

4/4/2023

2023 AASP West Regional Conference Final Report

To Whom it May Concern:

The 2023 AASP West Regional Conference hosted by California Baptist University took place on Friday, March 10th and Saturday, March 11th, 2023. This report provides some important information regarding the conference.

Total Registered: 98**Number of Attendees: 80**

- Attendees Day 1: 63
- Attendees Day 2: 50

Students: 67

- Current/Future CBU Graduate Students Registered: 26
- Other College/University Students Registered: 41

Professionals: 26

- CBU Affiliated Alumnus/Faculty Registered: 9
- Other: 17

Number of College/Universities Represented: 21

- CSU, Northridge
- Pitzer College
- Chaffey College
- CSU, Long Beach
- San Diego State University
- Mary Baldwin University
- CSU Fullerton
- Grand Canyon University
- California Baptist University
- Long Beach State University
- Vassar College
- CSU, Chico
- University of Connecticut
- Cal Poly San Luis Obispo
- Cal Poly Pomona
- Chapman University
- North Central University

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- AMDA College and Conservatory of the Performing Arts
- CSU, Channel Island
- BYU
- Utah Tech University

The conference program included:

• 3 Keynote Presentations

- Dr. Carrie Hastings, Los Angeles Rams Team Psychologist
- Chris Stewart, Former MLB Player
- John Abdou, Associate Athletic Director of Health, Wellness, and Sport Performance

• 8 Oral Presentations

• 1 Panel

- Elite Athlete Panel
 - o comprised of USA Swimming athlete, Polytechnica Lasi - Lasi, Romania and Agri Club Kenitra - Kenitra, Morocco, and USA Figure Skating

Dr. Carrie Hastings was the first of our three keynote speakers. Dr. Hastings is the Team Psychologist for the Los Angeles Rams and the CEO of Sport Psychology by Carrie Hastings. During the 2023 West Regional Conference Dr. Hastings spoke on her personal path to get to where she is at. She incorporated messages on how we can continue to persevere through hardships to find successes.

Following Dr. Hastings on Day 2 was Chris Stewart. He discussed his journey from playing youth baseball, to becoming an established major leaguer. He explained how even though he was not a highly scouted player, he was able to work through this doubt, and be ready when the opportunities presented themselves to climb the ranks of baseball. Along the way, he shared valuable life lessons he learned such as controlling the controllable in his life, and how he incorporated his faith into baseball. He explained how everyone has a different platform in their life, and that his happened to be baseball in order for spread the word of God. He finished by answering questions regarding key sports psychology topics. These included skills such as letting go of poor performances, keeping his teammates focused, and incorporating other aspects of other talented players games into his own.

The Elite Athlete Panel included three female athletes that performed at high athletic levels. Former USA Swimming, USA Figure Skating, and International Basketball were all represented. The panelists spoke about the mental aspect of sports, including going through hardships, injury recovery, and, of course, their successes. Moreover, the panel focused on ethical issues such as gender dynamics amongst team and specifically working with a coach of an opposite gender.

Lastly, to close out Day 2 and the conference, John Abdou discussed his role as Chief High Performance Officer for the USA Water Polo women's national team and his new role as Associate Athletic Director of Health, Wellness, and Sport Performance at UC Irvine. He depicted the mental health crisis in sport that was brought to the forefront in the 2020 Olympic Games and how he saw that journey not only affect his athletes, but him as well. He also discussed the importance of the team performance psychologist and the benefit the role can have within a team. He emphasized how effective integration amongst a team's support staff, over competition breeding collaboration, is crucial to team success at the elite level. John above all, inspired the crowd and provided a vision for what the field of sport and performance psychology will likely look like in the future.

Both days there was an allotted time for breakfast and lunch that was served, which allowed the time for attendees, panelists, and keynotes to interact with the attendees and answer any questions or for attendees to network with each other.

In conclusion, the 2023 AASP West Regional Conference was a true vessel for learning, networking, and gaining insight into the field of sport psychology. CBU is grateful to have had the opportunity to host this conference a second time and hopes to do so again in the future.

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

- The Keynote speakers and the professionalism and perspective they provided as it relates to the field of sport and performance psychology, especially those given by top-tier professionals such as Dr. Carrie Hastings.
- The amount of applicable content to the sport and performance psychology career path as well as other psychology practices.
- The overall flow and structure of the conference which allowed for ample rest and/or networking opportunities.
- The Elite Athlete Panel and the opportunity for the audience to ask questions.

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Budget:

- Total cost for event: \$2896.90 (Breakfast and Lunch for both days)
- Funds used to cover cost
 - \$500 AASP Grant
 - \$1,790 in AASP registration fees
 - CBU Sport and Performance Psychology program budget covered the remaining costs

On behalf of all involved in the planning of the AASP West Regional Conference, we want to thank you for providing us with the opportunity again to hold this conference and to be able to network with other professionals and be a vessel to share such valuable knowledge and insight. Thank you.

Sincerely,

Dr. Kristin Mauldin, Rachael Lewin