President's Message
Charles J. Hardy

An Invitation

The 8th Annual Conference of the Association for the Advancement of Applied Sport Psychology will be held October 13-17, 1993 in Montreal, Quebec, Canada. Having just returned from our Executive Board meeting at the Le Meriden, our conference hotel, I assure you that the 1993 conference will provide you with experiences that you will not soon forget. This year’s conference, co-hosted by the Societe Canadienne d’Apprestissage Psychomoteur et du Sport (SCAPPS), combines the excitement of one of the world’s most enchanting cities with a program that revolves around the scientist/practitioner model. In addition to outstanding keynote addresses, the program offers workshops, symposia, lectures, and interactive communications. I am excited about the workshops being offered on mentoring, alternative careers, and ethics. As you look over the program, I hope you will share my opinion and find presentations that appeal to you. In addition, please be mindful that the Continuing Education Committee is in the process of developing three different programs for AAASP members to earn CEUs. The details of these offerings as well as additional conference information will be mailed under separate cover this summer. Finally, don’t forget the many activities that are also part of an AAASP conference—the sporting tournaments, and, of course, our Saturday Night Theme Banquet. I hope you will join us in Montreal for a truly unique professional experience.

Reflections

"Now listen folks, if you want to slow dance, I’m not your man" (Perot, 1992). Regardless of your political affiliation, Mr. Perot’s line describes my thoughts on the 1993 AAASP Executive Board experience. Management and leadership issues have been identified and attacked by EB members, committees, and task forces. While we must devote attention to the management aspects of the association, I am most impressed with the commitment to the 1993 Agenda: Leadership. Many of you have accepted the invitation to get involved and while the fruits of your labor may not be immediately apparent, I believe that we have set the course for AAASP to successfully negotiate the challenges that lie ahead.

Challenges

I remain optimistic that we can advance the field of sport psychology. However, we must negotiate numerous challenges such as adopting a code of ethics, marketing our certification program, developing effective continuing education programs, growth management through effective and realistic mentoring, expanding training opportunities as well as employment options. To accomplish this, we must be responsible, assertive, and receptive. AAASP has the structure and the resources to significantly impact the future of our field. If we maintain our enthusiasm and industriousness, the cornerstones of success (Wooden, 1988), I believe we have a bright future. We must also remember our distinctiveness (AAASP—association, advancement, applied), adopt a leadership posture, and produce products that advance the science and practice of sport psychology.

Thank You

In closing, I want to thank you for the opportunity to serve as your President. I have enjoyed working closely with many of you on both management and leadership issues that face our association and our field. You have given me your support, your energy, and friendship. For this I will always be grateful. I look forward to our paths crossing in Montreal!

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  Montreal
  Accommodations
  Student Lottery
  The Program

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Student Symposium
Spring EB Minutes
Considering Ethics
Amendments to Constitution
Applied Forum
Book Review
### 1993 AAASP Structure

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<tr>
<th>Position</th>
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<tr>
<td>President-Elect</td>
<td>Jean M. Williams</td>
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<tr>
<td>President</td>
<td>Charles J. Hardy</td>
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<td>Secretary-Treasurer</td>
<td>Kevin Burke</td>
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<td>Past-President</td>
<td>Michael Sachs</td>
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<td>Business Manager</td>
<td>Boodie McGinnis</td>
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<td>Student Representative</td>
<td>Liz Hart</td>
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<tr>
<td>Health Psychology</td>
<td>David Pargman</td>
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<td>Intervention/Performance</td>
<td>Al Petitpas</td>
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<td>Social Psychology</td>
<td>Penny McCullagh</td>
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<td>Performance/Enhancement</td>
<td>Karen Cogan</td>
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<td>Diane Wiese-Bjornstal</td>
<td>John Silva</td>
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<td>Certification</td>
<td>Carole Ogleby (Chair)</td>
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<td>Past Presidents' Council</td>
<td>John Silva, Romald Smith, Dan Gould, Michael Sachs</td>
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<tr>
<td>Dorothy Harris</td>
<td>Jean Williams (Chair)</td>
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<td>Ethics</td>
<td>Andrew Meyers (Co-Chair)</td>
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<td>Dissertation Award</td>
<td>Jean Williams (Chair)</td>
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<td>Human Diversity</td>
<td>Debra Ballinger (Chair)</td>
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<tr>
<td>Professional Development</td>
<td>Judy Van Raafe (Chair)</td>
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<td>Organization Outreach &amp;</td>
<td>Dave Yukeison (Chair)</td>
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<td>&amp; Education</td>
<td>Liz Hart</td>
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<tr>
<td>Accreditation</td>
<td>Evelyn Hall (Chair)</td>
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<tr>
<td>Associate Editors</td>
<td>Robert Brustad, Betty Kelley, James Whalen, William Parhala, Edward Ezel, Kristen Peterson</td>
</tr>
<tr>
<td>Technical Editors</td>
<td>Beth A. Stark, Stephen Dorigan</td>
</tr>
</tbody>
</table>

### On the Desktop...

The 1993 AAASP/SCAPPS conference program has been finalized and I hope you are marking your calendar to attend. Section chairs and the Student representative have assembled a most impressive program. Montreal is a great city to hold a conference; furthermore, convenience and diversity may best describe this city.

By now, I am sure you have reacted to the change in size of the Newsletter. I think it is for the better. Storage has been a problem both for members and the PD. Comments are welcomed!!!

Finally, I would like to remind the membership about several issues: (a) note the year on your address label—it indicates when your current membership expires (remember membership goes from Jan.-Dec.); (b) all membership inquiries (address changes, too) should be addressed to Kevin Burke—he will inform me to send out newsletters to members who submitted dues late; and, (c) a new membership directory will be coming out in late July—check your label to make sure all information is correct.

Linda Petlichkoff

### Change of Address

If you have changed your address or discover that we have an incorrect address for you, please inform the Secretary-Treasurer, Kevin L. Burke, 228 Anderson Hall, Department of Physical Education, Northern Illinois University, DeKalb, IL 60115-2854.

### Newsletter Deadline

The deadline for submitting information to be included in the Fall Newsletter is October 25, 1993. Please send information to the Publications Director, AAASP Editorial Office, Department of HPER, Boise State University, Boise, ID, 83725.
1993 AAASP/SCAPPS Conference: An Invitation

Michael L. Sachs, Ph.D.
AAASP Past-President

The AAASP/SCAPPS Annual Conference is taking shape and promises to be our biggest and best yet. This is the first time AAASP is co-hosting the conference with the Canadian Society for Psychomotor Learning and Sport Psychology (CSPLSP, or the French translation, SCAPPS). This is also the first time we are holding the conference outside the continental United States. Montreal is a vibrant, exciting, cosmopolitan city.

As you can see elsewhere in this issue of the newsletter, much has been accomplished to date:

Program: The program features quality, quantity, and diversity. Please check it to see the exciting sessions you'll have the opportunity to attend.

Hotel: Our hotel is a four star establishment, perfectly situated within the city. The cost is competitive with past rates in the U.S., and excellent considering the conference location. Hotel information is provided with a reservation form.

Airline: Information about our arrangements with U.S. Air, one of the top carriers into Montreal is included.

Student Worker Lottery: Something new this year. We are trying out a new system to select student workers for the conference. Please send in the form if you are interested.

Please note that the registration fees for this year are lower than last year's (Colorado Springs). We worked hard to keep costs down without cutting corners, and feel that we have been successful in doing so, particularly considering we will be having our conference in a major metropolitan area. We have special events planned, including a fun time at the Banquet, this year featuring a 50's/60's sock hop. Be sure to practice your dance moves this summer.

Other details remain to be finalized in the coming months. You will be receiving a large mailing this summer (end July/beginning August) with a reminder about the conference (as well as some additional information), along with other association material (ethics, guidelines, membership directory). This mailing will include information about continuing education workshops, special tour options/sightseeing in Montreal (for Wednesday, October 13th), etc. In the interim, if you have any questions, please do not hesitate to call either Michael Sachs, AAASP Conference Coordinator, at (215) 204-8718, Boodie McGinnis, AAASP Business Manager, at (607) 753-2221, or Luc Proteau, SCAPPS Conference Coordinator, at (514) 343-2039.

Those of you interested in double, triple, or quadruple occupancy, please contact our informal roommate referral service. This worked well last year, and we will try it again this year. Please call either Michael or Boodie (see above phone numbers), and we will try to hook you up with others who might be looking for a roommate or have room. It's a good way to meet new people and make friends.

This year's conference will be exciting, dynamic, and memorable. We look forward to seeing you in Montreal in October.

Attention Student Members...

Want a special opportunity for networking and a chance to earn some money to help offset expenses associated with your attendance at the 1993 AAASP/SCAPPS conference??! If so, then read further...

For past AAASP conferences, student workers (registration desk, ticket-takers for reception and banquet, etc.) have been selected based essentially on their good fortune in being acquainted with either the conference chair or another member of the Executive Board. This year, in response to the number of students who stopped by the registration desk at the 1992 conference and asked, "How can I get to work here?," we are trying an experiment designed to increase the opportunity for student members (no matter whether they know a board member or not) to have the opportunity to work at the conference.

