



2025 AASP MIDWEST SPORT
AND EXERCISE PSYCHOLOGY
SYMPOSIUM
FULL SCHEDULE

THURSDAY, MARCH 13TH, 2025
LONGSHIP CLUB AT KROGER FIELD

3:00PM-5:00PM	1 st Floor
Registration Open	
4:30PM-5:45PM	2 nd Floor Reception
Poster Session (Full list – End of Program)	
5:45PM-6:00PM	2 nd Floor Dining
Break & Transition to Dinner	
6:00PM-7:15PM	2 nd Floor Dining
Dinner	
7:15PM-8:00PM	2 nd Floor Dining
Keynote Presentation 1	
SHIFT: Managing Your Emotions so They Don't Manage You	
<i>Dr. Ethan Kross, Professor in the University of Michigan's Department of Psychology and Ross School of Business</i>	
8:00PM -	2 nd Floor Dining
Book Signing and Networking	

FRIDAY, MARCH 14TH, 2025
GATTON STUDENT CENTER (GSC)

7:00AM – 8:00AM	SPRINGHILL SUITES
Morning Yoga	
<i>Start your day the yogi way, with Dr. Ashley Samson as your guide</i>	

8:00AM - GSC 3rd FLOOR LANDING

Registration Open. Coffee & Tea Available

9:00AM – 10:00AM GSC Harris Ballroom

Lecture 1: Mental Skills

1A: Assessing the Delivery and Impact of Resilience Programming for First-Year Student-Athletes at Division I and Division III Universities.

Brett Haffner¹, Ellie Cain¹, Jack Potempa¹, Gabrielle Buckridge¹, Lindsey Kellar², & Scott Pierce¹ – ¹Illinois State University & ²Illinois Wesleyan University

1B: The Comparative Efficacy of Reflective Practice Interventions on Self-Awareness in Collegiate Athletes.

Amber Herrmann, Kenzie Brandon, & Shaine Henert – Northern Illinois University

1C: Sport Coaches' Experience Learning and Practicing Motivational Interviewing Methods.

Andrew Driska, Mariah Dunham, & Alec Keaton – Michigan State University

1D: Psychophysiological Stress in High School Quarterbacks: The Effects of an Integrated Psychological Skills Training Program on Performance and Stress.

Matthew Herring, Uriel Saucedo, Nathanael Erpelo, & Shaine Henert – Northern Illinois University

9:00AM – 10:00AM GSC 330 A/B

Lecture 2: Youth Sport

2A: Group Punishment and Coaching Decisions in Youth Sport.

Shoshana Scheinberg & Jeemin Kim – Michigan State University

2B: An Experimental Investigation into the Impact of the RESET Mental Skills Training Program on Youth Athletes' Psychophysiological Stress and Motivational Responses to Performance Stress.

Haru Inoue & Candace Hogue – University of Minnesota

2C: Do Seasonal Changes in Youth Sport Motivational Climate Impact Positive Youth Development Outcomes?

Keaden Morisaki, & Christine Pacewicz – Miami University

2D: Perspectives on Applied Sport Psychology Work with Youth Athletes from Neophyte and Experienced Sport Psychology Practitioners.

Kayleigh Hart & Jedidiah Blanton – University of Tennessee

9:00AM – 10:00AM GSC 331

Lecture 3: Injury and Rehabilitation

3A: Association of the Menstrual Cycle with Injury Recovery and Performance.

Holly Rogers, Jeanette Garcia, & David Rice – West Virginia University

3B: The Effect of Imagery on Fear of Return to Play in Injured Athletes: A Pilot Intervention Study.

Paige Pokryfke¹, Nataniel Boiangin², Kimberly Shaffer², & Rebecca Zakrajsek¹ – ¹University of Tennessee & ²Barry University

3C: Passion to Practice: Integrating Mental Performance Within a Division II Athletic Training Room Tailored to Injured Athletes.

