

ASSOCIATION for APPLIED
SPORTPSYCHOLOGYSM



2024
SOUTHEAST
REGIONAL
CONFERENCE

FEBRUARY 23-24



FLORIDA STATE UNIVERSITY
COLLEGE OF EDUCATION,
HEALTH, AND HUMAN SCIENCES

Schedule of Events

FRIDAY, FEBRUARY 23

Welcoming Remarks

9:50 am - 10:00 am

Professionals Panel: Enhancing Military Performance and Behavior

10:00 am - 11:00 am

Valerie Alston, Lt Col Joel Cartier, Dr. Christine Sanchez, and Brett Sandwick

The Cycle of Professional Identity: Philosophy-Driven Consulting

11:15 am - 12:00 pm

Kirstie Alvarez and Becca Thomas

Lunch

12:00 pm - 1:25 pm

Sport Participation and Variation in Moral Foundations

1:30 pm - 2:00 pm

Julian Kafka

Do Athletic Trainers Assist in Psychological Skills Training in Division I Sports to Mitigate Negative Perceptions of Return to Play After Injury

2:15 pm - 2:45 pm

Gabrielle Fream, Sydney Miller, and Rachel Whaley

Professionals Panel: Approaching Business from a Sport Psychology Lens

3:00 pm - 4:00 pm

Ashley Fryer, Adrianna Napoletano, and Dr. Lauren Tashman

The Psychology of Rest in Coaches and Implications for Sport Psychology Practitioners

4:15 pm - 4:45 pm

Dr. David Eccles

Evening Social: Proof Brewing Company

7:00 pm

1320 S Monroe St, Tallahassee, FL 32301

Schedule of Events

SATURDAY, FEBRUARY 24

Welcome Back

8:55 am - 9:00 am

Psychological Rest in Student-Athletes: Relationships Between Sport Demands, Mental Rest, Depressive Symptoms, and Well-Being

9:00 am - 9:30 am

Gabby Caviedes

Military Case Studies

9:45 am - 10:30 am

Valerie Alston

Developing Effective Pre-Performance Routines in Elite Sport

10:45 am - 11:30 am

Brock McCormack and Bryan Stark

The Effect of Different Music Genres on Sports Performance and Mood During the Astrand Treadmill Test

11:45 am - 12:15 pm

Makenna Meisenbach

Lunch

12:15 pm - 1:25 pm

Keynote Presentation: Psychologically-Informed Practice to Enhance Outcomes after Sports-Related Injuries

1:30 pm - 2:30 pm

Dr. Shelby Baez

Two Skills for the Price of One Activity: An Exploratory Workshop

2:45 pm - 3:30 pm

Nicholas Elliot and Carter Powell

Exploring Biofeedback Acceptance: A Study on Current Usage and Technology Acceptance Among Certified Mental Performance Consultants

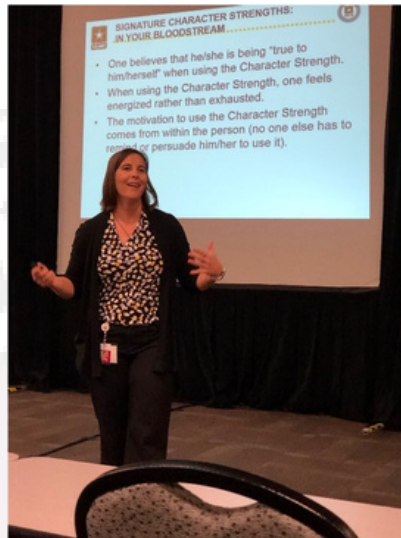
3:45 pm - 4:15 pm

Billy Bean

Closing Remarks

4:15 pm

Keynote Speaker



Valerie Alston, M.S., CMPC

Master Resilience Trainer, AFSC
Owner, Valston Coaching

Hello my name is Valerie Alston, most people call me Val. My main passion in life is to help people be better at what they do. Whether it is helping them: be more productive at work, excel and perform under pressure, study, manage time, stress, and learning at school, or maintain effective communication and positive relationships in their home life, I enjoy teaching and coaching people how to use mental skills and tools to help them get more out of themselves and their lives. I played college softball at University of Minnesota and earned my BS in Kinesiology. Then I went on to Boston University to earn my Masters in Sport Psychology and Mental Health. I have been working for the Army since 2008. I spent 7 years at Joint Base Lewis-McChord, 3 years in Germany and now I'm here at Ft. Liberty. I love getting to work and train with Soldiers, DA Civilians and their Families because they are a very interesting bunch of people and let's be honest you have the best stories! I love giving back to a population that gives so much of themselves. And, if I'm being totally honest, I love getting to see and do things that most civilians will never experience in their lifetime. I mean, come on... watching a gun crew emplace, load and fire a 777 (big cannon), seeing hundreds of Paratroopers fall from the sky...How cool is that?!

