

2016 AASP Northeast Regional Conference Final Report

To Whom it May Concern:

The 2016 AASP Northeast Regional Conference took place at Springfield College on Friday and Saturday April 29th and 30th. This report provides some important information regarding the conference.

Number of Attendees: 60

Undergraduate Students: 3

Graduate Students: 43

Professional: 8

Springfield College Alumni: 6

Number of Schools Represented: 12

The conference program included:

- 3 Keynote Presentations
 - Dr. Shane Murphy - *Becoming a Sport Psychologist: Lessons Learned*
 - Dr. Amy Baltzell - *Addressing the Gap: Mindfulness & Self-Compassion for Athlete Distress in Sport*
 - Angela Veatch - *Tips and Tricks: Effective Facilitation for Groups and Teams*
- 2 Workshops
- 1 Roundtable
- 1 AASP Involvement Session
- 1 Honorarium Presentation
- 5 Lecture Sessions consisting of 14 accepted student presentations
- The conference also included a conference dinner and attendee social, which included a trivia game.

According to a post-conference survey sent out to attendees, things that were most enjoyed at the conference included:

- Excellent programming
- Dr. Shane Murphy keynote (suitable for audience)
- Dr. Amy Baltzell keynote (engaging and funny)
- Angela Veatch keynote (hands on experience for participants)
- Seeing excellent speakers and presenters
- Meeting people, making connections with students and other professionals, and networking
- Variety of presentations
- Attendee social
- Conference was well-organized



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- Location had good parking, easy to get around, space to meet and talk with other attendees
- Inclusion of breakfast/lunch

The conference grant of \$500 was used to fully cover the following expenses:

Keynote Hotel Rooms	\$338.08
Keynote Gift baskets	\$85.12

Grant money also went towards partially funding:

Food (Lunch)	\$378
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On behalf of the conference planning committee, I want to thank you for providing us with the funding which made it possible to hold this successful and valuable conference.

Thank you.

Sincerely,
Taryn Brandt, Conference Planning Chair