Student members who are interested in working at the conference are invited to "apply" to work by entering a lottery from which 10-12 students will be selected at random. To enter the lottery, student members must fill out and return the form on the next page by the date indicated. Please note that the form requests information about and a signature from a "sponsor." The sponsor must be a professional AAASP member, such as your advisor or another professional member with whom you are well acquainted. Membership for both student entrants and their sponsors will be checked, and sponsors may be contacted if any questions arise.

AAASP student workers are paid $10 per hour (U.S. dollars) for each scheduled hour worked. Last year's workers averaged 4-10 hours each, based on both their individual preferences and the desk's scheduling needs. Besides a chance to earn money, working at the desk really does provide an opportunity to meet people that you might not otherwise have a chance to meet - it is a great way to network and to get to know your colleagues!

To enter the lottery and thereby apply to work at the conference, fill out and return the form on the next page. Deadline for entries is August 15, 1993. Following the drawing, all entrants will be notified of the results of the drawing by September 1, 1993. The "winners" will be contacted to determine individual scheduling preferences, and schedules will be developed with every attempt possible to accommodate stated preferences. Any questions about the lottery process may be directed to Boodie McGinnis, AAASP Business Manager, at 58 West Court St., Cortland, NY 13045, Tel. 607/753-2221 (O), Fax 607/753-5669, E-Mail - bitnet% mcginnisb@snycorva or in% mcginnisb@snycorva.cortland.edu.

NOTE: This lottery is open only to AAASP student members. SCAPPS registration desk workers will be selected by SCAPPS through a separate process.
AAASP STUDENT WORKER LOTTERY
ENTRY FORM

Please type or print legibly

You must be an AAASP student member to enter.

STUDENT MEMBER INFORMATION:

NAME: ____________________________

ADDRESS: ____________________________

PHONE: (W) ____________________________

(H) ____________________________

E-MAIL: ____________________________

I confirm that I am a student member of AAASP. If my name is drawn, I will agree to serve as a worker at the 1993 AAASP/SCAPPS conference and agree to show up and work during all hours for which I am scheduled. I understand that I will receive $10 per hour, to be paid following the close of the conference, for all scheduled hours which I work.

SIGNATURE: ____________________________

DATE: ____________________________

SPONSOR INFORMATION:

SPONSOR’S NAME: ____________________________

SPONSOR’S INSTITUTION: ____________________________

SPONSOR’S PHONE: (O) ____________________________

(H) ____________________________

SPONSOR’S E-MAIL: ____________________________

I hereby confirm that I am an AAASP professional member and that I have known the above-listed student member for ___ years. To my knowledge, this student member is reliable, dependable, and trustworthy, and I recommend him/her as a capable student worker.

SIGNATURE: ____________________________

DATE: ____________________________

ANNOUNCEMENT OF NEW TEXTS

Heil, J. (Ed.). Psychology of sport injury. Human Kinetics Publishers; Champaign, IL (Approx. 352 pp., $45.00)

Pargman D. (Ed.) Psychological bases of sport injuries. Fitness Information Technology Publishers; Morgantown, WV (Approx. 316 pp., $38.00).

Thompson, R.A. & Sherman, R.T. Helping athletes with eating disorders. Human Kinetics Publishers; Champaign, IL (Approx. 208 pp., $25.00)

Britt Brewer

Britt Brewer is an Assistant Professor in the Department of Psychology at Springfield College. He teaches undergraduate and graduate courses in abnormal psychology, developmental psychology, counseling, and psychopathology. Britt completed his M.A. and Ph.D. in Psychology at Arizona State University. He earned his B.A. in Psychology at the University of Washington. His current research focuses on psychological factors affecting the rehabilitation of athletic injuries and on self-identity in sport and exercise. He has published articles in journals such as *JSEP*, *TSP*, *JASP*, *RQES*, and *Motivation and Emotion*. Britt is a member of AAASP, APA, ISSP, and NASPSPA. He has served as a reviewer for *TSP*, *JSEP*, the *Personality and Social Psychology Bulletin*, and the *Australian Journal of Science and Medicine in Sport*. Britt has been a consultant to a number of college teams and individuals in sports such as cross-country, equestrian, lacrosse, tennis, plus track and field. He was recently appointed the Head Coach for the Men’s Cross Country at Springfield College. Britt’s personal interests include running (in between injuries), eating (large quantities), miniature golfing (around the world), and listening to music (especially, Mike Oldfield and Split Enz).
**CONFERENCE REGISTRATION FORM**

**NOTE:** YOU MUST BE AN AAASP OR SCAPPS MEMBER TO REGISTER FOR THE FULL CONFERENCE

**NAME:** ____________________________

**PREFERRED NAME FOR REGISTRATION BADGE:** ____________________________

**INSTITUTION:**

**MAILING ADDRESS:**

**TELEPHONE:** (O) ____________________________

**FAX:** ____________________________

**E-MAIL:** ____________________________

**PLEASE INDICATE YOUR MEMBERSHIP:** ___AAASP  ___SCAPPS

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**CONFERENCE REGISTRATION AND EVENTS FEE**

(Includes entry to all sessions; name badge, program, and abstracts book; your choice of welcoming reception on Wed. OR Thurs.; refreshment breaks; banquet food and entertainment; and all speaker costs. One day registration does not include receptions or banquet. Individuals will be permitted to sign up for no more than two days at the one-day rate).

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<td>ONE DAY REGISTRATION (available to non-members only; limit of two days)</td>
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<tr>
<td>SPOUSE/GUEST REGISTRATION</td>
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<td>(Available to accompanying non-members only; includes name badge, refreshment breaks, one reception, and banquet ticket. Separate additional banquet and reception tickets will also be available for purchase on site for those wishing to attend only a specific function)</td>
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<td>$70</td>
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One Welcoming Reception is included in all above fees except daily fees.

Please indicate your preference:  ___Wednesday (AAASP Opening)  ___Thursday (SCAPPS Opening)

**TOTAL AMOUNT ENCLOSED**

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See Reverse for Mailing and Membership Information
Choose appropriate address, fold, stamp, and send.

AAASP MEMBERS
Mail registration form with check or money order (U.S. dollars) payable to AAASP by dates indicated to:
Dr. Kevin L. Burke, Physical Education Department,
232 Anderson Hall, Northern Illinois University, DeKalb, IL 60115 USA
Inquiries about AAASP membership should also be addressed to Dr. Burke at this address.

SCAPPS MEMBERS
Mail registration form with check or money order (Canadian dollars) payable to SCAPPS by dates indicated to:
Dr. Luc Proteau, Dept. d'Education Physique,
C.T. 6128, Succursale “A”,
Montreal, Quebec H3C 3J7 CANADA
Inquiries about SCAPPS membership should also be addressed to Dr. Proteau at this address.
convenience, spacious conference facilities, and luxurious guest rooms. The 12-story hotel rises from the center of the Complexe Desjardins, a boutique-rich mall in the center of the plush section of the Underground City, and is located within easy walking distance of many of Montreal's famous sites, including Chinatown, Old Montreal, McGill University, and the Prince Arthur District. Facilities within the hotel include a full-service concierge desk and business center, three restaurants, piano bar, indoor pool, sauna, and whirlpool. Facilities within the Complexe Desjardins include cinemas, over 122 boutiques and shops, and a variety of restaurants. The hotel is located just across from the Place des Arts, and within walking distance of numerous other entertainment, food, and beverage opportunities.

The fitness-conscious can work out on exercise equipment adjacent to the pool, or can obtain passes to a nearby fully-equipped YMCA/YWCA health club for $6.55 (Canadian) per day. Runners and walkers will enjoy exploring the area on foot--running and walking maps will be available at the conference registration desk. The hotel also features "Le Meridien Golf" which uses "Par T Golf" simulators to give guests an opportunity to play five of the world's most prestigious golf courses without leaving the hotel.

Ground transportation to Le Meridien is available for about $8.50 (Canadian) one way from Dorval Airport, $12.00 (Canadian) one-way from Mirabel airport. Details about ground transportation options will be mailed with the summer conference informational mailing. Parking is available at Le Meridien for $14.00 (Canadian) per day.

Le Meridien is offering AAASP/SCAPPS conference attendees the very special rates of $99 (Canadian) single or double occupancy; $114 (Canadian) triple occupancy; and $129 (Canadian) quad occupancy. The room cost may seem high at first glance, but remember that the rate is listed in Canadian dollars - U.S. members should note that, based on the exchange rate at press time ($1.24 Canadian = $1.00 U.S.), the cost of a single/ double occupancy room is only about $80 per night. These rates represent a significant discount off regular rates, and really are a bargain for a first-class hotel in the heart of Montreal. Information about nearby low-budget options is being gathered and will be mailed with the conference summer mailing, but AAASP members are encouraged to stay at Le Meridien in order to take full advantage of the conference experience. Also, if a minimum of 125 rooms per night is booked at Le Meridien, there will be no charge to AAASP/SCAPPS for meeting rooms, substantially reducing costs to the two organizations.

