

NBA'S "MISTER NICE GUY" LEADS PRESENTATION LINE UP AT INAUGURAL SPORT PSYCHOLOGY EXPO

Coaches and Athletes Invited to Attend Salt Lake City Expo September 18 and 19

MADISON, WI – April 2009 – The inaugural Association for Applied Sport Psychology (AASP) Expo will feature former NBA player and Utah Jazz analyst Thurl Bailey as the keynote speaker. The national Expo, which is open to the public, takes place September 18 and 19, in Salt Lake City at the Sheraton City Centre. The Expo is designed to help provide tools to help enrich the sport experience for coaches, athletic directors, as well as athletes and their parents.

“Given Mr. Bailey’s success on and off the court, his commitment to service within the community, and his outstanding leadership skills, he is an excellent choice for the keynote address,” said Dr. Charlie Brown, chairman of the AASP Expo Steering Committee.

In addition to his impressive basketball skills, his integrity both on and off the court have led him to receive numerous civic awards and earned him the nickname “NBA’s Mr. Nice Guy.” He will present the keynote address on Friday, September 18.

The Expo concept is being introduced in Salt Lake City as part of the national AASP conference. The event will be held annually at venues across the country. The Expo will showcase the best practices of sport psychology through advance-registration workshops and programs for athletes (professional, collegiate, high school, amateur, etc.), coaches, parents of athletes, athletic directors and community leaders. Topics for the inaugural program were tailored to meet the needs of the Salt Lake City community.

A full day workshop for Utah psychologists will take place prior to the Expo on September 15. “*Developing Your Knowledge, Skills and Credentials in Sport Psychology*,” conducted by Dr. Jack J. Lesyk (Director, Ohio Center for Sport Psychology), is intended to help prepare professional psychologists in Utah for expanding their services in to the area of sport psychology.

The two-day Expo, beginning September 18, will feature some of the top applied sport and exercise psychology consultants from across the globe, including:

- Renee Newcomer Appaneal (Assistant Professor, University of North Carolina, Sport and Exercise Psychology) – “*Dealing with Injuries*”
- Lindsey Blom (Assistant Professor, Ball State University, Sport and Exercise Psychology) – “*United We Support: Parent-Coach Partnership*”

- Dr. Ron Chamberlain (Psychologist, Brigham Young University) – *“Exercising for a Lifetime”*
- Dr. Karen Cogan (Psychologist, University of North Texas) – *“Teens in the 2K”*
- Dr. Greg Dale (Director of Mental Training and Leadership Programs, Duke University athletics) – *“Team Building Sessions”*
- Cristina Fink (Sport Psychology Services, Mexican Olympic Committee) – *“Positive Parenting”*
- Dr. Daniel Gould (Professor of Kinesiology, Michigan State University) – *“Raising a Gifted Athlete”*
- Dr. Bob Harmison (Director of Sport Psychology, James Madison University athletics) – *“Confident & In Control”*
- Dr. Bernie Holliday (Army Center for Enhanced Performance) and Dr. Sarah Naylor-Castillo (Performance Enhancement Instructor at West Point) – *“Outstanding Athletes, Outstanding Citizens”*
- Dr. Rick McGuire (Head Track and Field Coach & Professor, University of Missouri) – *“Reaching Their Potential”*
- Dr. Ken Ravizza (Professor, California State University, Division of Kinesiology and Health Science) – *“Making the Grass Green Again”*
- Dr. Jack Watson (Associate Professor, West Virginia University, Sport and Exercise Psychology) – *“What’s a Coach to Do?”*

Four workshops designed to cultivate mental toughness skills will be offered to athletes. They include: Dr. Kirsten Peterson on *Goal Setting*; Dr. Paul Salitsky on *Performance Anxiety and Relaxation*; Dr. Melinda Houston on *Motivation and Commitment*; and Dr. Aimee Kimball with *Focus and Concentration*.

A full schedule of seminars, speakers and registration information can be found at www.SportPsychExpo.com.

AASP

The Association for Applied Sport Psychology (AASP) promotes the ethical practice, science and advocacy of sport and exercise psychology. Founded in 1986, AASP is an international, multidisciplinary, professional organization that offers certification to qualified professionals who practice sport and exercise psychology. With more than 1,200 members in 28 countries, AASP is a worldwide leader, sharing research and resources with the public via its Web site, www.appliedsportpsych.org.