*Timothy White, White House Athletics, USA;  
Brandon Orr, AirForce Special Operations Command, USA*

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## Mental Health

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**81 Athletic Coping Skills Can Help Predict Student-Athletes Mental Health**

*Janaina Lima Fogaca, University of Wisconsin-Green Bay, USA;  
Kaylyn Herron, Student, USA; Marc Brown, Student, USA;  
Levi Van Den Busch, Student, USA*

**82 Balancing Exercise and Mental Health in Female Collegiate Teams**

*Katie Califano, Ball State University, USA*

**83 Effects of a Peer-Assisted Physical Activity Program on Depression and Anxiety in College Students**

*Sheila Alicea, St. Edward's University, USA;  
Crystal Stroud, Humboldt State University, USA;  
Justus Ortega, Humboldt State University, USA;  
Alisha Gaskins, Humboldt State University, USA*

**84 Providing Athlete Transition Training and Career Counseling: A Career-based Curriculum Trial with Junior Ice Hockey Players**

*Jaime Sawchuk, University of Western States, USA;  
Conrad Woolsey, University of Western States, USA*

**85 Self-Compassion in the End of Sport Transition**

*Emily Murphy, University of Kentucky, USA;  
Travis Scheadler, University of Kentucky, USA;  
Jeff Reese, University of Kentucky, USA*

**86 The Effects of Mindful Biofeedback Awareness on Cognitive Function of High School Age Elite Athletes**

*Rose Schnabel, University of Toronto, Canada;  
Earl Woodruff, University of Toronto, Canada*

**87 The Psychosocial Correlates of Bulimic Symptomatology Among Retired Female Athletes**

*Stephanie Barrett, University of North Texas, USA;  
Trent Petrie, University of North Texas, USA;  
Alexandra Thompson, NC State University, USA*

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## Non-Sport Performance Applications

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**88 Life on the Edge: A Qualitative Analysis of Performance Factors in Base Jumping**

*Thomas Beckett, AFSC/Magellan, USA;  
Jamie Shapiro, University of Denver, USA*

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## Olympic Sport, International, and Global Perspectives

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**89 Implementing Mental Skills Training in Action Sports Athletes' Preparation for Summer Olympics 2020**

*Daniel Ponti, NAKOA Fitness & Physical Therapy, USA*

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## Professional Development, Supervision, and Mentoring

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**90 A Counselor Educator Approach to Supervising Training Counselors Who Work with Student Athletes**

*Daniel Salois, University of Montana, USA*

**91 Evolving Peer-to-Peer Mentorship in Sport Psychology Graduate Programs**

*Lauren Spatenka, University of Denver, USA*

**92 Professional Identity in Sport and Performance Psychology: A Developmental and Globalized Perspective**

*Alessandro Quartiroli, University of Wisconsin - La Crosse, USA;*  
*Christopher Wagstaff, University of Portsmouth, UK*

**Professional Issues & Ethics**

**93 Sport Psychology Students' Perceptions of Their Professors' Sexual Attractions**

*Tess Palmateer, University of North Texas, USA;*  
*Nick Magera, University of North Texas, USA;*  
*John Walsh, University of North Texas, USA;*  
*Trent Petrie, University of North Texas, USA*

**Research Design**

**94 Examining the Effects of a Mindfulness-Based Biofeedback Intervention in Athletes**

*Frank Perry, Boston University, USA*

**95 Perceptions of Leadership Behaviors in Coaches: Validity of the Leadership Scale for Sports Using Exploratory Structural Equation Modeling**

*Sebastian Harenberg, Ithaca College, USA;*  
*Miranda Kaye, The Pennsylvania State University, USA;*  
*Shelby Anderson, UNCG, USA;*  
*Justine Vosloo, Ithaca College, USA*

**96 The Cost of Teamwork: Neuro-Psycho-Physiological Differences in Individual and Cooperative Video-Game Play**

*Ben Hoyle, University of Central Lancashire, UK;*  
*Jamie Taylor, University of Central Lancashire, UK;*  
*Edson Filho, University of Central Lancashire, UK*

**97 The Development and Evaluation of the Physical Activity Shame Scale (PASS)**

*Kim Rogers, Western Oregon University, USA;*  
*Vicki Ebbeck, Oregon State University, USA;*  
*John Geldhof, Oregon State University, USA;*  
*Chenkai Wu, Duke Kushan University, China*