For those wishing to arrive early and/or stay late, Le Meridien has agreed to extend the rates for two days before and two days after the conference. These discounts are available for travel to/from Montreal between the dates of October 9-19, 1993, for the AAASP/SCAPPS Conference. In order to accommodate the personal preferences of individual travellers, U.S. Air will honor the conference discounts for tickets purchased directly from U.S. Air (by phone or at a U.S. Air airport counter), as well as for tickets purchased from the individual's preferred travel agent. This means that, unlike the previous two AAASP conferences, you do not have to book through a specific travel agency in order to take advantage of special savings.

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U.S. Air serves over 210 cities in the United States and offers many direct and connecting flights into Montreal daily. You are encouraged to check on the availability of flights from your home airport; booking with U.S. Air offers not only savings to you but also will benefit AAASP, which will receive one complimentary ticket for every 50 tickets booked on U.S. Air. Such complimentary tickets can be used for future AAASP travel, resulting in savings to the organization.

In order to take advantage of the conference discounts, reservations must be made through the U.S. Air Meeting and Conventions Reservation Office at the number listed below. Call the number directly yourself, or, if booking through a travel agency or corporate/university travel department, give them the information below so that they may obtain the discount for you. The special discounts can only be guaranteed if reservations are made through the Meeting and Convention Reservation Office at the number below:

For Reservations Call
U.S. Air's Meeting and Conventions Reservation Office
1-800-334-8644
8:00 a.m. - 9:00 p.m.
(Eastern Time)

Note: For best service, call between the hours indicated. The phone will be answered at other times by regular U.S. Air agents instead of special convention agents.

Refer to GOLD FILE NO. 11120007

*At press time, negotiations were being made with Air Canada for travel within Canada. Information about booking with Air Canada will be mailed with the summer informational mailing. For information about booking with Air Canada prior to that time, contact Boodle McGinnis, AAASP Business Manager, at 607/753-2221 (fax 607/753-5669; e-mail - bitnet% mcginnisb@snycorva; in% mcginnisb@snycorva.cortland.edu).
AAASP/SCAPPS CONFERENCE - OCTOBER 13-17, 1993

Le MERIDIEN

HOTEL RESERVATION FORM

Please list name/address to which confirmation should be sent:

NAME:

Last Name  First Name  Middle Initial

ADDRESS:

Organization

Street Address or Post Office Box

City/State or Province/Zipcode or Postal Code  Country

DAYTIME PHONE: ________________________________________________________________

TYPE OF ROOM REQUESTED:

_____ Single or Double ($99/night)  _____ Triple ($114/night)  _____ Quad ($129/night)

_____ Non-smoking Room Preferred

Note: Room rates listed are in CANADIAN dollars.
Room rates listed do not include taxes.
Federal tax of 7% and Provincial tax of 4% will be added.
(Tax is refundable to U.S. citizens with submission of proper forms)

INDICATE YOUR ARRIVAL/DEPARTURE DATE, AS WELL AS INFORMATION ABOUT INDIVIDUALS WITH WHOM YOU WILL BE SHARING YOUR ROOM:

Person 1: ____________________________  Arrival Date  ____________________________  Departure Date  ____________________________

Person 2: ____________________________

Person 3: ____________________________

Person 4: ____________________________

DEPOSIT:

Deposit of one night’s room cost must be enclosed with hotel reservation. Please give credit card information below, or enclose check or money order in Canadian dollars or U.S. equivalent payable to Hotel Meridien Montreal. Deposit is refundable up to 72 hours prior to scheduled arrival.

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

Card Number: ____________________________  Exp. 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-served basis. Reservation cutoff date is September 14, 1993. Special conference room rate is not guaranteed after that date.

Send Reservation Form with deposit or credit card information to:

Hotel Meridien Montreal
ATTN: Reservations Desjardins
Montreal, Quebec H5B 1E5
Canada
Tel.: 514/285-1450  Fax: 514/285-1243
Carole A. Oglesby is professor and former chair of the Department of Physical Education, Temple University, Philadelphia, PA. She completed a B.S. and M.S. at the University of California, Los Angeles, and her first Ph.D. at Purdue University; all degrees in Physical Education. Currently, she has only a dissertation remaining to earn a Ph.D. in Counseling Psychology at Temple University having completed the APA internship at the VA Medical Center, Coatesville PA, last year.

Dr. Oglesby was a national level softball player, competing in ASA National Championship tournaments in 1962, 1963, and 1965. She coached softball and gymnastics at Purdue University (1964-1969) and the University of Massachusetts (1972-1974) taking teams from both institutions to the College World Series in Omaha, Nebraska, and the Purdue Gymnastics team to the B flight of the first CIAW Women’s Gymnastic Championship at Springfield College in 1965. She has maintained her participation in sport through distance running, jogging her way through 6 marathons, the latest being New York City, 1991.

More than most academic sport psychology consultants, she has maintained a direct connection to amateur and collegiate elite level sport throughout her career. She was the first President of the AIAW (the association for collegiate national women’s events prior to NCAA involvement), representative to the US Collegiate Sports Council (World University Games, USA) from 1971-1991, and is currently on the Board of Directors of the US Olympic Committee. She was Chef de Mission for the USA Winter World University Games team traveling to Czecho- slovakia, 1989. She has been President of the National Association for Girls and Women in Sport (AAHPERD), is on the Sporting Chance for Girls, National Advisory Board for the Girl’s Clubs of America, and is a Trustee of the Women’s Sport Foundation.

From the vantage point of a deep commitment to universal entitlement to the potential benefits of sport, Oglesby was an early advocate of applied sport psychology work. In 1979-80, as the second president of the Sport Psychology Academy (NASPE-AAHPERD), she saw the potential of this 2,000+ membership group of sport psychology professionals and interested teachers and coaches. She organized the Academy’s first “Pre-National Convention Workshop,” an event notable enough to merit mention in the Coleman Griffith Lectures of John Silva, Robert Rotella, and Ken Ravizza. She has served AAASP in roles as member of the Social Psychology Steering Committee, chair of the Diversity Committee, and is current chair of the Certification Committee (she did not know if it was appropriate to mention her candidacy for the Adlai Stevenson Award due to her twice unsuccessful candidacy as AAASP President).

Dr. Oglesby’s principle scholarly contributions have been in the development of the taxonomic area of gender and sport and, recently, in the application of psychology’s family systems theory to sport teams. She has authored one book, co-authored five books/monographs, and has published over 30 articles or invited chapters in these areas. Her monographs prepared for UNESCO were published in four languages and distributed around the world. Women and sport: From myth to reality was published in French and English versions. She has served on the editorial boards of Quest, JASP, TSP and the McGill Journal of Education. She has completed funded research for the Women’s Educational Equity Act agency.

Dr. Oglesby has been recognized for highest awards by numerous organizations, most notably she is a recipient of the NAGWS Honor Fellow, the AIAW Award of Merit, and the first Women’s Sport Foundation Billie Jean King Award. She received the AAHPERD Honor Award in 1990.

Her international work has also been aimed at opening access to personal empowerment through sport. She was one of the planners and architects of the NAGWS Latin American Project in which women from the host country and USA clinicians sponsored women in sports conferences in Mexico, Barbados, Curacao, Costa Rica, Guatemala, and Venezuela. She also assisted in the initiation of Women Sports Foundation style networks in Australia, New Zealand, England, and represented the USOC at a Women in Sport Development Conference under the auspices of the Olympic Committees of Asia. Late this summer she is slated to head a Citizen Ambassador Women in Sport Exchange to Russia and Byeloruss. Dr. Oglesby also served as a Disciplinary Committee reviewer for the Fulbright Exchange Program 1986-1991.

The title of her Coleman Griffith Memorial Lecture will be as follows: “Applied sport psychology: Patent pending?” The lecture will feature an exploration of the tension among constructs of ownership/control, earned and universal entitlement.
Terry Orlick is a professor and researcher at the University of Ottawa in the School of Human Kinetics, where he teaches courses in sport psychology, mental training, and intervention and consultation in sport. In 1992 he received the university’s highest honor, the Award for Excellence in Teaching. He is a performance enhancement specialist who has worked extensively with the mental aspects of high level performance under high stress conditions. Over the past 20 years he has served as a consultant and has conducted research with hundreds of Olympic athletes, many Olympic and World Champions, performing artists, top classical musicians, high performance coaches, parents, surgeons, patients recovering from injuries and coping with life threatening illnesses, as well as military and aerospace personnel engaged in high stress missions. Dr. Orlick is the President of the International Society for Mental Training Excellence. His approach is very applied and he draws from a wealth of experience in addressing the real needs of individuals and organizations.

