NASP 2014 Conference Schedule at a Glance

Friday, March 28th

11:30 – 2:30  CONTINUING EDUCATION WORKSHOP
TLC 302

Teaching the Skills of Mindfulness, Focus, Confidence, and Mental Toughness to Intercollegiate Student-Athletes
David Yukelson, Ph.D., The Pennsylvania State University
Facilitators: Sherry Schweighardt and Michael Sachs

3:00 – 3:30  Conference Registration Opens
TLC Lobby

3:30 – 3:45  WELCOME TO THE 2013 NASP CONFERENCE
TLC 105

Laura Siminoff, Ph.D., Dean, College of Health Professions and Social Work
John Jeka, Ph.D., Chair, Department of Kinesiology
Michael Sachs, Ph.D., NASP Faculty Advisor, Department of Kinesiology
Sherry Schweighardt, M.A., M.Ed., NASP Conference Chair

4:00 – 5:15  CONCURRENT SESSIONS

Paper Session 1
TLC 301
Facilitator: Jamie O’Hara

Looking Back I Regret: College Athletes’ Reported Regrets from a Single Season
Jamie Robbins, Ph.D., West Chester University, & Leilani Madrigal, University of North Carolina at Greensboro

Depression and Suicidal Ideation in Male and Female Collegiate Student-Athletes: Examining Prevalence and Differences in Sex and Pressures
Lindsey McGuire, M.S., Temple University

Sport Retirement Anxiety in Division III Collegiate Athletes
Mary Jo Loughran, Ph.D. & Jennifer Morse, Ph.D., Chatham University

Integrating Mindfulness-Based & Traditional PST Training in Intercollegiate Sports
Kat Longshore, MSc, BASES, Temple University

Workshop 1
TLC 303
The Generalizability of Performance Consulting: Mental Skills By Any Other Name Are Still the Same
Penny Levin, Ph.D., Temple University
Facilitator: Sherry Schweighardt
5:15 – 5:30  Break (refreshments available in TLC 105)

5:20 – 5:25  "Get Up and Move" Energy Break with Elaine O'Brien  TLC 3rd Floor Lounge
5 minutes of feel-good energy management!

5:30 – 6:45  CONCURRENT SESSIONS

Roundtable 1  TLC 301

Sport Psychology to the Fore: Can Empathy-Based Exercise Help Ameliorate ‘Aging’?
Robin Lynn Treptow, Ph.D., Wisdom for the Body & for the Soul
Facilitator: Elaine O'Brien

Workshop 2  TLC 303
Using the Mindfulness Acceptance Commitment Program with College Athletes
Mary Schumann, Ph.D. & Debi Corbatto, MS, ATC, George Mason University
Facilitator: Erica Tibbetts

6:45  Dinner and Discussion  TLC 105

7:00 – 8:00  Roundtable 2  TLC 105
How SMART is SMART Goal Setting?
Erica Tibbetts, Kat Longshore, Lindsey McGuire, & Michael Sachs, Ph.D.
Temple University
Facilitator: Kat Longshore

8:00  Conference Concludes for the Evening

See you tomorrow!

Informal Post-Conference Networking at the Draught Horse, 1431 Cecil B. Moore Avenue
Saturday, March 29th

8:30 Conference Registration and Breakfast  TLC 103

9:00 – 10:15 CONCURRENT SESSIONS

**Paper Session 2**  TLC 301

**Facilitator: Lindsey McGuire**

**Leader Development With A College Sport Team**
Ira Martin, Ph.D., United States Coast Guard Academy

**Did I Sign Up for This?: Exploring Stress in HBCU DII College Coaches**
Jamie Robbins, Ph.D., West Chester University & Alexandra Clifton, California State University, Fresno

**Leading the Charge: Investigating the Development of Leadership Skills Among Collegiate Softball Players**
Jamie O’Hara, Temple University

**Stress, Coping, and Burnout in Youth Sport Coaches**
Ira Martin, Ph.D., United States Coast Guard Academy

**Workshop 3**  TLC 303

**Active Mindfulness Training for Performance Enhancement**
Kat Longshore, MSc, BASES, & Lois Butcher-Poffley, Ph.D., CC-AASP, Temple University
**Facilitator: Elaine O’Brien**

