

2017 AASP West Regional Conference

The 2017 AASP West Regional Conference was held over two days at John F. Kennedy University (JFKU) on April 21-22, 2017. The conference brought in a total of 58 on-site attendees that included 47 students and 13 professionals. In addition, this was the first ever AASP regional conference to live-stream, which brought in an additional 20 online attendees. Student attendees represented John F. Kennedy University; California State University, Long Beach; California State University, Chico; Alliant International University; University of Kansas; University of Tennessee, Knoxville College; Sacramento State University; Sonoma State University; Stanford University; Temple University; and Ohio State University.

The conference kicked off with “The Critical Role the Triad Plays in an Athlete’s Success”, a pre-workshop conducted by Dr. Michelle Cleere, based on the relationship between athletes, their parents, and coaches. The keynote addresses included “When Olympic Medals Are On The Line, Even the Sport Psychologist Must Be On”, presented by Dr. Karen Cogan; “Exercise and Sport Psychology: To Infinity and Beyond”, presented by Dr. Michael Sachs; and “The Truth About Sexual Assault & Athletes - The Real Problem and the Comprehensive Solution”, presented by Dr. Mitch Abrams.

Along with keynote presenters, students were able to select between two presentations during three total breakout sessions with distinguished speakers from around the country, including one speaker from Canada. Topics focused on applied professional work in the field, and included topics such as emerging trends in sport psychology, athletes and eating disorders, diversity and inclusion in sport, and working in the MLB as a female consultant.

There were eight research presentations at the conference, five of which were from JFKU students. Students were able to take questions, and receive feedback on their research from fellow students, and other professionals in the field.

After the conference, the conference planning committee invited the online and on-site participants to take a survey regarding the conference. Of the online participants that completed the survey, they were overall happy with the ease of use of the online streaming platform, organization of the event, and presentations. There were a few requests that the pre-conference workshop be streamed online as well. Of the on-site participants, there was a large positive response that the conference was easy to register for, had relevant topics, great presenters, and very well organized.

The conference planning committee was successful in securing donations and sponsorships for many of the promotional and food items featured at the conference. They were also successful in securing funds from the JFKU’s student government association in support of the student-led conference. At the completion of the conference, the committee raised over \$2,000 in profit, which is quite a feat considering that most of the speakers were flown in. These funds will be given to the Sport Psychology Students at JFKU for use in future projects, student expenses to the annual AASP conference, and hopefully a future regional conference.

2017 AASP West Regional Sport Psychology Conference Attendance Breakdown

- Total Attendees: 80
 - Students: 58
 - 47 onsite attendees
 - 11 live streamers
 - *Unfortunately, we were unable to determine which were undergraduate, master's, and graduate students.*
 - Professionals: 22 (+ 11 speakers)
 - 13 on-site attendees
 - 9 live streamers

- List of Schools Represented
 - Alliant International University
 - California State University, Chico
 - California State University, Long Beach
 - John F. Kennedy University
 - Knoxville College
 - Ohio State University
 - Sacramento State University
 - Sonoma State University
 - Stanford University
 - Temple University
 - University of Kansas
 - University of Tennessee