Let's Go Surfing!!

AAASP Conference

SAN DIEGO
SEPTEMBER 24-28, 1997
1997 AAASP Structure

President-Elect
Leonard Zaichkowsky

President
Maureen Weiss

Past President
Penny McCullagh

Publications Director
Dale Pease

Secretary-Treasurer
Vikki Krane

Student Representative
Shelley Wiechman

Intervention/Performance
Enhancement
John Salmela

Social Psychology
Bob Brustad

Health Psychology
John Heil

Publications Director Secretary-Treasurer Student Representative
Dale Pease Vikki Krane Shelley Wiechman

Eileen Udry
University of Oregon

James Whelan
University of Memphis

Technical Editors
Astrid Williams
University of Houston

JASP Editor
Albert Carron

Associate Editors
Jim Taylor
AI Pettipas
Diane Gill
Kevin Spink

From the Publications Director

Again, I am making a plea for your help in publishing the newsletter. First, we are receiving e-mails and disks formatted with applications we cannot open (e.g., Canvas, Framemaker). The AAASP computer is a Mac IIci with 6.0 word and PageMaker. Please send your materials in a text file to help us. Secondly, remember space costs money. Please limit your announcements, reports, etc. to a minimum. Thank you,

Dale Pease
President's Message

Let's go Surfing '97... A conference to Remember

The executive board just finished its spring meeting in San Diego at the site of our Conference - the Catamaran Resort Hotel. Penny McCullagh has lived up to her reputation once again in planning a conference to remember! The hotel backs right up to Mission Bay and the oceanfront is a mere block away. The meeting rooms are spacious and offer nice views of the blue sky, blue water, and boardwalk galore. The days are gorgeous and the evenings breathtaking. For those wanting to take advantage of the sights, boats, bikes, blades and boogie boards are at the tip of your fingers. And, oh, by the way....the conference program is awesome thanks to you, the members, and the efforts of the section heads (Salmela, Brustad, Heil) and student representative (Wiechman).

I want to personally thank two special individuals in the making of this conference: Penny McCullagh and Wade Gilbert. Penny....well, I think she has even outdone herself on this one! Be prepared for 5 days of intellectual stimulation, fun and frolic, and good times with new and old friends. And Wade....warmly known as the Wonderful Wizard among E-board members....has brought us into the 21st century on computerizing our entire conference programming, producing our program and abstract book, and improving the efficient and effective handling of all the data submissions. Thank you Penny and The Wizard!

Committee Updates

Our committees have been busy since the end of the Williamsburg conference in striving to achieve their goals. The Certification Review committee, chaired by Bonnie Berger, has reviewed applicants for certification, reevaluated the grandparenting option and criterion for certification, and prepared guidelines for recertification. The Certified Consultants committee, chaired by Rich Gordin, have been mobilizing efforts to market certified consultants, resolve the definition of sport psychologists (in conjunction with NCAA Concerns committee chaired by Craig Wrisberg), and investigate insurance proposals for CC's.

Laura Finch and her Continuing Education committee received a record 15 submissions this year and pulled together an awesome selection of 6 programs for you at the San Diego conference. Karen Cogan has championed the Development committee for the last 2 years. They have organized a conference session on USOC grant opportunities, as well as developed an informational brochure for potential donors to educate them about the mission of AAASP and how their contributions might be used.

The Ethics committee has been co-chaired by Andy Meyers and Dan Gould. After years of hard work, the ethical principles and standards were unanimously endorsed by the Fellows at the '96 conference. Now efforts are focused on publishing the standards so that they are more visible and widespread. The International Relations committee, chaired by Gloria Balague, is promoting conference programs. Linda Petlichkoff and her Organization/Outreach committee have been polishing the final version of a brochure titled "What is sport psychology?", that will be distributed to various organizations (e.g., athletic trainers, health professionals, physical therapists) on services sport psychology professionals can offer.

The success of AAASP resides in the leadership demonstrated by members in the form of committee work, submission of conference programs, and service on publications and other activities. I want to personally thank all of you who have given so unselfishly of your professional and personal time to ensure that AAASP is the #1 sport psychology organization in the world!

Fellows Business Meeting

There will be a Fellows Meeting at the conference on Friday evening at 7:15 p.m. There are two issues to be discussed and voted on in this meeting, which will be detailed further in a letter that you will receive soon. In short, these issues are: (a) reinstatement of the grandparenting option for Certified Consultant, AAASP; (b) modification of the criteria for certification of sport psychology consultants. At the Business Meeting an amendment to the constitution (Article VIII, Section 2) on composition of the Fellow Review Committee will be voted on. Please read the materials you receive carefully and respond whether you will be in attendance by sending back the enclosed postcard to me asap. This is critical to ensure a quorum at the meeting.

AAASP 1998: September 23-28, Cape Cod, MA

As President-Elect last year, one of my main duties was selecting the 1998 conference site in the Northeast region of North America. I'm excited to say that the theme of "from sea to shining sea" has again made it mark. We will be going to the Tara Hyannis Hotel and Resort on gorgeous Cape Cod, September 23-27, 1998. This is a terrific time of the year for a New England Clambake, a ferry boat ride to Martha's Vineyard and Nantucket, a round of golf at the resort's own course, a set or two of tennis on their all weather courts, or a power walk through the Kennedy Compound. The executive board is already hard at work lining up keynote speakers. So look for the Call for Abstracts this fall and submit your workshops, symposia, colloquia, and free papers for yet another memorable conference in 1998! In the meantime, see you in San Diego in September, 1997!
Take a deep breath and relax. Now visualize yourself sitting on a sandy beach, a warm breeze in your face, and sailboats crossing the bay in front of you. If your visualization skills aren’t great - don’t worry, just open your eyes and take a look. You are at our 1997 conference site at the beautiful Catamaran Resort Hotel on Mission Bay in San Diego. The days are warm and the evenings are cool and there is so much to do in this wonderful city near the sea that you will need to carefully plan your attendance at conference sessions.

San Diego is where California was born and the county is home to a culturally diverse population of 2.6 million. The local climate approaches perfection year-round, never too hot, never too cold, rarely rainy. The natural wonders of San Diego are enhanced by the world renowned research facilities of the Scripps Institution of Oceanography and the Salk Institute, and the campuses of several major universities. The arts play a major role in community life and the county is held together by an efficient transportation network that even connects San Diego with a city in another country - Tijuana, Mexico.

San Diego itself has numerous attractions. Downtown you can visit Seaport Village - a shopping and dining complex, The San Diego Maritime Museum - mooring for the Star of India, Balboa Park - home of the famous San Diego Zoo, the Old Globe Theater and 13 museums. Or visit Old Town - the site of Mission San Diego de Alcala, California’s first mission. Old Town features cafes, theaters, restaurants and outdoor dance and musical festivals.

Just north of our hotel site is La Jolla (The Jewel), known as the Riviera of California. This small town by the sea is home of the University of California at San Diego and a wealth of boutiques, art galleries and restaurants.

Mission Bay is the home of our hotel. We are located directly on a man-made 4,600 acre public aquatic playground - largest facility of its kind in the world - devoted to boating, fishing, water-skiing, sailboarding, roller blading, running, walking and just plain relaxing. Sea World is nearby as is Belmont Park with shops, restaurants, a restored antique roller coaster and The Plunge, Southern California’s largest indoor swimming pool. Just one block from the hotel is Pacific Beach and the boardwalk. Bring your surfboard, your roller blades and your swim suit. If you don’t own any of these warm weather toys, don’t worry, you can buy or rent equipment here.

The Catamaran is a family owned hotel and the staff is friendly and helpful. Conference rates are extended for two days before and two days after the conference on a space available basis. So come early, stay late and bring your family. You will probably put San Diego on your list of permanent vacation destinations.

The number of submissions increased this year, so thanks to you all for your submissions. The Program Committee (John Heil, Senior Section Head, Bob Brustad, John Salmela and Shelley Wiechman) worked diligently to select and organize a well integrated program. They were assisted by Wade Gilbert (the Wonderful Wizard) who has helped apply a computer application program to assist in program planning. Our Local contact, Dennis Seldon and his students at San Diego State have been super in helping organize local events. Thanks to you all, and see you in San Diego.

Don’t forget!!!!
Items to bring with you - roller blades, sunglasses, sunblock, water toys, shorts and a jacket or sweater for evenings! Southern California is casual so get mellow! Of course if you forget any of these items, the hotel has for rent, skates, cruiser bikes, wetsuits, rafts, sailboats and power boats. Photo below courtesy of “James Blank/San Diego Convention & Visitors Bureau.”
## 1997 AAASP Conference Registration Form

**September 24-28**

**Early Registration Deadline August 1, 1997**

Please Type or Print Legibly

Note: YOU MUST BE AN AAASP MEMBER TO REGISTER FOR THE FULL CONFERENCE

<table>
<thead>
<tr>
<th>Name</th>
<th>(Last Name)</th>
<th>(First Name)</th>
<th>(Middle Initial)</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Preferred Name for Registration Badge 

Institution: 

Country of Permanent Employment if Different than Above 

Mailing Address: 

<table>
<thead>
<tr>
<th>City</th>
<th>State/Province</th>
<th>Country</th>
<th>Zip/Postal Code</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Phone - Office (______) Fax (______) 

Home (______) E-Mail: 

How many AAASP Conferences have you attended? (0-12) 

**Conference Registration and Events Fee**

Full registration includes entry to all conference sessions, name badge, program and abstract book, welcoming reception on Wednesday, refreshment breaks and banquet food and entertainment. One day registration rate does not include reception, banquet or abstract book. Non-members may sign-up for no more than two days at the one day rate. Receipts will be available on the back of your name tag or available at registration desk. Receipts will be available on site only.

<table>
<thead>
<tr>
<th>AAASP Members</th>
<th></th>
<th></th>
<th>Cancellation Policy</th>
</tr>
</thead>
<tbody>
<tr>
<td>Professional Early</td>
<td>(Received by August 1)</td>
<td>$185</td>
<td>Before Aug. 1</td>
</tr>
<tr>
<td>Professional Late</td>
<td>(Received by Sept. 1)</td>
<td>$210</td>
<td>$20 processing fee assessed</td>
</tr>
<tr>
<td>Student Early</td>
<td>(Received by August 1)</td>
<td>$135</td>
<td>Aug. 1 - Sept. 23</td>
</tr>
<tr>
<td>Student Late</td>
<td>(Received by Sept. 1)</td>
<td>$160</td>
<td>Assessed 40% of registration</td>
</tr>
</tbody>
</table>

* Late registration must be received by mail no later than September 1. Otherwise, registration must occur at the conference site on a space available basis.

**One Day Registration** (Available to non-members only - Limit: Two days)

Does not include reception or banquet

<table>
<thead>
<tr>
<th>Professional - Circle days</th>
<th>(Thu, Fri, Sat, Sun)</th>
<th>$75</th>
<th>$75/day</th>
</tr>
</thead>
<tbody>
<tr>
<td>Student - Circle days</td>
<td>(Thu, Fri, Sat, Sun)</td>
<td>$50</td>
<td>$50/day</td>
</tr>
</tbody>
</table>

**Spouse/Partner/Family Registration**

Available to accompanying non-members only. Includes name badge, refreshment breaks, Wednesday reception and one banquet ticket. $75 |

Additional reception tickets @ $25 each

Banquet @ $40 each

Name: 

**Total enclosed payable in US funds**

Mail registration form with check or money order (US dollars) payable to AAASP by dates indicated to:

- Dr. Vikki Krane
- AAASP Secretary/Treasurer
- School of HPER - Eppler Center
- Bowling Green State University
- Bowling Green, Ohio 43403

Membership Application Forms can be requested from Dr. Krane or requested by e-mail at VKRANE@BGNET.BGSU.EDU or you can find forms on the AAASP Web page at: http://spot.colorado.edu/~aaasp

AAASP Summer 1997 - Vol. 12, Number 2
AAASP CONFERENCE September 24-28 - HOTEL RESERVATION
Catamaran Resort Hotel
3999 Mission Blvd., San Diego, CA 92109
Toll Free Reservations 1-800-288-0770
Phone 619-488-1081 Fax 619-488-1619

Reservation Fax 619-488-1387 Deadline August 15

Please print the name and address to which confirmation should be sent:

Name: ____________________________________________
(Last Name) (First Name) (Middle Initial)

Organization: _______________________________________

Address: __________________________________________
(Street or Post Office Box) (City) (State/Province) (Zip)

Country: __________________________________________
Daytime Phone: (_____) _____________________________

Fax: (_____) _____________________________ Home Phone: (_____) _____________________________
(In case of emergency)

Type of Room Requested: ______________________________
(Single ($110/night) Triple ($120/night) Non-smoking
Double ($110/night) Quad ($120/night) Request ___ 1 bed ___ 2 beds

Some bay suites available (two double beds) for $215 per night Request room with kitchen __

Note: Room rates listed do not include a room tax of 10.5%. Room rates are valid for 2 days before and 2 days after the conference on a space available basis. Parking is $5 per day for hotel guests. Many rooms have a view so register early.

PLEASE INDICATE YOUR ARRIVAL/DEPARTURE DATE AND INFORMATION ABOUT INDIVIDUAL(S) WITH WHOM YOU WILL BE SHARING YOUR ROOM.

<table>
<thead>
<tr>
<th>Person 1:</th>
<th>Arrival Date</th>
<th>Arrival Time</th>
<th>Departure Date</th>
</tr>
</thead>
<tbody>
<tr>
<td>Person 2:</td>
<td>_____________</td>
<td>_____________</td>
<td>_____________</td>
</tr>
<tr>
<td>Person 3:</td>
<td>_____________</td>
<td>_____________</td>
<td>_____________</td>
</tr>
</tbody>
</table>

Note: Check-in time at hotel is 4 p.m. Check-out time is noon.

DEPOSIT
Deposit of one night's room cost must be enclosed with hotel reservation form. Please give credit card information below or enclose check or money order in U.S. dollars payable to the Catamaran. Deposit is refundable up to 48 hours prior to scheduled arrival.

Credit Card: ___ Mastercard ___ Visa ___ American Express ___ Diners Club ___ Discover

Card Number: ___________________________ Expiration Date: _____________

Signature: __________________________

MAKE YOUR RESERVATIONS EARLY. THE NUMBER OF ROOMS AVAILABLE AT THESE SPECIAL RATES IS LIMITED AND REQUESTS FOR ACCOMMODATIONS WILL BE FILLED ON A FIRST-COME, FIRST-SERVE BASIS. RESERVATION CUT-OFF-DATE IS AUGUST 15, 1997. SPECIAL CONFERENCE ROOM RATE IS NOT GUARANTEED AFTER THAT DATE. ALL ROOMS HAVE COFFEE MAKERS, IRONS AND BOARDS AND HAIRDRYERS.
# Tour Sign-Up Sheet

**HARBOR EXCURSION AND CITY TOUR**  
**Wed. Sept. 24, 1997 11-4pm**  
Cost: $29 Per Person  
We will embark on an exciting one hour boat tour of one of the World's greatest natural harbors. We will begin the cruise by gliding underneath the Coronado Bridge to view the awesome power of the U.S. 11th Naval Fleet. Then on past North Island we sail to palm lined, Harbor and Shelter Islands. We will complete our circle by sailing past the embarcadero with its historic ships including the Star of India, the oldest merchant ship afloat. Then see the highlights of "America's Finest City" by land. Visit the site of the first upper California Mission in Old Town, where San Diego began more than 200 years ago. Then on through Balboa Park we go with a final stop in downtown San Diego with its financial districts and Gaslamp Quarter.

**BEHIND THE SCENES AT THE SAN DIEGO ZOO**  
**Wed. Sept. 24, 1997 11-4pm**  
Cost: $42 Per Person  
Today, journey to the world famous San Diego Zoo. Among it's 100 acres and 5,000 species of exotic plants covering the expanse of the park, you will find the world's rarest collection of mammals, birds and reptiles. Your private bus will be waiting for you, inside the park, for your exclusive behind the scenes tour. Through special arrangements, we'll take you on the other side of at least two enclosures - to areas closed off to the general public. You'll learn more about the zoo's breeding efforts with endangered species, find out what the animals eat and how they are treated for ailments. If desired, there will be a hands on experience with some very unusual animal friends. It's a fascinating way to see how the world's most famous zoo operates on a day-to-day basis.

**TIJUANA SHOPPING WITH LUNCH**  
**Wed. Sept. 24, 1997 9-2pm**  
Cost: $42 Per Person  
BIENVENIDOS AMIGOS! Welcome to Mexico! Only seventeen miles south of downtown San Diego yet worlds apart, Tijuana sparkles with all the flavor and charm that our neighboring country to the south has to offer. A city of cosmopolitan size and tastes, Tijuana is a showcase in fascinating contrasts - with sleek, new shopping plazas settled comfortably among the quaint side streets of "Old Mexico." Select from name brands like Christian Dior and Ralph Lauren or haggle over leather goods, pottery and hand wrought jewelry...and all of it duty free! Our guide will be on hand at all times to point our the best places to shop and to answer any questions. After shopping, we will take a mini-tour through Tijuana to La Escondida. This former hacienda is renowned for its delicious Mexican food...Ole!  
All U.S. and Canadian citizens should carry identification. Guardians for minors without identification are recommended to bring either a birth certificate or at minimum a family picture. All others must have correct documentation to re-enter the US (i.e. Green Card or Multi-Entry Visa).

**Payment Policy:** Full payment must be received no later than September 3, 1997. After that date, NO REFUNDS will be made. If you wish tickets sent to you in advance of the tours, mail a self addressed stamped envelope or enclose two dollars for handling. Otherwise, our tour escort will check your name off the sign-up list as you board the coach. If ENJOY CALIFORNIA ENTERPRISES must cancel the tour due to insufficient sign-ups, a full refund will be made. Any available seats will be sold on a first come, first serve basis. Please make checks payable to ENJOY CALIFORNIA ENTERPRISES.

---

**ASSOCIATION FOR THE ADVANCEMENT OF APPLIED SPORT PSYCHOLOGY**  
Keep tour description for your files, complete and send bottom portion with payment in full to:  
c/o ENJOY CALIFORNIA ENTERPRISES, 3990 Old Town Avenue, Suite 101A, San Diego, CA 92110  
(619) 681-0500 FAX: (619) 681-0505

<table>
<thead>
<tr>
<th>Tour Name</th>
<th>Date</th>
<th>Time</th>
<th>Cost</th>
<th># Tickets</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>Harbor Excursion and City Tour</td>
<td>Sept. 24</td>
<td>11-4pm</td>
<td>$29</td>
<td></td>
<td>$29</td>
</tr>
<tr>
<td>Behind the Scenes at the Zoo</td>
<td>Sept. 24</td>
<td>11-4pm</td>
<td>$42</td>
<td></td>
<td>$42</td>
</tr>
<tr>
<td>Tijuana Shopping with Lunch</td>
<td>Sept. 24</td>
<td>9-2pm</td>
<td>$42</td>
<td></td>
<td>$42</td>
</tr>
</tbody>
</table>

**NAME ______________________ PHONE ______________________**  
**ADDRESS ______________________ STATE/PROVINCE _______ COUNTRY _______ ZIP _______**  
**MASTERCARD/Visa/AMEX# ______________________ EXP DATE _______**  
**AUTHORIZED SIGNATURE ______________________**  
E Mail last minute questions to: Enjoyca@ix.netcom.com
CONFERENCE QUESTIONS?

*1. Last minute questions?: Contact Dr. Penny McCullagh, E-Mail: McCullagh@Colorado.Edu.

*2. Continuing Education (CE) Workshop--related questions: Dr. Laura Finch, Department of Physical Education, Brophy Hall, Western Illinois University, Macomb, IL 61455, Tel: Office (309) 298-2350, Messages (309) 298-1981, E-mail: LM-FINCH@WIU.EDU

3. Hotel Reservations Catamaran Resort Hotel Phone (619) 488-1081, Fax (619) 488-1619, Reservation Fax (619) 488-1387

4. Conference Registration & Membership--related questions: Dr. Vikki Krane, E-mail: VKRANE@BNET.BGSU.EDU (see Conference Registration Form).