In most recent work, Terry has been immersed creating an innovative life-skills program for elementary school children. In addition to some 200 publications and articles, Terry Orlick has written 16 books including his most recent Free to Feel Great (1993), and the highly acclaimed In Pursuit of Excellence and Cooperative Sports and Games Book. His books have been translated into many languages and have sold over a million copies worldwide.
Keynotes

Invited Student Symposium

John Anderson

Alternative Careers

AAASP is pleased to announce that John Anderson, Ph.D. will be participating in the "Alternative Careers" invited student symposia and will hold two student workshops at the 1993 AAASP/SCAPPS Conference. Dr. Anderson is an internationally active consultant and speaker on the subjects of peak performance and motivation. He works with coaches and athletes at the professional, Olympic, collegiate and introductory levels of sport. In addition, he functions as a consultant for organizations on leadership development issues. Specifically, he helps individual and work-teams become consistent top performers.

Dr. Anderson has functioned as the Director of Leadership Development Programs for the Center for Creative Leadership (CCL) in Colorado Springs and currently is an adjunct faculty member with CCL. John is the founder and current President of the Center for Sports Psychology. The Center specializes in helping individuals and teams to develop and implement mental strategies that lead to consistent peak performances. He graduated from Allegheny College, received his Master of Science degree in Psychology from Syracuse University and, later, his Ph.D. in Counseling Psychology from the University of Southern California. Dr. Anderson completed a career with the United States Air Force, serving for 10 years as a faculty member at the U.S. Air Force Academy. He was a tenured Professor in the Department of Behavioral Sciences and Leadership and Director of the Counseling Center.

We welcome Dr. Anderson's expertise and experience in his alternative career and encourage your participation in his "93 AAASP/SCAPPS Conference" student workshops!

Mentoring On Mentoring: Finding the Right Match

One of the invited student symposia for the upcoming conference will specifically address the mentoring process. This invited symposia is designed to aid both students and young faculty in their quest for guidance and experience as they prepare for their respective career goals. Professionals from a variety of areas within sport psychology will be represented on the panel, including applied research/consulting, traditional research, counseling psychology, clinical psychology and USOTC internships.

The panel will briefly address their roles as mentors, as well as reflect on their own experience as a mentee. The panelists will individually respond to general questions from the moderator. In addition, the audience will be encouraged to direct questions to the panel. Topics to be covered include finding a good "mentor-mentee match," the student/young faculty member's role in the mentoring relationship, and realistic expectations of your mentor's role in your career development and marketing.

In order to create a mutually beneficial program I am asking all members to pause for a moment and determine what questions and/or issues you have had or are currently experiencing as a mentor/mentee. Please send your questions and/or concerns to me (see address below). Receiving your input before the conference will enable us to determine the more common concerns and then integrate them into the program content. Thank you!

Send Your Mentor/Mentee questions, issues, and/or concerns to:

Liz Hart
506 N. Tremont Dr.
Greensboro, NC 27403

Dale H. Schunk
Continued from page 10

focused on issues such as students’ beliefs about their ability to exercise control over their own behavior; the effects of goal setting on children’s self-efficacy; and, the effects of person variables such as goal setting and information processing and situation variables such as modeling, attributional feedback, and reward on self-efficacy and motivation. I have read a number of Dr. Schunk’s articles, and urge you to do the same before the conference. The title of his talk is “Self-Efficacy, Motivation and Performance,” and Dr. Maureen Weiss of the University of Oregon will serve as a reactor to his talk. I am sure we will all come away from his talk with some new and valuable ideas about motivation.

Suggested Summer Readings:


1993 AAASP/SCAPPS Conference: The Program

* Denotes organizer.

MONDAY, OCTOBER 11
7:30 p.m. - 11:00 p.m. EXECUTIVE BOARD MEETING

TUESDAY, OCTOBER 12
8:00 a.m. - 11:00 p.m. EXECUTIVE BOARD MEETING
7:00 p.m. - 10:00 p.m. CONTINUING EDUCATION WORKSHOPS

WEDNESDAY, OCTOBER 13
8:30 a.m. - 12:30 p.m. SPORT PSYCHOLOGY COUNCIL
8:30 a.m. - 11:30 p.m. CONTINUING EDUCATION WORKSHOPS
Noon GOLF AND TENNIS TOURNAMENTS
7:30 p.m. - 8:30 p.m. COLEMAN ROBERTS GRIFFITH LECTURE

Carole A. Oglesby, Temple University
Applied Sport Psychology: Patent Pending?

8:30 p.m. - 10:00 p.m. AAASP WINE AND CHEESE

THURSDAY, OCTOBER 14
8:00 - 8:30 a.m. OPENING REMARKS
8:30 - 10:00 INTERVENTION/PERFORMANCE ENHANCEMENT KEYNOTE SPEAKER

Presider: Al Petitpas
Terry Orlick, University of Ottawa
Personal Performance Enhancement in Life Support

10:15 - 11:00 INTERVENTION/PERFORMANCE ENHANCEMENT COLLOQUIUM
An Analysis of the Current Practice of Applied Sport Psychology

Participant: David L. Cook*, University of Kansas

10:15 - Noon INTERVENTION/PERFORMANCE ENHANCEMENT SYMPOSIUM
Issues and Implications in Professional Sport Consulting

Participants: Cal Botterill*, University of Manitoba; Harvey Dorfman, Oakland Athletics; James Loehr, Bolletieri Tennis Academy; Dick Coop, Professional Golf; Ken Ravizza, California State University at Fullerton; Wayne Halliwell, Vancouver Canucks

10:15 - 11:00 SOCIAL PSYCHOLOGY COLLOQUIUM
Possible Selves: A Framework for Developing Sport Confidence

Organizer: Merry Miller, Calgary, Canada
Participant: Patricia Smith

10:15 - Noon HEALTH PSYCHOLOGY SYMPOSIUM
The Importance of Self-Esteem to Physical Activity and Other Health-Related Lifestyle Behaviours

Participants: C. Hills, J. Hudec, K. Mummery, B. Whitmarsh, J. Stevenson, R. Sonstroem, and L. Wankel*

11:00 - Noon SOCIAL PSYCHOLOGY COLLOQUIUM
Racial Identity and Team Dynamics for Women: The Role of the Sport Psychologist

Organizer: Ruth Hall
Participant: Carole Oglesby, Temple University

11:15 - Noon INTERVENTION/PERFORMANCE ENHANCEMENT LECTURES
Assessing Supervisory Skills and Practices in Applied Sport Psychology

Participants: Mark Andersen*, University of Wyoming; Judy Van Raalte and Britt Brewer, Springfield College

A Survey of Counseling Psychology Programs and Exercise/Sport Science Departments: Sport Psychology Issues and Training

C. Edward Watkins and Trent Petrie*, University of North Texas

Noon - 1:00 Lunch Break
STUDENT MEETING (Sandwich cart available outside meeting room)

1:00-2:30 INVITED STUDENT SYMPOSIUM

Presiders: Charlie Hardy, University of North Carolina at Chapel Hill; Jean Williams, University of Arizona

Alternative Careers: Corporate and Medical Applications

Participants: John Anderson, Center for Sports Psychology; John Heil, Lewis-Gale Clinic; Elizabeth Hart*, University of North Carolina at Greensboro; David Yukelson, Penn State University

1:15 - 3:15 HEALTH PSYCHOLOGY SYMPOSIUM
HN Infection and Sport: What We Know Determines What We Do

Participants: Al Petitpas*, Britton W. Brewer, Patricia M. Rivera, and Judy L. Van Raalte, Springfield College; James Whelan, Memphis State University

1:00 - 2:00 SOCIAL PSYCHOLOGY COLLOQUIUM
Missing in Action: The Social Dimensions of Social Psychology Research

Participant: Robert Brustad, University of Northern Colorado

1:30 - 3:15 HEALTH PSYCHOLOGY SYMPOSIUM
HIV Infection and Sport: What We Know Determines What We Do
Participants: Jane Henderson*, John Abbott College; Catherine Hankins, McGill University; Julian Falutz, Montreal General Hospital; Vincent Lacroix, McGill University; Diane Sauers, University of South Florida

2:00 - 3:15 SOCIAL PSYCHOLOGY SYMPOSIUM

Partnerships in Sports: Working with a Two Person System

Organizer: Sean McCann, Olympic Training Center

Participants: David Coppel, Private Practice; Daniel Gould, University of North Carolina at Greensboro

3:30 - 4:30 INTERVENTION/PERFORMANCE ENHANCEMENT LECTURES

Frequency, Intensity, and Perception of Competitive Trait Anxiety
Bill Allyson, University of Virginia

Athletic Pain Tolerance and Swimming Endurance: An Examination of A Cognitive-Behavioral Pain Management Program
Blair Whitmarsh*, University of Alberta

Evaluating the Psychological Skills Training Program: An Idiographic Approach
Barbara Bedker Meyer*, University of Wisconsin-Milwaukee

3:30 - 5:00 INTERVENTION/PERFORMANCE ENHANCEMENT WORKSHOP

Program Development for Athletes in Transition: Using a Workshop Format to Address Ongoing Developmental Issues
Participant: Kelly Crace*, College of William and Mary

