

**AASP Mid-Atlantic Regional Conference:
21st Annual Northeast Atlantic Sport Psychology Conference**

2019 Conference Report

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Temple University hosted the AASP Mid-Atlantic Regional Conference: 21st Annual Northeast Atlantic Sport Psychology Conference in Philadelphia on March 29th and 30th, 2019. More than 100 people participated in presentations during the weekend, including students and professionals from a variety of organizations, private practice, and colleges from as far away as Massachusetts and the West Indies.

Geoff Miller, Mental Skills Coach at the Philadelphia Phillies, delivered the keynote address, entitled "Intangibles: Big-League Stories and Strategies for Winning the Mental Game – in Baseball and in Life." Mr. Miller shared a unique look at the mental game that teaches players and entertains fans. In addition to his experiences with MLB clients, Mr. Miller described his mental training experiences with professional players in football and basketball. A highly-regarded expert in baseball psychology, Mr. Miller discussed strategies on managing youth sport programs and facilitating talent development through tangible lessons from the sports world. Mr. Miller 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. Kat Longshore of Lafayette College and Monica Williams of the mental performance company, MoniKat Coaching LLC. The workshop, entitled "Helping your Clients Ride the Waves: Incorporating Mindfulness into your Sport, Exercise, and Performance Psychology Practice," focused on Mindfulness and Meditation as a potential strategy for practitioners to utilize with their unique sport, exercise, and performance populations. Dr. Longshore and Ms. Williams highlighted that mindfulness is not just about sport/etc., but a self-care and enhancement strategy for life overall, which will in turn help performance on the field/classroom/etc. The workshop consisted of a combination of education, discussion, practice, and reflection. The overall aim was to increase practitioner knowledge and expertise, and leave with practical strategies for implementing mindfulness and meditation training.

Other NASP highlights included presentations by the AASP and APA Division 47 liaison, along with symposia, skills workshops, roundtables, and paper and poster sessions highlighting research on a wide variety of topics. Friday's always exciting raffle featured an abundance of prizes ranging from books to gift cards. 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. In 2020, the NASP conference will be organized and hosted by West Chester University.