



# 2026 AASP Eastern Canada Sport and Exercise Psychology Symposium

March 20<sup>th</sup> and 21<sup>st</sup>, 2026

**Sponsored By**



Centre for Healthy  
Youth Development  
through Sport



# Full Program

**Friday March 20<sup>th</sup>, 2026**

**Registration and Coffee (7:30am to 9:00am)**

**Opening Remarks (9:00am to 9:30am)**

**Session 1 (9:30am to 10:30am)**

## **Sport Injury Rehabilitation**

***Drummond North | Moderator: Carley Jewell***

<b>9:30am - 9:40am</b>	Exploring alexithymic athletes' emotional experiences during injury rehabilitation using arts-based methods <sup>a</sup>  <b><i>Kirsten Hutt, Katherine Tamminen</i></b>
<b>9:40am – 9:50am</b>	Dancing towards wellbeing: A proposed study to explore the expected benefits of dance for women after stroke and perceived successful program elements <sup>a</sup>  <b><i>MacKenzie Aubin, Jennifer Brunet</i></b>
<b>9:50am – 10:00am</b>	Recovering together: Using daily diaries to explore the role of social support during athletic injury recovery <sup>a</sup>  <b><i>Kaitlin N. Fortier, Stuart G. Wilson, Jeffrey G. Caron, Luc J. Martin</i></b>
<b>10:00am – 10:10am</b>	A longitudinal exploration of coach-athlete dyads during rehabilitation and return-to-sport of injured football players <sup>a</sup>  <b><i>Louis-David Bernier Cloutier, Leslie Podlog, Theresa Bianco, Louise Davis, Quinn Johnsson</i></b>
<b>10:10am – 10:20am</b>	Development of a novel measure to assess adolescents' psychological readiness to return to sport after injury <sup>a</sup>  <b><i>Quinn Johnsson, Leslie Podlog, Jeffrey G. Caron, Miriam Beauchamp, Marie-Lyne Nault, Isabelle Doré, Ross Wadey, Noémie Demers, Louis-David Bernier-Cloutier</i></b>

<sup>a</sup> Study proposal or in progress, 8-minute presentation with 2 minutes of questions

<sup>b</sup> Completed study, 12-minute presentation with 3 minutes of questions

Underlined names are presenters

<p><b>10:20am – 10:30am</b></p>	<p>Preliminary Research Exploring the Antecedents of Psychological Readiness to Return to Competition from an Injury among Adolescent Athletes<sup>a</sup></p> <p><i><b>Quinn Johnsson, Leslie Podlog, Maxime Charron, David Keatley, James A. Dimmock, Jeffrey G. Caron, Marie-Lyne Nault</b></i></p>
<p><b>Body Image</b>  <b>Drummond South   Moderator: Kirina Angrish</b></p>	
<p><b>9:30am - 9:40am</b></p>	<p>Investigating the Relationship between Yoga and Body Image in Middle-Aged Women: A Cross-sectional Quasi-Experimental Study<sup>a</sup></p> <p><i><b>Alyssa Enns</b></i></p>
<p><b>9:40am – 9:50am</b></p>	<p>Investigating the effects of self-compassion framing on muscle-building behaviour in a sample of young adult men<sup>a</sup></p> <p><i><b>Zach Staffell, Katarina Huellemann, Eva Pila</b></i></p>
<p><b>9:50am – 10:00am</b></p>	<p>Serving Under Surveillance: Body Image in High Performance Female Tennis Players<sup>a</sup></p> <p><i><b>Matea Folprecht, Jordan Koch</b></i></p>
<p><b>10:00am – 10:15am</b></p>	<p>Positive and Negative Body-Related Emotions Among Post-Secondary Students: A Latent Profile Analysis<sup>b</sup></p> <p><i><b>Isabella L. Tremonte, Avery J. Hinchcliffe, Sarah E. Ryan, Catherine M. Sabiston</b></i></p>
<p><b>10:15am – 10:30am</b></p>	<p>Are body image and physical self-concept one and the same?<sup>b</sup></p> <p><i><b>Isabella L. Tremonte, Chelsi Ricketts, Roxy H. O'Rourke, Delaney E. Thibodeau, Catherine M. Sabiston</b></i></p>
<p><b>Quality Participation in Sport and Physical Activity</b>  <b>Grand Ballroom   Moderator: Ann-Marie McNutt</b></p>	
<p><b>9:30am - 9:40am</b></p>	<p>Integrating the COM-B Model Into Quality Participation Tools to Enhance Sport Program Leader Confidence<sup>a</sup></p> <p><i><b>Adelyne Heyes, Amy Latimer-Cheung, Marley Mullan, Avery Lorbetskie</b></i></p>
<p><b>9:40am – 9:50am</b></p>	<p>Fostering Quality Participation in Community-Based Exercise Programs for Persons with Physical Disabilities and Chronic Conditions<sup>a</sup></p> <p><i><b>Priya Shah, Jennifer Tomasone, Krista Best, Gabrielle Bedard, Shane Sweet</b></i></p>