3:30 - 5:00 SOCIAL PSYCHOLOGY LECTURES

Gender Comparisons of Self-Efficacy Cognitions While Performing a Motor Task
Dale Pease, Stephen Kozub, and Brenda Burgess, University of Houston

Flow States in Elite-Level Athletes
Susan Jackson, Melbourne, Australia

Back to the Basics: Surveying Collegiate Athletes to Identify Effective Goal Setting Practices in Sport
Damon Burton, University of Idaho; Robert Weinberg, Miami University; David Yukelson, Penn State University; Daniel Weigand, University of North Texas

Motivational Orientation, Personality Correlates and Attitudes Toward Football in Collegiate Players
Christina Frederick, University of Rochester

An Investigation of the Utility of the Theory of Planned Behavior in the Prediction and Understanding of Training Behavior in the Adolescent Competitive Swimmer
W.K. Mummery, Edmonton, Canada

Post Fitness Test Affect: The Relationship Among Goal Discrepancy, Self-Efficacy, Performance, and General Affect in Female Soccer Players Over Time
Peter Crocker and Stacy Fyke, University of Saskatchewan

3:30 - 4:15 HEALTH PSYCHOLOGY COLLOQUIUM

To be a Martial Artist: Phenomenology of Self and Psychological Well-Being Among Traditional Karate-Ka
Participant: Catherine F. Wingate, Monroe, CT

4:20 - 5:00 HEALTH PSYCHOLOGY OPEN MEETING

4:30 - 6:00 INVITED SYMPOSIUM STUDENT SECTION

Mentoring on Mentoring: Finding the Right Match
Presider: Penny McCullagh, University of Colorado at Boulder
Participants: Dan Gould and Elizabeth Hart*, University of North Carolina at Greensboro; Maureen Weiss, University of Oregon; Steve Danish, Virginia Commonwealth University; Shawn McCann, United States Olympic Training Center; Chris Carr, Washington State University
Discussant: Judy Van Raalte, Springfield College

6:00 - 8:00 INVITED STUDENT WORKSHOP

Alternative Careers: Preparation Concerns
Organizer: Elizabeth Hart, University of North Carolina at Greensboro
Workshop Leader: John Anderson, Center for Sports Psychology

7:00 - 9:00 SCAPPES Reception

FRIDAY, OCTOBER 15

7:00 a.m. Mastery Run

7:00 a.m. Past-Presidents' Breakfast

8:30 - 10:00 HEALTH PSYCHOLOGY KEYNOTE SPEAKER

Presider: David Pargman, Florida State University
Rod Dishman, University of Georgia

Adhering to Regular Exercise: Psychological Considerations

10:15 - Noon INVITED STUDENT WORKSHOP

Alternative Careers: Marketing Concerns
Organizer: Elizabeth Hart, University of North Carolina at Greensboro
Workshop Leader: John Anderson, Center for Sports Psychology

10:15 - 11:00 SOCIAL PSYCHOLOGY COLLOQUIUM

Goal Setting and Performance in Sport and Exercise Settings: Findings, Issues and Applications
Participant: Robert Weinberg, Miami University
The Program

10:15 - 11:00 INTERVENTION/PERFORMANCE ENHANCEMENT COLLOQUIUM

The Australian 1992 Olympic Sport Psychology Program: Intervention, Education or Both

Participant: Jeffrey Bond*, Australian Institute of Sport

10:15 - 11:15 HEALTH PSYCHOLOGY LECTURES

Presider: David Pargman, Florida State University

Exercise, Mood States, and Immunity in Elite Swimmers During an Intensive 12 Week Training

C. Perry, P. Fricker, W. McDonald, and D. Pyne, Australian Institute of Sport

The Effects of Heavy Swim Training on Salivary Immunoglobulin-A: Implications for the Application of Relaxation Towards Enhanced Recovery

L. Ievleva and D. Pargman, Florida State University

Rehabilitation Exercise for Cancer Patients

J. Hall, Temple University

11:00 - Noon INVITED ETHICS COMMITTEE SYMPOSIUM

Professional Issues Influencing Ethical Behavioral Choices

Participants: David Coppel, Private Practice, Seattle, WA; Thomas Hanson, Skidmore College; Elizabeth Hart, Physicians Health Plan of NC, Inc., Greensboro; Daniel Gould, University of North Carolina at Greensboro; Bob Rotella, University of Virginia

11:15 - Noon SOCIAL PSYCHOLOGY COLLOQUIUM

Evaluating Determinants of and Support for Active Living Among Stay-At-Home Mothers in Rural Albertan Communities

Participant: Tammy Horne, University of Alberta

11:15 - Noon INTERVENTION/PERFORMANCE ENHANCEMENT COLLOQUIUM

Preparation of and Guidance for the Entering Sport Psychology Consultant

Participants: M.A. Thompson*, University of Texas at Arlington; J.P. Muczko, Louisiana Tech University

Noon - 1:00 CROSS SECTIONAL SYMPOSIUM

Selecting the Appropriate Applied Sport Psychology Graduate Program

Participants: Kevin Burke, Northern Illinois University; Michael Sachs and Paul Salitsky, Temple University

Noon - 1:00 Invited Panel-AAASP TASK FORCE ON HUMAN DIVERSITY

Inclusion: Strategies for Creating Non-threatening and Supportive Environments for a Diverse Clientele

Participant: Debra A. Ballinger, Chair, AAASP Task Force on Human Diversity

Noon - 1:00 ROUNDTABLES—Sign up prior to conference with Penny McCullagh or at registration desk:

Aggression in Sport

Participants: Wayne Halliwell, University of Montreal; John Silva, University of North Carolina at Chapel Hill; Neil Widmeyer, University of Waterloo

Motivation in Sport and Exercise

Participants: Rod Dishman, University of Georgia; Joan Duda, Purdue University; Maureen Weiss, University of Oregon

Burn-out In Coaches and Athletes

Participants: Betty C. Kelley, Southern Illinois University; Dan Gould and Eileen Udry, University of North Carolina at Greensboro

1:00 - 2:00 HEALTH PSYCHOLOGY COLLOQUIUM

Presider: David Pargman, Florida State University

The Usefulness of Social Cognitive Theory in Explaining Exercise Adherence

Presenter: Gaston Gaudin

1:00 - 3:00 SOCIAL PSYCHOLOGY INVITED SYMPOSIUM

Testing........Testing.......Where is Sport Psychology?

Participants: Tara Scanlan, University of California at Los Angeles; David Russell, University of Otago

An Afternoon About Injury

1:00 - 2:15 INTERVENTION/PERFORMANCE ENHANCEMENT SYMPOSIUM

Sport Psychology and the Injury Process

Participants: Gretchen Kerr*, University of Toronto; Lynda Mainwaring and Donna Krasnow, York University; Judy Goss, Olympic Athlete Career Centre

2:15 - 3:15 HEALTH PSYCHOLOGY COLLOQUIUM

Presider: John Heil, Lewis-Gale Clinic

Returning Injured Athletes to Competition: What the Athletes Tell Us About Psychological Readiness

Presenter: Frances Flint, York University

3:15 - 4:00 CROSS SECTIONAL LECTURES

Presider: David Kemler, University of Connecticut

Life Stress and the Academic Performance of College Athletes

Trent A. Petrie, University of North Texas; Mark Andersen, University of Wyoming; Jean Williams, University of Arizona
The Program

The Stress and Injury Relationship: A Closer Look
Gretchen Kerr, University of Toronto; Judy Goss, Olympic Athlete
Career Centre

The Association of Life-Stress and Cognitive Strategy with Symptoms, Immunosuppression, and Injury Among Olympic Athletes
Frank Perna and Sharon McDowell, United States Olympic Committee

INTERVENTION/PERFORMANCE ENHANCEMENT WORKSHOP
Contrasting Styles in Effective Consultation with Elite Athletes, Coaches, and Teams: An "In vivo" Analysis of the Consulting Process among Clinicians and Educators

Participants: Wes Sime*, University of Nebraska; Burt Gigas, New Rochelle, NY; Ken Ravizza, California State University at Fullerton; Keith Henschen, University of Utah; Ronald Smith, University of Washington

SOCIAL PSYCHOLOGY WORKSHOP
Race and Gender Messages: Learning from Growing Up
Participants: Jane Adair and Frances Johnston, Temple University

INVITED PRESENTATION ETHICS COMMITTEE
Toward an AAASP Ethics Casebook: Selected Ethics Cases
Participant: Edward Etzel*, University of West Virginia

AAASP DISSERTATION AWARD

POSTERS
1. Conceptualization and Exploratory Analysis of the Social Support Survey-R Form
Luis G. Manzo, Charles Hardy, Lawrence Rosenfeld, and Jack Richman, University of North Carolina at Chapel Hill

2. The Task and Ego Orientation in Sport Questionnaire: Further Analysis with Youth Sport Participants
Mary Walling, Joan Duda, and M. Newton, Purdue University; Sally White, Illinois State University

3. Parents’ Physical Activity Participation as a Role Model for Children’s Physical Activity Participation
E.A Jambor and E.M. Weeks, University of Houston