Hunter Stimson – University of Tennessee

3D: Patient Perceptions of Psychological And Rehabilitation Experiences after Anterior Cruciate Ligament Reconstruction: A Qualitative Study

Megan Murray¹, Meredith Wekesser², J.D. DeFreese³, Caitlin Brinkman³, Daniel Gould⁴, & Shelby Baez³ – ¹University of Tennessee, ²University of Illinois Chicago, ³University of North Carolina at Chapel Hill, & ⁴Michigan State University

10:00AM-10:15AM

BREAK

10:15AM-11:15AM GSC Harris Ballroom

Workshop 1: Confidence

Empowering Machisma: Cultivating Competitive Confidence in Youth Mexican/Hispanic Female Athletes – A Chicago Case Study

Robert Anderson – University of Illinois Chicago

10:15AM-11:15AM GSC 330 A/B

Workshop 2: Athlete Retirement

Preparing Student-Athletes for Retirement from Sport

Jordyn King & Shaine Henert – Northern Illinois University

11:15AM-11:30AM

BREAK

11:30AM-12:10PM GSC Harris Ballroom

5-in-5 Presentations

1: How to use Participants’ Internal Dialogue to Enhance Coaching Group Fitness Effectiveness

Sara Brown – University of Illinois Chicago

2: Imagery in Sports: Creating a Matrix for Success

Sophie Shaw – Missouri State University

3: Learning in the Shadows: Reflections of a First-Year Graduate Student Working in Professional Soccer.

Noah Kotre, Ashley Samson, & Marc Cormier – University of Kentucky

4: Applied Consulting: Building Intentional Relationships with Athletes.

Ally Meehan, Jean Charles Lebeau, & Lindsey Blom – Ball State University

5: Cards All-In: Exploring a Student-Athlete Led Mental Health Organization.

Andrew Augustus, Royce Jones, Aubrey Bagenstose, Gustavo Saldo, & Kailey Kimball – University of Louisville

12:10PM-1:15PM GSC Champions Kitchen

LUNCH

12:35PM-1:15PM GSC 330 A/B

Optional Lunch and Learn

What to do with a master’s degree in SEPP?

Facilitators TBD

1:15PM-2:15PM GSC Harris Ballroom

Keynote Presentation 2

Building Championship Culture: An Ongoing Journey

Craig Skinner, Head Coach – University of Kentucky Volleyball

2:15PM-2:30PM

BREAK

2:30PM-3:30PM

GSC Harris Ballroom

Lecture 4: Mental Health

4A: Coaches Impact on Athlete Mental Health.

Jori Petrone – University of Illinois Chicago

4B: The Impact of Trauma and Mental Health Literacy on Mental Well-Being in Collegiate Football Players.

Alexia Inman & Christine Pacewicz – Miami University

4C: Assessing Student-Athlete Perceptions of their Mental Health and Mental Health Resources at FBS Division 1 Non-Autonomous Athletic Programs.

Grace Louis & Shaine Henert – Northern Illinois University

4D: Suicide Rates in National Collegiate Athletic Association (NCAA) Student-Athletes: An 11-Year Analysis.

Karrie Hamstra-Wright, Ellie Gasso, Rita Zejnollahi, & John Coumbe-Lilley – University of Illinois Chicago

2:30PM-3:30PM

GSC 330 A/B

Lecture 5: Coaching

5A: Meeting Athletes Where They Are At: Mental Performance Coaches Perspectives of Developmentally Appropriate Coaching.

Ellie Cain, Scott Pierce, & Anthony Amorose – Illinois State University

5B: Strategies for Coaching Benchwarmers.

Shoshana Scheinberg & Jeemin Kim – Michigan State University

5C: Body Language 101: The Nonverbal Secret to Authenticity, Believability, and Relationships in Coaching.

Shannon Suffoletto – BodyMindCombine, LLC

5D: Enhancing Athlete Development and Team Cohesion: A Holistic Coaching Approach for Collegiate Track and Field.

Lyric Brennan, Marc Cormier, & Ashley Samson – University of Kentucky

2:30PM-3:30PM

GSC 331

Lecture 6: Personality and Leadership

6A: Performance Profiling for Professional Soccer: Development, Implementation, and Feedback.