**Social Justice, Equity, and Inclusion**

**98 Coaches Attitudes towards Lesbian and Gay Male Athletes by Gender and Division**

*Sarah Cook, Pacific University, USA;*  
*Elizabeth Mullin, Springfield College, USA*

**99 Performing Under Extreme Pressure: A Case Study of a Coach Leading a Sport-Based Leadership Program Inside a Medium-Security Juvenile Detention Center**

*Jenn Jacobs, Northern Illinois University, USA;*  
*Zachary Wahl-Alexander, Northern Illinois University, USA;*  
*Tim Mack, Northern Illinois University, USA*

**Tactical Populations**

**100 A Family Affair: Growth Within Injured Veterans and Their Support Networks**

*Shelby Rodden-Aubut, Wilfrid Laurier University, Canada;*  
*Jill Tracey, Wilfrid Laurier University, Canada*

**101 Applying the Revised Model of Applied Model of Imagery in a Military Setting: Cadets Are Similar to Athletes, Dancers and Athletic Trainers**

*Nader Tannir, University of South Carolina, USA;*  
*Eva Monsma, University of South Carolina, USA;*  
*Kyle Silvey, University of South Carolina, USA*

**102 Playing For Keeps: Mental Skills Training for Military Combat**

*Peter Jensen, Aptima, Inc., USA;* *Susannah Knust, Walter Reed Army Institute of Research, USA;* *Laurel Booth, Walter Reed Army Institute of Research, USA;* *Sam Whalen, IMG Academy, USA*

**103 Principles of High Fidelity Simulation and their Application to Police Deadly Force Training**

*John Heil, Psychological Health Roanoke, USA*

**104 What's Stopping You? The Relationship Between Barriers, Self-Efficacy, and Physical Activity Levels in Incumbent Deputy Sheriffs**

*Maria Beitzel, California State University, Fullerton, USA;* *Kathleen Wilson, California State University, Fullerton, USA;* *Jay Dawes, Oklahoma State University, USA;* *Robin Orr, Bond University, Australia;* *Joseph Dulla, Los Angeles County Sheriff's Department, USA;* *Robert Lockie, California State University, Fullerton, USA*

**Teaching**

**105 Effects of Narcissist on Team's Social Loafing: Moderating Effects of Cooperative Learning**

*Mei-Yao Huang, National Taiwan Sporte University, Taiwan;* *Chienchih Chou, University of Taipei, Taiwan;* *Yi-Hsiang Chen, National Taipei University of Education, Taiwan;* *Chung-Ju Huang, University of Taipei, Taiwan*

**106 Improving Student Engagement and Outcomes Through Gamifying the Classroom**

*Andrew White, Hiram College, USA*

**107 Performing When It Counts: Applying Strategic Teaching of Psychological Skills for Active Learning**

*Paula Parker, Campbell University, Exercise Science, USA;* *Heather Deaner, California State University, Stanislaus, USA*

**108 Teaching Sport & Exercise Psychology: Complimenting Content in a Sport & Exercise Psychology Master's Program**

*Leilani Madrigal, Long Beach State University, USA;* *Alison Ede, Long Beach State University, USA*

**109 The Mind Gym: Implementing Mental Skills Training in Inner-City Prep School**

*Kerry Guest, IMG Academy, USA;  
Sheriah Mason, Maryville University, USA*

**110 Using Mindfulness-Acceptance-Commitment to Learning Applied Sport Psychology: A Case Study with an Undergraduate Student-Athlete in a Senior Capstone Practicum**

*Zachary Soulliard, Saint Louis University, USA;  
Michael Ross, Saint Louis University, USA*

**Youth Sport**

**111 Combined Influence of Mothers and Fathers Autonomy-Supportive and Controlling Behaviors on Adolescent Athletes**

*Liam O'Neil, Illinois State University, USA;  
Anthony J Amorose, Illinois State University, USA*

**112 Fitness and Physical Activity As Predictors of Female Middle School Students' Academic Performance**

*Karolina Wartalowicz, University of North Texas, USA;  
Heather Kiefer, University of North Texas, USA;  
Trent Petrie, University of North Texas, USA;  
Kaleb Cusack, University of North Texas, USA;  
Christy Greenleaf, UW-Milwaukee, USA;  
Scott Martin, University of North Texas, USA*