10:15 – 10:30 Break (refreshments available in TLC 105 and 307)

10:30 – 11:45 2014 KEYNOTE ADDRESS
TLC 103

**Entrepreneurial No More: Millennials in Sport Psychology**
Brent Walker, Ph.D., Columbia University
**Facilitator: Sherry Schweighardt**
12:00 – 1:15  **POSTER SESSION, LUNCH, NETWORKING, RAFFLE**
TLC 307

**Exercise the Mind and Body: The Optimal Approach to Rehabilitation**
Kyla Dickson, Jennifer Anderson, Kristin Enty, Miranda P. Kaye, Ph.D, & Justine Vosloo, Ph.D., Ithaca College

**High School Coaches’ Perceptions of Sport Psychology and the Use of Sport Psychology Consultants**
Jessica Ford, Sydney Masters, Justine Vosloo, Ph.D, & Miranda P. Kaye, Ph.D., Ithaca College

**The Development of a Mental Training Program in the Sport of Crossfit is Essential to Optimizing Performance**
Anthony Galati, Temple University

**The Psychological Profile of the Non-Elite Marathon Athlete: Motivations and Perceived Benefits**
Mary Jo Loughran, Ph.D. & Deanna Hamilton, Ph.D., Chatham University

**Mental Toughness and Exercise Addiction**
Gina McCool & Gary Brosvic, Rider University

**Case Study: Implications of a Season-Long Imagery Program with a Collegiate Diving Team**
Pat Pidgeon, Ph.D., Ithaca College

**Incorporating a Sport Psychology Curriculum Within an Elite Youth Soccer Academy: Growth, Current Structure, and Practices After Four Years**
Ryan Sappington & Emily Galvin, YSC

**Mercy and Justice: Joyful Companions In The Humble Life Lived Well**
Robin Lynn Treptow, Ph.D., Wisdom for the Body & for the Soul

**Preferred Exercise Resources Based on Psychological Needs and Stage of Change**
Sierra Yapple, Kelsey Florian, & Miranda P. Kaye, Ph.D., Ithaca College

1:15 – 1:45  **STUDENT INVOLVEMENT & CAREER DEVELOPMENT**
T 307

*Facilitator: Sherry Schweighardt*

**Association for Applied Sport Psychology (AASP): Join the Movement!**
Leigh A. Bryant, M.S., West Virginia University

**American Psychological Association (APA) Division 47**
**Build Your Career: Start Here!**
Cristina Fink, Ph.D., YSC

1:45 – 2:00  **Break**  (refreshments available in TLC 307)
1:50 – 1:55 "Get Up and Move" Energy Break with Elaine O’Brien
TLC 3rd Floor Lounge
5 minutes of feel-good energy management!

2:00 – 3:15 CONCURRENT SESSIONS

Paper Session 3
TLC 301
Facilitator: Sherry Schweighardt

Confidence in Sports: A Bench Theory Model
Olivia Rose, University of the West Indies, Mona

Experience of Weight Pressures, Weight Control Behaviors, and Weight and Appearance-Based Attitudes Among Male Collegiate Wrestlers: A Research Proposal
Eleanor Pell & Dana Voelker, Ph.D., CC-AASP. SUNY Brockport

Implementing a Successful and Sustainable Mental Skills Training Program
Cassidy Conway & Emily Galvin, YSC

A Say-Do Comparison of Young Children’s Outdoor Physical Activity Preferences

Workshop 4
TLC 303
Applying Sport Psychology Strategies to the Academic Arena
Robert Ciervo, Ph.D., Rutgers University
Facilitator: Lindsey McGuire

3:15 – 3:30 Break (refreshments available in TLC 307)

3:30 – 4:45 CONCURRENT SESSIONS

Symposium 1
TLC 301
Working in a Man’s World: Women Sport Psychology Consultants
Erica Beachy & Julia Rizzo, Springfield College
Facilitator: Kat Longshore

Workshop 5
TLC 303
Communitas: Priming Positive Emotion in Motion
Elaine O’Brien, MAPP, Temple University
Facilitator: Brett Gordon

5:00 16th Annual NASP Conference Concludes

**Please complete the online event evaluation**
Wishing you a safe journey home. See you next year!!