

Conference Recap

The 2016 Association for Applied Sport Psychology (AASP) West Regional Conference was hosted by California State University, Fullerton on April 22nd-23rd. The conference drew 127 total attendees that included students, faculty, and professionals from a diverse range of academic disciplines. The conference program featured a pre-conference workshop, 2 keynote presentations, 8 invited presentations, 9 abstract presentations, and a networking social dinner.

The conference opened with a pre-conference workshop titled, “It’s All Fun and Games: Using Initiative Based Activities to Promote Team Cohesion,” which was presented by Dr. Traci Statler, Zach Brandon, and Jen Schumacher of California State University, Fullerton. In total, 26 people attended the workshop that highlighted the process of implementing and debriefing three different initiative activities. The Friday evening keynote presentation titled, “Grey,” was delivered by Cecilia Clark who is a Performance Coach for the Cleveland Indians. In her presentation, Cecilia shared her experiences as a female operating in predominantly male working environments and the lessons she has learned to help her navigate its challenges. The Friday evening session concluded with two invited presentations where one discussed how to apply a theoretically-supported mindfulness intervention to a collegiate volleyball team and the other involved sharing strategies for creating an effective mental training session.

The Saturday portion of the conference opened with a bang when Justin Su’a, a Mental Performance and Leadership Coach for the Boston Red Sox, delivered his keynote presentation titled, “The Process: Failing and Learning Along the Way.” During his presentation, Justin highlighted 6 principles that can help performers, of all domains, achieve success and maintain consistency. The Saturday slate of the schedule was full of abstract presentations that covered a diverse range of topics within the field of sport, exercise, and performance psychology. Topics included: Coping methods during injury rehabilitation, motivational interviewing techniques, Esports, Brazilian Jiu-Jitsu, hostile aggression, transition experiences for collegiate athletes, the role of touch on team cohesion and performance, and the influence of exercise on Post-Traumatic Stress Disorder. In addition to the abstract presentations, the conference organizers also invited a number of professionals within the field to discuss their experiences working with a diverse range of performers. The invited presentations discussed topics such as common myths in sports, mental training for military personnel, consulting on the PGA Tour, delivering a day-long mental skills workshop, and adapting mental skills to meet the needs of unique performance populations. The conference concluded with a featured presentation by CSUF Professor Emeritus and sport psychology pioneer, Dr. Ken Ravizza, who shared his reflections and lessons learned from consulting for over 40 years.

In terms of student development, there were 11 student-led presentations that gave, in total, 22 students an opportunity to present their work in a professional setting. There was also a networking social dinner on Friday evening that gave students an opportunity to connect with faculty and professionals within the field.

Conference attendees' verbal and written feedback at the conclusion of the event suggested that the primary highlights included the pre-conference workshop, keynote presentations, the quality of invited speakers, and the overall organization and hospitality of the conference organizers. Attendees appreciated the diverse range of presentation topics and the opportunities to meet and connect with professionals throughout the event. Pre-conference workshop attendees were grateful for being provided with handouts that featured a description of each initiative activity including the process for debriefing each. Finally, a number of attendees expressed an appreciation and admiration for the "family-like" atmosphere that both students and professionals of California State University, Fullerton demonstrated throughout the weekend.

Itemized Budget for Award Money

\$500 Grant awarded by the Association for Applied Sport Psychology (AASP):

- \$250 toward Keynote presenter (Cecilia Clark) travel expenses - (covered 40% of costs, additional department and university funds used for remaining costs)
- \$250 toward Keynote presenter (Justin Su'a) travel expenses - (covered 50% of costs, additional department and university funds used for remaining costs)

Conference Attendee Information

Number of Attendees: 127

Number of Student Attendees: 105

Number of Doctoral Students: 8

Number of Master's Students: 42

Number of Undergraduate Students: 55

Number of Faculty Attendees: 10

Number of Professional Attendees: 12

States Represented: Arizona, California, Colorado, Florida, Missouri, Nevada, North Carolina, and Ohio.

Schools Represented: 21

California Lutheran University

California School of Professional Psychology

California Southern University

California State University, Chico

California State University, Fullerton

California State University, Long Beach

California State University, Monterey Bay

California State University, Northridge

John F. Kennedy University

Midwestern (AZ) University
National University
Pepperdine University
Point Loma Nazarene University
University of California, Irvine
University of California, Los Angeles
University of California, Santa Barbara
University of Denver
University of Missouri
University of Nevada, Las Vegas
University of the Rockies
Whittier College

Academic Disciplines Represented: Business, Counseling, Health Science, Kinesiology, Psychology

Number of Student Conference Presentations: 11

Number of Student Presenters: 22