**113 How High School Captains Implemented Leadership Training: A Prospective Longitudinal Multiple Case Study**

*Lauren Walker, Michigan State University, USA;  
Daniel Gould, Michigan State University, USA*

**114 Motivating Morality: Coaching Through an Autonomy-Supportive Environment in Youth Sport**

*Zachary McCarver, University of Northern Colorado, USA;  
Megan Babkes Stellino, University of Northern Colorado, USA*

**115 The High School Blueprint: Considerations for Implementation of a Comprehensive Sport Psychology Program in High School Settings**

*Jeff Ruser, Indiana University, USA;  
Theoklitos Karipidis, Indiana University, USA;  
Dominique Jackson, Indiana University, USA;  
Jesse Steinfeldt, Indiana University, USA*

**116 The Role of Relatedness in Youth Athlete Burnout**

*Megan Wittenberg, University of Northern Colorado, USA;  
Brandonn Harris, Georgia Southern University, USA;  
Jody Langdon, Georgia Southern University, USA;  
Charles Wilson, Georgia Southern University, USA*

**117 Validating the Tenets of Flow with Academically Gifted Sport Participants**

*Emily Heller, Waubensee Community College, USA;  
Darryl Tyndorf, American University School of International Services, USA; Todd Gilson, Northern Illinois University, USA*

**POSTER SESSION II**

**FRIDAY, OCTOBER 25**

EXHIBIT HALL

**Poster Setup - 7:30 AM - 9:00 AM**

**Poster Viewing - 9:00 AM - 7:00 PM**

**Authors Present at Posters -**

**5:30 PM - 6:15 PM (even numbers) &**

**6:15 PM - 7:00 PM (odd numbers)**

**Poster Tear Down - 7:00 PM - 7:30 PM**

**Coaching**

**118 Coach Attitudes and Intentions to Use Sport Psychology for Their Own Benefit**

*Theresa Bianco, Concordia University, Canada;  
William Falcao, Laval University, Canada;  
Matthieu Boisvert, University of Windsor, Canada*

**119 Examining Recovery Experience Among NCAA Coaches**

*Mellanie Nai, University of Wisconsin - Milwaukee, USA;  
Stacy Gnacinski, Drake University, USA;  
Nate Newman, Drake University, USA;  
Barbara Meyer, University of Wisconsin-Milwaukee, USA*

**120 Person-Centered Theory: A Framework for Athlete-Centered Coaching**

*Lauren McHenry, University of Tennessee, USA;  
Rebecca Zakrajsek, University of Tennessee, USA*

**121 Providing Choice Enhances Motor Performance Under Psychological Pressure**

*Takehiro Iwatsuki, Pennsylvania State University, Altoona College, USA;  
Mark Otten, California State University, Northridge, USA*

**122 Rethinking Coaches' Education: An Innovative Training Program for Coaches**

*Sarah Ciosek, Ball State University, USA;  
Miata Walker, Ball State University, USA;  
Dabney Skutt, Ball State University- Social Science Research Center, USA; Allison Abbe, Ball State University, USA;  
Jean-Charles Lebeau, Ball State University, USA*

**123 The Relationship between Coach's Causal Attributions and Coaching Feedback toward Player Performance**

*Mark Lasota, University of New Mexico, USA;  
Mohammed Alshammari, UNM, USA*

**124 Transformational Leadership and Cohesion: Cross-level Moderating Role of Team Trust**

*San-Fu Kao, National Tsing Hua University, Taiwan*

**125 Understanding the American Scholastic Coaching Education Landscape**

*Kristen Dieffenbach, WVU - Athletic Coaching Ed, USA;  
Christina Villalon, West Virginia University, USA;  
Kyle Lucas, West Virginia University, USA*

**Collegiate Sport**

**126 Academic and Athletic Factors of College Athletes' Time Demands**

*Jay Santos, University of Florida, USA;  
Michael Sagas, University of Florida, USA*

**127 After the Final Buzzer: Evaluating the Impact of Athletic Identity and Vocational Identity on Graduating DIII Student-Athletes' Thriving**

*Nicole DeFerrari, University Counseling Center at Florida State University, USA; Mary Jo Loughran, Chatham University, USA*

