

SPORT AND EXERCISE PSYCHOLOGISTS BRING INTERNATIONAL CONFERENCE TO SALT LAKE CITY

MADISON, WI – September 2009 – Hundreds of professional sport and exercise psychologists will gather in Salt Lake City September 15 to 18 for the Association for Applied Sport Psychology's (AASP) annual conference. The international organization, which has 1,200 members from 28 countries, will hold its 2009 conference at the Sheraton City Centre in downtown Salt Lake City.

The event includes professional meetings and seminars and the chance to hear from some of the most well-known speakers in the field of sport and exercise psychology. Several presenters will be from the **University of Utah**, including: **Dr. Maria Newton** (youth sport presentation) and **Dr. Nick Galli** (body image presentation).

Throughout the conference, international authorities will provide keynote addresses to the AASP audiences, including:

- **Sport Psychologist Dr. Jerry May: “The Hidden Secret of Success: The Fun Factor”** Dr. May's teaching, consulting and clinical interests include behavioral medicine, sport psychology, stress and coping, medical education and business management. He currently is the sport psychologist for the U.S. Sailing Team. Dr. May was the first director of sport psychology for the U.S. Olympic Training Center in Squaw Valley, CA and was the designated U.S.O.C. Sport Psychologist for the 1992 Barcelona Games, where he worked with more than 100 Olympic athletes and coaches. His experience includes working with athletes and coaches from a wide range of sports, including professional tennis and golf, diving, swimming, biathlon, figure skating, rock climbing and ultra distance running.
- **Health and Exercise Psychology Presenter Dr. Robert Sallis: “Exercise is Medicine”** Dr. Sallis championed and helped launch “Exercise is Medicine”- a program designed to fully support physician-prescribed exercise, which is a joint initiative of the American College of Sports Medicine and the American Medical Association. Dr. Sallis is a family physician who practices in Fontana, CA. He lectures and publishes extensively in the area of sport medicine, and frequently provides commentary on sports and health news.
- **Performance Psychology Address: University of Tennessee Track and Field/Cross County Coach J.J. Clark: Coach Clark's Key Concepts Pertinent to Success:** J.J. Clark is in his seventh season at the helm of the University of Tennessee track and field and cross country teams. Last season, Clark guided the Big Orange women to their fifth straight top-three Southeastern Conference indoor finish, taking second in 2008 after winning the meet two out of the past four seasons. He also coached the U.S. female middle distance runners at the 2008 Olympic Games in Beijing. His resume includes 14 Coach of the Year plaques.

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- **Social Psychologist Dr. Ketra Armstrong: “Self and the Social Psychology of Sport Consumption”** Dr. Armstrong is a Professor in the Department of Kinesiology and Director of the Graduate Program in Sport Management at California State University in Long Beach. Throughout her career, Dr. Armstrong has conducted research on the nuances of managing, marketing and participating in sport. Dr. Armstrong also is a consultant to universities and sport organizations in Africa and the Caribbean, a freelance sport broadcaster and a former board member of the National Women’s Hall of Fame.

For additional information on the conference and details on the registration process, visit www.appliedsportpsych.org.

New AASP Expo for Coaches, Athletes, Parents & more

The inaugural AASP Expo will begin immediately following the conference at the Sheraton City Centre in downtown Salt Lake City and runs Friday evening, September 18 (6 p.m. to 9 p.m.) and Saturday, September 19 (9 a.m. to 1 p.m.). The Expo, which is open to the public, is designed to help provide tools to help enrich the sport experience for coaches, athletic directors, as well as athletes and their parents. A full schedule of seminars, speakers and registration information can be found at www.SportPsychExpo.com.

The Association for Applied Sport Psychology (AASP) promotes the ethical practice, science and advocacy of sport and exercise psychology. Founded in 1986, AASP is an international, multidisciplinary, professional organization that offers certification to qualified professionals who practice sport and exercise psychology. With more than 1,200 members in 28 countries, AASP is a worldwide leader, sharing research and resources with the public via its Web site, www.appliedsportpsych.org.

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