

Southeast Regional Conference Report

The 2019 Southeast Regional AASP Conference took place at Georgia Southern University on Friday, March 29 and Saturday, March 30.

The conference included 70 attendees including undergraduate, graduate, and doctoral students, as well as professionals in the southeastern United States. The breakdown of attendees are as follows:

Undergraduate: 15
Graduate: 38
Doctoral: 2
Professionals: 15

Some of the schools represented at the conference included Georgia Southern University, Florida State University, Barry University, University of North Carolina at Greensboro, Johnson University, St. Andrews University, and Winston-Salem State University.

Some of the professional organizations represented were the International Junior Golf Academy (IJGA), Gary Gilchrist Golf Academy, FIT Statesboro, Tormenta FC, and Brooks Kerr Consulting, LLC.

The conference program included:

2 Keynote Presentations:

- Amber Brooks, Brooks Kerr Consulting, LLC
- John Miglarese, Tormenta FC

5 Lectures
4 Workshops
1 Panel Discussion
7 Posters

13 of these were presented by current graduate and doctoral students.

The conference grant of \$500 was used to fund the honorarium for the Keynote presenters, Amber Brooks and John Miglarese.

Conference Recap

The 2019 Southeast Regional Association for Applied Sport Psychology Conference was hosted by Georgia Southern University on March 29th and 30th. Students, faculty, and sport psychology professionals in attendance represented a diverse number of programs and businesses throughout the southeastern region of the United States. Conference programming consisted of applied workshops, lectures, keynote presentations, and poster presentations, which highlighted several advancements within the profession. Attendees were also invited to participate in a social event as an additional avenue to network and develop relationships with other students and professionals.

Amber Brooks was the featured speaker for Friday's portion of the conference. She spoke about a variety of topics, while giving an informative and entertaining account of her experiences entering into the field as a young professional. She recounted her experiences from childhood to graduate school and how she used them to stay driven when faced with the difficulties one might experience while trying to start a business. Not only did she offer words of motivation, but she also explained possible routes one may take in order to achieve their goals in the sport and exercise psychology field. Other topics addressed included marketing oneself and how mental skills consulting can translate to other fields. Overall, Amber Brooks was an engaging speaker who delivered a valuable message that captured the audience.

Saturday's keynote speaker, Coach John Miglarese, was just as appealing. Coach Miglarese serves as the Head Coach and Vice President of Player Development for the USL League One's Tormenta FC located in Statesboro, Georgia. He gave a fantastic talk about his experience and shift from being a transactional coach to a transformational coach. He also spoke about the pivotal role sport psychology has played in this change. Some topics addressed include the influence that values, communication, and trust can have on the success of a team. Coach Miglarese also offered beneficial advice about how one can present sport psychology to coaches who may be unfamiliar with it or who may not see it as something useful for the team. This information was especially important as many young professionals and students who must undergo this process were in attendance.

The workshops presented were incredibly engaging and allowed attendees the opportunity to experience sport psychology in action. One such workshop allowed attendees to wear Nike strobe glasses while catching a tennis ball. Additional workshops presented included the use of goal setting in athletic academic advising, the development of an accountability program to increase youth golfer's motivation, and the importance of multicultural competency within the client-consultant relationship. These sessions were particularly valuable as those intending to pursue a career in sport psychology could incorporate the workshop activities in planning future interventions. Other notable presentations at the conference included the initial construct validation for a measure of meaning in sport, an exploration of injured athletes' isolation experiences, a discussion of personal development during graduate training, and the potential use of augmented reality in future imagery training. Undergraduate and graduate students were also able to benefit from a discussion of how to find a mentor in working toward CMPC certification. This information was extremely relevant given many students have additional supervised hours to fulfill after they have completed graduate training. Information provided included how to

reach out to a mentor, evaluating the compatibility between mentor and mentee, defining the terms of the relationship, and managing supervision that is not always face-to-face. Attendees of the conference provided a great deal of positive feedback regarding the organization of conference programming as well as the overall content presented. The variety of topics presented at this conference highlighted the continual growth of the field of sport psychology through research and applied work.