**128 Applying Self-Talk and Self-Efficacy Interventions to Improve Endurance Performance Based Off Experiences of NCAA Champions**

*Derek Marr, Northern Michigan University, USA*

**129 Athletic Trainer's Knowledge of Traumatic Brain Injury**

*Courtney Duhning, St. John's University, USA;  
Mark Terjesen, St. John's University, USA*

**130 Changes in Identity, Motivation, and Physical Activity During the Transition Out of College Sport: A Pilot Study**

*Erin Reifsteck, University of North Carolina at Greensboro, USA; Jaclyn Maher, UNC Greensboro, USA;  
Jamian Newton, UNC-Greensboro, USA;  
Lenka Shriver, UNC Greensboro, USA;  
Laurie Wideman, UNC Greensboro, USA*

**131 Comparing Religiosity and Athletic Identity Among Collegiate Athletes Attending Religious and Secular Institutions**

*Paul Saville, Azusa Pacific University, USA;  
Jessica Stapleton, Missouri Baptist University, USA;  
Amanda Rymal, California State University - San Bernardino, USA; Cara Scammon, Azusa Pacific University, USA;  
Brooke Gower, Azusa Pacific University, USA*

**132 Competing for Playing Time: The Relationship Between Positional Competition and Social Identity in Collegiate Athletes**

*Justin Worley, Ithaca College, USA; Sebastian Harenberg, Ithaca College, USA; Justine Vosloo, Ithaca College, USA*

**133 Drawing Out the Student-Athlete Voice: Satisfaction with Mental Health Service Availability and Desired Changes**

*William Way, West Virginia University, USA;  
Jack Watson II, West Virginia University, USA*

**134 Establishing Effective Coach-Athlete Relationships to Develop Mental Toughness in NCAA Athletes**

*Shani Jones, California State University, Long Beach, USA;  
Madison Hunt, Long Beach State University, USA;  
Jake Lee, Long Beach State University, USA;  
Leilani Madrigal, Long Beach State University, USA*

**135 Examining Differences in Athletes' Perceptions of Perceived Stress and Recovery Between NCAA Divisions**

*Carly Wahl, University of Wisconsin Milwaukee, USA;  
Stacy Gnacinski, Drake University, USA;  
Barbara Meyer, University of Wisconsin-Milwaukee, USA*

**136 Examining Relationships Between Self-Compassion, Competitive Trait Anxiety, and Athlete Burnout**

*Seongkwan Cho, Texas A&M International University, USA;  
Sibak Sung, Florida State University, USA;  
Yong-Jin Yoon, Yonsei University, South Korea;  
Hun-Hyuk Choi, Korea National University of Education, South Korea*

**137 Exploring How Self-Efficacy Influences Performance in Collegiate Club Rowers During a 2,000-meter Ergometer Test**

*Matthew Dove, Long Beach State, USA;  
Leilani Madrigal, Long Beach State University, USA;  
Joshua Cotter, Long Beach State University, USA;  
Tiffany Vargas, Long Beach State University, USA*

**138 Factors Associated with NCAA Football Players Transitioning Out-of-Sport: An Exploratory Study**

*Bonnie Berger, Bowling Green State University, USA;  
Alyssa Mathews, Bowling Green State University, USA;  
Lynn A. Darby, Bowling Green State University, USA;  
David R. Owen, Brooklyn College of the City University of New York, USA;  
David A. Tobar, Bowling Green State University, USA*

**139 Influence of Sport Confidence on Flow State Among Track & Field and Cross Country Student-Athletes**

*Jeffrey Shulze, Saint Louis University, USA;  
Jordan Collins, Saint Louis University, USA;  
Zachary Soulliard, Saint Louis University, USA;  
Joanne Perry, Novant Health, USA;  
Taylor Montgomery, MVP Training, USA;  
Ashley Hansen, Saint Louis University, USA;  
Michael Ross, Saint Louis University, USA*

**140 Let's Call it Excitement Not Nerves: Using Cognitive Restructuring with Collegiate Athletes**

*Lindsay Nathan, Nova Southeastern University, USA*

**141 Perceptions of Resilience Among NCAA Collegiate Athletes Reporting Higher and Lower Levels of Burnout**

*Megan Wittenberg, University of Northern Colorado, USA;  
Christopher Tomczyk, Michigan State University, USA;  
Daniel Czech, Georgia Southern University, USA*