<b>9:50am – 10:00am</b>	Assessing the Construct Validity of a Quality Participation Observation Tool Across Inclusive Sport Contexts <sup>a</sup>  <i><b>Ariel Saulnier, Mia KurtzFavero, Izzy Coupland, Marley Mullan, Maya Hardowar, Nishi Patel, Tessa Griffin<sup>1</sup>, Amy Latimer-Cheung</b></i>
<b>10:00am – 10:10am</b>	Quality Participation: Assessing the Feasibility of Implementing QP Building Blocks to Enhance Quality Participation in Special Olympics Swim Program. <sup>a</sup>  <i><b>Avery Lorbetskie, Amy Latimer-Cheung, Marley Mullan, Adelyne Heyes</b></i>
<b>10:10am – 10:20am</b>	Evaluating quality participation through sporting event volunteer and elite para-athlete interactions <sup>a</sup>  <i><b>Isabel Coupland, Amy Latimer-Cheung</b></i>
<b>BREAK (15 Minutes)</b>	
<b>Session 2 (10:45am to 11:45am)</b>	
<b>Youth Sport</b> <i><b>Drummond North   Moderator: Jess Malcolm</b></i>	
<b>10:45am – 10:55am</b>	Investigating psychological differences in adolescents competing in risky versus less risky sports. <sup>a</sup>  <i><b>Gillian Ramsay, Joe Baker</b></i>
<b>10:55am – 11:05am</b>	Personality development through youth sport participation: Perspectives of former youth athletes <sup>a</sup>  <i><b>Parker Triano</b></i>
<b>11:05am – 11:15am</b>	Exploring the Effect of Self-Complexity on Resilience and Burnout in Competitive Youth Sport <sup>a</sup>  <i><b>Kaden Jagoe, Karl Erickson</b></i>
<b>11:15am – 11:25am</b>	Assessing Changes in Physical Activity and Quality of Life in Youth with Mental Distress Following a Lifestyle E-Intervention Program <sup>a</sup>  <i><b>Eesha Mehra, Patricia Longmuir</b></i>

<p><b>11:25am – 11:35am</b></p>	<p>Reimagining Equitable and Accessible Youth Sport: Insights from Canadian sport leaders<sup>b</sup></p> <p><b><i>Theepiga Mohanachandran, Mikayla McEwan, Keira Dyck, Megan Sutton, Roxy O'Rourke, Corliss Bean, Catherine Sabiston, Sasha Gollish</i></b></p>
<p><b>11:35am – 11:45am</b></p>	<p>Investigating psychological differences in adolescents competing in risky versus less risky sports.<sup>a</sup></p> <p><b><i>Gillian Ramsay, Joe Baker</i></b></p>
<p><b>Disability in Sport and Physical Activity</b>  <b>Grand Ballroom   Moderator: Jayden Miller</b></p>	
<p><b>10:45am – 10:55am</b></p>	<p>Quality Improvement Follow-up Evaluation of the Canadian Disability Participation Project 2.0 Summer Institute<sup>a</sup></p> <p><b><i>Christina Gee, Jenson Price, Mahadeo Sukhai, Kirsti Van Dornick, Jennifer Tomasone</i></b></p>
<p><b>10:55am – 11:05am</b></p>	<p>Understanding Sport Participation Among Children with Probable Developmental Coordination Disorder: A Qualitative Study of Psychosocial and Socio-environmental Factors<sup>a</sup></p> <p><b><i>Ann-Marie McNutt, Terrence Wade, Matthew Kwan, Sarah Wellman-Earl</i></b></p>
<p><b>11:05am – 11:15am</b></p>	<p>Representation of Social Identities in Intersectional Disability Physical Activity Research<sup>a</sup></p> <p><b><i>Benjamin Solmon, Owen Juan, Luxshmi Nageswaran, Jennifer R. Tomasone</i></b></p>
<p><b>11:15am – 11:25am</b></p>	<p>The process of fostering quality participation in a community-based recreation program for adults who have intellectual and developmental disabilities<sup>a</sup></p> <p><b><i>Maya Perera</i></b></p>
<p><b>11:25am – 11:35am</b></p>	<p>A qualitative evaluation of a physical activity behaviour change program for university students with physical disabilities and chronic conditions<sup>a</sup></p> <p><b><i>Emily Lindquist, Natara Ng, Gabrielle D. Bedard, Jennifer R. Tomasone, Jordan D. Herbison, Shane N. Sweet</i></b></p>

