

AASP 2012 Conference Recap

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**Jonathan
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I am honored to provide both a review and reflection on the 27th AASP Annual Conference recently held at the Hilton in Atlanta, Georgia. This was the first conference managed by our new Executive Director, Kent Lindeman, and his Holland-Parlette Associates staff, Jill Thompson and Audra Stewart. Kent, Jill, Audra, along with Bonnie Berger and Brent Walker deserve significant appreciation for overcoming hotel challenges and delivering a polished conference experience. With all meeting rooms on a single floor, the accommodations provided an intimate and ideal networking experience that has come to exemplify the AASP conference. Based on post-conference survey results and informal comments, the record number of attendees

received an exceptional professional development experience. Attendees appeared to particularly appreciate the networking opportunities, organization, AV services, length of sessions, and hotel facilities. Those surveyed also seemed to indicate a desire for more time for discussion and interaction, which is something we will consider as an Executive Board for future conferences.

Three substantive workshops were provided in conjunction with the conference to provide AASP members opportunities to meet certification or recertification requirements, obtain APA continuing education credits, or simply experience

formalized and targeted professional development. Essentials of Mentorship, Treatment of Trauma in Sport, and Applied Sport Psychophysiology & Optimal Performance



Kate Hays talks to students during the new "Meet the Professionals" luncheon.

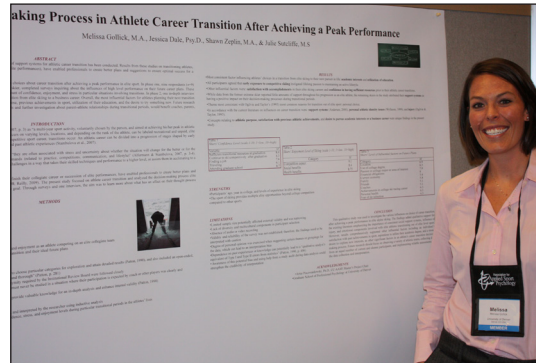
served as the topics offered at this year's conference. Betty Weibel and Jennifer Reece of Yopko Penhallurick, AASP's public relations firm, also offered a workshop focused on media interview practice. Additionally, Ed Etzel provided a face-to-face meeting to culminate an official online course offered by AASP focused on professional ethics in sport and exercise psychology.

Conference programming began in earnest on Wednesday afternoon with three consecutive blocks



Bringing Sport to Life: Using Experiential Learning to Enhance Sport Psychology Team Workshops

of six concurrent sessions. The conference officially opened with a thoughtful welcome from President Jack Lesyk, a conference overview from Past-President Bonnie Berger, and a now established AASP tradition – the international flag ceremony - led by Stephanie Hanrahan. With the addition of three countries this year, 42 flags proceeded to represent the international diversity represented in the AASP membership. Joan Duda delivered the anchor leg of the conference welcome with the Coleman Griffith Lecture entitled Theory, Research and Practice in Sport and Exercise Psychology: Tales of a Comfortable and Conducive Synergy. Dr. Duda provided an excellent description of how she has drawn from multiple motivational theories and supporting scholarship to design and implement an intervention entitled Empowering Coaching™. She detailed how principles of self-determination and achievement goal theories have been utilized to structure coaching education and influence motivation of youth sport participants throughout Europe.



Melissa Gollick shares her research during the first of two very active poster sessions at AASP 2012.

Continuing AASP tradition, several exceptional and renowned scholars and professionals delivered keynote lectures throughout the conference. Ken Fox presented the Health & Exercise Psychology Keynote entitled Taking Exercise Psychology into Public Health Research and Practice, where he drew on his vast scholarly experience to discuss his latest work on physical activity promotion with older adults. The Performance Psychology Keynote, co-presented by Colleen Hacker and Tony DiCicco, was entitled Gold Medal Partnership: Collaboration and Integration for Sustained Excellence and provided an exceptional

example of an effective relationship between performance consultant and coach. Dr. Hacker detailed her philosophical and theoretical approach, as well as intervention strategies and techniques she used, as a performance enhancement specialist with the United States Women’s National Soccer Team. As head coach of the US Women’s National Team for six years, Coach DiCicco’s reflections provided a unique perspective of mental training and served as an affirmation of the synergy that can be established between consultant and coach.

Both presenters shared anecdotes, which provided vivid examples of sport psychology at work within an elite environment. The Social Psychology Keynote delivered by Reed Larson, entitled Positive Development in Sports: The Active Minds of Youth, focused on adolescents’ experience of positive development in structured, voluntary, after-school activities.



Colleen Hacker and Tony DiCicco’s standing room only “Gold Medal Partnership: Collaboration and Integration for Sustained Excellence” keynote was one of the highlights of AASP 2012.