**142 Pinning the Stigma: Implementation of Sport Psychology Consultation in Collegiate Wrestling**

*Jeff Ruser, Indiana University, USA*

**143 Preference of Coach Leader Behaviour by Nigeria College Athletes**

*Olanrewaju Ipinmoroti, Tai Solarin University of Education, Nigeria*

**144 POSTER WITHDRAWN**

**145 Sources of Stress and Coping Influences on Coherence Scores in Collegiate Athletes**

*Lindsey Poe, Saint Louis University, USA;  
Luke Evans, Saint Louis University, USA;  
Jordan Collins, Saint Louis University, USA;  
Jeffrey Shulze, Saint Louis University, USA;  
Ashley Hansen, Saint Louis University, USA;  
Taylor Montgomery, MVP Training, USA;  
Joanne Perry, Novant Health, USA;  
Michael Ross, Saint Louis University, USA*

**146 State-Based Versus Trait-Based Body Appreciation Among Student-Athletes**

*Zachary Soulliard, Saint Louis University, USA;  
Hannah Fitterman-Harris, Saint Louis University, USA;  
Lindsey Poe, Saint Louis University, USA;  
Joanne Perry, Novant Health, USA;  
Michael Ross, Saint Louis University, USA*

**147 Swimsuit Choice: Collegiate Female Swimmers' Perspective on Body Image and Training Apparel**

*Danielle Wong, Long Beach State University, USA;  
Alison Ede, Long Beach State University, USA;  
Leilani Madrigal, Long Beach State University, USA;  
Tiffanye Vargas, Long Beach State University, USA*

**148 The Relationship between Athlete Burnout and Grit in NCAA Division I Athletes**

*Kelly Renner, Franklin University, USA;  
Amber Shipherd, Texas A&M University - Kingsville / Next Level Mind Consulting, USA;  
Itay Basevitch, Anglia Ruskin University, UK*

**149 Upperclassmen versus Underclassmen: Assessing the Differences in Sources of Confidence in Division I Field Hockey Athletes**

*Jordan Collins, Saint Louis University, USA;  
Jeffrey Shulze, Saint Louis University, USA;  
Ashley Hansen, Saint Louis University, USA;  
Taylor Montgomery, MVP Training, USA;  
Joanne Perry, Novant Health, USA;  
Michael Ross, Saint Louis University, USA*

**150 Who Is Responding to the Call for Research? Survey Participation Rates in NCAA DI Athletics**

*Miranda Kaye, The Pennsylvania State University, USA*

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**Consulting & Interventions**

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**151 An Application of the Leadership Scale for Sport and the Authentic Existential Coaching Model in Collegiate Athletics**

*William Ryan, AFSC, USA*

**152 Applying PETTLEP-based Imagery to Improve Sport Performance**

*Tucker Woolsey, University of Western States, USA;  
Conrad Woolsey, University of Western States, USA;  
Stephen Walker, Director: Podium Performance Academy / Podium Sports Journal, USA; Vincent Lodato, National Sports Performance Institute, USA; Scott Strohmeier, University of Central Missouri, USA*

**153 Associations Between Engagement and Outcomes in Mindfulness-based Interventions for Athletes**

*Megan Hut, Catholic University of America, USA;  
Thomas Minkler, Catholic University of America, USA;  
Carol Glass, The Catholic University of America, USA*

**154 Mindfulness Training for Athletes: Feasibility, Acceptability, and Effectiveness from Within an Athletic Department**

*Thomas Minkler, Catholic University of America, USA;  
Carol Glass, The Catholic University of America, USA*

**155 Beyond the Tackle: A Psychoeducational and Team Building Approach for Community College Football Teams**

*Makenna Henry, Orange Coast College, USA;  
Leilani Madrigal, Long Beach State University, USA*

**156 Diving into Consulting: Reflections of Two Neophyte Consultants' Immersive Experience with a NCAA Division III Intercollegiate Diving Team**

*Jasmine Haas, Ithaca College, USA;  
Justin Worley, Ithaca College, USA;  
Shelby Anderson, UNCG, USA; Allie Yule, USA;  
Justine Vosloo, Ithaca College, USA*