<b>11:35am – 11:45am</b>	<p>“From undergrad to my masters, and I am still working on the same project...”: Reflections from a novice researcher about project management challenges during a scoping review. <sup>a</sup></p> <p><i><b>Owen Juan, Jennifer R. Tomasone</b></i></p>
<p><b>Psychological Skills Training</b>  <b>Drummond South   Moderator: Burgandy Thiessen</b></p>	
<b>10:45am – 10:55am</b>	<p>A qualitative exploration of the perceptions of effective PST programming in sport <sup>a</sup></p> <p><i><b>Samantha D'Agostino-Pinto, Krista Munroe-Chandler</b></i></p>
<b>10:55am – 11:05am</b>	<p>From Learning to Application: Understanding Canadian University and Collegiate Coaches' Use of Psychological Skills <sup>a</sup></p> <p><i><b>Darcee J. Hall, Krista J. Munroe-Chandler, PhD, Todd M. Loughead, PhD</b></i></p>
<b>11:05am – 11:15am</b>	<p>Investigating the Psychological Skill Use of Canadian Sport Officials <sup>a</sup></p> <p><i><b>Christopher J. Coady, Krista J. Munroe-Chandler, Todd L. Loughead</b></i></p>
<b>11:15am – 11:30am</b>	<p>Locating the Self-Regulated Sport Practice Survey Among Popular Psychological Skills Assessments: A Scoping Review <sup>b</sup></p> <p><i><b>Erin Teschuk, Bradley W. Young, Lori Dithurbide</b></i></p>
<b>11:30am – 11:45am</b>	<p>Exploring Determinants and Impacts of Performance Anxiety Among Student-Athletes <sup>b</sup></p> <p><i><b>Ariane Sagala, Véronique Boudreault</b></i></p>
<p><b>LUNCH (11:45am TO 1:10pm)</b></p>	
<p><b>Session 3 (1:10pm to 2:15pm)</b></p>	
<p><b>Concussion</b>  <b>Drummond North   Moderator: Jess Malcolm</b></p>	

<b>1:10pm – 1:20pm</b>	Examining concussion coverage of women athletes in Canadian media: A comparative discourse analysis from 2010-2018 and 2019-2025 <sup>a</sup>  <b><i>Kelly Dao, Braeden McKenzie, Kaleigh Pennock</i></b>
<b>1:20pm – 1:30pm</b>	Understanding athlete confidence during return to sport following sports-related concussion: Preliminary findings <sup>a</sup>  <b><i>Amanda McCue, Leslie Podlog, Jeffrey Caron</i></b>
<b>1:30pm – 1:40pm</b>	Stories that support: Co-designing a youth hockey social support intervention for concussion return to sport <sup>a</sup>  <b><i>Carley B. Jewell, Jacqueline van Ierssel, Philip Sullivan, Sean Locke, Amanda M. Black</i></b>
<b>1:40pm – 1:50pm</b>	Exploring the lived experiences of female ice hockey players with sport-related concussion: A proposed qualitative study <sup>a</sup>  <b><i>Chloe Oleksiuk, Danielle Alexander-Urquhart, Jeffrey Caron</i></b>
<b>1:50pm – 2:00pm</b>	Concussions and team norms: A proposed social relations model and network analysis <sup>a</sup>  <b><i>Maxime R. Landry-Lurette, Luc J. Martin, Jeffrey G. Caron</i></b>
<b>2:00pm – 2:15pm</b>	Making the invisible visible: A research program on the burden of sport-related concussions in female artistic sport athletes <sup>b</sup>  <b><i>Gabrielle Cadotte, Jeffrey G. Caron</i></b>
<b>Advancing the Field with Technology</b> <b>Grand Ballroom   Moderator: Quinten Carfagnini</b>	
<b>1:10pm – 1:20pm</b>	Psychological Mechanisms of Within-Session Persistence in Digital Health Interventions: Evidence from Large-Scale Behavioral Logs <sup>a</sup>  <b><i>Haeyong Chun, Youngsoo Park, Hyo Young Kim</i></b>
<b>1:20pm – 1:30pm</b>	Mapping Movement: How Built Environments Shape University Students' Physical Activity <sup>a</sup>  <b><i>Jayden Miller, Matthew Kwan</i></b>
<b>1:30pm – 1:40pm</b>	A Daily Diary Study Using a Generative AI Conversational Agent to Explore Behaviour Change Techniques for Physical Activity Among University Students with Physical Disabilities and Chronic Conditions <sup>a</sup>