4. Participation Motives Among Youth Soccer Participants: Similarities and Differences Across Divisions
Eugene H. Wong, University of Maine

5. Competitive Trait Anxiety and Physical Self-Efficacy Among NCAA Division II Athletes
Eugene H. Wong, University of Maine

6. Participation Motivation and Dropouts in High School Sport
Ken P. Hodge, University of Otago, New Zealand

7. Goal Orientations and Preferences for Competence Information Sources
Lavon Williams, University of North Carolina at Greensboro

8. The Relationship Between Goal Orientations and the Perceived Purpose of Sport Among Youths
Sally A. White, Illinois State University; Joan L. Duda, Purdue University

9. The Relationship Among Self-Esteem, Social Physique Anxiety and Body-Esteem in Adolescent Elite Figure Skaters
Jeffrey Martin, John Wirth, and Hermann Engels, Wayne State University

10. Examining the Factor Structure of the Social Physique Anxiety Scale
Buffy Cramer-Hammann, University of North Carolina at Chapel Hill

11. Gender and Aggression in Sport: A Stereotype is Challenged
Mark A. Thompson, University of Texas, Arlington

12. Social Support-Cohesion Relationship in Athletic Teams
S.D. Hoar and W.N. Widmeyer, University of Waterloo; Charles Hardy, University of North Carolina at Chapel Hill

13. Describing and Explaining Gender Differences in the Cohesion of Athletic Teams
Linda Glenday and W.N. Widmeyer, University of Waterloo

14. A Self-Esteem Intervention with Female Adolescent Athletes
Susan Orgell, Norwich, VT

15. The Metaphysics of Quality and Coaches as Moral Agents: A Case for Research from a New Perspective and a Case in Point
William Stream, Windsor, Ontario

16. Sources of Status in Sport Teams
Shanthi Jacob and Albert V. Carron, University of Western Ontario

17. Motivation and Athlete-Coach Interaction
Monica Fehino, Boston University; Hedy Cyker, University of North Carolina

18. Perceptions of Group Cohesiveness: The Influence of Self-Handicapping
Albert V. Carron, University of Western Ontario; Harry Prapavessis, University of New England, Northern Rivers; Robert Grove, University of Western Australia

19. The Group Size-Cohesion Relationship in Exercise Classes
Albert V. Carron, University of Western Ontario; Kevin S. Spink, University of Saskatchewan

20. The Effect of the Coaches’ Use of Humor on Female Volleyball Players’ Evaluation of their Coaches
Kevin L. Burke, Debbie Patterson, and Charles Nix, Northern Illinois University

21. Disordered Eating in Male Athletes and Non-athletes: Are There Differences?
Trent Petrie and Kevin Walbrick, University of North Texas

22. A Comparison of Female Athletes and Non-athletes on Indices of Disordered Eating
Trent Petrie and Courtney Johnson, University of North Texas

23. HIV/AIDS Related Attitudes and Behaviors of College Student Athletes
B.P. Hunt and T.J. Pujol, Northwestern State University; J.P. Muczko and J.J. Lacina, Louisiana Tech University

24. The Relationship of Exercise Duration to Disordered Eating, Physical Self-esteem, and Beliefs About Attractiveness
Annette Helmcamp and Trent Petrie, University of North Texas

25. The Role of Self-efficacy and Telic Dominance in Predicting Running Behavior
S.C. Beatty and C.L. Pemberton, University of Missouri at Kansas City

26. Expectancies and Mood Alteration After Exercise
Louis Parks, The Graduate Center, City University of NY; Bonnie Berger and David Owen, Brooklyn College

27. Variables Influencing Stated Willingness to Participate In Exercise in an Obese Population
Selena Hoyos, Bernard Jensen, Burton Blau, and John McGuire, University of Central Florida

28. Benefits of Sport Psychology and Exercise in a Non-sport Setting
Barry Copeland, Syracuse University

29. Effects of Acute Exercise on Positive and Negative States of Mind
Steven Rider and Jean Williams, University of Arizona

30. Effects of Repression on the Psychological Benefits of Exercise
Steven Rider and Jean Williams, University of Arizona

31. The Relationship Between Mental Skills and Enhanced Injury Rehabilitation
Chooleen Loundagin, Private Practice; Leslee Fisher, Pacific Lutheran University

32. A Comparative Analysis of Cognitive Differences Among Female Elite and Non-Elite High School Field Hockey Players and High School Physical Education Class Non-Athletes
L. Adams and D. Smith, SUNY at Brockport
The Program

33. The Effect of Highlight Videos Upon the Game Performance of Intercollegiate Basketball Players
   David Templin and Ralph Vernacchia, Western Washington University

34. Training in Publication and Presentation Guidelines Among Sport Psychology Graduate Students
   B.D. Butki and M. Andersen, University of Wyoming

35. A Two Stage Evaluation of a Sport Psychology Internship
   Daniel Weigand and Peggy Richardson, University of North Texas;
   Robert Weinberg, Miami University

   Kevin L. Burke, Northern Illinois University

   Kenneth More, Ian Franks, Tim McGarry, and Dave Partridge
   University of British Columbia

38. The Relationship of Hardiness and Mood Disturbances to Performance in Overtrained Swimmers
   Judy Dale Goss, Canadian Olympic Association

39. The Reported Use of Anabolic Steroids by High School Students
   M.S. O'Neil, W.M. Rogers, and R.J. Moriarty, University of Windsor

STUDENT INFORMAL SOCIAL (Time and Location TBA)

SATURDAY, OCTOBER 16

7:00 - 8:00 AAAASP ETHICS COMMITTEE MEETING

7:30 - 8:30 INTERVENTION/PERFORMANCE ENHANCEMENT COMMITTEE - OPEN MEETING

8:30 - 10:00 SOCIAL PSYCHOLOGY KEYNOTE SPEAKER
   Presider: Penny McCullagh, University of Colorado

   Dale H. Schunk, University of North Carolina at Chapel Hill
   Self-Efficacy, Motivation, and Performance

10:15 - 11:15 SOCIAL PSYCHOLOGY LECTURES – COACHING CONSIDERATIONS

   Personal Investment in Coaching: Antecedents of Coaching Ideology, Behavior and Satisfaction

   Robin Vealey, Heather Chabot, Susan Walter, and Lori Strait, Miami University

   Analyzing Behaviors of Minor League Ice Hockey Coaches During Game Situations

   Jean Côte, University of Ottawa

   A Grounded Assessment of Coaching Development

   John Salmela, Jean Draper, Denise Laplante, and Lucy Baxter, University of Ottawa

   Assessing the Knowledge of Expert Gymnastic Coaches Who Work with Male and Female Athletes

   Jean Côte, John Salmela, and Abderrahim Baria, University of Ottawa; Storm Russell, CFLRI

10:15 - 11:45 INTERVENTION/PERFORMANCE ENHANCEMENT SYMPOSIUM

   Keeping the Mo' in Momentum Research: The Past, Present, and Future of Momentum in Sports

   Participants: Jim Taylor*, Aspen, CO; Kevin Burke, Northern Illinois University; Robert Weinberg, Miami University; John Silva, University of North Carolina at Chapel Hill

10:15 - Noon HEALTH PSYCHOLOGY SYMPOSIUM - FATAL SPORT INJURY

   Fatal Sport Injury: Managing the Aftermath

   Participants: John Heil*, Lewis-Gale Clinic; Ralph Vernacchia*, Western Washington University; James Reardon, Columbus Traumatic Stress Center; Keith Henschen, University of Utah

10:15 - Noon INVITED SYMPOSIUM - ORGANIZATIONAL OUTREACH TASK FORCE

   NCAA Legislation and the Practice of Applied Sport Psychology in an Intercollegiate Athletic Setting: An Update

   Participants: Dave Yukelson*, Penn State University; Jodi Yambor, Florida State University; Dana Lerner, University of Virginia; Ken Ravizza, California State University at Fullerton; Dave Cook and S. Long, University of Kansas

11:30 - 12:30 SOCIAL PSYCHOLOGY SYMPOSIUM

   Application of the Feminist Paradigm in Sport Psychology

   Participants: Vikki Krane, Bowling Green State University; Diane Gill, University of North Carolina at Greensboro

Noon - 1:00 JASP Editorial Board Meeting

Noon - 1:30 SCAPPS Business Meeting

1:00 - 2:30 HEALTH PSYCHOLOGY LECTURES

   Presider: Lydia Ievleva, Florida State University

   The Perspectives of Coaches and High School Female Athletes on Eating Disorders

   Deborah Rhea, University of Houston
The Program

The Interrelation of Physical Activity and Other Health Related Lifestyle Behaviors

Leonard Wankel, University of Alberta

An Investigation of Adherence Motives in Committed Exercisers

John Craig Hudec, University of Alberta

An Investigation of the Utility of the Transtheoretical Model for the Understanding Exercise Behavior