5. Tours & Optional Events--related questions: Enjoy California, Phone(619) 681-0500, Fax (619) 681-0505, E-mail: EnjoyCa@ix.netcom.com

*Please use e-mail or fax rather than telephone whenever possible.

Dates to Remember!!!!!!!!!!!!!!!

<table>
<thead>
<tr>
<th>Date</th>
<th>Event Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>August 1</td>
<td>Early Conference Registration Deadline</td>
</tr>
<tr>
<td></td>
<td>Continuing Education Workshop Registration Deadline</td>
</tr>
<tr>
<td>August 15</td>
<td>Hotel Registration Deadline</td>
</tr>
<tr>
<td></td>
<td>Golf, Tennis &amp; Super Workshop Sign-Up</td>
</tr>
<tr>
<td>September 3</td>
<td>Tour Registration Deadline</td>
</tr>
</tbody>
</table>

How to Get to the Hotel

By Plane: You can fly directly in to San Diego on most major airlines. From the airport the easiest way to get to the hotel is to take Cloud Nine Shuttle. It costs $8 one way and the shuttles run continuously. It takes less than 1/2 hour. Go to a Courtesy Phone in the terminal and dial 63 and they will tell you exactly where to get the shuttle or step outside and ask any of the Police/Traffic Officers where the shuttle island is located. It is possible to fly into Los Angeles airport but getting public transportation to San Diego is difficult. If you rent a car in Los Angeles it is about a 2 1/2 hour drive to San Diego.

By Car: From Interstate 5 (Either North or South), Take Garnet Avenue. Travel west to Mission Blvd. Turn left and the Catamaran is just south of Grand Avenue. Parking for guests is $5 per day.
## CONFERENCE SPECIAL EVENTS

**Deadline to Register - August 15**

### Golf - Torrey Pines Golf Course - Wednesday, September 24 - Starts 11:00 am

The 12th Annual Golf Tournament will be held on Wednesday, September 24 at the Torrey Pines Golf Course. Torrey Pines is a world famous course that overlooks the Pacific Ocean and is home of the Buick Open. This is a spectacular course, and one that you will remember for a lifetime. The course is located approximately 30 minutes from the conference hotel.

*Advance sign up is required.* We can accommodate 48 golfers, and need a minimum of 32 to hold our tee times. We will begin teeing off at 11:00 AM and are scheduled every 10 minutes until 1:00 PM. The cost of golf (cart included), transportation to and from the hotel, and prizes is $60. Mail your check or money order in U.S. funds to arrive no later than August 15, 1997 to:

**Dr. Dennis Seider, ENS Dept., San Diego State University, San Diego, CA 92182**

### Tennis Tournament - Wednesday, September 24 - 1:00-3:00 p.m.

The tennis tournament has always been a “hit” at AAASP and this year should be no exception. For the last few years we had to turn away individuals who wanted to sign up on site. Don’t wait, do it now. This year we have 6 courts reserved. (Check at registration desk when you arrive in case we gain access to more courts) Cabs will transport individuals to the site which is near the hotel. The great thing is that the court fees go towards letting kids play tennis free. So sign up now. Send $10 in US funds by August 15th to:

**Laura Davies, ENS Dept., San Diego State University, San Diego, CA 92182.**

### Mastery Run -

San Diego is considered a fitness capital and there are plenty of places to run either around Mission Bay right outside the hotel or on Pacific Beach which is one block away. Look for details of a group run/race at the registration desk. Lisa Franseen has agreed to organize the runners if we can get adequate insurance. Fee to be determined.

### Weather

Listen carefully as your airplane lands in San Diego. The pilot typically greets visitors with “Welcome to another beautiful day in San Diego.” September is one of the nicest months, although most of them are outstanding. Expect day time temperatures to be about 75 Fahrenheit (25 Celsius) and the evenings to be a pleasant 60 Fahrenheit (16 Celsius). In other words, bring your shorts for the day and a sweater or jacket for the evenings on the beach.

### SUPER WORKSHOP - Open for Graduate Student Observation - Wednesday AM

This is a workshop designed by Dr. Steve Danish for upper elementary and junior high students. Student members of AAASP will have the opportunity to see this workshop in action in a local school.

The goals of the SUPER (Sports United to Promote Education and Recreation) program are for each participant to leave the program with the understanding that: (1) there are effective and accessible student-athlete role models; (2) physical and mental skills are important for both sport and life; (3) it is important to set and attain goals in sport; (4) it is important to set and attain goals in life; and (5) roadblocks to goals can be overcome. Dr. Steven Danish is developing three hour sports clinics for SUPER. The clinics are divided into three parts: (1) teaching of sport skills; (2) teaching of life skills (e.g., learning how to learn, managing anger, using positive self talk, becoming part of a team, increasing focus and concentration, etc.); and (3) sport scrimmage and free sport play.

Dr. Steven Danish, Director of the Life Skills Center and Professor of Psychology and Preventative Medicine at Virginia Commonwealth University in conjunction with his graduate students will lead a SUPER Workshop at a San Diego public school. The program will take part on Wednesday morning, September 24 and a limited number of graduate students are welcome to come and observe. To sign up contact Student Representative Shelley Wiechman at 206-685-4442, or E-Mail: wiechman@u.washington.edu (Start time will depend on the school). Check at Registration Desk for actual time.
CONTINUING EDUCATION WORKSHOPS

Registration Due August 1

For the first time, AAASP is pleased to offer both six and three hour Continuing Education Workshops. Each six hour workshop is divided into two parts: Tuesday, Sept. 23, 7-10 pm and Wednesday, Sept. 24, 9-Noon. The three hour workshops will be offered on Wednesday afternoon and Thursday evening. Please see the specific schedule below. To Receive AAASP CEUs, you must attend the entire workshop. Each workshop is limited to 25-30 participants and registrations will be processed in the order they are received. Due to the possibility of being closed out of your first choice, please rank order your willingness to attend the other workshops. If you are NOT interested in an alternative workshop, indicate your first choice only. It is important that you register early, so take a moment to complete the form below and mail it TODAY!

Six Hour Workshops

Workshop 1 - Psychopathology in Athletes: Recognition and Referral  (Tues 7-10 pm, Wed 9-Noon)

Leaders:  Mark Andersen, Victoria University of Technology, Department of Physical Education and Recreation
            Karen Cogan, University of North Texas, Counseling and Testing Center
            Trent Petrie, University of North Texas, Department of Psychology

Purpose and Objectives:
This six hour workshop is designed for professionals and students who are unfamiliar with or wish further education in recognizing and assisting athletes who are suffering from various mental disorders (e.g. depression, eating disorders, substance abuse, etc.). The workshop objectives include: (1) identification and recognition of psychopathology in athletic populations; (2) observation and practice of initial assessment with athletes experiencing such disorders and (3) management of the referral to a provider trained in clinical issues. These objectives will be met through didactic presentations by the facilitators, participation in role playing involving case examples, supervision and group discussions.

Workshop 2 - Mental Skills Training: Practical Applications  (Tues 7-10 pm, Wed 9-Noon)

Leaders:  Kenneth Ravizza, California State University - Fullerton, Department of Kinesiology & Health Promotion
            Dave Snow, California State University- Long Beach, Head Baseball Coach

Purpose and Objectives:
This six hour workshop is designed to demonstrate the collaborative process between a mental training consultant and a NCAA Division I College and Olympic baseball coach in developing and implementing a performance enhancement program. In addition, the workshop will help participants develop and refine their mental training and consulting skills to work with athletes and coaches. The specific mental skills of self-regulation, mental preparation, concentration, routines, and performance evaluation will be addressed. The coach's perspective will be provided in addressing his specific needs and how he integrates the mental game into existing practice and game procedures. The final part of the workshop will address the realities of consulting in the area of performance enhancement and the coach’s perspectives on what he looks for in selecting a mental training consultant to work with his team. Experiential activities are included in the workshop to demonstrate how participants can apply the sport psychology skills.

Workshop 3 - Applied Sport Psychology in an Intercollegiate Setting  (Tues 7-10 pm, Wed 9-Noon)

Leader:  David Yukelson, Pennsylvania State University, Department of Athletics, Academic Support Center

Purpose and Objectives:
The purpose of this six hour workshop is to provide a highly interactive forum to educate participants about what it is like to work as an applied sport psychology practitioner within an intercollegiate athletic department. Participants will learn strategies about gaining entry into the athletic department and developing partnerships with coaches, athletes, administrators, and various sport medicine personnel. Issues associated with delivering applied sport psychology services within an intercollegiate athletic environment such as individualized mental training programs based on individual and team needs, the importance of visibility and follow-up, consulting in politically sensitive environments and making appropriate referrals will also be included. Role playing scenarios depicting a variety of challenging situations will be discussed followed by group interactions.

(Listing of Workshops continue on next page)
CONTINUING EDUCATION WORKSHOPS (CON’T)

Three Hour Workshops

Workshop 4 - Putting the Adventure in Mental Skills Training (Wed 1-4 pm)

Leaders: Katherine Kilty, Project Adventure, Hamilton, Massachusetts
         MaryAnn Kane, MindPower Resources, Cambridge, Massachusetts
         Celine McNelis-Kline, University of Utah, Alcohol, Drug and Education Center

Purpose and Objectives:
The purpose of this three hour workshop is to introduce the basic concepts of the use of Adventure Programming and Experiential Learning in applied sport psychology. Participants will learn new, holistic strategies for addressing specific performance enhancement techniques through a variety of individual and group activities. The first part of the workshop will focus on team building and developing group norms. The second part will apply Adventure Programming and Experiential Learning to goal setting, communication and “in the moment” anxiety management. The activities are powerful, informative, time efficient and fun and help make connections between active experience and the “real world”. Sport psychology consultants ask the people with whom they work to risk learning new things about themselves and new ways of thinking and behaving. This workshop asks sport psychology providers to risk those things as well, while providing another unique and creative method for performance enhancement intervention. Thus, the emphasis in this workshop is “learning by doing”.

Workshop 5 - Facilitating Exercise Behavior Change: Intervention Issues and Strategies (Wed 1- 4 pm)

Leaders: Jay Kimiecik, Miami University, Department of Physical Education, Health and Sport Studies
         Dawn Anderson Butcher, University of Utah, Department of Exercise and Sport Science

Purpose and Objectives:
The purpose of this three hour workshop is to help sport and exercise psychology and health and fitness professionals become more effective in using psychological concepts and strategies to facilitate exercise behavior change. The first part of the workshop is an analysis of the effectiveness of traditional approaches to motivating people to exercise in health and fitness environments. This analysis and discussion helps participants become more aware of the limitations of these kind of motivational strategies. The second part of the workshop presents essential psychological principles that underlies successful behavior change. Intervention strategies based on these principles are introduced. Participants will be actively involved in each segment of this workshop through partner games and small group interactions.

Workshop 6 - The Challenges of Working with Elite Athletes at the US Olympic Training Center (Thurs 7-10 pm)

Leaders: Kirsten Peterson, United States Olympic Center, Sport Science and Technology
         Sean McCann, United States Olympic Center, Sport Science and Technology
         Rebecca Smith, United States Olympic Center, Sport Science and Technology

Purpose and Objectives:
The purpose of this three hour workshop is to provide more experienced consultants with a realistic understanding of the intervention models used with elite athletes at the Olympic Training Center. This will include an overview of the USOC Resident Athlete Program, examination of short- and long-term work, and discussion of actual consultation scenarios. Special emphasis will be placed on these challenges, paying attention to the athlete as a person and managing the transitions from personal to performance issues, maintaining trust and boundaries in relationships, and focusing on issues particular to high level competition. Participants will be invited to share their analyses of these issues in role plays and small group discussion, and will be provided with guidelines to enhance their own work with elite athletes.
CONTINUING EDUCATION REGISTRATION FORM

Early Registration Due August 1

Name: ________________________________
Affiliation: ____________________________
Mailing Address: ___________________________
_________________________________________
_________________________________________
Work Phone ____________________________ Fax: ____________________________
Home Phone: ____________________________ E-Mail: ____________________________

Six Hour Workshops:
Sign me up for the workshop indicated. Please note a "1" for your first choice, "2" for second choice and "3" for third choice.
   ___ Workshop 1: Psychopathology in Athletes: Recognition and Referral (Tues evening and Wed morning)
   ___ Workshop 2: Mental Skills Training: Practical Applications (Tues evening and Wed morning)
   ___ Workshop 3: Applied Sport Psychology in an Intercollegiate Setting (Tues evening and Wed morning)

Three Hour Workshops:
Sign me up for the workshop indicated. Please note a "1" for your first choice, "2" for second choice and "3" for third choice.
   ___ Workshop 4: Putting the Adventure in Mental Skills Training (Wed afternoon)
   ___ Workshop 5: Facilitating Exercise Behavior Change (Wed afternoon)
   ___ Workshop 6: The Challenges of Working with Elite Athletes at the US Olympic Training Center (Thurs. evening)

You will receive confirmation of your CE registration by mail.

Early Registration Fees: (Received by August 1)

<table>
<thead>
<tr>
<th>Workshop Type</th>
<th>Professional</th>
<th>Student</th>
</tr>
</thead>
<tbody>
<tr>
<td>Six Hour Workshop</td>
<td>$ 75</td>
<td>$ 45</td>
</tr>
<tr>
<td>Three Hour Workshop</td>
<td>$ 45</td>
<td>$ 25</td>
</tr>
</tbody>
</table>

Total Enclosed: ______

Late/On-Site Registration Fee (Space available basis)

<table>
<thead>
<tr>
<th>Workshop Type</th>
<th>Professional</th>
<th>Student</th>
</tr>
</thead>
<tbody>
<tr>
<td>Six Hour Workshop</td>
<td>$ 90</td>
<td>$ 55</td>
</tr>
<tr>
<td>Three Hour Workshop</td>
<td>$ 60</td>
<td>$ 35</td>
</tr>
</tbody>
</table>

Total Enclosed: ______

Please make checks payable to AAASP (US Funds) and mail to:

Laura Finch, Ph.D.
AAASP CE Chair
Dept. of PE - Brophy Hall
Western Illinois University
Macomb, IL 6145

CE Questions???
309-298-2350

LM-Finch@wiu.edu (E-mail)
We are delighted to have Dr. Bruce Abernethy as our Coleman R. Griffith lecturer this year. Dr. Abernethy is currently a Professor and Head of the Department of Human Movement Studies at the University of Queensland in Australia. Dr. Abernethy received his undergraduate degree from the University of Queensland and his Ph.D. from the University of Otago. Bruce has authored three textbooks, 18 book chapters, and over 50 refereed journal papers. His recent presentations include keynote addresses at the Third IOC World Congress on Sport Sciences in Atlanta in 1995, at the 8th World Congress of Sport Psychology in Lisbon in 1993, and will be Keynote presenter in Sport Psychology at the 24th International Congress of Applied Psychology to be held in San Francisco in 1998.

Dr. Abernethy is an International Fellow of the American Academy of Kinesiology and Physical Education, past editor of the Australian Journal of Science and Medicine in Sport, and a past editorial board member of the International Journal of Sport Psychology. He has received considerable funding for his work from the Australian Research Council and the Australian Sports Commission. Bruce has conducted research in a wide variety of sport settings including golf, volleyball, racquetball, football and baseball to name a few. He has done extensive work examining the role of attention in the development of expertise. In discussing attention, Bruce has said:

“It is difficult to imagine that there can be anything more important to the learning and performance of sport skills than paying attention to the task at hand. The anecdotal reports of athletes who have performed poorly because they were not quite prepared, because they lost concentration, because they were distracted, or because they became confused, all bear testimony to the importance of the optimal, selective and sustained allocation of attention.” At this year's conference, Dr. Abernethy will share his thoughts and his research on “Movement expertise: A point of juncture between psychology theory and practice”.

Although Bruce now lives in a major metropolitan area in Australia, he was raised far from the city on a farm in Australia. He is an avid golfer (however inside information suggests you need not worry about him winning the golf tournament). Bruce was also a national level cricket player and for those of you who don’t quite understand this game here is his description:

“You have two sides: one out in the field and one in.
Each man that’s in the side that’s in goes out and when he’s out he comes in and the next man goes in until he’s out.
When they are all out the side that’s out comes in and the side that has been in goes out and tries to get those coming in out.
Sometimes you get men still in and not out.
When both sides have been in and out including the not out, that ends the game.”

We look forward to hearing Dr. Abernethy’s views on expertise and will pay careful attention in case he uses a lot of examples from cricket!
Jay Coakley, Ph.D.
Social Psychology Keynote

Dr. Jay Coakley, Professor of Sociology at the University of Colorado at Colorado Springs, will be the keynote speaker for the Social Psychology section at the 1997 conference. Dr. Coakley is regarded as one of the preeminent sport sociologists in the world, but is also extremely well versed in the sport psychology knowledge base.

In addition to his scholarly contributions, Dr. Coakley has had great influence upon the growth of knowledge in the sport sciences through his professional service. He served as Editor of the Sociology of Sport Journal for a period of eight years; was President of the North American Society for the Sociology of Sport; and has been program chair for the annual conference of the NASSS organization. In recognition of his tremendous contributions to our field, he was recently elected as Fellow for the American Academy of Kinesiology and Physical Education. Dr. Coakley's presentation will address the social dynamics of deviance among athletes. Specifically, this paper will focus on the consequences of unquestioned acceptance of sport norms by athletes, in combination with strong athletic identity and sport commitment characteristics, in contributing to deviant behaviors. A particular focus of this talk will be upon the means by which narrow athletic identity can be broadened to minimize potential negative behavioral manifestations. In short, Dr. Coakley's presentation will provide a stimulating perspective on the social origins of psychological and behavioral issues in sport.

Richard Steadman, M.D.
Health Psychology Keynote

Dr. J. Richard Steadman, a Texas native, is an orthopedic surgeon who practiced in South Lake Tahoe, California for 20 years before moving to Vail, Colorado in 1990. It is in Vail that he currently practices at the Steadman Hawkins Clinic, with Dr. Richard J. Hawkins. The clinic focuses primarily on sports medicine injuries and rehabilitation. Having graduated from Texas A & M in 1959, he attended medical school at the University of Texas, Southwestern where he is presently a Clinical Professor. His interest in athletics drew him toward sports medicine, which led to an internship and residency at Charity Hospital in New Orleans, before he moved to Lake Tahoe in 1970. Dr. Steadman founded the Steadman Sports Medicine Foundation in 1988 - a foundation created to help solve the sports medicine problems that confront athletes attempting to return to a high level of performance. The foundation is now located in Vail, Colorado, and has been renamed the Steadman Hawkins Sports Medicine Foundation to incorporate his partner. Dr. Steadman has published over 60 articles and book chapters, and has presented his work at over 100 national and international meetings. He has been Chairman of the Medical Group for the U.S. Ski Team since 1976, and is also a member of the Sports Medicine Committee of the U.S. Alpine Ski Team. He is the recipient of the 12th annual AT&T Skiing award, a lifetime achievement award recognizing commitment to excellence and dedication to skiing. A former A&M football player, Dr. Steadman continues his athletic endeavors through skiing and running.

Steadman's unique approach to knee surgery and injury rehabilitation is highly regarded worldwide. He began specializing in the 1970's focusing on ski related knee injuries. During this time, he worked with many members of the U.S. Ski Team putting nearly all the American ski racing medalists in the 1980's back on the snow. Most of Steadman's innovations in injury management are based on the premise that movement helps healing. While there was an ample base of empirical data for this concept, it had yet to be implemented vigorously in a performance setting. Steadman started using adjustable braces instead of casts in order to discourage scar tissue buildup and to increase the joint's range of motion in regular intervals. He also prescribed immediate and almost unlimited exercise to encourage blood flow and healing. Even as he developed his surgical and rehabilitation methods he was simultaneously evolving a psychological minded patient-centered approach to rehabilitation. He insists that his patients' commitment to rehabilitation, more than any skill of his own, is the key. The nature of his psychological approach is best captured in the comments of a former ski team member and Olympic medalist Christin Cooper in an article she authored in Skiing, 1992. She describes arriving at his doorstep "as a scared and impatient 16 year old with a badly broken ankle". She describes how Steadman creates a kind of psychological profile of the person which allows him Steadman, Continued on Page 15.
Gloria Balague, Ph.D.
Intervention/Performance Enhancement Keynote

Dr. Gloria Balague is a Clinical Assistant Professor at the University of Illinois at Chicago and a consultant for US Track and Field and USA Gymnastics. She was born and raised in Barcelona where she obtained her degree in psychology and worked at the National Sports Medicine Research Center. The Center, part of the National Sports Training Center, provided medical and psychological services to the elite resident athletes. The Sport Psychology lab was equipped to measure reaction time, hand/foot coordination, movement response time, concentration, personality and group sociometric dimensions. After graduating in psychology in 1973, Dr. Balague spent several months in Belgium, training at the Sport Psychology Department of the University of Brussels with Dr. Renée Van Fraechem.