	<i><b>Gabrielle D. Bedard, Jiangbo Yu, Audrey C. Wong, Zhiyang Shi, Jordan D. Herbison, Gordon A. Bloom, Jennifer R. Tomasone, Shane N. Sweet</b></i>
<b>1:40pm – 1:55pm</b>	Validation of an Augmented Reality Tool for Real-Time Smartphone-Based Exercise Repetition Counting <sup>b</sup>  <i><b>Aryan Sadghian, Marc Mitchell</b></i>
<b>Mental Health in Sport and Physical Activity</b> <b>Drummond South   Moderator: Burgandy Thiessen</b>	
<b>1:10pm – 1:20pm</b>	Adult Amateur Equestrian’s Lived Experiences: An IPA Study <sup>a</sup>  <i><b>Sophie Litalien</b></i>
<b>1:20pm – 1:30pm</b>	Development of a Measure of State Psychological Stress For Athletes <sup>a</sup>  <i><b>Sarah Doyle, Kylee Speedy, Dr. Ryan Hamilton, Dr. Janine Olthuis</b></i>
<b>1:30pm – 1:40pm</b>	Mentee Perspectives on the ‘Movement Mentors for Mental Health’ Program: An Exploratory Qualitative Study <sup>a</sup>  <i><b>Paniz Abadi, Rebecca Bassett-Gunter, Larkin Lamarche, Karl Erickson</b></i>
<b>1:40pm – 1:50pm</b>	UWorkItOut UWin: Exercise as a First-line Treatment Approach <sup>a</sup>  <i><b>Travis Woods, Christopher Coady, Krista Munroe-Chandler</b></i>
<b>1:50pm – 2:00pm</b>	Establishing a Quality Masters Sport Participation Framework: A Proposed Study <sup>a</sup>  <i><b>Justine Cotnoir, Bradley W. Young, M. Blair Evans, Bettina Callary, Liza Stathokostas, Scott Rathwell</b></i>
<b>2:00pm – 2:15pm</b>	Falling short of my ideal: emotional pathways linking fitness self-discrepancy to mental health <sup>b</sup>  <i><b>Samira Sunderji, Catherine M. Sabiston</b></i>
<b>BREAK (15 Minutes)</b>	
<b>Session 4 (2:30pm to 3:35pm)</b>	
<b>Coaching and Leadership</b> <b>Grand Ballroom   Moderator: Caroline Hummell</b>	

<b>2:30pm – 2:40pm</b>	A Proposed Study Exploring how Elite Soccer Coaches Manage Coach-Athlete Relationships with Players who Receive Limited Playing Time <sup>a</sup>  <b><i>Luke Berryman, Dr. Gordon Bloom</i></b>
<b>2:40pm – 2:50pm</b>	Making Laps Less Boring: How Model Coaches Spark Situational Interest in Competitive Youth Swimming <sup>a</sup>  <b><i>Olivia H. D. Christendat, Haley H. Smith, Stuart Wilson, Jean Côté</i></b>
<b>2:50pm – 3:00pm</b>	Exploring the Dark Side of Athlete Leadership: A Delphi Study of Destructive Leadership in Sport <sup>a</sup>  <b><i>Mason B. Sheppard, Todd M. Loughead, Krista J. Munroe-Chandler, Gordon A. Bloom</i></b>
<b>3:00pm – 3:10pm</b>	Athletes' Body Image: Evaluating Coaches' Perceived Acceptability of ÉquiLibre's Toolbox <sup>a</sup>  <b><i>Gabrielle Rousseau, Véronique Boudreault, Karah Stanworth Belleville, Marie-Pierre Gagnon-Girouard, Gabriel Parent</i></b>
<b>3:10pm – 3:25pm</b>	Leading from the trenches: How assistant coaches shape positional subgroup identity and team alignment in professional football <sup>b</sup>  <b><i>Marc Glaude, Gordon A. Bloom, Luc J. Martin</i></b>
<b>Safe Sport</b> <b>Drummond North   Moderator: Jayden Miller</b>	
<b>2:30pm – 2:45pm</b>	Athlete's Perception of Clean Sport in Cycling <sup>b</sup>  <b><i>Alexandra Galarneau, Véronique Boudreault</i></b>
<b>2:45pm – 3:00pm</b>	Exploring how coach gender influences perceived psychological safety and comfort disclosing concerns in female youth athletes <sup>a</sup>  <b><i>Victoria Iwaniura<sup>1</sup>, Corliss Bean<sup>1</sup></i></b>
<b>3:00pm – 3:10pm</b>	Compassion in action: Exploring other-focused compassion in elite sport <sup>a</sup>  <b><i>Morgan Leeder<sup>1</sup>, Jordan Sutcliffe<sup>2</sup>, Luc J. Martin<sup>1</sup></i></b>
<b>3:10pm – 3:25pm</b>	Risk Factors and Disclosure Barriers in Sexual Violence Among Higher Education Student Athletes: Implications for Sport Psychology <sup>b</sup>  <b><i>Samantha Burelle, Karl Erickson, Parissa Safai</i></b>

