



Subject: 2014 AASP Southeast Regional Conference Report

To Rob Schinke:

On Friday, February 28 and Saturday, March 1, the University of Tennessee-Knoxville had the pleasure of hosting the 2014 Association for Applied Sport Psychology (AASP) Southeast Regional Conference. The conference welcomed 45 attendees (39 students, 6 professionals) from ten institutions: The University of Tennessee-Knoxville, Georgia Southern University, Western Carolina University, Johnson University, Middle Tennessee University, University of Tennessee-Chattanooga, West Chester University of Pennsylvania, University of the Rockies, Carson-Newman University, and the University of Wyoming.

There were six presentations consisting of original student research. Additionally, one presentation entailed a research proposal, and one presentation consisted of a question and answer session with a 2008 Olympic swimmer and current Master's student in University of Tennessee's sport psychology and motor behavior program. Another presentation focused on student involvement in AASP. Furthermore, there were three student-led workshops. In total, there were 12 student presentations.

Additionally, the conference was pleased to have Dr. Craig Wrisberg and Dr. Tucker Readdy as the keynote speakers. On Friday evening, Dr. Craig Wrisberg provided a critical perspective of the history of applied sport psychology, speaking about the common narratives within the discipline. He also shared his perspective on the future direction of the field. On Saturday morning, Dr. Tucker Readdy discussed the role of dreams and chaos as well as the orchestration thereof in his experiences of consulting with the University of Wyoming's athletic teams.

On Saturday afternoon, attendees witnessed a panel discussion comprising five individuals who work with athletes at the University of Tennessee, including a men's and women's swimming and diving assistant coach (Bret Lundgaard), graduate assistant athletic trainer (Marissa Maleike), and three academic support coordinators (Greig Creyer, Caitlin Ryan, and Dr. Joe Skogin). Panelists discussed the integration of mental skills in student-athlete development with regard to their respective professions. The audience was also given the opportunity to ask questions.

In sum, the conference ran without any major complications. The majority of feedback was positive as provided at the end of this report.

Sincerely,

Matt Bejar, Leslie Larsen, and Joe Raabe

Budget:

AASP Grant	\$500
Total Registration	\$1,785
Participant Gifts	(\$157.34)
Parking Permits	(\$60)
Programs	(\$186)
Cordless Presenter with Laser Pointer	(\$49)
Dinner on 2/28	(\$826)
Breakfast on 3/1	(\$182.79)
Lunch on 2/28	(\$351.44)
Keynote Gifts	(\$72.40)
Balance	\$400.03

Budget Justification:

Above is the budget for the 2014 AASP Southeast Regional Conference. We provided three meals for our participants, which was the greatest expense for the conference. The private setting of Friday's dinner provided an opportunity for the participants to network and enjoy a quality meal. Breakfast and lunch on Saturday were provided at the conference venue, so once the participants were on campus, they did not have to leave to find food on their own. We also provided parking permits for participants who commuted from out of town in order to prevent any additional expenses for them. Each participant received a bound program with a schedule of events and presentation abstracts, a notepad, pen, folder, and UT koozie. The conference was organized without any additional funding from the academic department at the University of Tennessee. That explains why we tried to limit expenses to make sure we do not end up with a deficit. This led to a remaining balance of \$400.03. We are currently deciding how we should use the remaining balance from the conference in order to best promote the mission of the grant and AASP as a whole.

Following the conference attendees were given the opportunity to evaluate the event.

First, ratings of different parts of the conference:

Part of the conference	<i>M</i>
Information and advertisement upfront	4.00
Venue	4.08
Presentations	4.85
Workshops	4.92
Keynotes	4.92
Food	4.62
Social	4.46
Organization	4.85
Registration procedures	4.46
Opportunity to submit abstracts	4.69
Printed program	4.92
Networking opportunities	4.77

*Likert-type scale (1 = *very unsatisfied*, 5 = *very satisfied*).

In addition, here a few select qualitative responses:

Regarding the organization and structure of the conference:

- Amazing job!! Pioneers at this indeed. Was planned very nicely and flowed from presentation to presentation very well!
- Everything appeared well organized and ran smoothly. Great job!
- I thought the time spent sitting and standing was really well distributed.

Regarding the quality of presentations, workshops, and keynotes:

- All applicable. Felt that the content of presentations between workshops that apply and research that create the foundation, were nicely split! well done!
- I thought this year's presentations provided some new research lines that haven't been addressed in much detail in past conferences. I thought it was a great variety of older concepts and newer ideas.
- I was extremely impressed by the content of all of the presentations. I enjoyed each and everyone and appreciate the committee's efforts to put forth quality presentations.

Regarding the conference in general:

- Very positive experience and the entire experience left my students with a very positive impression of the field and of UT.
- Overall it was a wonderful experience. Great opportunity to meet other professionals and students in the field.
- Thank you so much for hosting this. You guys did an amazing job creating an open environment for everyone to learn and a very relaxed environment that fostered building relationships with people from other conferences!

Finally, a few ideas for improvement:

- Would have liked to hear from people in different areas of sport psych.
- Website instead of facebook.
- More logistical information upfront would be helpful, such as lodging, parking, etc...I would have also liked the opportunity to pay for registration by credit card.
- Different venue, building was old and gross.
- Only thing might be more comfortable seating.
- Longer breaks