Keynote Speaker



Lieutenant Colonel Joel M. Cartier

Sport & Performance Officer, Peak Performance Center
United States Air Force Academy

Lt. Col. Joel Cartier serves as the Sport and Performance Officer in Charge at the Peak Performance Center (PPC), United States Air Force Academy. The PPC functions as a university counseling center where Lt Col Cartier delivers a full range of services aimed at improving mental, emotional, and athletic performance of individuals and teams in order to meet the developmental, psychological, and leadership needs of the talented young men and women attending the US Air Force's only military service academy. As a Board Certified mental health provider and Certified Mental Performance Consultant, he executes coaching, consultation, education, training, and prevention to 4,300 Cadets. Lt Col Cartier currently functions as the embedded PPC consultant for Cadet Group Three, where he advises ten Cadet Squadron Commanders and Academy Military Trainers, as well as the Sport and Performance Officer within the Human Performance Laboratory, working with 28 Intercollegiate athletic teams, coaches, and trainers to ensure high performance in academics, athletics, and leadership. Lt Col Cartier grew up in Washington and entered the Air Force in October 2006 via Commissioned Officer Training. He has served as an Alcohol and Drug Abuse Prevention and Treatment (ADAPT) Program Manager, Family Advocacy Officer, Traumatic Brain Injury Clinic Director, Mental Health Flight Commander, Biomedical Sciences Corps Executive, and PPC Director.

Keynote Speaker



Brett Sandwick, M.S., CMPC

Cognitive Performance Specialist, 1st Special Forces Group

Brett Sandwick is the Cognitive Performance Specialist for 1st Special Forces Group in Tacoma, WA. Brett helps equip Green Beret soldiers with mental skills to optimize their performance. He has over 10 years of full-time experience training soldiers. His private practice, Elite Mentality, has provided consultation services to professional, college, and high school teams and individuals for the past 12 years. Brett served as an adjunct professor at Pacific Lutheran University during Dr. Colleen Hacker sabbatical. Brett holds a master's degree in Sport Psychology from Florida State University. Since 2016, he has been a Certified Mental Performance Consultant® through the Association of Applied Sport Psychology.

Keynote Speaker



Dr. Shelby Baez, Ph.D., ATC

Assistant Professor, Exercise and Sport Science
Director, Psychology of Sport Injury Laboratory
University of North Carolina at Chapel Hill

Shelby Baez, Ph.D., ATC, is an Assistant Professor in the Department of Exercise and Sport Science and the Director of the Psychology of Sport Injury Laboratory at the University of North Carolina at Chapel Hill. Dr. Baez is a certified and licensed athletic trainer with an expertise in the psychology of sport injury. Dr. Baez's research examines the impact of psychosocial factors on biological outcomes, such as biomechanical alterations and secondary injury risk, in patients after traumatic knee injuries. Her lab also seeks to identify clinically feasible, novel, and technologically driven psychosocial interventions to improve health outcomes. These techniques range from in vivo and augmented reality graded exposure therapies to virtual reality and mobile-delivered mindfulness meditation. Dr. Baez has been funded by the National Institutes of Health and other regional and national foundations to support her work. She was the recipient of the Association for Applied Sport Psychology Doctoral Dissertation Award in 2020, and the recipient of the American College of Sports Medicine New Investigator Award in 2023.

Keynote Speaker



Dr. Christine Sanchez, Ph.D, CMPC, BCB

**Mental Performance Consultant, Pure Potential Performance
Cognitive Performance Specialist, KBR**

Dr. Christine Sanchez specializes in providing mental skills training and executive coaching to high level performers and teams. Her diverse portfolio of clients includes elite military service members, first responders, executives, professional athletes, and other performers who desire to unlock their true potential. She is passionate about being an “aid to navigation” in assisting clients to return home to their authentic self and purpose. Dr.

Sanchez is best known for her work targeting mindful performance under pressure, productive failures, and well-being optimization. She routinely integrates Heart Rate Variability Biofeedback and capnography training for facilitating optimal performance in high stress scenarios. Restorative practices for deliberate recovery is a popular topic she works with clients on, integrating breathwork, nature based wisdom, mindfulness, meaningful social connection, and movement. Fun facts about Dr. Sanchez: 1) Performance

Psychology & Executive Coaching are her second careers. During her first career she worked as a Naval Architect and Marine Engineer. When Dr. Sanchez realized how much she enjoyed helping others work towards their most important goals, she made a courageous decision and switched careers. 2) Dr. Sanchez is a prior collegiate swimmer and Master’s level triathlete and rower. Today in her free time she enjoys racing Standup Paddle Boards for fun. Dr. Sanchez earned her PhD in Sport and Performance Psychology from Florida

State University, and currently holds the following certifications: Board Certified in Biofeedback (BCB), Certified Mental Performance Consultant (CMPC), Certified Breathing Behavioral Analyst (CBBA), and ICF Associate Certified Coach (in progress). She resides in Virginia Beach, VA where she soaks up all the water time she can get paddling, surfing, and enjoying beach time with her dog.

Visit Tallahassee

EAT & DRINK

BREAKFAST / BRUNCH

Maple Street Biscuit Co. - 1600 W Call St.

Keke's Breakfast Cafe - 1861 W Tennessee St.

LUNCH / DINNER

The Edison - 470 Suwannee St.

Vegetarian-Friendly

Midtown Caboose - 1406 N Meridian Rd.

Burgers & Sandwiches

Momo's Pizza & Brewhub - 1641 W Pensacola St.

Pizza, Salad, Wings

Gordo's - 1907 W Pensacola St.

Cuban

BREWERIES

Proof Brewing Company - 1320 N Monroe St.

Oyster City Brewing Company - 603 W Gaines St. #7

THINGS TO DO

SHOPPING & ARTS

Railroad Square Art District

Theater Tallahassee

MUSEUMS

Florida Historic Capital Museum

Museum of Florida History

Tallahassee Museum

NATURE

Alfred B. Maclay Gardens State Park

Cascades Park