Conference Statistics

Total Attendees:	901*
Members:	475
Nonmembers:	14
Students:	382
Undergraduate Day:	30
Onsite Registrations:	164

***Atlanta is the largest conference in AASP history!**

Dr. Larson discussed the structure of the adolescent brain and how effective program leaders and coaches facilitate the adolescent learning process. The Invited



Barry University students enjoying the Graduate Program Fair.

Diversity Address, entitled The Tanning of the Global Sportsworld: Assessing, Measuring and Analyzing the Cultural Performance of Diverse Human Beings, was given by Keith Harrison. Dr. Harrison offered a lively lecture on the phenomenology of African Americans in sport, with a particular emphasis on: (a) male and female student-athletes, (b) the need for more African American men and women in leadership roles in Division I



Two student members at AASP 2012.

sports, and (c) his work assisting minority male athletes in developing a matured student, athlete, and professional identity. The core message of his lecture was the need to “affirm” African American student-athletes’ racial, cultural, and athletic stress while creating an environment that matches their athletic, professional, and personal goals.

Pierre-Nicolas Lemyre, Margaret Ottley, Montse Ruiz, Roland Seiler, and Stephanie Hanrahan delivered the Invited International Symposium entitled Sport and Exercise Psychology Practitioners Working Internationally: Challenges and Benefits. The session provided interesting insights based on collective work in Australia, Norway, Spain, Finland, Caribbean, Switzerland, Mexico and Argentina.

Jack Watson delivered the Presidential Address, AASPIrations for a Bigger Tomorrow. Dr. Watson’s address highlighted the importance of return on engagement. He posed provocative questions such as: what portion of our membership is engaged with



Bob Harmison gives advice and guidance to students.

the issues of importance to the organization, are members talking about the organization, are members leading initiatives within the organization, and are they staying actively involved with the organization? He also highlighted the importance of measuring return on engagement to increase accountability toward meeting the objectives articulated in our recent Strategic Plan. His central initiative for the remainder of his service will be to advance certification to add value to AASP’s defining credential. Immediately following Dr. Watson’s address, Dr. Lesyk led the annual AASP Business Meeting. Two motions were approved at this meeting (see page 38 for a review of the two motions).

The opening and closing banquets were well attended and provided many networking



Jack Lesyk was recognized for his outstanding leadership as AASP President in 2011-2012 during the Closing Banquet.



AASP Past Presidents during their annual luncheon.

opportunities given the space and layout. The Award Ceremony recognized recipients of the Dorothy V. Harris Memorial (David Fletcher), Doctoral Dissertation (Christina Heilman & Peter Olusoga), Master's Thesis (Candice Hogue), Distinguished Student Practice (Jessica Dale), and Student Diversity (Edson Medeiros Filho & Itay Basevitch) awards. During the Certified Consultant breakfast, 30 new Certified Consultants were introduced. Also, Ken Hodge, Maria Newton, Jack Watson, and Sam Zizzi were recognized as new Fellows.

The conference ended on a high note with an Elite Athlete Panel featuring Marcus Pollard (former NFL tight end), Tyler McGill (US Swimming Olympic Gold Medalist), and David Eckstein (MVP of the 2006 MLB World Series) who shared their stories during the panel interview titled Tales from the Trenches: Elite Athlete Perspectives on the Mental Game (see the Performance Psychology Interview Review article on page 14). Brent Walker moderated the lively discussion, which demonstrated the consistencies in mental

preparation and control across three unique sports at the elite level. The flow of the discussion was dynamic and engaging. Based on feedback from audience members, this was an experience that will resonate and should be considered for replication in subsequent conferences.

We are excited to present the AASP experience in New Orleans in 2013. The overall schedule will continue; however, we will include the closing banquet as the culminating event instead of on Friday as it was in Atlanta. ■



Christina Heilman receives her AASP 2012 Dissertation Award from Jack Watson.

AASP Webinar: Starting & Sustaining Your Private Practice

Wednesday, January 23, 2013

Length of session: 60 minutes

1:00 pm Eastern (12:00 pm Central, 11:00 am Mountain, 10:00 am Pacific; this is 17:00 GMT/UTC) International attendees should convert the time accordingly.

Speakers: Carrie Cheadle, M.A., CC-AASP, carriecheadle.com, & Jack J. Lesyk, Ph.D., CC-AASP, Ohio Center for Sport Psychology

Registration Coming Soon!

Please check <http://www.appliedsportpsych.org/> for more information to come!

AASP Membership Renewals

Don't forget to renew your AASP Membership for 2013! Renew online beginning January 1, 2013.

****Remember to renew by February 15 to avoid the \$25 membership late fee.****

If you have any questions regarding your membership, please contact AASP at (317) 205-9225 or via email at info@appliedsportpsych.org.