In 1974, Gloria became Head of the Social Sciences Department of the newly created Institute of Physical Education, which for the first time in Spain, taught physical education to both men and women. Dr. Balague worked as professor of sport psychology and also kept her appointment at the National Training Center, doing applied work and research with athletes and coaches. It was there that she met her husband, Peder Dahlberg, a world-record swimmer himself under Doc Counsilman. They married in 1976 and in 1980 moved to Chicago. In 1981, Gloria started her doctorate in psychology at the University of Illinois at Chicago. That same year in Ottawa, she was elected to the Managing Council of the International Society of Sport Psychology. She served as a MC member until 1989 in Singapore, where she was elected Vice-President of ISSP, a position that she held for the next four years. In 1989, she was asked to accompany the Junior National Team to the Junior Pan Am competition in Argentina. Her involvement with USA Track and Field has continued ever since. Dr. Balague accompanied the team to the 92 Olympic Games, the 95 World Indoors and the Pan American Games. In 1993, she started working with the Rhythmic Gymnastics team and followed them until the Atlanta Games. Dr. Balague is also involved in coaching education and her research interests focus on achievement motivation. She has done hundreds of presentations over the world and has been a consistent contributor at AAASP conferences. In her keynote, she will address unique issues in consulting with elite athletes and the difficulties of training professionals to work with this population.

Conference Ps & Qs

Our Annual Conference really is the highlight of membership in our Association. It is a time to greet old friends, meet new friends and form professional relationships. Much of the work that is done to run our conference is conducted by volunteers or individuals we hire on a part-time basis to help us run the operations. The E Board spends a tremendous amount of time to select the site, design the program, organize special events and provide an optimum experience for members. Some things you may not know but are important to running a successful meeting:

1. Conference sites are chosen as far as three years in advance so we can secure the best rates and dates for our members (if we as a group experience a late fee or processing fee that was not removed, the hotel bills us on a per person basis and it is simply not fair to attend if you have not paid). Please help us make the conference enjoyable for all.

2. Negotiating a package with a hotel includes numerous considerations. Hotels make a majority of their profit from sleeping rooms and catering functions. Part of how the negotiations work is that we insure the hotel that a certain number of our members will book rooms. In exchange, the hotel may provide us with meeting rooms at no charge or some other perks that are an advantage to our members. Also, if we don't meet our room block, we get extra charges added to our bill. Thus, it is important that our members stay at the hotel.

3. We do not have our own full-time staff to operate the registration table. It is necessary for us to hire individuals, typically through the Convention Bureau in the home city. These individuals are trained to do registration and are familiar with the city. Although they are not familiar with AAASP, they really try to do their best to help us through the registration process.

4. If you are a continuing member of AAASP and have failed to pay your dues by Feb. 1, you will be assessed the member late fee or a processing fee to reinstate you onto our membership list. Also, if your conference registration fees are received after August 1, 1997, you will be assessed late fee and you will need to pay it before you receive your registration materials. We ask that individuals not remove badges and other materials on their own from registration.

5. Finally, as mentioned above, catering costs for our official functions at the conference are considerable. If you have not paid the full registration fee, you are not eligible to attend the reception and the banquet. The hotel bills us on a per person basis and it is simply not fair to attend if you have not paid.

I realize that most people who attend the conference are honest and pay their way. However, over the years, individuals have taken advantage of AAASP and in general cause E-Board members, who are running the conference a great deal of distress. Please help us make the conference enjoyable for all.

Penny McCullagh

Steadman, Continued from Page 14.

to find the right ratio between surgery and exercise, inspiration and rehabilitation. She adds "we were learning things from Steadman that went far beyond the operating room - about ourselves, our injuries, and our sport - that were not being taught anywhere else".
Announcements

Attention Students!

Good news for students! The San Diego conference has lots of student-oriented sessions. As usual, there are programs that are critical to our training and development, like research strategies, data analysis, and presentations on current research in the field. Additionally, both students and professionals have organized topics on career development that you have requested. These topics include: job search strategies, starting a business in consulting, gaining internships, the journal review process, and a session discussing the pros and cons of accreditation. We also want to encourage students to be more active in AAASP by attending the business meeting, presidential address, open section meetings, and the award lectures.

Efforts have also been made by the program committee to ensure that a large number of students are involved with the conference by either presenting, reviewing conference abstracts, or serving on committees. And finally, San Diego is a beautiful site with lots of accommodations for students. We are bordered by Mission Bay and the ocean. Everything that you will need is in walking distance. There are cheap places to get food and drinks (90 cent taquitos)! You can also rent bikes, boats, and roller blades for cheap rates, so come prepared! See you there!! (If you have any questions or comments, please email me: wiechman@u.washington.edu.)

Car Rentals

Need a car? Team up with Avis. Rental cars are available at reduced rates through Avis. Call toll free at 1-800-331-1600 and mention AWD number A/B745877 and that you are attending the Association for the Advancement of Applied Sport Psychology - AAASP. Avis discounted rates are extended one week before to one week after the AAASP Meeting. All rates include unlimited mileage. Rates are available for pick up or drop off in any Southern California, Las Vegas or Palm Springs location with no drop off fee. In making reservations, you must provide the AWD number noted above and you should verify your rate. You may travel to Mexico with prepaid insurance purchased at Avis counter. All rates guaranteed lowest available, if lower rate becomes available at time of booking a 5% discount will apply to rates.

**Sample Rates (Ask for rates of other vehicles)**

<table>
<thead>
<tr>
<th></th>
<th>Daily</th>
<th>Weekly</th>
<th>Wknd</th>
</tr>
</thead>
<tbody>
<tr>
<td>Subcom</td>
<td>$30</td>
<td>$129</td>
<td>$29</td>
</tr>
<tr>
<td>Intermed</td>
<td>$36</td>
<td>$155</td>
<td>$35</td>
</tr>
<tr>
<td>Full 4-Dr</td>
<td>$43</td>
<td>$185</td>
<td>$42</td>
</tr>
<tr>
<td>Van</td>
<td>$63</td>
<td>$275</td>
<td>$62</td>
</tr>
<tr>
<td>Convert</td>
<td>$53</td>
<td>$245</td>
<td>$52</td>
</tr>
</tbody>
</table>

Exhibits

If you want to market materials at the conference, contact Dr. Penny McCullagh for current rates. (303) 492-8021 or MCCULLAGH@COLORADO.EDU

Conference Updates - Check the Web
http://spot.colorado.edu/~aaasp
San Diego Information - Check the Web
http://sandiego.org or for dining highlights check http://www.sddt.com/ourtown/eats.html#ca.y

Audiovisuals at the Conference

Only slide projectors and overhead projectors will be provided by AAASP. Any other equipment costs must be incurred by the presenter.

Concerts in San Diego Close to Conference Time.

Humphrey’s concerts by the bay are held outdoors on Shelter Island. For tickets call Ticketmaster (619) 220-8497 or Humphrey’s restaurant. Dinner packages are available for an additional $29.50 and include dinner, best seats, tax and gratuity. Sept. 15 Chicago Sept. 19 Sergio Mendes/Brasil 99 Sept. 21 Stephane Grappelli Sept. 24 Manhattan Transfer Sept. 28 Harry Belafonte Sept. 29 Mark Chesnutt

Car Rentals

Need a car? Team up with Avis. Rental cars are available at reduced rates through Avis. Call toll free at 1-800-331-1600 and mention AWD number A/B745877 and that you are attending the Association for the Advancement of Applied Sport Psychology - AAASP. Avis discounted rates are extended one week before to one week after the AAASP Meeting. All rates include unlimited mileage. Rates are available for pick up or drop off in any Southern California, Las Vegas or Palm Springs location with no drop off fee. In making reservations, you must provide the AWD number noted above and you should verify your rate. You may travel to Mexico with prepaid insurance purchased at Avis counter. All rates guaranteed lowest available, if lower rate becomes available at time of booking a 5% discount will apply to rates.

**Sample Rates (Ask for rates of other vehicles)**

<table>
<thead>
<tr>
<th></th>
<th>Daily</th>
<th>Weekly</th>
<th>Wknd</th>
</tr>
</thead>
<tbody>
<tr>
<td>Subcom</td>
<td>$30</td>
<td>$129</td>
<td>$29</td>
</tr>
<tr>
<td>Intermed</td>
<td>$36</td>
<td>$155</td>
<td>$35</td>
</tr>
<tr>
<td>Full 4-Dr</td>
<td>$43</td>
<td>$185</td>
<td>$42</td>
</tr>
<tr>
<td>Van</td>
<td>$63</td>
<td>$275</td>
<td>$62</td>
</tr>
<tr>
<td>Convert</td>
<td>$53</td>
<td>$245</td>
<td>$52</td>
</tr>
</tbody>
</table>

Exhibits

If you want to market materials at the conference, contact Dr. Penny McCullagh for current rates. (303) 492-8021 or MCCULLAGH@COLORADO.EDU

Conference Updates - Check the Web
http://spot.colorado.edu/~aaasp
San Diego Information - Check the Web
http://sandiego.org or for dining highlights check http://www.sddt.com/ourtown/eats.html#ca.y

Audiovisuals at the Conference

Only slide projectors and overhead projectors will be provided by AAASP. Any other equipment costs must be incurred by the presenter.

Concerts in San Diego Close to Conference Time.

Humphrey’s concerts by the bay are held outdoors on Shelter Island. For tickets call Ticketmaster (619) 220-8497 or Humphrey’s restaurant. Dinner packages are available for an additional $29.50 and include dinner, best seats, tax and gratuity. Sept. 15 Chicago Sept. 19 Sergio Mendes/Brasil 99 Sept. 21 Stephane Grappelli Sept. 24 Manhattan Transfer Sept. 28 Harry Belafonte Sept. 29 Mark Chesnutt

IHen ti

111'iiiiiiiiiiiiiiiiiiiiiiiiiiiiiiiiiiiiiiiiiiiiiiiiiiiiiiil

AAASP Summer 1997 - Vol. 12, Number 2
1997 AAASP Conference Program*

*Tentative

Monday, September 22, 1997
5:00 PM - 11:00 PM  Executive Board Meeting

Tuesday, September 23, 1997
8:00 AM - 11:00 PM  Executive Board Meeting
5:00 PM - 7:00 PM  Conference and Continuing Education Registration
5:00 PM - 7:00 PM  Tour Sign-up if Space Available

Wednesday, September 24, 1997
Morning  Tours Begin
Morning  Continuing Education Workshops Continue
Morning  Sport Psychology Council Meeting
Afternoon  Golf Tournament
Afternoon  Tennis Tournament
6:00 PM  Welcome and Opening Remarks
          Maureen Weiss, AAASP President
          Introduction of the Coleman Roberts Griffith Lecture
          Penny McCullagh, AAASP Past-President and Conference Coordinator
          Coleman Roberts Griffith Lecture
          Movement Expertise: A Point of Juncture between Psychology and Practice
          Bruce Abernethy, University of Queensland, Australia
7:30 PM  Opening Reception

Thursday, September 25, 1997
7:00 AM  JASP Editorial Board Meeting
7:00 AM  Standing Committee Meetings (Certified Consultants, Continuing Education, Development, Diversity, Ethics, International Relations, Organization/Outreach)
8:30 AM - 10:00 AM  Social Psychology Keynote Address: Commitment, Identity, and Social Relationships: The Social Dynamics of Deviance among Athletes
          Presider: Robert Brustad, University of Northern Colorado, USA
          Jay Coakley, University of Colorado at Colorado Springs, USA
10:00 AM - 10:15 AM  Break
1997 AAASP Program

10:15 AM - Noon  
Symposium: Psychological Skills for Enhancing Performance: A Review and Critique  
Organizer: Robert Weinberg, Miami University, USA  
Robert Weinberg, Miami University, USA  
Daniel Gould, University of North Carolina, USA  
Craig Hall, University of Western Ontario, Canada  
Robin Vealey, Miami University, USA  

Goal Setting in Sport and Exercise Settings: A Review and Critique  
Robert Weinberg, Miami University, USA  

Arousal-related States in Athletes: Performance Influences and Regulation Strategies  
Daniel Gould, University of North Carolina at Greensboro, USA  

The Use of Imagery in Training and Competitions  
Craig Hall, University of Western Ontario, Canada  

Intervention Research in Sport Psychology: What (Do) (Should) (Can) We Know?  
Robin Vealey, Miami University, USA  

10:15 AM - Noon  
Symposium: New Perspectives on Women in Sport  
Organizer: Susan Langdon, Colby-Sawyer College, USA  
Katherine Kilty, Boston University, USA  
Celine McNelis-Kline, University of Utah, USA  
Cynthia Adams, MindPower Resources, USA  
Patricia Miller, University of Toronto, Canada  
Mary Ann Kane, MindPower Resources, USA  
Gloria Balague, University of Illinois at Chicago, USA  

New Perspectives on Female Competitiveness and Win Orientation  
Katherine Kilty, Boston University, USA  

The Individual Versus the Team: The Importance of Promoting Team Development in Coactive Women's Teams  
Celine McNelis-Kline, Boston University, USA  

Girls in Sport: A Study of their Sport Experience  
Cynthia Adams, MindPower Resources, USA  

Exploring the Issues Confronting Female University Coaches  
Patricia Miller, University of Toronto, Canada  

Women in Sport: Umpires  
Mary Ann Kane, MindPower Resources, USA  

Elite Women Athletes: Psychological Issues  
Gloria Balague, University of Illinois-Chicago, USA
10:15 AM - Noon \textbf{Symposium: Analysis and Interpretation of Data from Studies Using Single-case Designs: A Presentation and Comparison of Three Approaches}
Organizer: Eddie Hebert, Southeastern Louisiana University, USA
Eddie Hebert, Southeastern Louisiana University, USA
Dennis Hyrcaiko, University of Manitoba, Canada
Dennis Landin, Louisiana State University, USA
Christopher Shambrook, University of Brighton, UK

\textbf{Visual Analysis of Data in Single-Case Research}
Dennis Landin, Louisiana State University, USA

\textbf{Analysing Single-case Research Data with the Split-Middle Technique}
Christopher Shambrook, University of Brighton, UK

\textbf{Effect Size as a Means to Interpret Single-case Data}
Eddie Hebert, Southeastern Louisiana University, USA

Organizer: David Striegel, LGE Sport Science Inc., USA
Cal Botterill, National Sport Center, University of Calgary, Canada
James Loehr, LGE Sport Science, Inc., USA
Nathaniel Zinsser, United States Military Academy, USA

\textbf{The Role of Emotion in Sport Performance: The Importance of Emotional Health and Perspective}
Cal Botterill, National Sport Center, University of Calgary, Canada

\textbf{The Role of Emotion in Sport Performance: Emotions Run the Show}
James Loehr, LGE Sport Science, Inc., USA

\textbf{The Role of Emotion in Sport Performance: Emotional Preparation from a Team Sport Perspective}
Nathaniel Zinsser, United States Military Academy, USA

\textbf{The Role of Emotion in Sport Performance: Emotional Preparation from an Individual Sport Perspective}
David Striegel, LGE Sport Science Inc., USA

10:15 AM - Noon \textbf{Lectures: Imagery and Performance}
Presider: Tracey Shaw, UCLA, USA

10:15 AM \textbf{Imagery Use by Athletes: Further Investigation of the Sport Imagery Questionnaire}
Matthew Martens, University of North Carolina at Chapel Hill, USA
Samuel Zizzi, University of North Carolina at Chapel Hill, USA
Diane Mack, University of North Carolina at Chapel Hill, USA
Craig Hall, University of Western Ontario, Canada
10:30 AM Motivational and Cognitive Uses of Imagery Early in the Season
Krista Munroe, University of Western Ontario, Canada
Craig Hall, University of Western Ontario, Canada
Robert Weinberg, Miami University, USA
Peter Giacobbi, Miami University, USA

10:45 AM A Field Test of the Bio-informational Theory of Imagery Utilizing Novice College Ice Skaters
Christy Greenleaf, Miami University, USA
Robin Vealey, Miami University, USA

11:00 AM The Effects of Negative Imagery on Putting Performance and Confidence
David Pargman, Florida State University, USA
Daniel Escalante, Florida State University, USA

11:15 AM Imagery Skills: Toward New Methods and Purposes of Measurement
Jean Fournier, INSEP, France
Tadhg MacIntyre, University College Dublin, Ireland

11:30 AM Attention in Young Soccer Players: The Development of an Attentional Focus Training Program
Zissis Papanikolaou, Temple University, USA

11:45 AM The Effects of Videotaped Feedback with Augmented Cues on Sport Skill
Dennis Landin, Louisiana State University, USA
Justin Menickelli, Louisiana State University, USA
Edward Hebert, Southeastern Louisiana University, USA

Noon Student Meeting
Presider: Shelley Wiechman, AAASP Student Representative

Noon Past Presidents Luncheon
Penny McCullagh, Chair

1:00 PM - 1:30 PM Colloquium: Performance Goal-setting: The Integration of Intermediate Sequential Goal Attainment with Congruent Feedback
Brent Rushall, San Diego State University, USA

1:30 PM Can Goal Orientation Profiles Impact upon Competition Performance?
Kieran Kingston, University of Wales, UK
Lew Hardy, University of Wales, UK

1:45 PM The Effects of Goal-setting Training on Basketball Free-throw Performance and Self-efficacy
Chung Chung-Hee, Seoul National University, Korea
Kim Jeong-Su, Seoul National University, Korea
Choi Eun-Kyu, Seoul National University, Korea
2:00 PM  **Means-end Analysis of Determinants of Self-efficacy in Volleyball Players**  
Melissa Chase, Purdue University, USA  
Casey Wilson, Purdue University, USA  
David Klenosky, Purdue University, USA

2:15 PM  **Expertise in Gymnastic Judging: A Behavioral-observation Approach**  
Diane St-Marie, University of Ottawa, Canada

1:00 PM - 2:35 PM  **Social Psychology Lectures: Social Influence on Motivation**  
Presider: Robert Brustad, University of Northern Colorado, USA

1:00 PM  **Perceived Competence and Global Self-worth in Australian Children**  
Betty Rose, Edith Cowan University, Australia  
Dawne Larkin, University of Western Australia, Australia

1:15 PM  **Predicting Adolescent Swimmers’ Goal Orientations: The Impact of Coaches’ and Parents’ Goals**  
Karen Givvin, University of California, Los Angeles, USA

1:30 PM  **Testing Predictions from the Hierarchical Model of Motivation in a Volleyball Setting**  
Michelle Fortier, University of Ottawa, Canada  
John Kowal, University of Ottawa, Canada  
Karrie Hamilton, University of Ottawa, Canada

1:45 PM  **Coaching Feedback as a Source of Information about Perceptions of Ability: A Developmental Examination**  
Anthony Amorose, University of Virginia, USA  
Maureen Weiss, University of Virginia, USA

2:00 PM  **Parental Influences on Children’s Attraction to Physical Activity: An Expectancy-value Perspective**  
Greg Welk, Cooper Clinic for Aerobic Research, USA  
Megan Babkes, University of Northern Colorado, USA  
Robert Brustad, University of Northern Colorado, USA

2:15 PM  **Goal Profiles in Sport**  
Ken Hodge, University of Otago, New Zealand  
Linda Petlichkoff, Boise State University, USA

1:00 PM - 2:35 PM  **Performance Enhancement Lectures: Mental Training**  
Presider: Wade Gilbert, University of Ottawa, Canada

