



## 2019 PERFORMANCE PSYCHOLOGY CONFERENCE

### FRIDAY, JANUARY 25TH, 2019

- 8:00-10:00 a.m.**     **Onsite Conference Registration/Check-In**
- 10:00-11:00 a.m.**     **Keynote Address: "An Unexpected Journey of Consulting with Paralympic Athletes"**  
**Dr. Jamie Shapiro**
- 11:00-11:10 a.m.**     **BREAK**
- 11:10-12:05 p.m.**     **Intervention Research**
- 11:10-11:25 a.m.     Imagery, Imagery Ability, and Emotion Regulation (Atak, Z. & Meir, G.)
- 11:30-11:45 a.m.     Self-reported Weight Cutting Methods in Professional Mixed-Martial Artists: How Much are They Losing and Who is Advising Them (Park, S., Ede, A., Alencar, M., & Madrigal, L.)
- 11:50-12:05 p.m.     Transition from Elite Sport (Probert, B. & Meir, G.)
- 12:05-1:15 p.m.**     **LUNCH (on your own)**
- 1:15-1:45 p.m.**     **Featured Workshop:** Experiencing the Mental Fitness Course at the United States Army Intelligence Center of Excellence (Harris, R., Jones, L., Medrano, D. & Hyatt, T.)
- 1:50-3:05 p.m.**     **Intervention Programs**
- 1:50-2:05 p.m.     Mindfulness Meditation Intervention with Collegiate Athletes (Vidic, Z.)
- 2:10-2:25 p.m.     Softball and Life Lessons: Weekly Sport Psychology Sessions with a Community College Softball Team (von Stietz, J.)
- 2:30-2:45 p.m.     Drew League Foundation Summer Camp: A Program Review (Coleman, A., Greminger, A., Fineman, B., & Rowe, D.)

- 2:50-3:05 p.m.     Developing Real-time Data Using Zephyr Technology to Correlate Cognitive Enhancement Skill Training with Improved Performance Outcomes in the Military Intelligence Community (Harris, R., Jones, L., Medrano, D. & Hyatt, T.)
- 3:05-3:15 p.m.**     **BREAK**
- 3:15-3:35 p.m.**     **Workshop** Who's Ball is it Anyway? Training Improv Skills to Enhance Performance in Sport (Castillo, S)
- 3:40-4:10 p.m.**     **Featured Presentation:** A Reliable and Valid Method of Assessing, Conceptualizing, and Addressing Problems that Interfere with Sport Performance (Donohue, B., Gavrilova, E., & Koval, I.)
- 6:00 p.m.**     **Please join us for a no-host dinner!**
- Tio Leo's  
3510 Valley Center Drive  
Del Mar, CA  
858-350-1468



## 2019 PERFORMANCE PSYCHOLOGY CONFERENCE

**SATURDAY, JANUARY 26TH, 2019**

**Complimentary Continental Breakfast (available beginning at 8:30am)**

- 9:00-9:45 a.m.      Featured Workshop:** Real Talk: A Case Study Workshop for Students and Professionals (Samson, A. & Wooding, C.)
- 9:45-9:55 a.m.      BREAK**
- 9:55-10:30 a.m.    Professional Issues**
- 9:55-10:10 a.m.    Integrating Distance Learning into Your Sport Psychology Practice (Ashbrook, P.)
- 10:15-10:30 a.m.    Teaching Sport and Performance Psychology in an Online Era: A Comparison of Traditional and Online Learning (Ku, S., Rhodius, A., & Meir, G.)
- 10:35-11:30 a.m.    Diversity Research**
- 10:35-10:50 a.m.    Examining the Interplay of Race and Gender in the Athletic Arena (Bradshaw, V. & Meir, G.)
- 10:55-11:10 a.m.    To Exercise or Not to Exercise: Motivation of Female College Students (Swinney, K., Fairclough, J., Paz De La Vega, L., & Otten, M.)
- 11:15-11:30 a.m.    Gender Bias in Ocean Lifeguards (Watkins, D., Madrigal, L., Ede, A., & Vargas, T.)
- 11:30-11:45 a.m.    BREAK**
- 11:45-12:45 p.m.    Keynote Address: "Shades of Gray: Mishaps and Lessons Learned from an Intersectional Feminist"**  
**Dr. Leeja Carter**
- 12:45 p.m.          Closing Remarks**



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