<p><b>3:25pm – 3:35pm</b></p>	<p>Understanding of how safety and risk are negotiated and leveraged in rugby policies<sup>b</sup></p> <p><i><b>Julia Topart, Émilie Lemelin, Véronique Boudreault, Sylvie Parent</b></i></p>
<p style="text-align: center;"><b>Group Dynamics</b> <b>Drummond South   Moderator: Ann-Marie McNutt</b></p>	
<p><b>2:30pm – 2:40pm</b></p>	<p>Conceptualizing coach and collective humility in the sport context: A qualitative exploration<sup>a</sup></p> <p><i><b>Anthony S. Griffo, Mark Eys</b></i></p>
<p><b>2:40pm – 2:50pm</b></p>	<p>Translating a reconceptualization of cohesion to exercise: A critical review<sup>a</sup></p> <p><i><b>Zakry Walsh, Mark Eys</b></i></p>
<p><b>2:50pm – 3:00pm</b></p>	<p>Enhancing team cognition and decision-making through video-led debriefing: A proposed action research study in high-performance ice hockey<sup>a</sup></p> <p><i><b>Mitchell Profeit, Luc Martin</b></i></p>
<p><b>3:00pm – 3:10pm</b></p>	<p>A proposed study exploring the role of athlete leaders in managing and supporting athlete mental health in elite women’s ice hockey<sup>a</sup></p> <p><i><b>Claudia Zeppetelli, Gordon A Bloom, Todd M Loughead</b></i></p>
<p><b>3:10pm – 3:25pm</b></p>	<p>The relationships among peer motivational climate, team preparation, and mental toughness in youth soccer players<sup>b</sup></p> <p><i><b>Jae-Hoon Hwang, KeonYoung Chung, Marcelo Cabral, Spyridoula Vazou, Yong-Gwan Song</b></i></p>
<p style="text-align: center;"><b>STUDENT SOCIAL 7pm to 11pm</b> <b>Blackburn Brew House</b> <b>8001 Blackburn Pkwy, Niagara Falls</b></p>	

# Saturday March 21<sup>st</sup>, 2026

Coffee (9:00am to 9:30am)

Session 1 (9:30am to 10:30am)

## Athlete Development

Grand Ballroom | Moderator: Quinten Carfagnini

9:30am – 9:40am

Becoming a Major Junior Player”: An Interpretative Phenomenological Analysis of Ice Hockey Players’ Transition into a Major Junior League <sup>a</sup>

***Gabriel Delage, Jean-Baptiste Bertrand, Véronique Boudreault***

9:40am – 9:50am

Exploration of “Playing Up” Experiences in Youth Rugby Through Athlete, Coach, and Parent Perspectives <sup>a</sup>

***Amy Yeung, Aaryan Dalal, Kaden Jagoe, Samantha Burelle, Karl Erickson***

9:50am – 10:00am

Congratulations! You’ve been drafted, now what? <sup>a</sup>

***Antonia Cattle, Kathryn Johnston, Joseph Baker***

10:00am – 10:10am

Latin American Coaches' Narratives of Learning and Adapting to Coaching in Canada <sup>a</sup>