1:00 PM  **Mental Training Sessions between an Eminent Consultant and Elite Athletes: A Case Study**  
Rebecca Lloyd, University of Ottawa, Canada  
Pierre Trudel, University of Ottawa, Canada

1:15 PM  **Losing after Winning: Learning Lessons from Experiencing Defeat as World Champions**  
Stephen Bull, University of Brighton, UK  
Jocelyne Brooks, University of Brighton, UK
1:30 PM  The Relationship between Self-talk and Performance in Competitive Adult Tennis Players  
Judy Van Raalte, Springfield College, USA  
Britton Brewer, Springfield College, USA  

1:45 PM  Effects of an Eight-Week Mental Training Program on College Athletes: Changes in POMS and Coach Ratings  
Mark Thompson, University of Texas at Arlington, USA  
Eric Keaton, University of Texas at Arlington, USA  
Mary Ridgway, University of Texas at Arlington, USA  

2:00 PM  A Blueprint for Performance Enhancement: The "$CHECKS$" Preparation Program  
Wayne Glad, Peak Performance Centers, USA  

2:15 PM  Stressful Psychological On-ice Situations and Exercise as Predictors of Physiological Response in Ice Hockey Goalies  
Aynsley Smith, Mayo Clinic, USA  
Michael Stuart, Mayo Clinic, USA  
Franklin Sim, Mayo Clinic, USA  
Hugh Smith, Mayo Clinic, USA  
Edward Laskowski, Mayo Clinic, USA  
Byron Beaver, Mayo Clinic, USA  
William Young Jr., Mayo Clinic, USA  

1:00 PM - 2:35 PM  Health Psychology Lectures: Exercise Behavior  
Presider: Wes Sime, University of Nebraska, USA  

1:00 PM  The Effect of Perceived Competence and Attraction to Physical Activity on a Diverse Population of Fifth Graders  
Karin Allor, Michigan State University, USA  
Martha Ewing, Michigan State University, USA  

1:15 PM  Group Cohesion, Confidence, and Attitude toward Exercise in the Elderly  
Paul Estabrooks, The University of Western Ontario, Canada  
Albert Carron, The University of Western Ontario, Canada  

1:30 PM  The Association among Social Support, Subjective Norm, and Group Cohesion in Elderly Exercisers  
Paul Estabrooks, The University of Western Ontario, Canada  
Albert Carron, The University of Western Ontario, Canada  

1:45 PM  Efficacy and the Value of Acute Outcomes in Predicting Exercise Adherence  
Nancy Gyurcsik, University of Waterloo, Canada  
Lawrence Brawley, University of Waterloo, Canada  
Kathleen Martin, Wake Forest University, USA
2:00 PM  Enjoyment of Rock-climbing and Recreational Swimming: Possible Personality Influences
Robert Motl, University of Wyoming, USA
Bonnie Berger, University of Wyoming, USA

2:15 PM  Physical Fitness Status of over 2800 Preadolescents from a Diverse High-risk Population
Anne Garcia, University of Michigan, USA
Anju Sahay, University of Michigan, USA
Charles Grimes, University of Michigan, USA
Jennifer Henry, University of Michigan, USA
Nicole Newkirk, University of Michigan, USA
Charles Kuntzleman, University of Michigan, USA

1:00 PM - 2:30 PM  Workshop: Recognizing and Coping with the Stresses of Sport Psychology Consulting
Mark Thompson, University of Texas at Arlington, USA
Ralph Vernacchia, Western Washington University, USA
Jodi Yambor, Thomas College, USA
Rich Gordin, Utah State University, USA

2:30 PM - 2:45 PM  Break

2:45 PM - 3:30 PM  Colloquium: International Perspectives on Health Psychology: Sweden
Presider: Aynsley Smith, Mayo Clinic, USA
Lars-Eric Unestahl, Swedish International University, Sweden

2:45 PM - 4:15 PM  Health Psychology Lectures: Eating Behaviors
Presider: Laura Finch, Western Illinois University, USA

2:45 PM  Comparisons of At-risk Eating Disorder Behaviors of Suburban and Urban Adolescent Female Athletes
Deborah Rhea, Iowa State University, USA

3:00 PM  The Development of a Screening Protocol for Disordered Eating among Elite Female Athletes
Rob Sands, Australian Catholic University, Australia
Jeff Bond, Australian Institute of Sport, Australia

3:15 PM  The Effect of Diet and Exercise on Quality of Life and Physical Parameters among Obese Individuals
Frank Perna, West Virginia University, USA
Randy Bryner, West Virginia University, USA
David Donley, West Virginia University, USA
Maria Kolar, West Virginia University, USA
Irma Ullrich, West Virginia University, USA
Guyton Hornsby, West Virginia University, USA
Janine Sauers, West Virginia University, USA
Rachel Yeater, West Virginia University, USA
3:30 PM  **Body Image and Disordered Eating among Male Athletes**  
Abby Dondanville, Indiana State University, USA  
Jolynn Kuhlman, Indiana State University, USA

3:45 PM  **Exercising Motivation and Maladaptive Eating Patterns**  
Eric Cooley, Western Oregon State College, USA

4:00 PM  **Social Physique Anxiety and Weight Pressures among Female College Swimmers**  
Justine Reel, University of North Carolina at Greensboro, USA

2:45 PM - 4:15 PM  **Symposium: What You Don’t Learn in Research Methods: Special Considerations when Conducting Research with Select Populations**  
Organizer: Vikki Krane, Bowling Green State University, USA  
Carl Hayashi, Texas Tech University, USA  
Robert Brustad, University of Northern Colorado, USA  
Jeffrey Martin, Wayne State University, USA

   **Developmental Considerations in the Design of Research Measures**  
Robert Brustad, University of Northern Colorado, USA

   **Considerations for Cross-Cultural Research: Bridging the Gap between Mainstream and Alternative Perspectives**  
Carl Hayashi, Texas Tech University, USA

   **Considerations when Conducting Research with Lesbians in Sport**  
Vikki Krane, Bowling Green State University, USA

   **Challenges, Barriers, and New Directions in Sport Psychology Research with Athletes with Disabilities**  
Jeffrey Martin, Wayne State University, USA

2:45 PM - 4:15 PM  **Symposium: Women, Sport, and Exercise: Em-bodying Voice across the Lifespan**  
Organizer: Kate Hays, The Performing Edge, USA  
Pamela Brill, Dartmouth Medical School, USA  
Victoria Bacon, Bridgewater State College, USA  
Kate Hays, The Performing Edge, USA  
Carole Oglesby, Temple University, USA

   **How High, How Fast, How Strong? Supporting Girls' Athleticism**  
Pamela Brill, Dartmouth Medical School, USA

   **Re-solving Voice and the Female College Athlete**  
Victoria Bacon, Bridgewater State College, USA

   **Women and Exercise: Working it Out**  
Kate Hays, The Performing Edge, USA

2:45 PM - 4:15 PM  **Workshop: Mental Skills Training for Athletes with Disabilities: Practical Considerations**  
Stephanie Hanrahan, The University of Queensland, Australia
3:30 PM - 4:15 PM Colloquium: Parental Influence on Children's Physical Activity: The Role of Cognitions and Beliefs
Presider: Alan Smith, University of Oregon, USA
Jay Kimiecik, Miami University, USA

4:25 PM - 6:00 PM Symposium: Life Skills, Sport, and Health Programs for Youth: Expanding our Reach
Organizer: Steven Danish, Virginia Commonwealth University, USA
Steven Danish, Virginia Commonwealth University, USA
John Brunelle, Virginia Commonwealth University, USA
Scott Green, Virginia Commonwealth University, USA
Kenneth Hodge, University of Otago, New Zealand
Linda Petlichkoff, Boise State University, USA

A Rationale for Integrating Sport, Health, and Life Skills
Steven Danish, Virginia Commonwealth University, USA

Going for the Goal (GOAL): A Program to Empower Adolescents
John Brunelle, Virginia Commonwealth University, USA

Teaching Life Skills through Sport: The SUPER Program
Scott Green, Virginia Commonwealth University, USA

GOAL and SUPER in New Zealand
Kenneth Hodge, University of Otago, New Zealand

Starting a Life Skills Program in Boise
Linda Petlichkoff, Boise State University, USA

4:25 PM - 6:10 PM Social Psychology Lectures: Coaching Behaviors and Motivation
Presider: Daniel Weigand, DeMontfort University, England

Carl Hayashi, Texas Tech University, USA
Katie Culp, Texas Tech University, USA

4:40 PM Coaching Strategies as a Function of Game Location
Paul Dennis, University of Western Ontario, Canada
Albert Carron, University of Western Ontario, Canada

4:55 PM A Case Study of Elite Team Sport Coaching
Wade Gilbert, University of Ottawa, Canada
Pierre Trudel, University of Ottawa, Canada

5:10 PM Goal Setting Practices of Collegiate Athletes: A Qualitative Investigation
David Yukelson, Pennsylvania State University, USA
Laura Finch, Western Illinois University, USA
Robert Weinberg, Miami University, USA
Damon Burton, University of Idaho, USA
Daniel Weigand, DeMontfort University, England
5:25 PM Coaching Behaviors and Intrinsic Motivation in Youth Skiers  
Nicole Culos, University of Waterloo, Canada  
Steve Bray, University of Waterloo, Canada

5:40 PM The Coaching Behaviors Scale (CBS): An Instrument to Measure Athletes’ Perceptions of Coaching Behaviors  
Jean Côté, Brock University, Canada  
John Yardley, Brock University, Canada  
John Hay, Brock University, Canada  
Whitney Sedgwick, Institut National du Sport et d’Education Physique, France

5:55 PM The Predictive Validity of the Coaching Behaviors Scale (CBS)  
John Yardley, Brock University, Canada  
Jean Côté, Brock University, Canada  
John Hay, Brock University, Canada  
Whitney Sedgwick, Institut National du Sport et d’Education Physique, France.

4:25 PM - 5:25 PM Symposium: The Role of Identification in Sport  
Organizer: Daniel Wann, Murray State University, USA  
Britton Brewer, Springfield College, USA  
Michelle Ritter-Taylor, University of Northern Colorado, USA  
Daniel Wann, Murray State University, USA  
Identification with the Athletic Role  
Britton Brewer, Springfield College, USA  
Identity from a Symbolic Perspective: It’s Relevance and Usefulness in Understanding Sport Behavior  
Michelle Ritter-Taylor, University of Northern Colorado, USA  
The Impact of Team Identification on Fans’ Cognitive, Affective, and Behavioral Reactions  
Daniel Wann, Murray State University, USA

Organizer: Shelley Wiechman, AAASP Student Representative  
John Heil, Lewis-Gale Clinic, USA  
Robert Nideffer, Enhanced Performance Systems, USA  
Marc Segal, Enhanced Performance Systems, USA

4:25 PM - 6:00 PM Workshop: Individual Values and the Team Building Process  
Organizer: Kelly Crace, College of William & Mary, USA  
Charles Hardy, Georgia Southern University, USA

5:25 PM - 6:40 PM Workshop: Analyzing Qualitative Data with the Computer Program NUDIST (for Non-numerical, Unstructured Data Indexing, Searching, and Theorizing)  
Natalie Durand-Bush, University of Ottawa, Canada

6:00 PM - 6:45 PM Colloquium: Debunking a Myth: Athletes and Suicide - A Preventative Approach  
Jane Henderson, John Abbott College, Canada
6:00 PM - 7:00 PM  Colloquium: Supporting your Habit: Getting Research Funding from the USOC  
Presider: Karen Cogan, University of North Texas at Denton, USA  
Martha Ludwig, United States Olympic Committee, USA  
Dan Gould, University of North Carolina at Greensboro, USA  
Penny McCullagh, University of Colorado, USA

6:15 PM - 8:00 PM  Interactive Poster Session Number One  
Presider: John Silva, University of North Carolina, USA  
Session 1 (Poster Set-up 10:00 AM - 2:00 PM)

**Anxiety and Aggression**

1. Hanin's Zone of Optimal Functioning during Golf Performance  
   Jason Guest, University of Missouri, USA  
   Richard Cox, University of Missouri, USA

2. Performance Catastrophes: A Qualitative Analysis  
   Tara Edwards, Sports Council for Wales, UK  
   Lew Hardy, University of Wales, UK  
   Kieran Kingston, University of Wales, UK  
   Dan Gould, University of North Carolina, USA

3. Temporal Patterns for Directionality of Anxiety and Performance Expectations  
   Matthew Wiggins, Murray State University, USA

4. Basketball Officials' Perceptions of Anxiety before, during, and after the Contest  
   Kevin Burke, Georgia Southern University, USA  
   Barry Joyner, Georgia Southern University, USA  
   Ami Pim, Georgia Southern University, USA

5. The Influence of Increasing Levels of Cognitive Anxiety on Arousal Level and Performance during Simulated High-Speed Auto-Racing  
   Christopher Janelle, University of Florida, USA  
   Robert Singer, University of Florida, USA  
   Shane Frehlich, University of Florida, USA

6. Stress Reactivity prior to Intense Physical Activity  
   Jack Watson, Florida State University, USA  
   David Pargman, Florida State University, USA

7. Choking in Tennis: A Personal and Situational Focus  
   Rob Sands, Australian Catholic University, Australia  
   Sally Tanner, Deakin University, Australia
8. From Competitive Anxiety to Competition Activation: Theory and Measurement
Robin Vealey, Miami University, USA
Brenda Bumgardner, Miami University, USA
Stacy Wegley, Miami University, USA
Christine Szabo, Miami University, USA
Kristin Roderick and Terrence Porter, Miami University, USA
Francisco Labrador and Christopher Hutchinson, Miami University, USA
Christy Greenleaf and Mark Earles, Miami University, USA
Bryan Blissmer, Miami University, USA

Christian Reed, University of Missouri at Columbia, USA
Richard Cox, University of Missouri at Columbia, USA

10. Sources of Stress Identified by Elite Junior Weightlifters
Mary Fry, University of Memphis, USA
Andrew Fry, University of Memphis, USA
Maria Newton, University of New Orleans, USA

11. Comparison of Individuals' Zone of Optimal Functioning across Two Sport Tasks: A Laboratory Examination of ZOF Theory
William Russell, University of Missouri at Columbia, USA
Richard Cox, University of Missouri at Columbia, USA

Cognitive Strategies

12. A Phenomenological Analysis of the Performance Experience for Elite Female Collegiate Basketball Players
Janine D'Anniballe, University of Tennessee, USA
Mark Hector, University of Tennessee, USA
Joanna Starek, Colorado State University, USA

13. From Beginner to Professional: Self-talk and Game Performance during Competitive Tennis
Tjai Nielsen, Western Carolina University, USA
Sue McPherson, Western Carolina University, USA

14. The Home Advantage in the Australian Football League
Vance Tammen, Victoria University of Technology, Australia
Campbell Davies, Victoria University of Technology, Australia

15. A Social Cognitive Model of Athletic Performance
Robert Schleser, Illinois Institute of Technology, USA
Scott Wilk, Illinois Institute of Technology, USA
Gregory Petersen, Illinois Institute of Technology, USA
16. **Associative and dissociative cognitive strategies utilized by collegiate male and female middle distance runners during a conference championship**
   Justin Menickelli, Louisiana State University, USA
   Sue McPherson, Western Carolina University, USA

17. **A retrospective study of adolescent track and field athletes' commitment**
   Paul Carpenter, De Montfort University, UK
   Gwen Kieran, De Montfort University, UK

   **Coping skills**

18. **Single-subject study of a stress-management program for rock-climbers**
   Christine LeScanff, University of Caen, France
   Thierry Devert, University of Caen, France

19. **The Olympic experience: canoe-kayak sprint-elimination at the semi-finals**
   Georg Kissner, Chaminade University, USA

20. **Development of a questionnaire to measure approaches to coping in sport**
    Mi-Sook Kim, Purdue University, USA
    Joan Duda, Purdue University, USA

21. **The defensive pessimism questionnaire for sport (DPQ-SP): The importance of assessing pre-performance coping strategy**
    Stacie Spencer, University of Pittsburgh, USA
    Frank Perna, West Virginia University, USA
    Daniel Hollander, West Virginia University, USA
    Scott Johnson, West Virginia University, USA

22. **Multidimensional psychological coping skills as predictors of starting status and player position in collegiate baseball**
    Shane Frehlich, University of Florida, USA
    Christopher Janelle, University of Florida, USA
    Douglas Barba, University of Florida, USA

23. **The modified-COPE inventory and the measurement of slump-related coping**
    Robert Eklund, University of Western Australia, Australia
    Robert Grove, University of Western Australia, Australia
    Paul Heard, University of Western Australia, Australia

24. **Effects of relaxation on recovery of salivary immunoglobulin-A following heavy swim training**
    Lydia Ievleva, University of New South Wales, Australia
    David Pargman, Florida State University, USA

25. **Assessing stress and recovery in collegiate athletes**
    Matthew Johnson, University of Tennessee, USA
    Craig Wrisberg, University of Tennessee, USA
    Michael Kellmann, University of Würzburg, Germany
    Wolfgang Kallus, University of Würzburg, Germany
   Justin McNamee, Brock University, Canada  
   Lorna Scott, Brock University, Canada  
   David Scott, Brock University, Canada

27. A Preliminary Application of Image Theory to Decision-making in Sport  
   David Conroy, University of Utah, USA  
   John Silva, University of North Carolina, USA

28. A Comparison of Alpha-Chamber and Traditional Imagery Programs to Enhance Decision-making in Sport  
   David Conroy, University of Utah, USA  
   John Silva, The University of North Carolina, USA

29. Effects of Coping Skills Acquisition on Task-Specific Self-efficacy, Generalized Self-efficacy, and Global Personality Variables: A Study of Self-Defense Training on Women  
   Julie Weitlauf, University of Illinois at Chicago, USA  
   Ronald Smith, University of Washington, USA

   Blair Whitmarsh, Trinity Western University, Canada

31. Mood States and Perceived Exertion as Predictors of Outcome in Elite Level Performance  
   Josean Arruza, Universidad del Pais Vasco, Spain  
   Gloria Balague, University of Illinois at Chicago, USA

32. Powerless in the Face of Small Effects: Power in Sport Psychology Research  
   Harriet Speed, Deakin University, Australia  
   Mark Andersen, Victoria University, Australia

33. Understanding Kinesthetic Imagery in Sport: The Road Less Travelled  
   Tadhg Maclntyre, University of College, Ireland  
   Aidan Moran, University of College, Ireland

34. Thought Content of Novice and Experienced Fencers during Practice Bouts  
   Terry Lee McPherson, University of Ottawa, Canada

35. Body Image and Sport Performance of Female Softball Players  
   Janice Chartrand, Illinois Institute of Technology, USA  
   Robert Schleser, Illinois Institute of Technology, USA

36. The Relationship between Players’ Names on Uniforms and Athlete Aggression  
   Daniel Wann, Murray State University, USA

37. Psychological Factors Associated with T-Shirts and Runners  
   Stacy Simon, Independent Consultant, USA  
   Michael Sachs, Temple University, USA
38. An Investigation of Personality Factors Associated with Collegiate Baseball Player Position and Starting Status
Douglas Barba, University of Florida, USA
Shane Frehlich, University of Florida, USA
Christopher Janelle, University of Florida, USA
Milledge Murphey, University of Florida, USA

39. Psychological Skills Required by Division One NCAA Team Captains
Shawna McGovern, Boston University, USA

40. Moderation of Action Identification in Rowers
Allison Cromey, Illinois Institute of Technology, USA
Robert Schleser, Illinois Institute of Technology, USA

41. Quantitative Analysis of Same Sport Activities at the 1996 Olympic Games
Theodore Filipowicz, University of North Texas, USA
Karen Weiller, University of North Texas, USA
Scott Martin, University of North Texas, USA

42. Performance and Perceptual Differences in Psychomotor Testing among Co-educated and All-female Physical Education Classes
Lisa Hahn-Lott, University of Texas, USA
Zenong Yin, University of Texas, USA
Todd Alan Ryska, University of Texas, USA

43. Identity and Ego in Sport: A Study of Narcissism in Male and Female Athletes
Jason Cetak, California State University at Fullerton, USA
Wesley Sime, University of Nebraska, USA
Carrie Broomfield, Nebraska Wesleyan University, USA

