

AASP International Regional Conference Summary – McGill University

It is with great pleasure that McGill University hosted the 22nd annual Eastern Canada Sport and Exercise Psychology Symposium: An AASP International Regional Conference on from March 22nd to 24th 2018. The mission of ECSEPS is (a) to provide students in the field of sport, exercise, and health psychology the opportunity to present their proposed, ongoing, and completed research projects in a high quality, inclusive, safe, and respectful environment; and (b) to promote networking and collaborations with peers and prospective supervisors, all in an environment that is conducive to growth and development.

This year's iteration featured an opening ceremony commencement speech by ECSEPS founder and AASP executive board member Dr. Natalie Durand-Bush titled "An account and celebration of ECSEPS 22-year journey", a word from our top sponsor Mr. Sean Finn representing CN Rail and two excellent keynote speakers. The exercise psychology keynote address, delivered by Dr. Lise Gauvin, was titled "Promoting physical activity and healthy eating: Making the most of interdisciplinary and intersectoral perspectives". The sport psychology keynote address, delivered by Dr. Jean Côté, was titled "Translating knowledge into action: A program of research on athlete development".

Notably, the conference was attended by 198 students, six postdocs, 31 faculty members, and four professional attendees (total: 239 attendees), representing universities all over eastern Canada, the United States, and Europe. Of these attendees, 26 undergraduates, 114 masters, 27 doctoral students presented proposed, ongoing, or completed research projects (total: 167 presentations). This record breaking number of presentations necessitated four concurrent sessions over two days (total: 35 sessions), which covered a variety topics related to *sport psychology* (e.g., "coaching", "mental health in sport", and "applied sport psychology"), *exercise and health psychology* ("physical activity interventions", "sedentary behaviour" and "physical activity and cancer") and *pedagogy* (e.g., "physical education and disability" and "social justice"). Lastly, the attendees were offered a research skills workshop led by Dr. Jeffrey Caron titled "Qualitative Research: Building your research skills".

In order to meet the second part of our mandate, ECSEPS featured a number of social events to promote networking throughout the three-day conference. First, the conference started with a "welcome reception" designed to quickly immerse the attendees in a comfortable setting. Second, the faculty members and postdoctoral fellows were invited to attend a "faculty social", featured for the first time this year, and the students were invited to attend a "student social" effectively promoting networking and collaboration at all levels in an informal and relaxed environment. The final social event was the closing Banquet which was attended by almost 90% of our attendees. The last notable feature was a meeting of the minds between all the faculty members and postdoctoral fellows to discuss the Future of ECSEPS.

On behalf of the 2018 ECSEPS organizing committee, we would like to thank AASP for financially endorsing this international regional conference. Your generous grant went towards (a) reimbursing a keynote speaker for his travel costs, (b) purchasing four speaker gifts, and (c) providing our attendees with namebadges.

Sincerely,

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