

Sport Psych Expo - FAQ's

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What is a Sport Psych Expo?

The Expo is a series of advance-registration workshops, programs and dialogues for athletes (professional, collegiate, high school, amateur, etc.), coaches, parents of athletes, athletic directors and community leaders. The programs are designed to enrich the sport experience by teaching mental skills that improve sport performance, and by promoting sportsmanship, ethics, leadership and positive sport parenting.

Who is behind the Expo?

The Expo is sponsored by the Association for Applied Sport Psychology (AASP), an international organization that promotes the ethical practice, science and advocacy of sport and exercise psychology. With more than 1,200 members in 28 countries, AASP is a worldwide leader in the field of sport and exercise psychology, sharing research and resources with the public via its Web site, www.appliedsportpsych.org.

What's special about the Expo?

This is the very first Sport Psych Expo sponsored by the Association of Applied Sport Psychology; the presenters are some of the best in the world. The topics for the Expo program are tailored to the needs of the Salt Lake City area, as identified through interviews with key advisors and a survey of coaches and athletic directors in the region.

What is the cost?

Individual registration is \$20 for all Friday evening and Saturday sessions. There are special discount rates as low as \$10 per person for groups registering prior to June 1, 2009. The larger the number of student athletes registering, the greater the discount.

Can I register for the Keynote only?

Sorry, but no; registration covers the entire conference.

Will I be able to talk to a sport psychology consultant?

Group Q & A sessions are scheduled to answer as many questions as possible. If you need a personal consultation, information will be provided on how to contact a sport psychology consultant for a more in-depth conversation.

Where is it?

The Sheraton City Centre, 150 West 500 South, Salt Lake City, UT 84101

When is it?

Friday evening September 18th from 6:00 - 9:00 and Saturday September 19th from 9:00 A.M - 1:00 P.M.

How do I register?

Check the Sport Psych Expo website for details at www.sportpsychexpo.com. Group registrations must be received June 1, 2009. Individual registration will be available on-line this summer through the Expo website.

Program Highlights

Keynote: Thurl Bailey

The NBA's "Mister Nice Guy," - Thurl Bailey - will deliver the AASP Sport Psych Expo Keynote address on Friday, September 18, 2009. When the Utah Jazz drafted Bailey in 1983, they cited his "outstanding leadership skills and the quality of his character" as major factors in making him their first round choice. During his years in the NBA, Bailey was known for his courtesy and integrity both on and off the court and his strong sense of community service. His commitment to the values of the Expo and to service within the community made him an obvious choice for the Keynote role.

For Athletes

- **Confident and in Control:** Confidence and emotional control in response to trash-talking, mistakes and adversity
- **Dealing with Injuries:** Maximizing your return to play with mental training
- **Mental Toughness Skills:** One-hour programs on each of the the following: Goal Setting; Focus and Concentration; Motivation; Performance Anxiety and Relaxation
- **Outstanding Athletes, Outstanding Citizens:** Teaching citizenship and leadership through sport
- **Relaxation Training** (hourly sessions)
- **Guided Imagery Training** (hourly sessions)

For Coaches

- **Outstanding Athletes, Outstanding Citizens:** Teaching citizenship and leadership through sport
- **Reaching Their Potential:** Motivating today's athlete
- **Making the Grass Green Again:** Conflict-resolution and problem solving skills for handling setbacks and frustrating seasons
- **What's a Coach to Do?** Exploring and learning to handle the ethical minefield of modern sport

For Parents

- **Positive Parenting:** Supportive parenting behaviors; relating to coaches; coaching your own child
- **Teens in the 2K:** Adolescent culture, peer pressure, developmental psychology, dating teammates
- **Raising a Gifted Athlete:** A parental guide to recognizing and nurturing talent
- **United We Support:** Harnessing the power of the parent-coach partnership in youth sport

For Adults

- **Exercising for a Lifetime:** Maintaining a healthy lifestyle throughout adult and later years
- **Mental Skills for the Adult Athlete:** Competing in your 30's and beyond

Town Hall Meeting

Open forum with a panel of local parents, coaches, athletic directors and sport psychology consultants discussing sport issues within the local community and how to build upon what is learned at the Expo.

Q & A Panel

Throughout the Expo, a panel of sport psychology consultants will be available to answer questions in a group setting.

Referral Station

Information on how you and your team can acquire assistance with sport psychology issues.

Team Building Sessions

Your entire team can participate in team building session (advance registration required).

Exhibit Hall

Meet local and regional resources for all your sport and exercise needs.