***Carol Cárdenas-Castro, Diane M Culver***

10:10am – 10:25am

Breaking Through the Chaos: Pathways to the National Hockey League <sup>b</sup>

***Cameron Hubscher, Nick Wattie***

## Mental Health and Interventions

Drummond North | Moderator: Burgandy Thiessen

9:30am – 9:40am

Staff and Faculty Perceptions of Thrive@Work <sup>a</sup>

***Cecil J. Wright, Christopher J. Coady, Krista J. Munroe-Chandler, Todd M. Loughead***

9:40am – 9:50am

A pilot study evaluating the usability, acceptability and relevance of the Leadership Excellence Athlete Driven (LEAD) Program <sup>a</sup>

***Zoe Beaulieu, Todd M. Loughead, Mason B. Sheppard, Krista J. Munroe-Chandler, Gordon A. Bloom, Mackenna Schiavo***

<b>9:50am – 10:00am</b>	From Debilitative to Facilitative: A Feasibility Study of Acceptance and Commitment Therapy for Performance Anxiety Interpretation in University Athletes <sup>a</sup>  <i><b>Bo Vink, Philip Sullivan</b></i>
<b>10:00am – 10:10am</b>	Eating Disorder Screening in Developing Elite Athletes: A Scoping Review and Delphi Study <sup>a</sup>  <i><b>Florence Bastien, Véronique Boudreault, Pascale Morin</b></i>
<b>10:10am – 10:20am</b>	The digital arena: Using creative methods to explore the role of social media use in shaping student-athletes' well-being within Ontario universities <sup>a</sup>  <i><b>Mikayla McEwan, Corliss Bean</b></i>
<b>10:20am-10:30am</b>	Exploring the Relationship Between Training Load, Performance Anxiety and Tumbling Consistency in Competitive Cheerleading <sup>a</sup>  <i><b>Payton O'Connor</b></i>
<b>Inclusivity and Body Image</b> <i><b>Drummond South   Moderator: Caroline Hummell</b></i>	
<b>9:30am – 9:40am</b>	Stories Worth Telling: A Master's Student Reflections on Conducting Narrative Research within the BIPOC SCI Community <sup>a</sup>  <i><b>Elizabeth Dorvil, Shane Sweet</b></i>
<b>9:40am – 9:50am</b>	Toward culturally competent teams: Examining racialized bias in interdependent sport <sup>a</sup>  <i><b>Kiyara Letlow, Courtney Szto, Luc Martin</b></i>
<b>9:50am – 10:00am</b>	Implications for a Rights-Based Future of Youth Sport <sup>a</sup>  <i><b>Habiba Shafey, Joseph Gurgis</b></i>
<b>10:00am – 10:10am</b>	Experience of Disordered Eating and Exercise Addiction among Former Student-Athletes <sup>a</sup>  <i><b>Juliette Maurin, Véronique Boudreault</b></i>
<b>10:10am – 10:25am</b>	When does exercise become dysfunctional? The role of perfectionism and body-related self-conscious emotions in appearance-driven exercise <sup>b</sup>  <i><b>Avery J. Hinchcliffe, Catherine M. Sabiston</b></i>
<b>BREAK (15 Minutes)</b>	

## Session 2 (10:45am to 11:50am)

### Retired Athletes and Mentorship Grand Ballroom | Moderator: Ann-Marie McNutt

<b>10:45am – 10:55am</b>	<p>Project SAIL: Structure, Autonomy (Support), Involvement, and Living Beyond Sport<sup>a</sup></p> <p><b><i>Emily Bonisteel, Diane Mack, Nathan Hall, Philip Wilson</i></b></p>
<b>10:55am – 11:05am</b>	<p>What Athletes Carry Forward: How Youth Sport Shapes Exercise Behaviour in the Gym Environment<sup>a</sup></p> <p><b><i>Alexa Fowler, J. Paige Pope</i></b></p>
<b>11:05am – 11:15am</b>	<p>Understanding mentorship through the eyes of girl athletes: Insights from an arts-based qualitative approach<sup>a</sup></p> <p><b><i>Caroline Hummell, Corliss Bean</i></b></p>
<b>11:15am – 11:25am</b>	<p>Exploring informal peer mentorship to support mental health in varsity athletes: A proposal<sup>a</sup></p> <p><b><i>Lucy Lee, Corliss Bean</i></b></p>
<b>11:25am – 11:40am</b>	<p>The Acute Effect of Peer Motivational Climate on Young Adults' Basic Psychological Needs, Enjoyment, and Physical Activity Intention<sup>b</sup></p> <p><b><i>KeonYoung Chung, Marcelo Cabral, Caitlin McClugage, Spyridoula Vazou</i></b></p>