Patrick Maneval, Noah Kotre, Ashley Samson, & Marc Cormier – University of Kentucky

6B: Analyzing Personality and Positions in Collegiate Football.

Deverin Muff & Keiley Sewell Erb – Eastern Kentucky University

6C: Impact of Previous Leadership Experience on First-Year Collegiate Athletes' Leadership Self-Efficacy and Leadership Identity.

Addy Lancaster – Miami University

6D: Unlocking Athletic Potential: How Personality and Leadership Assessments Improve Self-Awareness.

Kelley Renner & Ashley Norman – University of Kentucky

3:30PM-3:45PM

BREAK

3:45PM-4:45PM

GSC Harris Ballroom

Workshop 3: Life Skills

Design and Delivery of a Sport-Based Life Skills Program.

Tarkington Newman¹, Dawn Anderson-Butcher², Emily Nothnagle², Travis Scheadler², Sydney Mack², & Levone Lee Isaiah Beasley¹ – ¹University of Kentucky & ²The Ohio State University

3:45PM-4:45PM

GSC 330 A/B

Workshop 4: Music

Mental Practice: Adapting Sport and Exercise Psychology Strategies for Musicians.

Alena Miskinis – Ball State University

7:00PM –

Student Social - Ethereal Brewing @ University of Kentucky Cornerstone (401 S Limestone)

7:00PM –

Faculty/Professional Social - Goodfellas Pizzeria: Pizza and Bourbon Bar (1228 Manchester St in Distillery District)

SATURDAY, MARCH 15TH, 2025
GATTON STUDENT CENTER (GSC)

8:00AM - GSC 2ND FLOOR LANDING

Information Table. Coffee & Tea Available

8:30AM-9:30AM GSC 330 A/B

Lecture 7: Performance Environment

7A: Athletic and Ethnic/Racial Identity and Team Cohesion.

Grayson Smith & Lindsey Blom – Ball State University

7B: Prevalence of Past Experiences of Abusive Coaching Among Former Youth Athletes and Their Current Mental Health And Sport Participation.

A.C. Thayer & Jeemin Kim – Michigan State University

7C: An Investigation into the Lasting Effect of Athlete Aggressive Behaviors Beyond Sport.

Rylee Hoyt & Candace Hogue – University of Minnesota

7D: Normative Influence of Teammates and Coaches on the Acceptability of Trash Talk.

Joseph Gibbons & Jeemin Kim – Michigan State University

8:30AM-9:30AM GSC 330 E

Lecture 8: Career Development

8A: Coaches and Teammates' Influence on Student-Athletes' Engagement with Career Services.

Melvin Sangalang & Jeemin Kim – Michigan State University

8B: From Graduate Student to Collegiate Football Coach: An Ethnographic Case Example.

Keira Towers & Scott Barnicle – University of Tennessee

8C: An Analysis of Job Description and Person Specifications to Define the Requirements for Obtaining Employment Within Sport, Exercise, and Performance Psychology.

John Combe-Lilley, Eden Bonser, Austin Carlson, Gina Lynch, & Adam Nudelman – University of Illinois Chicago

8D: Building Working Partnerships between Sport Psychology Graduate Programs and Professional Soccer Organizations.

Stephanie Fuller, Natalie Plaut, & Scott Barnicle – University of Tennessee

8:30AM-9:30AM

GSC 331

Lecture 9: Esports (Symposium)

9A: Performance Constructs in Esports Settings: A Conceptual Comparison

Eli Obrist, Abby Wolf, Kiersten Grumbos, Gabrielle Grumbos, & Jordan Goffena – Miami University

9B: Esports Coaches' Understandings of Performance constructs: A Qualitative Perspective.

