



FLORIDA STATE UNIVERSITY

COLLEGE OF EDUCATION,
HEALTH, AND HUMAN SCIENCES

Department of Educational Psychology & Learning Systems

2024 AASP Southeast Regional Conference Final Report

The 2024 AASP Southeast Regional Conference was held on February 23rd and 24th, 2024 at Florida State University in Tallahassee, Florida. The conference was hosted by Florida State University's Sport Psychology Graduate Program. This report will provide information regarding the conference.

Conference Attendance: 61

Students: 47

Non-Faculty Professionals: 6

Faculty Professionals: 7

Other: 1

Schools Represented: 15

Barry University

Emory University

Florida State University

Georgia Southern University

Johnson County Community College

Long Beach State University

Siena Heights University

University of Alabama

University of North Carolina, Greensboro

University of North Carolina, Pembroke

University of North Florida

University of South Alabama

University of South Florida

University of Western States

Wesley College

Private Entities Represented: 4

Athlete Base Camp

IMG Academy

Magellan Federal

United States Navy



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2024 AASP Southeast Regional Conference Summary

Programming included four workshops (two delivered by pairs of graduate students and two delivered by mental performance consultants), 4 research lectures (delivered by graduate students), 1 research lecture delivered by an undergraduate student, 1 research lecture delivered by faculty, two keynote panels with military and business sport psychology professionals, and one keynote presentation.

On day one, the first keynote panel was “Enhancing Military Performance and Behavior” with Valerie Alston, Lt Col Joel Cartier, Dr. Christine Sanchez, and Brett Sandwick, who all hold CMPC licensure. The discussion circled around teaching mental skills in the military. The attendees got a glimpse of how expressing emotions in the military is a necessity, but at the appropriate time.

Later in the day, the second keynote panel was “Approaching Business from a Sport Psychology Lens” with Dr. Ashley Fryer, Adrianna Napoletano, and Dr. Lauren Tashman regarding working in the business domain. They discussed how creating a work life balance is key when working in the business domain. Additionally, one should know their non-negotiables when it comes to your work life balance.

On day two, Dr. Shelby Baez presented a keynote lecture titled, “Psychologically Informed Practice to Enhance Outcomes after Sports-Related Injuries.” Dr. Baez shared about her research regarding ACL injuries. Additionally, she talked about the importance of using performance related outcome assessments when working with athletes. Finally, she discussed mobile mindfulness applications that can help with injury-related fear.

Both days there was an allotted time for breaks, which allowed the time for attendees to interact with each other and to network with professionals in the field. After the conference on day one, there was an evening social at a brewery where attendees of the conference were able to continue networking.

In conclusion, the 2024 AASP Southeast Regional Conference was a true vessel for learning, networking, and gaining insight into the field of sport psychology. Florida State University is grateful to have had the opportunity to host this conference and hopes to do so again in the future.



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Conference Expenses and Budget:

Eventbrite Account:	\$9.99
Nametags:	\$41.61
Keynote Speaker Parking:	\$6.16
Room Rental:	\$494.00
Food and Beverage:	\$331.11
Total Expenses:	\$882.87
Registration Fees:	\$1,731.14
AASP Regional Grant:	\$500.00
Total Income:	\$1,736.14

Attendee Feedback

What was your satisfaction with the conference?

Extremely Satisfied: 6 answers
Somewhat Satisfied: 3 answers
Neither Satisfied nor Unsatisfied: 1 answer

What was the overall value of the presentations and workshops?

Excellent: 4 answers
Good: 5 answers
Average: 1 answer

Please provide feedback regarding your satisfaction on the presentations and workshops.

1. Workshops were great! Wish the keynotes were in person.
2. Presentations and Workshops were diverse in topics and scope. Appreciated the range of topics presented for a two-day long conference.
3. Great variety
4. Great variety of topics
5. I liked how there was a good mix of professional speakers and student presentations.
6. Wide variety of topics and expertise levels in presentations and in presenters.
7. I thought each topic was valuable to my knowledge and understanding of the field.
8. Some presentations were not as of an interest to me, but they still helped me gain knowledge and provided useful information.
9. Timely. To the point. Collaborated.



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What was the overall value of the keynote presentation and panels?

Excellent: 7 answers

Good: 2 answers

Average: 1 answer

Please provide feedback regarding your satisfaction on the keynote presentation and panels.

1. Would have loved to see them in person.
2. The zoom presentations were hard to hear and follow. We could have watched from home There also was an overrepresentation of FSU presenters
3. I think the panels were a great resource for the graduate students in the room. I do believe there should be an emphasis placed on obtaining keynote speakers that can actually attend the conference in person. The quantity of "Keynote" presentations can also be less emphasized.
4. Useful
5. I enjoyed the zoom calls where the speakers were able to build off of each other's ideas
6. I am personally less interested in military mental performance, so some were not my biggest passion. Yet, I was able to get a few great takeaways from each of them!
7. Topics we don't really hear about that much while in school, but they are relevant to my future and they helped to give me an idea of the possibilities for work in the future.
8. Keynote was exceptional. Great. Articulated well. Panels good material but somewhat redundant ins spots.

How satisfied were you with the networking opportunities?

Extremely Satisfied: 6 answers

Somewhat Satisfied: 1 answer

Neither Satisfied nor Unsatisfied: 2 answers

Somewhat Dissatisfied: 1 answer

Please provide feedback regarding your satisfaction with the networking opportunities.

1. Compared to other regional conferences held around the same time, the SE conference was greatly under advertised. The NE and Mid-Atlantic conferences had emails sent out to the two biggest professional listservs on a weekly basis. I heard from quite a few individuals not affiliated with the FSU program that they thought the conference was not promoted enough, at least compared to what is the norm for AASP regional conferences.
2. Spent time with new folk in the field
3. I met a lot of people in the field that I wouldn't have been able to meet if I had not gone to the conference
4. Social event was fantastic! A lot of ice-breakers.



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5. The social was great. Time between sessions was long enough to talk to others and branch out. Ice breakers were used and had a great effect to get us talking to other people.
6. Met with grad students and discussed case studies, connected with them in discussing topical interests in the field.

What was the most impactful experience for you at the 2024 AASP Southeast Regional Conference?

1. Learning about mental rest
2. Panel of military professionals
3. Good sense of community of practice
4. The panels were amazing
5. Dr. Baez's keynote speaker presentation. It concerned an area of study that I am interested in
6. Keynote and panel and IMG presentation
7. The IMG ladies gave a presentation that really hit home for me and my personal journey in Sport Psych. In addition, Dr. Shelby's presentation was eye opening!
8. Having the opportunity to talk to professionals and other students, at the national conference it is a little bit harder to talk to professionals. Instead at this regional conference I was able to connect more and get more time talking to professionals and students.
9. Keynote on psychology of injury

How could we have improved your experience at the 2024 AASP Southeast Regional Conference?

1. In person keynotes and presentation. I appreciate being in the room with the presenters to get to connect after. Felt like I could've attended online.
2. The keynotes should be in person, that's why people are paying to attend the conference. Provide some kind of meal. I've never been to a regional conference that hasn't provided lunch. (i.e., IMG providing meal coupons)
3. More bodies at the conference, food provided.
4. Nothing comes to mind
5. I wish I had been more outgoing with introducing myself to people. However, not the fault of the conference
6. That is very picky, but perhaps, schedule the keynote speakers for a longer time periods. I thought the discussion with Dr. Shelby, for example, could have been expanded. Overall, nothing critical I can add here!
7. Grad students demonstrated to me a need to have panel discussions w professionals in the field in a simple Q&A format