

**AASP Mid-Atlantic Regional Conference:
16th Annual Northeast Atlantic Sport Psychology Conference**

2014 Conference Report

Submitted by Sherry L. Schweighardt
NASP Conference Chair

Temple University hosted the AASP Mid-Atlantic Regional Conference: 16th Annual Northeast Atlantic Sport Psychology Conference in Philadelphia on March 28th and 29th, 2014. More than 100 people participated in presentations during the weekend, including students and professionals from a variety of organizations, private practice, and colleges from the east coast—and from as far away as California and the West Indies.

Dr. Brent Walker, Director of Championship Performance for Columbia University, delivered the keynote address, entitled "Entrepreneurial No More: Millennials in Sport Psychology." Dr. Walker shared insights about how the sometimes surprising twists and turns of his career as a sport psychologist in both the collegiate and private practice settings ultimately led to his current position. He offered attendees a set of strategies for navigating and maximizing early career experiences, emphasizing the importance of relationships and networking. Dr. Walker graciously answered questions and met with small groups of attendees for several hours after his talk.

Conference attendees had the opportunity to register for NASP's pre-conference AASP Continuing Education workshop, led with energy and humor by Dr. Dave Yukelson of Penn State. During the workshop, entitled "Teaching the Skills of Mindfulness, Focus, Confidence, and Mental Toughness to Intercollegiate Student-Athletes," Dr. Yukelson led participants through a series of activities and discussions designed to help practitioners assist student-athletes to better prepare and control their preparation, focus, and composure in the face of multiple demands and transitions. Participants learned strategies for fostering the positive relationships that make individual and collaborative interventions successful, along with an array of strategies to help athletes develop personal accountability and stress management skills. Attendees earned certificates of completion and eligibility for AASP continuing education units.

Other NASP highlights included the Student Involvement Seminar--featuring presentations by the AASP and APA Division 47 liaisons—along with symposia, skills workshops, roundtables, and paper and poster sessions highlighting research on a wide variety of topics. Saturday's always exciting raffle featured an abundance of prizes ranging from books to clothing. In light of the variety of institutions represented, networking opportunities were plentiful, and attendees departed with renewed energy and enthusiasm. Conference evaluation data indicate that attendees thought NASP was very well organized, with the vast majority indicating intent to return next year. We look forward to welcoming everyone to Philadelphia in 2015!