Carol Hills, University of Alberta

The Stages and Processes of Exercise Behaviour Change

Trish Gorely, Sandy Gordon, and F. Bull, University of Western Australia

Self-Efficacy, Decision Making and Exercise Behaviour Change

Trish Gorely and Sandy Gordon, University of Western Australia

Forum on Cultural Diversity

1:00 - 2:15 SOCIAL PSYCHOLOGY SYMPOSIUM

Focus on Cultural Diversity: Teaching Models for Understanding Racism

Participants: Jane Adair, Tina Sloan Green, and Erynestyne Adams, Temple University

Discussant: Carole Oglesby, Temple University

2:15 - 3:45 HEALTH PSYCHOLOGY WORKSHOP

Persuasive Communication, Motivation, and Performance: Impact on Minority Athletes

Participants: Gilbert Smith*, Etiner Smith*, and Michael Sachs*, Temple University

2:00 - 3:30 INTERVENTION/PERFORMANCE ENHANCEMENT SYMPOSIUM

Sport-based Life Skills Programs for Adolescents

Participants Steven J. Danish*, Susanna Owens, Kathy Kendall, and Douglas Jowdy, Virginia Commonwealth University

3:45 - 5:15 POSTERS

1. The Relevance of Cohesion in Co-Acting Teams

Barry Copeland and William Straub, Syracuse University

2. Transitions: Making the Move from High School to College Athletics

Andrew Silverstone and Christina Frederick, University of Rochester

3. Assessing Cohesion Russian Style

Barry Copeland, Syracuse University

4. Team Cohesion and Performance in Basketball Games

Fredrick G. Grieve, Christopher Hunter, Robyn Sceumann, James Whelan, and Andrew Meyers, Memphis State University

5. Reduction of Competitive Trait Anxiety in Youth Sports: Effects of a Coach Training Intervention

Nancy P. Barnett, Frank Smoll, and Ron Smith, University of Washington

6. Path Analysis Examining Pre- and Post-Competitive State Anxiety and Confidence, Perceived Likelihood of Team Success and Volleyball Performance

Virginia Alexander and Viktori Krane, Bowling Green State University

7. Social Loafing - The Effect of Goals

Kevin M. Antshel and Charles Hardy, University of North Carolina at Chapel Hill; Damon Burton, University of Idaho; Nanden Hickkad, University of North Carolina

8. A Within-Subjects Comparison of Competitive Anxiety and Affiliation Preferences Among Team and Individual Athletes and the Influence of Birth-Order

Kathleen A. Martin and Craig Hall, University of Western Ontario

9. Football Players Perceptions of Motivational Climate and the Relationship with Satisfaction and Commitment to the Team

Vance Tammen, University of Illinois

10. Coaching Skills/Competencies: A Developmental Model

Norm Chouinard and Sean Draper, University of Ottawa

11. Categorization in Interpretative Qualitative Analysis

Sean Draper and John Salmela, University of Ottawa

12. Mental Practice for Olympians

Steven Ungerleider, Integrated Research; Jacqueline Golding, University of California at San Francisco

13. Metacognitive Knowledge and Expert-Novice Basketball Performance: A Preliminary Investigation

Jeffrey Toward, McGill University

14. Performance Enhancement Strategies Employed by Professional Tennis Players

Charmaine DeFrancesco and Sammantha Simmons, Florida International University; Kevin Burke, Northern Illinois University

15. "Pushing" and "Letting Go" Performance States: An Exploratory Study

Laura Schneider and Richard Fenker, Texas Christian University

16. The Impact of Attentional Style Upon the Utilization of a Self-Talk Training Program to Improve Perceptual Motor Task Performance

Tova Rubin, North Carolina A & T State University

17. The Effect of Two Intervention Programs on the Performance of Open Tasks of Elite Women Basketball Players

C. Savoy, Dalhousie University; P. Beitel, University of Tennessee

18. The 10 Second Solution: The Impact of a Mental Training Program Implemented During the Time Between Rallies in Racquetball

R. Friesen, M. Mahon, C. Botterill, S. Holborn, and D. Johns, University of Minnesota

19. Enhanced Performance and Self-Concept: Goal Difficulty and Feedback

Robert McGowan, University of Richmond

20. The Effects of Goal Setting Techniques on Athletes' Goal Commitment, Certainty and Acceptance

D.G. Fairall and W.M. Rodgers, University of Windsor

21. The Effects of Imagery on Competitive Anxiety of High School Wrestlers

L. Vandeburg and D. Smith, SUNY at Brockport

22. The Effects of Relaxation and Imagery Training on Free Throw Shooting Accuracy: A Multiple Baseline Across Subjects Design

Bernard Jensen, Janet Golden, John McGuire, and Wayne Burroughs, University of Central Florida

23. Internal and External Mental Imagery Perspective and Performance on Two Tasks

Martha Glisky and Jean Williams, University of Arizona


Kelly Nordell, Wes Sime, and Tom Wandzilak, University of Nebraska

25. The Effects of Imagery Training upon the Accuracy of Baseball Pitchers: A Multiple Baseline Case Study of Four College Athletes

Douglas Dawson, Wes Sime, and Tom Wandzilak, University of Nebraska

26. Imagery and the Transfer of Bicycle Ergometer Training to On-Ice Skating Speed

G.P. Kelly, Malaspina College; B.L. Howe, University of Victoria

27. The Interrelationships Among Subjective Imagery Assessments and EEG Brain Maps
The Program

V.E. Wilson, E.I. Bird, G.E. Schwartz, and J. Williams; University of Arizona

28. The Effectiveness of Mental Imagery and Personal Knowledge Training on Performance of Female Figure Skaters
   Diane Mack, London, Ontario

5:30 - 8:00 PRESIDENT’S LECTURE

Charles Hardy, University of North Carolina at Chapel Hill

AAASP BUSINESS MEETING

PRESIDENT’S LECTURE

Jean Williams, University of Arizona

8:00 BANQUET

SUNDAY, OCTOBER 17

7:30 - 9:00 Certified Consultants’ Breakfast

8:30 - 10:30 HEALTH PSYCHOLOGY LECTURES

Presider: Lise Gauvin, Concordia University

The Nature of Outcome Expectations for Exercise in the Hierarchy of Physically Active Women’s Everyday Pursuits

Lise Gauvin and Ann O’Halloran, Concordia University; W.M. Rodgers, University of Windsor

Connecting Behavioral Intentions, Leisure Time, Physical Activity and Exercise Behavior

W.M. Rodgers, University of Windsor; Lise Gauvin and Ann O’Halloran, Concordia University

The Development of Reliable Instruments for the Assessment of the Health Belief Model

Daniel Weigand, Bert Hayslip, Jr., and Peggy Richardson, University of North Texas; Robert Weinberg, Miami University

Development of the Child/Adolescent Exercise Log: A New Comprehensive and Efficient Self-Report Instrument

Anne Garcia, Mary Ann Norton Broda, Cynthia Coviak, Alicia Bryant, and Nola Pender, University of Michigan

Verification of Shorter Self-Motivation Inventories

Christina Jackson and Kenneth Kambis, College of William and Mary; Charles Jackson, Old Dominion University

Down-Sizing Mood States Assessments: When is Enough Enough?

Charles Jackson, Old Dominion University; Kenneth Kambis and Christina Jackson, College of William and Mary

Concerns About Weight and Use of Weight Control Methods Among High School Female Athletes

Virginia Overdorf and Kathy Gill, William Paterson College

Applying “Stage” Theory of Behavior Change to Exercise: A Replication and Extension

Joe Willis, Benjamin Layne, Sandra Owen, G.O. McCauley, and Mary Beth Elliott, Georgia State University

8:30 - 10:00 INTERVENTION/PERFORMANCE ENHANCEMENT WORKSHOP—COUNSELING WOMEN ATHLETES

Counseling Women Athletes: Issues and Strategies

Participants: Karen Cogan* and Trent Petrie, University of North Texas

8:30 - 10:30 INTERVENTION/PERFORMANCE ENHANCEMENT SYMPOSIUM—CONFLICT OR COOPERATION

Conflict or Cooperation in Applied Sport Psychology: Bridging the Gap Between Sport Science and Psychology Trained Professionals

Participants: Jim Taylor*, Aspen, CO; Lou Makarowski, Pensacola, FL; Steve Brennan, Omaha, NE; Wes Sime, University of Nebraska

Discussant: Ken Ravizza, California State University at Fullerton

8:30 - 10:00 INTERVENTION/PERFORMANCE ENHANCEMENT SYMPOSIUM—USE OF TECHNOLOGY

The Use of Technology to Enhance the Performance of Athletes

Participants: Dan Smith*, SUNY Brockport; Louis Csoka, USMA West Point; Evelyn Hall, University of Utah; William Straub, Sport Science International

10:00 - 11:30 INTERVENTION/PERFORMANCE ENHANCEMENT WORKSHOP

Strategies for Using Video to Enhance Athletic Performance

Participant: Bill Allyson*, University of Virginia

10:15 - 11:15 INTERVENTION/PERFORMANCE ENHANCEMENT WORKSHOP

A Mental Training Program for College Golfers

Participant: Glen Albough*, University of the Pacific

10:15 - 11:15 SOCIAL PSYCHOLOGY COLLOQUIUM

Psychological Response of the Olympic Team Alternate

Participant: Merry Miller, Calgary, Canada

10:45 - Noon HEALTH PSYCHOLOGY SYMPOSIUM

Exercise Therapy in the Treatment of PTSD: Potential for Use With Selected Populations

Participants: Lois Butcher*, Temple University; John J. Guerin, Delta Psychological Associates; Kate F. Hays, The Performing Edge
AAASP Spring EB Meeting: The Minutes

April 29 – May 2, 1993
Montreal, Quebec, Canada

Thursday, April 29

Board Members Present: Charlie Hardy (President), Jean Williams (President-Elect), Michael Sachs (Past-President), Kevin Burke (Secretary-Treasurer), Linda Petlichkoff (Publications Director), David Pargman (Health Psychology Chair), Al Pargman (Intervention/Performance Enhancement Chair), Penny McCullagh (Social Psychology Chair), and Elizabeth Hart (Student Representative).