Gabrielle Grumbos, Kiersten Grumbos, Abby Wolf, Eli Obrist, & Jordan Goffena – Miami University

9C: Esports Athletes' Perceptions of Performance Constructs: A Quantitative Perspective

Kiersten Grumbos, Gabrielle Grumbos, Eli Obrist, Abby Wolf, & Jordan Goffena – Miami University

9D: Performance Consulting in Esports Settings: An Applied Perspective

Abby Wolf, Eli Obrist, Gabrielle Grumbos, Kiersten Grumbos, & Jordan Goffena – Miami University

9:30AM-9:45AM

BREAK

9:45AM-10:30AM

GSC SEC Room

Faculty Meeting

9:45AM-10:30AM

GSC 330 A/B

Student Meeting

10:30AM-11:30AM

GSC 330 A/B

Workshop 5: Mental Toughness

Bridging Theory to Practice: Hands-On Strategies for Mental Toughness and Applied Sport Psychology.

Andreas Stamatis – University of Louisville Health

10:30AM-11:30AM

GSC 331

Workshop 6: Managing Stress

Coach Beyond: Managing Stress and Pressure as Graduate Students.

Megan Chunias, Samantha Bates, Dawn Anderson-Butcher, & Kylee Ault-Baker – The Ohio State University

11:30AM-11:45AM

BREAK

11:45AM-12:30PM

GSC 330 A/B

Case Discussion 1

Enhancing Mental Performance: A Graduate Consultant's Journey with Elite Athletes

Bailey Devin, Kelly Dorn, & Padya Kesselring – University of Kentucky

11:45AM-12:30PM

GSC 331

Case Discussion 2

Mind Over Mat: A Case Study of Mental Performance Consulting in Collegiate Cheerleading.

Morgan Findley & Scott Barnicle – University of Tennessee

11:45AM-12:30PM

GSC 330E

Case Discussion 3

Gaining Entry as Graduate Student Mental Performance Coaches.

Linnea Schultz, Gabrielle Buckridge & Yuliya Haponava – Illinois State University

12:30PM -

Departure

Thursday Poster Session (alphabetical by first author)

1: Talking Your Way to Victory: Enhancing Athletic Performance with Self-Talk.

Rachel Alma & Shaine Henert – Northern Illinois University

2: The Impact of Mental Toughness and Resilience on the Performance of a College Basketball Player.

A.J. Bennett – Miami University

3: Elite Collegiate Athletes Report More Adaptive Coping and Motivational Responses in Caring, Task-Involving Climates Compared to Ego-Involving Climates.

Samantha Brooks, Logan McGee, & Candace Hogue – University of Minnesota

4: Categorizing Self-Talk Using the MAP Model Framework in Experienced Soccer Players.

Daniel Burdaspar, Jean-Charles Lebeau, & Adam Smith – Ball State University

5: Early Feasibility of Yoga for Rural Pregnant Persons in Appalachia: A Qualitative Study.

Molly Burns, Adelynn Pfaff, Jillian Besic, Emsley Farley, Alexis Lawton, & Peter Giacobbi – West Virginia University

6: Comparing Traditional and Sport-Specific Mental Health Screeners Among D1 Student-Athletes at A Mid-Major University.

Meghan Carl & Jennifer Lape Kaiser – Northern Kentucky University

7: The Road to Success: Strategies for Traveling Athletes and Implications for Future Research.

Allie Cordero & Marc Cormier – University of Kentucky

8: The Green Light Study Proposal: Does Solution-Focused Coaching (SFC) Enhance Positive Emotion and Improve Functional Movement Performance In a Non-Athletic Population?

John Coumbe-Lilley & Emre Gul – University of Illinois Chicago

9: Coaches Perspectives' on Fostering Leadership in a High School Girls Lacrosse Team.

Mathew Gibbs, Sophia Walsh, Kayleigh Hart, & Jediah Blanton – University of Tennessee

10: Exploring Mental Health and Help-Seeking Experiences of NCAA Division 1 International Student-Athletes.

Emily Hayashi¹, Matt Hoffmann², Julie Brice², & Kathleen Wilson² – ¹Michigan State University & ²California State University Fullerton

11: Exploring the Return to Sport Experience Among NCAA Division III Athletes Following ACL Reconstruction: A Mixed Methods Study.