44. Perfectionism in Varsity College Student-Athletes and General College Students
Lisa Jones, Iowa State University, USA
Sharon Mathes, Iowa State University, USA

45. Psychological Characteristics of Exemplary Umpires
Al Guarnieri, Texas A&M University, USA
Tony Bourgeois, Texas A&M University, USA
Arnold LeUnes, Texas A&M University, USA

46. A Comparative Analysis of Seven Mental Toughness Variables Important for Success in the National Hockey League
Daniel Smith, State University of New York, USA
Steven Clack, University of California at Berkeley, USA

47. Mental Readiness in College Football Players
Don Milham, Temple University, USA
Michael Sachs, Temple University, USA
48. Individual Differences in Intra Competition Mood States and their Relationship with Perceived Difficulty and Self-efficacy in Elite Level Sport Performance
Mariano Arrieta, Universidad del Pais Vasco, Spain
Josean Arruza, Universidad del Pais Vasco, Spain
Gloria Balague, University of Illinois at Chicago, USA

49. Psychological Profiles of Water Skiers Using the ACSI-28, CSAI-2, and the POMS
Tamara Black, Texas A & M University, USA
Tony Bourgeois, Texas A & M University, USA
Arnold LeUnes, Texas A & M University, USA

Goal Orientations

50. Goal Orientation and Participation: Do Children Develop Extrinsic Motives the Longer they Play Competitive Sport?
Kari Tank, Illinois State University, USA
Kevin McCarthy, Illinois State University, USA
Sally White, Illinois State University, USA
Julie Morgan, Illinois State University, USA
Shannon Guest, University of Iowa, USA
Candice Zientek, Shippensburg University, USA

51. Effects of Goal Setting and Imagery on Performance of an Anaerobic Task
Beverly Randall, University of Western Sydney, Australia
David Hourigan, University of Western Sydney, Australia
Lydia Ievleva, University of Western Sydney, Australia
Belinda Jones, University of Western Sydney, Australia
Trevor Norman, University of Western Sydney, Australia

52. Achievement Orientation, Motivational Climate, and Coping Ability in High School Physical Education Students
Kevin Spink, University of Saskatchewan, Canada
Joan Duda, Purdue University, USA

53. The Relationship between Coaches’ Motivational Orientation, Athletes’ Motivational Orientation, and Perceived Motivational Climate
Amy Wheeler, University of Illinois at Chicago, USA
Gloria Balague, University of Illinois at Chicago, USA

54. The Match of Task and Ego Orientation between Coach and Athlete
Amy Wheeler, University of Illinois at Chicago, USA
Gloria Balague, University of Illinois at Chicago, USA

55. Coach and Athlete Satisfaction: Predictions Based on Coaches’ and Athletes’ Motivational Orientations and Perceived Motivational Climate.
Amy Wheeler, University of Illinois at Chicago, USA
Gloria Balague, University of Illinois at Chicago, USA
56. **Goal Setting and Contingency Management to Improve Shooting Performance in Basketball Training Sessions**  
   Jose Buceta, UNED University, Spain

57. **The Effects of Goal-setting and Imagery Training Programs on the Free-throw Performance of Female Collegiate Basketball Players**  
   Bart Lerner, The Citadel, USA  
   Andrew Ostrow, West Virginia University, USA  
   Michael Yura, West Virginia University, USA  
   Edward Etzel, West Virginia University, USA

58. **Predicting Intrinsic Motivation through Dispositional Goal Perspective and Perceived Motivational Climate**  
   Philippe Brunel, Universite de Nantes, France

59. **Construct Validity of the Goal Importance Questionnaire (GIQ)**  
   Thomas Graham, University of Saskatchewan, Canada  
   Peter Crocker, University of Saskatchewan, Canada

60. **The Effect of Three Different Goal Setting Methods on Strength Performance**  
   Peter Walters, Wheaton College, USA

**Self-Efficacy**

61. **The Importance of Analyzing Skill-Specific Self-Efficacy in British Women's Field Hockey**  
   Daniel Weigand, DeMontfort University, UK  
   Kimberley Stockham, DeMontfort University, UK

62. **The Effects of Structured Exercise on Physical Self-efficacy, Health-related Quality of Life, and Social Physique Anxiety in Obese Women**  
   Edmund Acevedo, Southeastern Louisiana University, USA  
   Angie Etie, Southeastern Louisiana University, USA  
   Robert Kraemer, Southeastern Louisiana University, USA  
   Ginger Kraemer, Kraemer Health Solutions, USA  
   Michelle Bates, Southeastern Louisiana University, USA  
   Ron Halton, Southeastern Louisiana University, USA  
   Mark Berry, North Oaks OBGYN, USA

63. **The Relationship between Satisfaction, Perceived Control and Exercise Self-efficacy**  
   Barbara Stetson, University of Louisville, USA  
   Abbie Beacham, University of Louisville, USA  
   Steve Katzman, Baruch College, USA  
   Steve Frommelt, Illinois Institute of Technology, USA  
   Kerri Boutelle, Illinois Institute of Technology, USA  
   Jonathon Cole, Illinois Institute of Technology, USA
64. **Collective Efficacy, Cohesion, and Performance: Evidence for Reliable, Strong Effects**  
David Paskevich, Queen's University, Canada  
Lawrence Brawley, University of Waterloo, Canada  
Kim Dorsch, Lakehead University, Canada  
Neil Widmeyer, University of Waterloo, Canada

**Friday, September 26, 1997**

7:00 AM  
Certified Consultants - Open Meeting

8:30 AM - 10:00 AM  **Health Psychology Keynote Address: Rehabilitating Injured Athletes: A Physician's Perspective**  
Presider: John Heil, Lewis-Gale Clinic, USA  
Richard Steadman, Steadman-Hawkins Clinic, USA

10:00 AM - 10:15 AM  
Break

10:15 AM - Noon  **Symposium: A Multidisciplinary Approach to the Roles and Responsibilities of Sports Medicine Team Members**  
Organizer: Aynsley Smith, Mayo Clinic, USA  
Aynsley Smith, Mayo Clinic, USA  
Michael Stuart, Mayo Clinic, USA  
Michael Morrey, Mayo Clinic, USA  
Diane Wiese-Bjornstal, University of Minnesota, USA  
Eric LaMott, Concordia College, USA

**Psychology of Injury: Education of the Sports Medicine Team**  
Diane Wiese-Bjornstal, University of Minnesota, USA

**A Sports Medicine Physician's Assessment of the Injured Athlete**  
Michael Stuart, Mayo Clinic, USA

**Psychological Assessment of Injured Athletes**  
Aynsley Smith, Mayo Clinic, USA

**The Use of Sports Psychology Interventions and Modeling in a Sport Medicine Practice**  
Michael Morrey, Mayo Clinic, USA

**To Infinite and Beyond: Future Injury Research and Intervention**  
Eric LaMott, Concordia College, USA

10:15 AM - Noon  **Symposium: The Practice of Sport Psychology from the Behavioral, Cognitive, Psychodynamic and Humanistic Perspectives**  
Organizer: William Straub, Syracuse University, USA  
Jose Buceta, UNED University, Spain  
Sandra Foster, Performance Enhancement Unlimited, USA  
James Millhouse, Private Practice, USA  
William Straub, Syracuse University, USA
Psychological Intervention in Sport from the Behavioral Perspective
Jose Buceta, UNED University, Spain

The Practice of Sport Psychology from the Cognitive Perspective
Sandra Foster, Performance Enhancement Unlimited, USA

Psychodynamic Issues in the Private Practice of Sport Psychology
James Millhouse, Private Practice, USA

The Practice of Sport Psychology from a Humanistic Perspective
William Straub, Syracuse University, USA

10:15 AM - Noon
Symposium: Social Psychological Approaches to Applied Consultations
Organizer: Michelle Ritter-Taylor, University of Northern Colorado, USA
Diane Mack, University of North Carolina, USA
Shelly Shaffer, University of Minnesota, USA
Dawn Stephens, University of Iowa, USA
T.C. North, North & Associates, USA
Jay Deiters, University of Northern Colorado, USA

Social Forms of Influence upon Psychological Processes in Sport
Michelle Ritter-Taylor, University of Northern Colorado, USA
Jay Deiters, University of Northern Colorado, USA

The Influence of Group Structure on the Consultation Process
Diane Mack, University of North Carolina at Chapel Hill, USA

The Philosophical Intervention: Protecting Young Athletes from Themselves
Shelly Shaffer, University of Minnesota, USA

Sportspersonship in Youth Sport: Issues in the Application of Social Psychological Models
Dawn Stephens, University of Iowa, USA

Combining Family Systems Interventions with Individual Psychological Interventions to Enhance Athletic Performance
T.C. North, North and Associates, USA

10:30 AM - Noon
Workshop: Lessons Learned the Hard Way in Sport Psychology Consulting
Organizer: Shelley Wiechman, AAASP Student Representative
Ronald Smith, University of Washington, USA
Kenneth Ravizza, California State University at Fullerton, USA
Kate Hays, The Performing Edge, USA
Jodi Yambor, Thomas College, USA
Jim Taylor, Alpine/Taylor Consulting, USA

Noon Open Meeting with AAASP Leadership
1:00 PM - 2:35 PM  **Symposium: Social Support, Coping, and Athletic Injury Recovery**  Organizer: Daniel Gould, University of North Carolina at Greensboro, USA  Kirsten Peterson, US Olympic Committee, USA  Ann Quinn, Quinnessential Ltd., Australia  Eileen Udry, University of Oregon, USA  
**Role of Social Support in Coping with Athletic Injury Rehabilitation: A Longitudinal Qualitative Investigation**  Kirsten Peterson, U.S. Olympic Committee, USA  
**The Changes in Social Support and Coping in Recovery of Elite Athletes from Long Term Injury**  Ann Quinn, Quinnessential Difference P/L, Australia  
**Support Providers and Injured Athletes: A Specificity Approach**  Eileen Udry, University of Oregon, USA  

1:00 PM - 2:35 PM  **Performance Enhancement Lectures: Stress, Anxiety, and Regulation**  Presider: John Bowman, Mind Plus Muscle, USA  
1:00 PM  **Using Assessment to Customize a Stress Management Intervention for Collegiate Coaches**  Susan Langdon, Colby-Sawyer College, USA  Pamela Brill, Private Practice, USA  
1:15 PM  **Monitoring Stress and Recovery during the Training Camp for the Junior World Championships in Rowing**  Michael Kellmann, Worzburg University, Germany  Wolfgang Kallus, Worzburg University, Germany  Jorgen Steinacker, University of Ulm, Germany  Werner Lormes, University of Ulm, Germany  
1:30 PM  **Athlete Life-Skills and Sport Performance Enhancement: An Academic Course Designed for University Student-Athletes**  Lewis Curry, The University of Montana, USA  Ann Sondag, The University of Montana, USA  Sameep Maniar, The University of Montana, USA  Chris Bernuth, The University of Montana, USA  
1:45 PM  **Development of the Causes of Anxiety in Sport Scale (CASS)**  Daryl Marchant, Victoria University of Technology, Australia  Mark Andersen, Victoria University of Technology, Australia  Wally Karnilowicz, Victoria University of Technology, Australia  Mark Stoove, Victoria University of Technology, Australia  
2:00 PM  **The Psychological Profile and the Self-Regulatory Process for Peak Performance of Korean Elite Shooters**  Jin Yoo, Chung-Ang University, Korea
2:15 PM  Changing Bad Anxiety into Good: A Multimodal Intervention Program to Restructure Debilitative Interpretations of Competitive Anxiety
Sheldon Hanton, University of Wales Institute, Cardiff, UK
Graham Jones, Loughborough University, UK

1:00 PM - 2:35 PM  Performance Enhancement Lectures: Mental States of Athletes
Presider: Katie Kilty, Boston University, USA

1:00 PM  Mood and Serum Cortisol Responses to a Maximal Exercise Test and One High-intensity Interval Training Session
Robert Motl, University of Wyoming, USA
Scott Davis, University of Wyoming, USA
Bonnie Berger, University of Wyoming, USA
John Wilkinson, University of Wyoming, USA

1:15 PM  The Role of Balance in Elite Athletes' Lives
Kimberley Amirault, University of Ottawa, Canada
Terry Orlick, University of Ottawa, Canada

1:30 PM  The Development of a Questionnaire on the Conscious Register of an Athlete's Cardiac Rhythm (WIN-DATA)
Patricia Wightman, CENARD, Argentina
Enrique Prada, CENARD, Argentina
Nelly Giscafre, CENARD, Argentina
Alfredo Fenili, CENARD, Argentina

1:45 PM  Confirmatory Factor Analysis of the Test of Performance Strategies on North American Athletes
Lew Hardy, University of Wales, UK
Shane Murphy, Gold Medal Psychological Consultants, USA
Patrick Thomas, Faculty of Education, Australia

2:00 PM  The Relation of Ego and Task Orientation and the Ethical Problem of High School Sport in South Africa
Ben Steyn, University of Pretoria, RSA
Anna du Plessis, University of Pretoria, RSA

2:15 PM  Causal Attributions between Life Stress and Performance Stress
Aaron James, San Diego State University, USA
Dennis Selder, San Diego State University, USA
John Sheposh, San Diego State University, USA

1:00 PM - 2:35 PM  Social Psychology Lectures: Health and Performance Issues
Presider: Judy Van Raalte, Springfield College, USA
1:00 PM  **Self-presentation Behaviors and Social Physique Anxiety in Aerobics Class Participants**  
Michelle Joshua, Springfield College, USA  
Judy Van Raalte, Springfield College, USA  
Britton Brewer, Springfield College, USA  
Albert Petitpas, Springfield College, USA

1:15 PM  **Adventure Education Revisited: The Short-term Effects of Ropes Course Participation on a Girls' High School Tennis Team**  
Barbara Meyer, University of Wisconsin-Milwaukee, USA

1:30 PM  **Perceptions of Psychological Dependence to Androgenic-Anabolic Steroids among Male Users of Androgenic-Anabolic Steroids**  
Tracy Olrich, Wheaton College, USA  
Martha Ewing, Michigan State University, USA

1:45 PM  **An Examination of Coping in Sport: Individual Differences and Situational Responses**  
Peter Giacobbi, Miami University, USA  
Robert Weinberg, Miami University, USA

2:00 PM  **Psychological Consequences of Retirement on High Level Amateur Athletes**  
Annie Grandisson, University of Ottawa, Canada

2:15 PM  **Predictors of Life Satisfaction of Retired Athletes**  
Suanne Altobello Nasco, University of Notre Dame, USA  
William Michael Webb, University of Notre Dame, USA

2:35 PM - 2:50 PM  **Break**

2:50 PM - 3:50 PM  **Workshop: Issues in Sport Injury and Pain**  
Richard Steadman, Steadman-Hawkins Clinic, USA  
John Heil, Lewis-Gale Clinic, USA  
Peter Harmer, Willamette University, USA

2:50 PM - 3:50 PM  **Workshop: Performance Enhancement and Team Bereavement**  
John Yeager, Boston University, USA  
Douglas Gardner, Boston University, USA  
Leonard Zaichkowsky, Boston University, USA

2:50 PM - 3:50 PM  **Workshop: Sport Family Counseling: Working with Junior-Elite Athletes and their Parents**  
Jim Taylor, Alpine/Taylor Consulting, USA
2:50 PM - 3:50 PM Workshop: Characteristics of Effective Sport Psychology Consultants: A Demonstration of Interpersonal Skills and the Establishment of a Good Rapport with an Elite Athlete
Robert Harmison, University of North Texas, USA
Robert Harmison, University of North Texas, USA
William Parham, University of California-Los Angeles, USA
Jodi Yambor, Thomas College, USA
Nathaniel Zinsser, United States Military Academy, USA
Leo Lewis, Minnesota Vikings Football, USA

4:00 PM - 4:30 PM Colloquium: Mental Skills Applied to Sports Injury Rehabilitation: Preliminary Results
Lydia Ievleva, University of New South Wales, Australia.
Joseph Isaacs, University of Sydney, Australia.
Brad Decent, Sydney, Australia.

4:00 PM - 5:00 PM Workshop: Promoting Innovative Consulting Experiences as Graduate Students
Natalie Durand-Bush, University of Ottawa, Canada
Gordon Bloom, California State University at Fresno, USA
Robert Schinke, University of Alberta, Canada

4:00 PM - 5:00 PM Workshop: The Use of a Portable Challenge Course to Develop Team Cohesion in Division I Athletics
Jeffrey Kress, University of Kansas, USA
Tim Hamel, California State University, USA

4:00 PM - 5:30 PM Workshop: The Power of Positive Coaching and Conflict Resolution
William Straub, Syracuse University, USA
Daniel Smith, State University of New York, USA

4:30 PM - 5:30 PM Workshop: Talking Away Pain
Raymond Petras, Private Practice, USA
Discussant: Lars-Eric Unestahl, Scandinavian International University, Sweden

5:00 PM - 6:15 PM Workshop: Using Movement as a Sport Psych Intervention
Lance Green, Tulane University, USA

5:00 PM - 6:15 PM Workshop: The Journal Manuscript Review and Publication Process: Issues and Answers
Organizer: Anthony Amorose, University of Virginia, USA
Robert Brustad, University of Northern Colorado, USA
Diane Gill, University of North Carolina at Greensboro, USA
Albert Carron, University of Western Ontario, Canada
Maureen Weiss, University of Virginia, USA

5:30 PM - 6:15 PM Health Psychology Lectures: Pain and Injury
Presider: Adrienne Toogood, University of Manitoba, Canada
5:30 PM  
**Pain and the Competitive Athlete**  
Erika Manning, University of North Carolina at Chapel Hill, USA  
Diane Mack, University of North Carolina at Chapel Hill, USA  
Nelwyn Fettig, University of North Carolina at Chapel Hill, USA  
Sean Gillespie, University of North Carolina at Chapel Hill, USA  
Kathleen Meter, University of North Carolina at Chapel Hill, USA  
Jeff Moss, The University of North Carolina at Chapel Hill, USA

5:45 PM  
**The Ways of Coping with Injury Questionnaire: Revision and Psychometric Properties**  
Matthew Bristow, Victoria University of Technology, Australia  
Graeme Hyman, Monash University, Australia

6:00 PM  
**The Effect of a Self-talk Technique on Injury Rehabilitation**  
Yannis Theodorakis, Democritus University of Thrace, Greece  
Anastasia Beneca, Democritus University of Thrace, Greece  
Parascevi Malliou, Democritus University of Thrace, Greece  
Panagiotis Antoniou, Democritus University of Thrace, Greece  
Marios Goudas, University of Thessalia, Greece  
Konstadinos Laparidis, Democritus University of Thrace, Greece

5:45 PM - 7:30 PM  
**Interactive Poster Session Number Two**  
Presider: William Straub, Syracuse University, USA  
Session 2 (Poster Set-up 10:00 AM - 2:00 PM)

**Attributions**

65. **Locus of Control and Mood States in Female Equestrian Athletes**  
Nancy Murray, University of Texas, USA  
Michael Meyers, University of Houston, USA  
Anthony Bourgeois, Texas A&M University, USA  
Arnold LeUnes, Texas A&M University, USA

66. **Can Pygmalion Survive in Collegiate Sport? Examining the Self-fulfilling Prophecy in College Volleyball**  
Damon Burton, University of Idaho, USA  
Kevin Ludlum, University of Idaho, USA  
Kristen Dieffenbach, University of Idaho, USA

67. **A Phenomenological Approach to the Examination of the Attribution Process**  
Lori Gano-Overway, Michigan State University, USA  
Martha Ewing, Michigan State University, USA

68. **After-the-Fact Predictions of Sport Outcomes: Counterfactual and Hindsight Judgments of Basketball and Football Performance**  
Sameep Maniar, The University of Montana, USA  
Neal Roese, Northwestern University, USA  
Lewis Curry, The University of Montana, USA

**Coaching**
69. Coach Attributes and Student Academic and Athletic Performance  
   Brooke Coleman, Stanford University, USA

70. Communication Patterns between Professional Hockey Coaches and Players during Games  
   Stéphane Proulx, University of Ottawa, Canada  
   Norm Chouinard, University of Ottawa, Canada

