

# REFLECTIONS

## The Sport Psychology Club treks to the AASP Annual Conference Providence, RI, October 27 – 30, 2010

Seven members of the Sport Psychology Club journeyed to Providence, Rhode Island to learn about the most current research and practice and to network with professionals in the field of sport psychology at the Association for Applied Sport Psychology's (AASP) annual conference. Read about their lessons learned and how they were impacted by the experience.

Note: AASP is an international, multidisciplinary, professional organization that offers certification to qualified professionals who practice sport, exercise, and health psychology.



With CSUF M.A. Sport Psych alumni Coreen Harada (top middle) and Brittany Loney (bottom right)



One of the things I enjoyed about the AASP conference was seeing sport psychology applied in so many different areas of sport, fitness, and health. There were lectures and presentations about running, body image, elite athletes, high-school athletes, coaching, Kendo (the Japanese martial art of sword-fighting), sport programs in countries such as Trinidad and South Africa, and so many other topics. Seeing this vast application in the field has challenged me to pursue areas that I am passionate about in sports and not limit myself to topics already widely studied. – Katie Williams, 1<sup>st</sup> Yr. M.A. Sport Psychology Student

AASP was a great experience for me and my classmates because we were able to learn more about one another and our interests. We were able to network with professionals in the field as well as other students. For me, being able to present my research, *Professional FMX Riders' Perceptions and Uses of Sport Psychology*, was a great accomplishment because I got to share with the field about a population that has little research. Also, I learned a lot about how to start a consulting business because I am in the process of starting my own. – Sean Chamberlain, 2<sup>nd</sup> Yr. M.A. Sport Psychology Student



One of the most important things I learned at AASP was that in order to be a part of a successful consulting company and to provide the proper sport psychology services to clients, one must first acknowledge and learn about the business aspects of sport psychology. I want to work extensively in sport psychology by working for a consulting company that caters to a variety of individuals (in and out of the sport world). – Melissa Flores, 2<sup>nd</sup> Yr. M.A. Sport Psychology Student



I learned that few individuals in our field have specialized in working with retiring professional athletes, but the great need that exists. Also, I was impressed with all of the "Love Cats" that I talked to

at the Conference -- many individuals were willing to share information, email articles, impart wisdom, distribute contact information and take time to talk to young, burgeoning professionals such as myself. – JR Payne, 2<sup>nd</sup> Yr. M.A. Sport Psychology Student



I could not have imagined a better AASP experience. I was able to shake hands and introduce myself to the pioneers of the field, as well as the creators of our textbooks, and founders of AASP. I attended sessions that will help guide my research at Fresno State and had the opportunity to make personal connections that will lead to mentorship opportunities, internships, and PhD programs upon completion of my degree at Fresno State. It was a priceless opportunity. – Ryan Ingalls, 1<sup>st</sup> Yr. M.A. Sport Psychology Student



As an undergrad, getting the opportunity to attend an AASP conference was an incredible experience. In our field of study, I have learned that there are so many different career paths and not just ones that are involved in sport but also in anything performance related. Being able to connect with an ACEP representative introduced me to new ideas on what I would like to do to further my career. Networking, networking, networking was a key point in a marketing lecture and I found it to be true to be able to create your own pathway to your future in this field. – Andrew Herrera, KINES Undergraduate Student

The overall experience of going to the conference was beneficial in several ways. The opportunity to network with people across the country from the same field is something that can never be downplayed, just as growing relationships with classmates in a different setting. The main theme I took away from the conference was the variety of professional opportunities that are available after graduation. – Jeremy Richter, 2<sup>nd</sup> Yr. M.A. Sport Psychology Student



**Cheers to a great trip and looking forward to next year's conference!**

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Dawn K. Lewis, Ph.D., Sport Psychology Club Faculty Advisor, Department of Kinesiology, California State University, Fresno