**157 Investigating the Effectiveness of an Imagery Assisted Virtual Reality Protocol for Soccer Goal Keepers Physical and Psychological Development**

*Lindsay Ross-Stewart, Southern Illinois University Edwardsville, USA; Megan Mottola, Southern Illinois University Edwardsville, USA; Jeff Price, Southern Illinois University Edwardsville, USA; Hailey Grider, Southern Illinois University Edwardsville, USA*

**158 Experiences in Training and Utilization of Debriefing in Applied Sport Psychology**

*Megan Byrd, Georgia Southern University, USA;  
Stefanee Maurice, California Polytechnic State University, USA; Melissa Searle, California Polytechnic State University, USA; Salena Garcia, California Polytechnic State University, USA; Jo Brauer, California Polytechnic State University, USA*

**159 Mindfulness Skills Training for Elite Adolescent Athletes**

*Kallista Bell, Private Practice, Comox Valley, BC, Canada;  
Keith Hamilton, Simon Fraser University, Canada;  
David Cox, Simon Fraser University, Canada*

**160 Oh Snap: The Use of Technology for Brief Contact Interventions**

*Jen Schumacher, United States Military Academy, USA;  
John Plumstead, United States Military Academy, USA;  
Eric Biener, University of Missouri, USA*

**161 Pressure Training in Sport and High-Risk Occupations: A Systematic Review and Meta-Analysis**

*William Low, University of Essex, UK;  
Gavin Sandercock, University of Essex, UK;  
Paul Freeman, University of Essex, UK;  
Joanne Butt, Sheffield Hallam University, UK;  
Marie Winter, University of Essex, UK;  
Ian Maynard, University of Essex, UK*

**162 Putting Data into Action: Acceptance Based Approaches in Track & Field**

*Michael Clark, University of Wisconsin-Milwaukee, USA;  
Travis Love, UW-Milwaukee, USA*

**163 The Benefits of Sport Psychology Consulting with a Collegiate Club Dance Team**

*Aleia Campbell, Southern Illinois University Edwardsville, USA;  
Virginia Kjer, Southern Illinois University Edwardsville, USA;  
Parker Hardcastle, Southern Illinois University Edwardsville, USA;  
Victoria Roberts, Southern Illinois University Edwardsville, USA;  
Karen Swanner, Southern Illinois University at Edwardsville, USA;  
Lindsay Ross-Stewart, Southern Illinois University Edwardsville, USA*

**164 The Relationship between Age Difference and Mental Toughness and Coping Skills in Adolescent Club Volleyball Players**

*Kim Tolentino, Long Beach State University, USA;  
Joanny Valerio, Long Beach State University, USA;  
Courtney Speakman, Long Beach State University, USA;  
Tiffanye Vargas, Long Beach State University, USA;  
Leilani Madrigal, Long Beach State University, USA*

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**Diversity & Culture**

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**165 A Phenomenological Study: Social Support Processes of Female Student Athletes After an Abortion**

*Sasa Vann, Ball State University, USA;  
Jean Marie Place, Ball State University, USA;  
Lindsey Blom, Ball State University, USA;  
Rachel Kraus, Ball State University, USA*

**166 Baywatch or First Responders? Diving into Trauma and Gender Inequality Experienced by Ocean Lifeguards**

*Darielle Watkins, Long Beach State University, USA;  
Leilani Madrigal, Long Beach State University, USA;  
Tiffanye Vargas, Long Beach State University, USA;  
Alison Ede, Long Beach State University, USA*

**167 Exploring the Experiences of Military Adaptive Athletes in Sport and Physical Activity**

*Amanda Leibovitz, Epic Wellness, USA;  
Taylor Casey, University of North Texas, USA;  
Scott Martin, University of North Texas, USA*

**168 Mind, Body, and Soul: A Foundational Model of Performance**

*Mark Cheney, Faith Lutheran MS & HS, USA*

**169 Qualitative Exploration of the Ideal Body and Appearance Role Models Among Athletes with Physical Disabilities**

*Alexandra Rodriguez, University of Wisconsin-Milwaukee, USA;  
Alison Ede, Long Beach State University, USA;  
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Angel Villaseñor, Department of Psychiatry and Psychology, Hospital Infantil Universitario Niño Jesús de Madrid, Spain;  
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