71. Preferred Coaching Behaviors of Adolescent Youths and their Parents  
   Scott Martin, University of North Texas, USA  
   Peggy Richardson, University of North Texas, USA  
   Karen Weiller, University of North Texas, USA  
   Allen Jackson, University of North Texas, USA

72. Relationship of Athlete Socio-Psychological Factors to Coach Perception of Leadership Behaviors of Female Volleyball Athletes  
   Dale Pease, University of Houston, USA  
   Deborah Rhea, Iowa State University, USA  
   James Zhang, University of Houston, USA

73. Exploring the Organizational Process of High-Level Canadian Team Sport Coaches  
   Patricia Miller, University of Toronto, Canada  
   Gordon Bloom, California State University, USA  
   John Salmela, University of Ottawa, Canada

74. Transitional Beliefs of Expert Traditional and Modern Canadian Judo Coaches  
   Luiz-Carlos Moraes, University of Ottawa, Canada  
   John Salmela, University of Ottawa, Canada

75. Studying the Teaching Methods of an Expert Basketball Coach  
   Gordon Bloom, California State University at Fresno, USA  
   Rebecca Crumpton, California State University at Fresno, USA  
   Jenise Anderson, California State University at Fresno, USA

76. Coaches' Psychological States as a Function of Game Location  
   Paul Dennis, The University of Western Ontario, Canada  
   Albert Carron, The University of Western Ontario, Canada

77. Group Influences on Eating and Dieting Behavior  
   Heather Hausenblas, The University of Western Ontario, Canada  
   Albert Carron, The University of Western Ontario, Canada

78. Group Norms for Competition  
   Krista Munroe, University of Western Ontario, Canada  
   Paul Estabrooks, University of Western Ontario, Canada  
   Paul Dennis, University of Western Ontario, Canada  
   Albert Carron, University of Western Ontario, Canada
79. The Relationship among Achievement Goal Orientation, Perceived Motivational Climate, and Cohesion in Sport Teams
Sarah Naylor, University of Idaho, USA

80. Effects of Cohesion and Scoring Pattern on Psychological Momentum
Laurie Eisler, University of Alberta, Canada
Kevin Spink, University of Saskatchewan, Canada

81. The Influence of a Competitive Outcome on Perceptions of Cohesion in Interacting and Coacting Sport Teams
Stephen Kozub, De Montfort University, United Kingdom
Claire Button, De Montfort University, United Kingdom

Consulting

82. Components and Social Validation of a Performance Enhancement Pilot Project for Ballet Dancers
Tracey Sewell, University of Manitoba, Canada
Adrienne Toogood, University of Manitoba, Canada

83. Implementation and Effectiveness of a Performance Enhancement Program for Ballet Dancers
Adrienne Toogood, University of Manitoba, Canada
Tracey Sewell, University of Manitoba, Canada

84. Counseling Professional Team Athletes: Solving Confidentiality Problems
Wayne Glad, Peak Performance Center, USA

85. Sport Psychology in Ireland: Current Status
Aidan Moran, University of College Dublin, Ireland
Tadhg MacIntyre, University of College Dublin, Ireland

86. A Mental-Skills Behavioral Checklist for Consulting with Swimmers
Jolyon Lines, University of Manitoba, Winnipeg,
Gregg Tkachuk, University of Manitoba, Winnipeg,
Garry Martin, University of Manitoba, Winnipeg,

87. A Conversation with Anne Smith: An Athlete’s View of Sport Psychology Consultation
Robert Harmison, University of North Texas, USA
Peggy Richardson, University of North Texas, USA
T. J. Filipowicz, University of North Texas, USA
Anne Smith, University of Texas, USA

88. Effect of an Imagery Program on Coach Psychological Variables
Mitch Campbell, Oregon State University, USA
Vicki Ebbeck, Oregon State University, USA
89. Assessment of the Sport Psychology and Performance Enhancement Needs of an NCAA Division I-A Athletic Department
   Scott Martin, University of North Texas,
   Trent Petrie, University of North Texas, USA
   Karen Cogan, University of North Texas, USA
   Peggy Richardson, University of North Texas, USA

90. A Cost Benefit Analysis of Sport Psychology Graduate Education
   Patricia Latham Bach, Peak Performance Associates, USA

91. Effectiveness of Mental Training for NCAA Division I Women’s Basketball Players
   Peter Schroeder, University of the Pacific, USA
   Glen Albaugh, University of the Pacific, USA

92. Using the World Wide Web to Enhance Sport Psychology Consultation Services
   Thad Leffingwell, University of Washington, USA

93. The Negative Halo Effect: Student Female Athletes’ Perceptions of the Sport Psychologist
   Jocelyne Brooks, University of Brighton, UK
   Stephen Bull, University of Brighton, UK

94. Mental Skills Training for Baseball: Personality Correlates of Adherence and a Multidimensional Evaluation of Program Impact
   Robert Grove, University of Western Australia, Australia
   Peter Norton, University of Western Australia, Australia
   Robert Eklund, University of Western Australia, Australia

   Exercise Adherence

95. The Heart Rate-perceived Exertion Relationship Alters during High-intensity Interval Training
   Mark Andersen, Victoria University, Australia
   David Martin, Australian Institute of Sport, Australia

96. Enhancing Adherence to Physical Activity through Social Support: A Theoretical Basis for Intervention
   Kerry McGannon, University of Alberta, Canada
   Wendy Rodgers, University of Alberta, Canada
   Robert Schinke, University of Alberta, Canada

97. A Transtheoretical Based Intervention and Reported Frequency of General Physical Activity in Preparers and Contemplators
   Cheryl Simmons, Florida State University, USA
   David Pargman, Florida State University, USA

98. The Impact of Previous Physical Activity Experience on Current Physical Activity Behavior
   Kevin Ludlum, University of Idaho, USA
   Karen Meaney, Texas Tech University, USA
99. **Barriers to Exercise among Stage I and Stage II Breast Cancer Patients at Three-months Post-surgery**  
Frank Perna, West Virginia University, USA  
Stacie Spencer, University of Pittsburgh, USA  
Charles Carver, University of Miami, USA  
Michael Antoni, University of Miami, USA  
Arthur LaPerriere, University of Miami, USA

100. **Effectiveness of Mediated Behavior-change Program for Physical Activity**  
Yukio Yamaguchi, Fukuoka University, Japan

101. **Social Physique Anxiety and Patterns of Exercise Adherence**  
Christopher Weber, Illinois Institute of Technology, USA

**Injuries**

102. **Highlight Video Tapes and Returning to Performance after Injury: A Case Study**  
Dave Templin, University of Kansas, USA  
Michael Norwood, University of Kansas, USA

103. **Motivational Applications for Rehabilitation in Sport Settings (MARSS): Using PST and Computer Applications in the Athletic Training Room**  
Bridget Harbaugh, University of Idaho, USA

104. **A Comparison between Injured and Uninjured NCAA Division I Male and Female Athletes on Selected Psychosocial Variables**  
Trent Petrie, University of North Texas, USA  
Britt Brewer, Springfield College, USA  
Chris Buntrock, University of North Texas, USA

105. **How Social Desirability Can Mask Significant Relations: Life Stress, Coping Skills and Athletic Injuries**  
Shelley Wiechman, University of Washington, USA  
Ronald Smith, University of Washington, USA

**Life Events**

106. **Positive Life Skills Intervention Program in an Elementary School Classroom**  
Jenelle Gilbert, University of Ottawa, Canada

107. **Applied Sport Psychology and Psychological Well Being**  
Gregory Petersen, Illinois Institute of Technology, USA  
Robert Schleser, Illinois Institute of Technology, USA  
Allison Cromey, Illinois Institute of Technology, USA  
Lorenzo Azzi, Illinois Institute of Technology, USA
108. The Occurrence of Negative Life Events in Male and Female College-Student
Trent Petrie, University of North Texas, USA
David Falkstein, University of North Texas, USA
Jessica Varnado, University of North Texas, USA
Laura Austin, University of North Texas, USA
Robert Harmison, University of North Texas, Denton, USA
Mark Jenkins, University of North Texas, USA
Pechjarat Harvey, University of North Texas, USA

109. The Life Experience of Collegiate Athletes: A Phenomenological Investigation
Craig Wrisberg, University of Tennessee, USA
Matthew Johnson, University of Tennessee, USA
Gina Brooks, University of Tennessee, USA

110. Addiction and Athletes: Are We Dealing with Multiple Addictions?
Victoria Bacon, Bridgewater State College, USA
Katrina Lee, Bridgewater State College, USA

111. Explanatory Style in Sport: A Unique Environment, Abandoning Optimism
Adam Naylor, Boston University, USA
Leonard Zaichowsky, Boston University, USA

Moral Identity

112. The Effect of a Psychological Intervention on Anxiety and Risk-taking in Competitive Figure Skaters
Kavita Prakash, University of Ottawa, Canada

113. A Model for the Enrichment of Sociomoral Growth through Physical Activity
Gloria Solomon, Texas Christian University, USA

114. The Ethical Beliefs and Behaviors of Fitness Professionals in Australia
Andrew Dawson, Victoria University of Technology, Australia

Marta Guivernau, Purdue University, USA
Joan Duda, Purdue University, USA

116. Transformation of a Lesbian Identity in Sport: One Coach’s Experiences in Differing Environments
Vikki Krane, Bowling Green State University, USA
Jennifer Michalenok, Bowling Green State University, USA

Motivation

117. The Relationship of Perceived Coaches’ Motivational Climate to Goal Orientations and Intrinsic/Extrinsic Motivation in Young British Swimmers
Caroline Petherick, DeMontfort University, UK
Daniel Weigand, DeMontfort University, UK
118. **Children's Attitudes and Self-Reported Physical Activity Patterns**  
Charles Hardy, Georgia Southern University, USA  
Kent Guion, Georgia Southern University, USA

119. **A Multigroup Invariance Factor Analysis of the Physical Activity Enjoyment Scale: Comparison of Enjoyment among Rock-climbers, Swimmers, and Wellness Students**  
Robert Motl, University of Wyoming, USA  
Stephen Bieber, University of Wyoming, USA  
Bonnie Berger, University of Wyoming, USA

120. **Winning as a Structural Feature of Sports and Its Effects on Motivation**  
Marc Sagal, Enhanced Performance Systems, USA  
Paul Sagal, New Mexico State University, USA  
Dennis Selder, San Diego State University, USA

121. **Gender Differences in Self-Determined Sport Motivation: Examining their Determinants and Consequences**  
John Kowal, University of Ottawa, Canada  
Michelle Fortier, University of Ottawa, Canada  
Carol Stroud, University of Ottawa, Canada

122. **Motives for Participation in Representative and House League Hockey**  
David Scott, Brock University, Canada  
William Montelpare, Brock University, Canada  
Mark French, Brock University, Canada

123. **Motivational Correlates of Athletic Identity**  
Matthew Baysden, Springfield College, USA  
Britton Brewer, Springfield College, USA  
Albert Petitpas, Springfield College, USA  
Judy Van Raalte, Springfield College, USA

124. **Children's Perceptions of their Parent's Belief System, and its Influence on Predispositional Achievement Goals**  
Howard Hall, De Montfort University, Great Britain  
Alistair Kerry, De Montfort University, Great Britain  
Emma Humphrey, De Montfort University, Great Britain

125. **Experimentally Induced Effects of Goal Distance in Time on the Relations between Achievement Motives and Indications of Performance in Sports**  
Tor Oskar Thomassen, Finmark College, Norway  
Hallgeir Halvari, Buskerud College, Norway  
Torgim Gjesme, University of Oslo, Norway

**Retirement and Dropouts**

126. **Self-Determination and Perceived Competence as Antecedents for Sport Dropouts**  
Carolyn Youren, Victoria University of Technology, Australia  
Vance Tammen, Victoria University of Technology, Australia
127. A Career Profile of Professional Athletes: The Effect of Professional Football on Social Support, Career Perceptions and Expectations, and Pre-retirement Planning
Leo Lewis, Minnesota Vikings Football Club, USA
March Krotee, University of Minnesota, Minneapolis, USA

128. Transition from Competitive Intercollegiate Sport: Variables Related to the Degree of Difficulty Experienced
Gina Lipton, St. John's University, USA
Leonard Zaichowsky, Boston University, USA

129. Gender Differences in Youth Sport Drop-outs?
Richard Stratton, Virginia Tech, USA
Hayley Baer, Oceanside, USA

7:15 PM - 8:15 PM Fellows Meeting
Presider: Maureen Weiss, AAASP President

Saturday, September 27, 1997
8:30 AM - 10:00 AM Performance Enhancement Keynote Address: Preparing for Consulting with Elite Level Athletes
Presider: John Salmela, University of Ottawa, Canada
Gloria Balague, University of Illinois at Chicago, USA

10:00 AM - 10:15 AM Break

10:15 AM - Noon Symposium: Human, Physical, and Societal Resources as Determinants of Talent Development in Sport
Organizer: John Salmela, University of Ottawa, Canada
Natalie Durand-Bush, University of Ottawa, Canada
Pierre Trudel, University of Ottawa, Canada
Rolf Carlson, Stockholm Institute of Physical Education, Sweden
Jean Côté, Brock University, Canada
Katsuro Kitamura, Tohoku University, Japan
Luiz-Carlos Moraes, University of Ottawa, Canada
Discussant: Janet Starkes, McMaster University, Canada

Expert Coaches and Talent Development
John Salmela, University of Ottawa, Canada
Natalie Durand-Bush, University of Ottawa, Canada

Social Indicators on Talent Development in High Level Competitive Sport in Sweden
Rolf Carlson, University College of Physical Education and Sport, Sweden

On the Road of Excellence in Ice Hockey
Pierre Trudel, University of Ottawa, Canada

Societal Resource Constraints for Talent Development in Japan
Katsuro Kitamura, Tohoku University, Japan
Luiz-Carlos Moraes, University of Ottawa, Canada
A Family Perspective on Talent Development
Jean Côté, Brock University, Canada

10:15 AM - Noon
Symposium: Performance Impact, Mechanisms and Applied Implications for In-event Anxiety Effects
Organizer: Dave Collins, Manchester Metropolitan University, England
Mark Bellamy, Manchester Metropolitan University, England
Helen Hooper, Manchester Metropolitan University, England
Nick Smith, Manchester Metropolitan University, England
Benjamin James, Roehampton Institute, England
Discussant: Larry Brawley, University of Waterloo, Canada

Processing Efficiency Theory: Application and Measurement in Field Settings
Mark Bellamy, Manchester Metropolitan University, England
Nick Smith, Manchester Metropolitan University, England

Competition Stress Effects on Kinematics and Performance Level in Elite Javelin Throwers
Dave Collins, Manchester Metropolitan University, England
Calvin Morriss, Manchester Metropolitan University, England
Mark Bellamy, Manchester Metropolitan University, England
Helen Hooper, Manchester Metropolitan University, England

In-Event Emotion and Anxiety: A Study of Rock Climbers and Implications for Research and Practice
Helen Hooper, Manchester Metropolitan University, England

Anxiety Effects on Performance: Do We Know How It Works, Do We Know How to Measure It and Where Do We Go Next?
Dave Collins, Manchester Metropolitan University, England
Nick Smith, Manchester Metropolitan University, England
Benjamin James, Roehampton Institute, England

Assessing Self-presentational Goals and Targets During Competition: Relationships with Competitive Stress and Implications for Intervention
Benjamin James, Roehampton Institute London, England

10:15 AM - Noon
Workshop: Successful Job Search Strategies
Organizer: Kristen Wells Davidson, University of Virginia, USA
Tara Scanlan, University of California at Los Angeles, USA
Robert Weinberg, Miami University, USA
Maureen Weiss, University of Virginia, USA
Lavon Williams, Northern Illinois University, USA

10:15 AM - 11:30 AM
Symposium: Forensic Sport Psychology: The Sport Consultant as an Expert Witness
Organizer: Frank Smoll, University of Washington, USA
Ronald Smith, University of Washington, USA
Wesley Sime, University of Nebraska, USA
Discussant: Laura Little, University of New Mexico, USA
Testifying in Deposition: Taking the Expert Witness Hot Seat
Frank Smoll, University of Washington, USA

Forensic Application of Psychological Theory and Research: The Case of Self-protection Motivation
Ronald Smith, University of Washington, USA

Credibility in Performance: Sport Psychology Applications in Litigation
Wesley Sime, University of Nebraska, USA

10:15 AM - 11:30 AM Symposium: The Role of the Sport Psychologist Traveling with Athletes or Teams
Organizer: Gloria Balague, University of Illinois at Chicago, USA
Jim Taylor, Alpine/Taylor Consulting, USA
Christine LeScanff, University of Caen, France
Cal Botterill, National Sport Center, University of Calgary, Canada

Traveling with a National Team
Gloria Balague, University of Illinois at Chicago, USA

Traveling with Young Athletes: Practical and Ethical Concerns
Jim Taylor, Alpine/Taylor Consulting, USA

On the Road with Amateur and Professional Teams
Cal Botterill, National Sport Center, University of Calgary, Canada

Traveling with the French Olympic Sailing Team
Christine LeScanff, University of Caen, France

11:30 AM - Noon Colloquium: The Effects of Flotation REST on Mood States and Salivary Immunoglobulin A in Intensively Trained Athletes
Dagmar Beese, Australian Institute of Sport, Australia
Jeffrey Bond, Australian Institute of Sport, Australia
Clark Perry, Australian Institute of Sport, Australia
Michael Rigo, Australian Institute of Sport, Australia

Noon Open Section Meetings - Health Psychology, Social Psychology, Intervention/Performance Enhancement

Noon Award Lectures
Presider: Len Zaichkowsky, AAASP President-Elect

Dissertation Award Lecture
The Effects of Strength Training on Mood, Self-efficacy, Cardiovascular Reactivity and Toshihiko Tsutsumi, Boston University, USA

Dorothy V. Harris, Young Scholar/Practitioner Award Lecture
Building Bridges and Shattering Myths in Applied Sport Psychology
Britton Brewer, Springfield College, USA
1:00 PM - 1:45 PM Colloquium: Coaches’ Perspectives on Mental Training
Organizer: Ken Ravizza, California State University at Fullerton, USA, and Tom Hanson, Skidmore College, USA
Judi Garman, California State University at Fullerton, USA
Kathy Van Wyck, San Diego State, USA
Don Sneddon, Rancho Santiago Community College, USA
Mike Weathers, California State University at Long Beach, USA

1:00 PM - 2:30 PM Symposium: Contemporary Research in Russia and Armenia
Valery Malkin, Ural State University, Russia
Lioudmila Rogaleva, Ural State University, Russia
Tatevos Sofyan, Medical University of Yerevan, Armenia
Stepan Khudaverdian, Armenian Federation of Sport Psychology, Armenia
Grant Avanesyan, Armenian State Institute of Physical Culture, Armenia
Natalia Stambulova, Lesgaft Academy of Physical Education, Russia

Sport Psychology in Practice Preparation of Sportspersons
Valery Malkin, Ural State University, Russia

Training Psycho-physical Creativity
Lioudmila Rogaleva, Ural State University, Russia

The Character of Physical Tension Parameters of Wrestlers’ Activity
Tatevos Sofyan, Medical University of Yerevan, Armenia
Stepan Khudaverdian, Armenian Federation of Sport Psychology, Armenia

Psychoregulation Program for Athletes in Connection with Specificity of Sports
Grant Avanesyan, Armenian State Institute of Physical Culture, Armenia

Basic Models of Psychological Assistance to Athletes in Crisis
Natalia Stambulova, Lesgaft Academy of Physical Education, Russia

1:00 PM - 2:35 PM Symposium: Initiating Program Accreditation in Sport Psychology
Organizer: John Silva, University of North Carolina at Chapel Hill, USA
Stephanie Hanrahan, University of Queensland, Australia
David Conroy, University of Utah, USA
Discussant: Robert Nideffer, Enhanced Performance Systems
Discussant: Leonard Zaichkowsky, Boston University, USA

Sport Psychology Course Accreditation in Australia: Hurdles and Achievements
Stephanie Hanrahan, University of Queensland, Australia