### Health and Wellbeing Drummond North | Moderator: Malak Shaath

<b>10:45am – 10:55am</b>	<p>Examining Heart Rate Variability Among Post-Menopausal Women Before and After a Self-Directed Mindfulness-Based Stress Reduction Intervention: A Feasibility Study<sup>a</sup></p> <p><b><i>Mackenzie Barnard, Andra Smith, Jennifer Brunet</i></b></p>
<b>10:55am – 11:05am</b>	<p>Examining Gender Disparities in Movement Behaviours and Mental Health Among Children in Antigua and Barbuda<sup>a</sup></p> <p><b><i>Kelechi Kemnele, Alisha Thomas, Julia Nord-Leth, Danielle Walwyn, Leslie Walwyn, Ian Janssen<sup>1</sup>, Kate Storey<sup>5</sup>, Jo Sheppard, Lucie Lévesque</i></b></p>

<b>11:05am – 11:20am</b>	<p>Excellencism, Perfectionism, and Motivation: Understanding Psychological Functioning in Student-Athletes Enrolled in Sport-Study Program in Quebec <sup>b</sup></p> <p><b><i>Janie Locas, Frédéric Langlois, Paule Miquelon</i></b></p>
<b>11:20am – 11:30am</b>	<p>Elite Youth Athletes' Social Network and Experiences of Mental Health <sup>a</sup></p> <p><b><i>Angela Heinisch, Courtney Walton, Katherine Tamminen</i></b></p>
<b>11:30am – 11:45am</b>	<p>Association between behavioral phenotypes and paid mHealth app subscription and renewal: A 6-month latent class analysis study <sup>b</sup></p> <p><b><i>Youssef Genaidy, Roshan Hasan, Julia Incitti, Erika Bloom, Marc Mitchell</i></b></p>
<p><b>Youth Mental Health</b>  <b>Drummond South   Moderator: Carley Jewell</b></p>	
<b>10:45am – 10:55am</b>	<p>Identifying priority mental health and psychological skill needs in adolescent competitive dance <sup>a</sup></p> <p><b><i>Alyssa Hughes, Scott Rathwell, Afra Foroud, Paige Pope</i></b></p>
<b>10:55am – 11:10am</b>	<p>Anxiety Sensitivity as a Predictor of Basic Psychological Need Satisfaction in Adolescent Athletes <sup>b</sup></p> <p><b><i>Kylee Speedy, Janine Olthuis, Ryan Hamilton, Taylor McAulay</i></b></p>
<b>11:10am – 11:20am</b>	<p>Exploring Psychosocial Challenges and the Impact of Competitive Sport on Mental Health among High School Student-Athletes <sup>a</sup></p> <p><b><i>Frédérique Laflamme, Véronique Boudreault, Janie Locas</i></b></p>
<b>11:20am – 11:35am</b>	<p>Youth Perspectives on Implementing Injury Prevention Strategies in Youth Sport <sup>b</sup></p> <p><b><i>David Shodipo, Elijah Kpioyo, Kelisha Bulgin-Dixon, Princess A. Ulona, Nicole Chimera, Carley B. Jewell, Nicola Odu, Corliss Bean, Philip Sullivan, Rob Millington, Carla Edwards, Gina Dimitropoulos, Amanda M. Black</i></b></p>
<b>11:35am – 11:50am</b>	<p>Coach the coach: Youth-identified priorities and resources to enhance mental health resource application in youth sport <sup>b</sup></p> <p><b><i>Isabella Perco, Audrey Susa, Atsuhiko Morimoto, Carley B. Jewell, Nicola Odu, Princess Ulona, Corliss Bean, Nicole Chimera, Philip Sullivan, Rob Millington, Carla Edwards, Gina Dimitropoulos, Amanda M. Black</i></b></p>

## LUNCH (11:50am TO 1:15pm)

### Keynote Panel 1:15pm to 2:30pm

Featuring Dr. Jeffery Caron, Dr. Corliss Bean, & Dr. Jessica Murphy  
Moderated by Carley Jewell

## BREAK (15 Minutes)

### Session 3 (2:45pm to 3:30pm)

#### Behaviour Change Techniques Grand Ballroom | Moderator: Jayden Miller

**2:45pm – 2:55pm**

Exploring the moderating effects of anticipated effort on real-time physical activity behaviour: An ecological momentary assessment study<sup>a</sup>