Davidson Jump, Garrett McClung, & Lauren Secaras – Denison University

12: Reducing Student-Athlete Stress in the NCAA Transfer Portal: Mandatory Online Training.

Cameron Kanner, Jay Nivison, Mitch Cooper, Jennifer Roth, & Sanghoon Kim – Michigan State University

13: Coaching Life Skills in the Community to Combat Gun-Related Violence.

Levone Lee¹, Maitri Patel², Isaiah Beasley¹, Avery Vincent¹, Sara Corman¹, Katie Phillips¹, Sydney Drye¹, Ruth Axton¹, Tarkington Newman¹ – ¹University of Kentucky & ²Paul Laurence Dunbar High School

14: The Relationship Between Mental Toughness and Life Stress in Division 1 Collegiate Athletes.

Antonio Leija & Candace Hogue – University of Minnesota

15: Assessing the Feasibility of a Virtual Reality Training Protocol for Sport: A Proposed Study.

Jarad Lewellen & Peter Giacobbi Jr. – West Virginia University

16: The Influence of Body-Related Self-Conscious Emotions on Female Young Adults' Physical Activity and Eating Behavior

Jenna Lickovitch & Christine Pacewicz – Miami University

17: Investigating Age and Sex Differences in Youth's Perceived Development of Social and Emotional Skills Through Sport.

Aarushi Lokhande¹, Chelsi Ricketts², Emily Hayashi¹, Noel Mann¹, Marcelo Cabral¹, KeonYoung Chung¹, Mahya Ardestani¹, Spyridoula Vazou¹, Andrew Mac Intosh³, Leapetswe Malet¹, & Sydney Gruszczynski¹ – ¹Michigan State University, ²University of Toronto, & ³RISE

18: Investigating the Role of a Sport-Based Positive Youth Development Program on Goal Setting and Leadership Skills in Youth.

Noel Mann¹, Chelsi Ricketts², Emily Hayashi¹, Aarushi Lokhande¹, Marcelo Cabral¹, KeonYoung Chung¹, Mahya Ardestani¹, Spyridoula Vazou¹, Andrew Mac Intosh³, & Leapetswe Malet¹ – Michigan State University, ²University of Toronto, ³RISE

19: Exploring the Relationship Between Performance Contribution and Perceived Leadership Contribution in Collegiate Swimming and Diving Teams.

Tjaša Pintar & Jedediah Blanton – University of Tennessee

20: Understanding and Supporting Mental Performance Training for Puerto Rican Youth Athletes: A Proposed Study.

Jorge Rodriguez & Scott Pierce – Illinois State University

21: A Coaching Philosophy Rooted in Positive Psychology to Enhance team Confidence.

Shelby Sosebee, Natalie Plaut, & Rebecca Zakrajsek – University of Tennessee

22: Athlete Leadership Development Throughout a High School Girls Lacrosse Season.

Sophia Walsh, Mathew Gibbs, Kayleigh Hart, & Jedediah Blanton – University of Tennessee

23: Am I a Fraud? The Effects and Associations of Self-Efficacy, perfectionism, and Relation-Inferred Self-Efficacy on Imposter Syndrome in Collegiate Student-Athletes.

Mackenzie Weeks, Christine Pacewicz, Melissa Chase, & Thomas Minkler – Miami University

24: The Motivational Poster of Division I Athletes Were More Advantageous in a Free Throw Clinic with a Caring, Task-Involving Climate Compared to an Ego-Involving Climate.

Yugo Yamaoka & Candace Hogue – University of Minnesota

25: An Exploratory Analysis Suggests Youth Caring Behaviors May Mediate the Relationship Between a Caring Climate and Athlete Social-Emotional Learning Skills in a Free Community youth Sport Program.

Yugo Yamaoka, Logan McGee, & Candace Hogue – University of Minnesota

26: Qualitative Perceptions of Team Culture from Collegiate Student-Athletes and Head Coaches.

Corinne Zimmerman¹, Robin Vealey², & Nicholas Myers¹ – ¹Michigan State University & ²Miami University