A Cost-Benefit Analysis of Graduate Program Accreditation in Sport Psychology
David Conroy, University of Utah, USA

Accreditation: A Process Designed to Enhance Preparatory and Professional Standards
John Silva, University of North Carolina at Chapel Hill, USA

1:00 PM - 3:30 PM Special Session: Flow and Flowing
Presider: Peter Crocker, University of Saskatchewan, Canada
1:00 PM  Colloquium: Studying Optimal Experience in Sport and Physical Activity: A Flow Perspective
Susan Jackson, The University of Queensland, Australia

1:45 PM  Investigating Motivational Determinants of Flow: A Structural Approach
John Kowal, University of Ottawa, Canada
Michelle Fortier, University of Ottawa, Canada

2:00 PM  Directionality of Anxiety and the Flow Experience
Patti Freeman, Murray State University, USA
Matthew Wiggins, Murray State University, USA

2:15 PM  Flow in Rock Climbing: A Study Highlighting Methodological Concerns
Helen Hooper, Manchester Metropolitan University, UK
Robert Eklund, University of North Dakota, USA
Dave Collins, Manchester Metropolitan University, UK

2:30 PM - 3:30 PM  Workshop: Life Lessons from Consulting Experiences: For Living in the Gold, Green and Free Zones
Terry Orlick, University of Ottawa, Canada

1:45 PM - 2:30 PM  Colloquium: Coaches' Perspectives on Enhancing the Quality of Practice
Organizer: Ken Ravizza, California State University at Fullerton, USA, and Tom Hanson, Skidmore College, USA
Rich Corso, US Water Polo
Dave Snow, USA Baseball

2:30 PM - 2:45 PM  Break

2:45 PM - 3:00 PM  Colloquium: Selecting the Appropriate Sport Psychology Graduate Program
Kevin Burke, Georgia Southern University, USA
Michael Sachs, Temple University, USA

2:45 PM - 3:45 PM  Workshop: How To Teach Athletes a Brief Self-Hypnosis Technique
John Bowman, Mind Plus Muscle Institute, USA

2:45 PM - 3:45 PM  Colloquium: Olympic Insights on Mental Training: Athletes' Perspectives
Organizer: Tom Hanson, Skidmore College, USA, and Ken Ravizza, California State University at Fullerton, USA
Chris Duplanity, US Water Polo, USA
Todd Sand and Jeni Meno, Figure Skating USA, USA
Julie Smith, Softball USA, USA
Gustav Weder, Weder Associates, Switzerland

3:30 PM - 4:50 PM  Symposium: Obtaining and Maintaining Applied, Supervised, Graduate Student Internships: Graduate Students' Perspectives
Organizer: Leonard Zaichkowsky, Boston University, USA
Peter Haberl, Boston University, USA
Katie Kilty, Boston University, USA
Celine McNeilis-Kline, Boston University, USA
Douglas Gardner, Boston University, USA
Obtaining and Maintaining a Paid Graduate Student Internship at a Division III University
Peter Haberl, Boston University, USA

Developing all Aspects of Applied Sport Psychology Internships
Katie Kilty, Boston University, USA

In Search of Applied Sport Psychology Training: Building Your Own Internship
Celine McNelis-Kline, Boston University, USA

Initiating Contact and Obtaining a Sport Psychology Internship in Professional Baseball
Douglas Gardner, Boston University, USA

3:45 PM - 4:50 PM Workshop: Sexual Attraction and the Profession of Sport Psychology: Revisited
Christine Buntrock, University of North Texas, USA
Trent Petrie, University of North Texas, USA
Robert Harmison, University of North Texas, USA

3:45 PM - 4:50 PM Workshop: Addressing Alcohol Use, Misuse and Abuse: The Athlete's Perspective
Celine McNelis-Kline, University of Utah, USA
Katherine Kilty, Boston University, USA

3:50 PM - 4:50 PM Workshop: Working With Diverse Populations
Joy Griffin, University of New Mexico, USA
Denise Dion, University of New Mexico, USA
Veronica Franklin, University of New Mexico, USA
Heidi Grappendorf, University of New Mexico, USA
Risa Ott, University of New Mexico, USA

5:00 PM - 5:45 PM Presidential Address: Thoughts on the Education of a Sport Psychologist: Becoming an Expert
Presider: Maureen Weiss, University of Virginia, USA
Leonard Zaichkowsky, Boston University, USA

5:45 PM - 7:00 PM Business Meeting
Presider: Maureen Weiss, AAASP President

7:30 PM Banquet

Sunday, September 28, 1997

8:30 AM - 9:15 AM Colloquium: Developing Mental Skills in a Youth Physical Education Environment: An Integrative Approach
Presider: Jim Skelton, California State University at Fullerton, USA
Clay Sherman, University of Utah, USA
Keith Henschen, University of Utah, USA
8:30 AM - 10:15 AM  **Workshop: Hardwood and Beyond: The Effective Perspective Matrix (EPM2) for Basketball Performance**  
Dave Templin, University of Kansas, USA  
Craig Jonas, University of Kansas, USA  
Jeff Jonas, University of Kansas, USA  
Michael Norwood, University of Kansas, USA  
Beth Brown Kane, University of Kansas, USA

8:30 AM - 10:15 AM  **Workshop: Doing Sport Psychology: Demonstrations from a Practicum Class**  
Organizer: Frances Price, University of Wyoming, USA  
Steven Barney, University of Wyoming, USA  
Richard Bilden, University of Wyoming, USA  
Cynthia Riggs, University of Wyoming, USA  
Brian Butki, University of North Carolina at Greensboro, USA  
Mark Andersen, Victoria University, Australia

9:15 AM - 10:00 AM  **Colloquium: Sources of Stress for Major League Baseball Players’ Wives and the Proposed Development of Psycho-social Support Services**  
Cheryl Farole, California State University at Fullerton, USA

10:00 AM - 10:30 AM  **Colloquium: Anxiety and Personality: Research and Performance Enhancement**  
Dennis Selder, San Diego State University, USA

10:15 AM - Noon  **Symposium: Qualitative Research in Sport Psychology**  
Organizer: Martha Litherland, Grand Valley State University, USA  
Martha Litherland, Grand Valley State University, USA  
Linda Lyman, Iowa State University, USA  
Barbara Meyer, University of Wisconsin-Milwaukee, USA  

*Construction of a Working Definition for Qualitative Research: From Ethnography to Structured Interviews*  
Linda Lyman, Iowa State University, USA  

*The Use of Participant Observation in Research and Practice*  
Barbara Meyer, University of Wisconsin-Milwaukee, USA  

*The Use of In-depth Interviews in Sport Psychology Research*  
Martha Litherland, Grand Valley State University, USA

10:20 AM - 11:15 AM  **Workshop: A Mental Training Program For Two NCAA Division I Collegiate Softball Teams**  
Glen Albaugh, University of The Pacific, USA  
Ken Ravizza, California State University at Fullerton, USA  
Kristy Howard, University of The Pacific, USA  
Michelle Bolt, University of The Pacific, USA  
Brian Kolze, University of The Pacific, USA  
Beth Brown Kane, University of Kansas, USA
10:30 AM - Noon Symposium: Use of Eye Movement Desensitization and Reprocessing With Athletes
Organizer: Thomas North, North and Associates, USA
Sandra Foster, Stanford University, USA
Jennifer Lendl, The Amen Clinic for Behavioral Medicine, USA
Discussant: Carole Oglesby, Temple University, USA

Introduction to Eye Movement Desensitization and Reprocessing and its Use in Enhancing Athletic Performance
Jennifer Lendl, The Amen Clinic for Behavioral Medicine, USA

Eye Movement Desensitization and Reprocessing and Mental Training To Overcome the Choking Response in Athletics
Thomas North, North and Associates, USA

Eye Movement Desensitization and Reprocessing for Psychological Recovery from Athletic Loss and Injury
Sandra Foster, Stanford University, USA

Eye Movement Desensitization and Reprocessing for Athletic Performance Enhancement
Jennifer Lendl, The Amen Clinic for Behavioral Medicine, USA

Pat Latham Bach, Peak Performance Associates, USA
Lois Butcher, Temple University, USA
Certification Review Committee
Bonnie Berger

Committee Members:
Bonnie Berger
University of Wyoming, Chair
Kate Hays
The Performing Edge
Trent Petrie
University of North Texas
Peg Richardson
University of North Texas
Ralph Vernacchia
Western Washington University

The "Certification Committee" has been renamed the "Certification Review Committee." This will distinguish it from the new Certified Consultants Committee. The Certification Review Committee met prior to the AAASP Conference in Williamsburg. We were pleased to approve 5 new certified consultants: Lewis Curry, Laura Finch, Bart Lerner, Wesley Sime, and Gloria Solomon. At its spring meeting, the committee approved Melissa Chase as a new Certified Consultant. AAASP presently has 124 certified consultants!

At the October meeting, Rich Gordin completed his term as Chair of the Certification Review Committee. Rich, I am sure that I speak on behalf of all AAASP members when I say thanks for your tireless, caring efforts! With your knowledge of certification, you are the ideal person to chair the new Certified Consultants Committee! Ralph Vernacchia is joining us as a new Committee member. With continuing members Kate Hays, Trent Petrie, Peg Richardson, and myself, we now have a complete committee for addressing new issues in the coming year.

Recertification will be a major Committee activity in 1997 since it is occurring for the first time. Recertification requirements are clear, but undoubtedly unanticipated questions will surface. Rest assured that the Committee will make the process as efficient as possible! As voted on by the Fellows at the 1994 annual meeting, Consultants must be re-certified every five years. December of 1997 is the first 5-year renewal period. If the date in your Certification Certificate is 1992 or earlier, you need to re-certify this year. Forms will be mailed to all Certified Consultants in mid-July in order that you can start to plan for the process, either this year or in the future. Re-certification requires each Certified Consultant to satisfy the following requirements:

- maintain continuous membership in AAASP as determined by the Secretary-Treasurer, (a waiver is obtainable in extenuating circumstances),
- attendance at a minimum of one annual conference of AAASP in the past 5 years,
- attendance at two additional AAASP conferences, or state, regional, or national conferences which include, but are not limited to sport psychology content, in the past 5 years,
- within the past five years, participation in (by conducting or attending) a workshop or course intended to advance knowledge or upgrade skills (must be comparable in-depth and intensity to a 6-hour AAASP pre-conference workshop; teaching a 3-credit undergraduate/graduate university level course would suffice), and,
- submit a processing fee with the application for recertification.

In addition to re-certification, the Committee is actively addressing a possible need to extend the 1995-1996 date for ending the Grandparenting option, is clarifying the requirements to serve as supervisor of internships in sport psychology, and is examining the number of contact hours required with the supervisor. A major goal of our Committee is to standardize all certification and recertification processes while facilitating AAASP members in becoming Certified Consultants.

The Committee meets three times a year to consider new applications and related items of business. Two meeting are teleconference calls, and the third one is immediately prior to the annual meeting. If you have suggestions for the Committee, please contact Bonnie Berger or any of the Committee members. If you are applying for certification as a consultant, be sure to send five copies of your application to Bonnie Berger prior to one of the submission dates of February 1, June 1, or August 15. We look forward to hearing from you.

Bonnie Berger
Associate Dean, College of Health Sciences
Ivinson Building, Room 220
University of Wyoming
Laramie, Wyoming 82071
Phone: (307) 766-2494
E-mail: bberger@uwu.edu

Please Note: The above report was to be published in the Winter Newsletter, but due to an error by the Publications Office, it was omitted. We apologize for the error.

Call for Nominations
Distinguished International Scholar

The Distinguished International Scholar program is designed to:
a) recognize and honor the achievement of outstanding individuals from the international community whose scientific and/or applied work has significantly impacted the field of Sport Psychology, and b) foster internationality.

We ask the AAASP members to nominate candidates for this award, keeping in mind the following criteria:

1. Made significant contributions to the scientific body of knowledge in sport psychology as evidenced by a distinguished record of publications.
2. Been recognized for their international impact on knowledge development and/or practical application in the field of sport psychology as evidenced by international publications and presentations (i.e. their work is known beyond their own country)
3. Received approval from the AAASP Executive Board following selection by the International Relations Committee.

Nomination Procedures:

Nominations may be made by AAASP members. The individual being nominated should not be informed about the nomination and the nomination should be confidential. The nomination letter should include documentation of International Impact, Scope of Research or Application to Practice, examples of Leadership in the Field, etc. Once the letter of nomination is received, the individual will work with the chair of the Committee to complete the application process.

Mail documentation to:
Dr. Gloria Balague
Chair of International Relations Committee
University of Illinois at Chicago
Psychology Department (mc 285)
1007 W. Harrison Street
Chicago, IL 60607
e-mail: gloria@uic.edu

Please note: a short bio of the candidate should also be included
## 1996 AAASP Budget Summary

<table>
<thead>
<tr>
<th>Category</th>
<th>Income</th>
<th>Expenses</th>
<th>Difference</th>
</tr>
</thead>
<tbody>
<tr>
<td>Conference</td>
<td>$104,418.00</td>
<td>$64,642.43</td>
<td>$39,775.57</td>
</tr>
<tr>
<td>Site Visits</td>
<td></td>
<td>$817.75</td>
<td>($817.75)</td>
</tr>
</tbody>
</table>

### Operations

<table>
<thead>
<tr>
<th>Category</th>
<th>Income</th>
<th>Expenses</th>
<th>Difference</th>
</tr>
</thead>
<tbody>
<tr>
<td>Awards, grants, etc.</td>
<td>$3,090.50</td>
<td>$3,058.81</td>
<td>($3,058.81)</td>
</tr>
<tr>
<td>Interest</td>
<td></td>
<td>$125.07</td>
<td>($125.07)</td>
</tr>
<tr>
<td>Capital outlay</td>
<td>$62,035.00</td>
<td>$915.52</td>
<td>($915.52)</td>
</tr>
<tr>
<td>Membership</td>
<td></td>
<td>$720.00</td>
<td>$0.00</td>
</tr>
<tr>
<td>Dues overpayment</td>
<td>$191.04</td>
<td>$1,044.68</td>
<td>($853.64)</td>
</tr>
<tr>
<td>Business Manager (B. Straub)</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

#### Committees

<table>
<thead>
<tr>
<th>Category</th>
<th>Income</th>
<th>Expenses</th>
<th>Difference</th>
</tr>
</thead>
<tbody>
<tr>
<td>Certification</td>
<td>$3,425.00</td>
<td>$1,126.42</td>
<td>$2,298.58</td>
</tr>
<tr>
<td>Contin. Ed.</td>
<td>$2,360.00</td>
<td>$0.00</td>
<td>$2,360.00</td>
</tr>
<tr>
<td>Grad. Tracking</td>
<td></td>
<td>$674.86</td>
<td>($674.86)</td>
</tr>
<tr>
<td>Outreach</td>
<td>$37.10</td>
<td>($37.10)</td>
<td></td>
</tr>
<tr>
<td>Grad. Directory</td>
<td>$1,221.57</td>
<td>$0.00</td>
<td>$1,221.57</td>
</tr>
<tr>
<td>JASP</td>
<td>$14,158.88</td>
<td>$29,390.63</td>
<td>($15,231.75)</td>
</tr>
<tr>
<td>Publications</td>
<td></td>
<td>$21,737.92</td>
<td>($21,737.92)</td>
</tr>
</tbody>
</table>

#### Other

<table>
<thead>
<tr>
<th>Category</th>
<th>Income</th>
<th>Expenses</th>
<th>Difference</th>
</tr>
</thead>
<tbody>
<tr>
<td>Abstract book</td>
<td>$60.50</td>
<td>$60.50</td>
<td></td>
</tr>
<tr>
<td>Bank costs</td>
<td>$20.00</td>
<td>$733.42</td>
<td>($733.42)</td>
</tr>
<tr>
<td>Mailing labels</td>
<td>$200.00</td>
<td>$200.00</td>
<td></td>
</tr>
<tr>
<td>Membership Dir.</td>
<td>$100.00</td>
<td></td>
<td></td>
</tr>
<tr>
<td>NCAA dues</td>
<td></td>
<td>$450.00</td>
<td>($450.00)</td>
</tr>
<tr>
<td>Taxes</td>
<td>$19.49</td>
<td>$300.00</td>
<td>($300.00)</td>
</tr>
</tbody>
</table>

### Executive Board

<table>
<thead>
<tr>
<th>Category</th>
<th>Income</th>
<th>Expenses</th>
<th>Difference</th>
</tr>
</thead>
<tbody>
<tr>
<td>Am. Ex. fee</td>
<td>$165.00</td>
<td>($165.00)</td>
<td></td>
</tr>
<tr>
<td>Liability Insurance</td>
<td>$1,875.00</td>
<td>$1,875.00</td>
<td></td>
</tr>
<tr>
<td>Plaques, gifts</td>
<td>$102.69</td>
<td>($102.69)</td>
<td></td>
</tr>
<tr>
<td>Fall Meeting</td>
<td>$1,205.85</td>
<td>($1,205.85)</td>
<td></td>
</tr>
<tr>
<td>Spring meeting</td>
<td>$8,246.60</td>
<td>($8,246.60)</td>
<td></td>
</tr>
<tr>
<td>Health Psychology</td>
<td>$177.68</td>
<td>($177.68)</td>
<td></td>
</tr>
<tr>
<td>I/PE</td>
<td>$132.42</td>
<td>($132.42)</td>
<td></td>
</tr>
<tr>
<td>Past president</td>
<td>$2,729.27</td>
<td>($2,729.27)</td>
<td></td>
</tr>
<tr>
<td>President</td>
<td>$2,760.70</td>
<td>($2,760.70)</td>
<td></td>
</tr>
<tr>
<td>President Elect</td>
<td>$371.49</td>
<td>($379.49)</td>
<td></td>
</tr>
<tr>
<td>Publications Director</td>
<td>$76.23</td>
<td>($76.23)</td>
<td></td>
</tr>
<tr>
<td>Secretary-Treasurer</td>
<td>$2,671.11</td>
<td>($2,671.11)</td>
<td></td>
</tr>
<tr>
<td>Social Psychology</td>
<td>$149.97</td>
<td>($149.97)</td>
<td></td>
</tr>
<tr>
<td>Student Rep.</td>
<td>$278.32</td>
<td>($278.32)</td>
<td></td>
</tr>
</tbody>
</table>

### Totals

<table>
<thead>
<tr>
<th>Category</th>
<th>Income</th>
<th>Expenses</th>
<th>Difference</th>
</tr>
</thead>
<tbody>
<tr>
<td>Conference</td>
<td>$104,418.00</td>
<td>$64,642.43</td>
<td>$39,775.57</td>
</tr>
<tr>
<td>Site Visits</td>
<td></td>
<td>$817.75</td>
<td>($817.75)</td>
</tr>
<tr>
<td>Operations: Committees</td>
<td>$5,785.00</td>
<td>$1,963.45</td>
<td>$3,821.55</td>
</tr>
<tr>
<td>Operations: Eboard</td>
<td>$20,942.33</td>
<td>$20,942.33</td>
<td>$0.00</td>
</tr>
<tr>
<td>Operations: Membership</td>
<td>$62,035.00</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Operations: Publications</td>
<td>$15,380.45</td>
<td>$51,128.55</td>
<td>($35,748.10)</td>
</tr>
<tr>
<td>Operations: Other</td>
<td>$4,401.53</td>
<td>$7,222.43</td>
<td>($2,820.90)</td>
</tr>
</tbody>
</table>

### Grand Total

<table>
<thead>
<tr>
<th>Category</th>
<th>Income</th>
<th>Expenses</th>
<th>Difference</th>
</tr>
</thead>
<tbody>
<tr>
<td>Grand Total</td>
<td>$192,019.98</td>
<td>$146,716.94</td>
<td>$45,303.04</td>
</tr>
</tbody>
</table>
### 1996 AAASP Membership