***Ryan Chen, Sheereen Harris***

**2:55pm – 3:05pm**

Closing the Effort Gap: How Message Framing Affects Physical Activity in Mentally Fatigued Adults<sup>a</sup>

***Sucheta Khurana, Sheereen Harris***

**3:05pm – 3:15pm**

Effects of Mental Fatigue and Individual Physical Effort Tendencies on Physical Activity Decision Making in Young Adults<sup>a</sup>

***Hannah Johnson, Sheereen Harris***

**3:15pm – 3:25pm**

Behaviour Change Techniques and Quality Participation: An N-of-1 study<sup>a</sup>

***Sarah E. Lindsay, Gabreille D. Bedard, Zhiyang Shi, Tayah Liska, Natara Ng Cheng Hin, Jennifer R. Tomasone, Shane N. Sweet***

#### Sport and Exercise Participation Drummond North | Moderator: Jess Malcolm

**2:45pm – 2:55pm**

The SCORE! Youth- Sustainability Healthy Active Living (SCORE! YOUTH SHAL)<sup>a</sup>

***Ava Hsieh, Alexandra Leslie, Jayden Miller, Taylor Rowe, Sujane Kandasamy, Matthew Kwan***

<b>2:55pm – 3:05pm</b>	Facilitators and Barriers of Men’s Engagement in Group Exercise Classes <sup>a</sup>  <b><i>Colm Heath, Kimberley Gammage</i></b>
<b>3:05pm – 3:15pm</b>	What are the knowledge, attitudes, and perceived behaviours of sport stakeholders regarding ADHD in youth team sport? <sup>a</sup>  <b><i>Justine Cotnoir, Paige Pope, Stéphanie Turgeon, Scott Rathwell</i></b>
<b>3:15pm – 3:25pm</b>	Inclusive physical activity information for families of children and youth with disabilities: A micro-grant program supporting knowledge mobilization in community-based organizations <sup>a</sup>  <b><i>Katerina Disimino, Rebecca L. Bassett-Gunter</i></b>
<b>Sport and Exercise Participation</b> <b>Drummond South   Moderator: Caroline Hummell</b>	
<b>2:45pm – 2:55pm</b>	Sport Participation and Associated Outcomes Among Newcomer Girls in Canada <sup>a</sup>  <b><i>Alexandra Leslie, Taylor Rowe, Matthew Kwan</i></b>
<b>2:55pm – 3:05pm</b>	Exploring the Experiences of Young Newcomers with Disabilities in Physical Activity Participation <sup>a</sup>  <b><i>Malak Shaath, Taylor Rowe, Matthew Kwan, Terrance Wade</i></b>
<b>3:05pm – 3:15pm</b>	Exploring School Food Environments and Healthy Eating Behaviours Among Adolescents in Nigeria <sup>a</sup>  <b><i>Folasade Aladesuyi, Lucie Lévesque</i></b>
<b>3:15pm – 3:30pm</b>	Service Provider Perspectives on Engagement in Community Physical Activity for Newcomer Youth <sup>b</sup>  <b><i>Taylor Rowe, Ann-Marie McNutt, Malak Shaath, Sophia Alongi, Kimberley Curtin, Matthew Kwan</i></b>
<b>Closing Remarks (3:30pm to 3:45pm)</b> <b>Grand Ballroom</b> <b><i>Announcement of host institution for ECSEPS 2027</i></b>	
<b>Banquet Dinner 6:30pm</b> <b>Ruth’s Chris Steakhouse in The Wyndham Grand Fallsview</b> <b><i>Dinner to be served at 7:00pm</i></b>	

## Upcoming Speaking Opportunity...



**Brock University**

#WEAREBADGERS GOBALS

ENGAGE COLLABORATE EMPOWER

# YOUTH SPORT SUMMIT

Centre for Healthy Youth Development through Sport



### REGISTRATION

January 12, 2026 - May 7, 2026

### ABSTRACT SUBMISSION

Closes March 18<sup>th</sup>, 2026 @ 11:59 pm



### REGISTRATION LINK

[www.event.fourwaves.com/yss2026](http://www.event.fourwaves.com/yss2026)

## MAY 12, 2026

Hosted by Brock's Centre for Healthy Youth Development through Sport

**Brock University**  
1812 Sir Isaac Brock Way , St. Catharines  
ON L2S 3A1

### More Information

[www.brocku.ca/chyds](http://www.brocku.ca/chyds) @BrockCHYDS