<table>
<thead>
<tr>
<th>Category</th>
<th>Students</th>
<th>Professionals</th>
<th>Total*</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Gender</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Females</td>
<td>223</td>
<td>189</td>
<td>414</td>
</tr>
<tr>
<td>Males</td>
<td>234</td>
<td>319</td>
<td>556</td>
</tr>
<tr>
<td><strong>Status</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Professional</td>
<td></td>
<td>517</td>
<td>517</td>
</tr>
<tr>
<td>Student</td>
<td></td>
<td>474</td>
<td>474</td>
</tr>
<tr>
<td><strong>Discipline</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>General Psychology</td>
<td>159</td>
<td>124</td>
<td>283</td>
</tr>
<tr>
<td>Clinical Psychology</td>
<td>27</td>
<td>89</td>
<td>116</td>
</tr>
<tr>
<td>Counseling Psychology</td>
<td>36</td>
<td>44</td>
<td>80</td>
</tr>
<tr>
<td>Exercise Science</td>
<td>207</td>
<td>242</td>
<td>449</td>
</tr>
<tr>
<td>Psychiatry</td>
<td>0</td>
<td>4</td>
<td>0</td>
</tr>
<tr>
<td>Social Work</td>
<td>1</td>
<td>8</td>
<td>9</td>
</tr>
<tr>
<td>Other</td>
<td>15</td>
<td>12</td>
<td>27</td>
</tr>
<tr>
<td>No Response</td>
<td>22</td>
<td>6</td>
<td>28</td>
</tr>
<tr>
<td><strong>Country</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Argentina</td>
<td></td>
<td>2</td>
<td>2</td>
</tr>
<tr>
<td>Australia</td>
<td>9</td>
<td>16</td>
<td>25</td>
</tr>
<tr>
<td>Belgium</td>
<td>1</td>
<td>1</td>
<td>1</td>
</tr>
<tr>
<td>Canada</td>
<td>44</td>
<td>42</td>
<td>86</td>
</tr>
<tr>
<td>Chile</td>
<td>1</td>
<td>1</td>
<td>1</td>
</tr>
<tr>
<td>France</td>
<td>2</td>
<td>2</td>
<td>2</td>
</tr>
<tr>
<td>Germany</td>
<td>1</td>
<td>1</td>
<td>1</td>
</tr>
<tr>
<td>Greece</td>
<td>3</td>
<td>3</td>
<td>3</td>
</tr>
<tr>
<td>Hong Kong</td>
<td>1</td>
<td>1</td>
<td>1</td>
</tr>
<tr>
<td>Ireland</td>
<td>2</td>
<td>2</td>
<td>4</td>
</tr>
<tr>
<td>Israel</td>
<td>1</td>
<td>1</td>
<td>1</td>
</tr>
<tr>
<td>Japan</td>
<td>1</td>
<td>4</td>
<td>5</td>
</tr>
<tr>
<td>Korea</td>
<td>2</td>
<td>2</td>
<td>2</td>
</tr>
<tr>
<td>New Zealand</td>
<td>2</td>
<td>4</td>
<td>6</td>
</tr>
<tr>
<td>Norway</td>
<td>2</td>
<td>2</td>
<td>2</td>
</tr>
<tr>
<td>Philippines</td>
<td>1</td>
<td>1</td>
<td>1</td>
</tr>
<tr>
<td>Portugal</td>
<td>5</td>
<td>1</td>
<td>6</td>
</tr>
<tr>
<td>Rep. of South Africa</td>
<td>1</td>
<td>1</td>
<td>1</td>
</tr>
<tr>
<td>Singapore</td>
<td>2</td>
<td>2</td>
<td>2</td>
</tr>
<tr>
<td>Spain</td>
<td>4</td>
<td>4</td>
<td>4</td>
</tr>
<tr>
<td>Sweden</td>
<td>1</td>
<td>1</td>
<td>1</td>
</tr>
<tr>
<td>Switzerland</td>
<td>1</td>
<td>1</td>
<td>1</td>
</tr>
<tr>
<td>United Arab Emirates</td>
<td>1</td>
<td>1</td>
<td>1</td>
</tr>
<tr>
<td>United Kingdom</td>
<td>2</td>
<td>15</td>
<td>17</td>
</tr>
</tbody>
</table>

*Not all totals will equal 996 due to incomplete information.*
The Mental Game Plan.
Sports Dynamics, Eastbourne, United Kingdom, 206 pp.

Reviewed by: Mary D. Fry, Ph.D.
University of Memphis
Edited by Deborah J. Rhea, Ed.D.
Iowa State University

The Mental Game Plan is a new book in sport psychology that targets the athlete who wants to understand, develop and implement a mental skills training program. The book is a practical guide for athletes of any skill level interested in seriously considering the magnitude of having a mental game plan, or as the authors refer to it, a MGP. The book is an easy and interesting read and makes a nice addition to the applied literature available in sport psychology.

The book begins with a sportswriter's quote that highlights the authors' meaning of the term "mental toughness". A portion of the quote, by Simon Barnes, follows: "...most of us could walk along the curb without a hint of concern about falling into the gutter. But supposing the curb was 3,000 feet off the ground? Not so easy. And that is what a clutch situation means." The authors use this quote to emphasize that performing up to one's potential in difficult/high pressure situations is a challenge, but having a MGP will increase the likelihood that an athlete will perform his/her best when the "curb" seems as if it's 3,000 feet in the air or when the stakes are high for the athlete.

The authors proceed in the first chapter to highlight six mental toughness attributes which in their experience are reflective of the highest quality athletes. Among these attributes is a strong desire to succeed. Athletes who have this attribute are on a mission to reach their potential. They take personal responsibility for their training and display a focused and dedicated attitude with regard to their achievement.

Staying positive in the face of challenge and pressure is a second attribute that characterizes successful athletes, according to the authors. Athletes who whine and make excuses when things do not go their way are less likely to be the athletes who come through in tough situations. A positive focus under pressure is critical.

The other attributes include taking control of the controllable, displaying a high commitment with a balanced attitude, demonstrating positive body language, and having a high level of self-belief. The authors describe the attributes in the first chapter, give examples, and encourage the reader to assess his/her current level of mental toughness based on these attributes.

The second chapter leads the athlete to consider both the attributes the authors presented in Chapter 1, as well as attributes that may be unique to the athlete and/or the athlete's sport. Specifically, a performance profiling approach is presented so that an athlete considers all the qualities that would be necessary to achieve his/her ultimate sport goals. The athlete lists these qualities along the left margin of the "Performance Profile" form that is provided. Next, the athlete determines the ideal level of each quality required to reach his/her goals. The levels are identified on a scale between 1 (very low) and 10 (very high). The athlete then identifies his/her current level (i.e., again between 1 and 10) with regard to each of the qualities. By reporting the ideal and current levels of the qualities, the athlete is then able to calculate the discrepancy ratings by subtracting the current levels from the ideal levels for each quality. The higher discrepancy scores suggest areas for the athlete to focus on as he/she develops a MGP.

In addition to the Performance Profile, the athlete is also encouraged to complete an adapted version of Hardy and Nelson's Psychological Skills Questionnaire. The 28-item measure has the athlete consider their skill level for seven mental skills: imagery, mental preparation, self-confidence, anxiety and worry management, concentration ability, and relaxation ability. By calculating the scores on the items for each mental skill scale, the athlete is able to identify areas of strength and mental skills requiring improvement.

By using the information gained from the performance profile and the psychological skills inventory, the athlete is ready to begin developing a personal MGP. In helping the athlete take this next step, the authors introduce the mental skill of goal setting. They use the acronym SMART to focus the athlete on setting Specific, Measurable, Adjustable, Realistic, and Time-based goals. I liked the author's presentation of goal setting skills. It is easy for authors to list the 87 principles (sometimes it seems like that many) of effective goal setting and overwhelm the reader when presenting the topic. Bull, Albinson, and Shambrook focus the athlete on five aspects of goal setting and towards the end of the chapter discuss additional critical aspects such as writing goals down, regularly reviewing goals, and choosing controllable and personally meaningful goals. Their example of an athlete's goal setting schedule is straightforward and adequate, but a second example would have aided the athlete attempting to develop personal goals for the first time.

By the end of Chapter 2, the athlete has completed an assessment of his/her current level of mental toughness and should have determined a course of action for developing a MGP. Chapters 3-9 focus on specific mental skills and the athlete is instructed to turn to the appropriate chapters as they each stand independently and do not require a chronological reading. For example, an athlete determined to improve confidence during the season would turn to Chapter 3 (Positive Thinking: The confidence plan) for guidance, whereas an athlete struggling to control arousal levels during competition would seek help in Chapter 6 (Anxiety Control: The arousal management plan).

While each of the mental skill chapters offer sound advice that is supported by research, Chapter 5, titled "Attentional control: The concentration plan", is particularly strong in providing some good ideas for athletes striving to improve their concentration levels during competition. Athletes are encouraged to consider the internal (e.g., negative self-talk) versus external (e.g., noise) distractions they experience, and then consider the role fatigue and anxiety play in situations where their levels of concentration are lacking. After assessing their individual situations, the athletes are guided in developing personal attentional cues (i.e., verbal, visual, and physical), and performance routines (or rituals involving preparation,
focus, and execution phases). These activities are typically described in sport psychology books, but the authors also offer suggestions for "parking" mistakes, an activity whereby the athlete images "filing away" or "trashing" a mistake. In addition, the authors present good ideas for stimulating distractions in practice that athletes often encounter in competition. For example, athletes may create a practice situation where they are forced to reckon with poor officiating, bad luck (e.g., teammates are allowed to cheat on 3 line calls in a tennis match; a golfer's lie is worsened on every third hole), or negative verbal comments (i.e., as might be yielded from fans or opponents during competition). The authors believe such simulation training can be very beneficial: "...we find that the tougher athletes even start to relish the challenge of competing successfully when the odds are against them and really concentrate intently on overcoming the bad luck they have been dealt".

Chapter 9 (Competition preparation: The professional plan) also offers good advice for athletes as they attempt to prepare for competition as effectively as possible. The authors provide information regarding the development of specific routines so that athletes have a plan for what they will do the night before and morning of competition, upon their arrival at the competition site, during the warm-up period, the actual competition, and post-competition period. A thoughtfully prepared plan for these times enables the athlete to establish a consistent approach to competition that minimizes the possibility for careless mistakes (e.g., forgetting a piece of equipment) and bad luck. The chapter finishes with some excellent tips for athletes when dealing with the media.

The final chapter of the book (Chapter 10: Putting it all together: The final game plan) summarizes the critical factors that distinguish the minority of athletes who demonstrate long term commitment to their MGP's verses the greater majority who start out strong but lose steam quickly. The athlete that makes effective use of a MGP has likely personalized their game plan, made a definite commitment to implement the plan, analyzed ways that the plan can best be utilized and integrated in practice and competition, and regularly reviews and updates the MGP.

The book has many good points. The book is laced with quotes and pictures of male and female athletes from around the world who participate in a wide variety of sports and these serve to bring the authors' message to life. The information presented in each chapter is sound, based on research, and provides strong direction for an athlete who is developing a mental game plan. In addition, the authors make optimal use of acronyms that make their points easy to remember and apply. Besides those previously mentioned (i.e., MGP, SMART), others include PRIDE (i.e., personal responsibility in delivering excellence) and fundaMENTALS, summary statements presented at the end of each chapter to highlight the authors' major points. Further, the authors give consent for all reviews and updates the MGP.

The book has many good points. The book is laced with quotes and pictures of male and female athletes from around the world who participate in a wide variety of sports and these serve to bring the authors' message to life. The information presented in each chapter is sound, based on research, and provides strong direction for an athlete who is developing a mental game plan. In addition, the authors make optimal use of acronyms that make their points easy to remember and apply. Besides those previously mentioned (i.e., MGP, SMART), others include PRIDE (i.e., personal responsibility in delivering excellence) and fundaMENTALS, summary statements presented at the end of each chapter to highlight the authors' major points. Further, the authors give consent for all reviews and updates the MGP.

The book has many good points. The book is laced with quotes and pictures of male and female athletes from around the world who participate in a wide variety of sports and these serve to bring the authors' message to life. The information presented in each chapter is sound, based on research, and provides strong direction for an athlete who is developing a mental game plan. In addition, the authors make optimal use of acronyms that make their points easy to remember and apply. Besides those previously mentioned (i.e., MGP, SMART), others include PRIDE (i.e., personal responsibility in delivering excellence) and fundaMENTALS, summary statements presented at the end of each chapter to highlight the authors' major points. Further, the authors give consent for all reviews and updates the MGP.

The book has many good points. The book is laced with quotes and pictures of male and female athletes from around the world who participate in a wide variety of sports and these serve to bring the authors' message to life. The information presented in each chapter is sound, based on research, and provides strong direction for an athlete who is developing a mental game plan. In addition, the authors make optimal use of acronyms that make their points easy to remember and apply. Besides those previously mentioned (i.e., MGP, SMART), others include PRIDE (i.e., personal responsibility in delivering excellence) and fundaMENTALS, summary statements presented at the end of each chapter to highlight the authors' major points. Further, the authors give consent for all reviews and updates the MGP.

The book has many good points. The book is laced with quotes and pictures of male and female athletes from around the world who participate in a wide variety of sports and these serve to bring the authors' message to life. The information presented in each chapter is sound, based on research, and provides strong direction for an athlete who is developing a mental game plan. In addition, the authors make optimal use of acronyms that make their points easy to remember and apply. Besides those previously mentioned (i.e., MGP, SMART), others include PRIDE (i.e., personal responsibility in delivering excellence) and fundaMENTALS, summary statements presented at the end of each chapter to highlight the authors' major points. Further, the authors give consent for all reviews and updates the MGP.

The book has many good points. The book is laced with quotes and pictures of male and female athletes from around the world who participate in a wide variety of sports and these serve to bring the authors' message to life. The information presented in each chapter is sound, based on research, and provides strong direction for an athlete who is developing a mental game plan. In addition, the authors make optimal use of acronyms that make their points easy to remember and apply. Besides those previously mentioned (i.e., MGP, SMART), others include PRIDE (i.e., personal responsibility in delivering excellence) and fundaMENTALS, summary statements presented at the end of each chapter to highlight the authors' major points. Further, the authors give consent for all reviews and updates the MGP.

The book has many good points. The book is laced with quotes and pictures of male and female athletes from around the world who participate in a wide variety of sports and these serve to bring the authors' message to life. The information presented in each chapter is sound, based on research, and provides strong direction for an athlete who is developing a mental game plan. In addition, the authors make optimal use of acronyms that make their points easy to remember and apply. Besides those previously mentioned (i.e., MGP, SMART), others include PRIDE (i.e., personal responsibility in delivering excellence) and fundaMENTALS, summary statements presented at the end of each chapter to highlight the authors' major points. Further, the authors give consent for all reviews and updates the MGP.

The book has many good points. The book is laced with quotes and pictures of male and female athletes from around the world who participate in a wide variety of sports and these serve to bring the authors' message to life. The information presented in each chapter is sound, based on research, and provides strong direction for an athlete who is developing a mental game plan. In addition, the authors make optimal use of acronyms that make their points easy to remember and apply. Besides those previously mentioned (i.e., MGP, SMART), others include PRIDE (i.e., personal responsibility in delivering excellence) and fundaMENTALS, summary statements presented at the end of each chapter to highlight the authors' major points. Further, the authors give consent for all reviews and updates the MGP.

The book has many good points. The book is laced with quotes and pictures of male and female athletes from around the world who participate in a wide variety of sports and these serve to bring the authors' message to life. The information presented in each chapter is sound, based on research, and provides strong direction for an athlete who is developing a mental game plan. In addition, the authors make optimal use of acronyms that make their points easy to remember and apply. Besides those previously mentioned (i.e., MGP, SMART), others include PRIDE (i.e., personal responsibility in delivering excellence) and fundaMENTALS, summary statements presented at the end of each chapter to highlight the authors' major points. Further, the authors give consent for all reviews and updates the MGP.

The book has many good points. The book is laced with quotes and pictures of male and female athletes from around the world who participate in a wide variety of sports and these serve to bring the authors' message to life. The information presented in each chapter is sound, based on research, and provides strong direction for an athlete who is developing a mental game plan. In addition, the authors make optimal use of acronyms that make their points easy to remember and apply. Besides those previously mentioned (i.e., MGP, SMART), others include PRIDE (i.e., personal responsibility in delivering excellence) and fundaMENTALS, summary statements presented at the end of each chapter to highlight the authors' major points. Further, the authors give consent for all reviews and updates the MGP.

The book has many good points. The book is laced with quotes and pictures of male and female athletes from around the world who participate in a wide variety of sports and these serve to bring the authors' message to life. The information presented in each chapter is sound, based on research, and provides strong direction for an athlete who is developing a mental game plan. In addition, the authors make optimal use of acronyms that make their points easy to remember and apply. Besides those previously mentioned (i.e., MGP, SMART), others include PRIDE (i.e., personal responsibility in delivering excellence) and fundaMENTALS, summary statements presented at the end of each chapter to highlight the authors' major points. Further, the authors give consent for all reviews and updates the MGP.

The book has many good points. The book is laced with quotes and pictures of male and female athletes from around the world who participate in a wide variety of sports and these serve to bring the authors' message to life. The information presented in each chapter is sound, based on research, and provides strong direction for an athlete who is developing a mental game plan. In addition, the authors make optimal use of acronyms that make their points easy to remember and apply. Besides those previously mentioned (i.e., MGP, SMART), others include PRIDE (i.e., personal responsibility in delivering excellence) and fundaMENTALS, summary statements presented at the end of each chapter to highlight the authors' major points. Further, the authors give consent for all reviews and updates the MGP.
Fall Newsletter Deadline

The deadline for submitting information to be included in the Fall Newsletter is October 10, 1997. Please send information to Dale Pease, Publications Director, AAASP Editorial Office, Department of HHP, University of Houston, Houston, TX 77204-5331.

MEMBERSHIP APPLICATION FORM

Please leave blank any information that you do not wish to have published in the Membership Directory.

s this your first time joining AAASP? _Yes _No

I. BIOGRAPHICAL DATA

Name: ____________________________ (Last) ____________________________ (First) ____________________________ (Middle)
Completed Mailing Address: ____________________________
(State) ____________________________ (City) ____________________________ (Zip) ____________________________
E-Mail Address: ____________________________
Telephone Number: Fax: ____________________________
Work: ____________________________
Home: ____________________________
(Members Outside the U.S. or Canada please include country code in Telephone/Fax)
Highest Degree: (Please circle) BA BS MA MS PhD EdD Other ____________________________
Discipline: ____________________________
Area of Specialization: ____________________________
Institution Degree Obtained From: ____________________________
Current Employment or Institution Affiliation: ____________________________
Country of Permanent Employment/Residence: ____________________________
Optional: Gender: _____ Male _____ Female

II. AREA(S) OF INTEREST (Please indicate all that apply)
___ Intervention/Performance Enhancement
___ Social Psychology
___ Health Psychology

III. MEMBERSHIP CATEGORIES (Membership year Jan. 1-Dec. 31)
Check one: _____ Renewal or New Member
(Application received after February 1, 1997 requires a $25.00 late charge. This does not apply to new members)
Professional: $70.00 (1997) _____ $70.00 (1998) _____
Student: $40.00 (1997) _____ $40.00 (1998) _____
Affiliate: $70.00 (1997) _____ $70.00 (1998) _____
*Last Fee: $25.00 (1997) _____
* (after Feb. 1) _____
**Processing Fee: $25.00 _____
** (if membership lapses more than one year)

Total Amount: ____________

Please indicate if you wish to be included on membership list mailings to:
Professional Organizations _Yes _No Business Requests _Yes _No
Please make check payable to AAASP (US Dollars only) and mail to:
Vikki Krane, Ph.D.
AAASP Secretary-Treasurer
School of HPER, Kipper Center
Bowling Green State University
Bowling Green, OH 43403

A $10.00 service charge will be assessed on all returned checks.

AAASP ORDER FORM

Name: ____________________________
Address: ____________________________
Phone: (W) ( ) ____________________________ (H) ( ) ____________________________

Items Qty. Price

AAASP Conference Programs @ $12.00 ea.
1987
1988
1989
1990
1991
1992
1993
1994
1995
1996

Total ______

Make checks payable to AAASP in US funds. Mail to Dr. Dale Pease, AAASP Editorial Office, Department of HHP, University of Houston, Houston, TX 77204-5331.

AAASP Summer 1997 - Vol. 12, Number 2