1. Call to Order. The meeting was called to order at 8:30 a.m. by Hardy who welcomed all Executive Board members and the Business Manager to Montreal.

2. President’s Report. Hardy expressed his pleasure with the work that has been performed so far this year. He stated that AAASP is in Phase II of the developmental process. With this phase, management and leadership functions must be effectively integrated. Hardy expressed his special gratitude toward all Executive Board, Committee, and Task Force members. Hardy discussed and focused on the following “challenge areas”:
   a. economic impact—many issues such as dues, financial considerations, academic budget reductions, etc.;
   b. secondary tension—disciplinary parochialism; research-practice schism; and the generation gap;
   c. leadership pool—increase the leadership pool for AAASP offices;
   d. organizational image and assertiveness—AAASP must assert and present itself in a professional manner; and,
   e. growth management—Will the market support our growth? What is AAASP’s role in this process?

Hardy presented the Board with documents dealing with “long range planning” and the “leadership pool” for further discussion on Sunday. Hardy shared an abstract that supports the interaction of counseling and physical education in sport psychology.

3. Constitution. Petlichkoff led the discussion on necessary changes in the constitution. The Board went over several proposed changes in the constitution to be voted on at the conference. Discussion ensued on the clarification of the “fellow emeritus” status.

4. Organizational Manual. Williams led discussion on the needed changes in the organizational manual. She suggested that a “chronological” list of responsibilities supplement the position descriptions. These two formats would maximize a smooth transition of officers and enable the incoming officer to know both what needs to be performed and when these tasks need to be performed. Action: Williams requested that the Executive Board members submit another job description by September 1, 1993.

5. Cluster Groups Discussion. The Board separated into smaller “cluster groups” to facilitate discussion: Group 1 (McCullagh, Pargman, and Williams)—fellow reviews and conference issues; Group 2 (Burke, Petitchkoff, and Sachs)—publications, membership, finances, and secondary tension; Group 3 (Hardy, Hart, and McGinnis)—marketing, continuing education, and certification.

6. Adjournment. The meeting was adjourned at 11:45 p.m.

Friday, April 30

Lise Gauvin [Canadian Society for Psychomotor Learning and Sport Psychology (SCAPPS) representative] was also present.

7. Call to Order. The meeting was called to order at 8:30 a.m. by Hardy.

8. Approval of Minutes. It was moved (McCullagh), seconded (Sachs), and passed (9-0) to approve the October 27 to November 1, 1992 minutes.

Hardy led a review of the action statements concerning these minutes. All action statements had been completed.

9. 1993 Conference Report. Sachs made some general comments concerning some of the conference arrangements. Discussion ensued on the philosophy of the annual conference. Some of the goals/philosophies were of public relations, increasing membership, sharing knowledge, directions for leadership and planning, escape, socialization, fun, quality control, and to earn income for AAASP. Discussion ensued on the ways to fulfill these conference philosophies.

10. Funding to Recruit Conference Speakers. McCullagh suggested that the three section chairs be allocated a specific amount of money to solicit invited speakers (other than the keynotes) to speak in each section at the conference. It was moved (Williams), seconded (McCullagh), and passed (9-0) to allocate $300.00 to bring in Gaston Goudin to speak in the Health Psychology section at the 1993 conference. It was moved (Sachs), seconded (Pargman), and passed (9-0) that the three section chairs and the student representatives be allocated $300.00 each to bring in non-member keynotes to the conference.

11. Visit with Louise Dellaire, Canadian Visitors Bureau. Louise Dellaire was asked by the Executive Board for information to provide to the membership concerning “places and things to do” in Montreal.

12. 1993 Conference Final Program Report. McCullagh led a review of the 1993 conference program in Montreal. Discussion ensued on the scheduling and content of the various presentations. Specific discussion occurred concerning the timing of the Presidential Address, and conducting the Business Meeting. It was moved (Burke), seconded (Petitchkoff), and passed (9-0) that the incoming president give the Presidential Address at the beginning of the presidential term, rather than at the end of the term. For the 1993 conference both Hardy and Williams will give Presidential Addresses.

Discussion of the various task force requests for program time ensued. Possible pre-conference workshops relating to continuing education credits, and presentations relating to the topics of human diversity were also discussed. The Board also discussed ways in which to get a higher return rate of the conference evaluations.

13. Health Psychology Chair’s Report. Pargman thanked his HP committee for their review of the conference abstracts. Acceptance rate was near 85% for this section. The HP position paper (dealing with aids in sport and exercise) is being prepared by Arthur La Pierre. Rod Dishman will be the keynote speaker for the HP section.

14. Social Psychology Chair’s Report. There were 56 submissions to the SP section.
that included 4 symposia, 7 colloquia, 3 workshops, 17 lectures, and 25 posters. McCullagh shared her procedure for dealing with abstract submissions. McCullagh reported that no position paper has been developed for this section. Dale Schunk, of the Education Department at the University of North Carolina-Chapel Hill will be the keynote speaker for the SP section.

15. Intervention/Performance Enhancement Chair's Report. Petitpas reported an acceptance rate of around 80%. Mark Andersen has submitted a draft of the position paper on supervision for this section. Petitpas reported that the next issue of The Counseling Psychologist will be devoted to sport psychology. Terry Orlick will be the keynote speaker. Shawn McCann is completing a survey relating to the nature of sport psychology consulting opportunities.

16. Adjournment. The meeting was adjourned for lunch at 1:00 p.m.

17. Call to Order. The meeting was called to order at 2:30 p.m. by Hardy. Pargman had a previous engagement which required him to be unable to be present for the rest of the Spring Board meeting.

18. Student Representative's Report. Hart reported that she has organized sessions dealing with mentoring and alternative career paths in sport psychology in response to concerns raised at last year's student meeting. Hart discussed the desire to organize a group who had served AAASP in a unique manner. Sachs suggested having a special mailing concerning the upcoming conference.

Sachs suggested that some special items be offered for sale or given away at the conference. Discussion ensued as to what items would be appropriate for the membership and whether AAASP funds should be utilized for that purpose. It was suggested that sponsorship be sought to provide these items for the membership.

Conference registration fees were examined in relation to projected expenses. The overall total estimated expense for the upcoming conference was $45,000.00. Suggestions for ways to reduce the costs of the conference were discussed. Lengthy discussion of the per person conference registration fees ensued. The Executive Board discussed numerous ways to reduce the registration fees for both AAASP and SCAPPS members. Action: Sachs was charged with speaking with SCAPPS concerning the registration fees for the conference. Gauvin gave the Executive Board several suggestions concerning some of the operational considerations of the upcoming AAASP/SCAPPS joint conference. Gauvin left the meeting at 4:30 p.m.

20. Adjournment. The meeting was adjourned at 5:45 p.m.

Saturday, May 1, 1993

21. Call to Order. The meeting was called to order at 8:30 a.m. by Hardy.

22. Secretary-Treasurer's Report. Burke reported that the current total membership was 618 members. Professional membership was 331 (53%). Student membership was 285 (46%). There were 2 (1%) honorary members. AAASP has 254 (41%) female and 364 (59%) male members. The membership was also listed as 263 (43%) from the discipline of Physical Education, 306 (49%) from Psychology, and 49 (8%) from other disciplines. Members were mostly from the United States (536 @ 87%) and Canada (49 @ 8%). Seven percent (42) of the AAASP membership were of Fellow status. Nine percent (58) of the membership were Certified Consultants, AAASP. The current budget was reported at $79,427.47.

Burke reported that he had consulted with an accountant concerning the management of AAASP funds. The accountant suggested that the current handling of AAASP funds was appropriate for this type of professional, non-profit association.

Burke (Chair of the Computer Task Force) reported that the following individuals have AAASP-owned computers and printers: McGinnis—Macintosh SE (FDHD) computer & keyboard, and Hewlett Packard DeskWriter Printer; Burke—Macintosh SE (FDHD) computer & keyboard, and Macintosh Imagewriter II printer; Petlichkoff—Macintosh 2CI computer with 14 inch color display monitor & extended keyboard II, and Macintosh Laser printer; Duda—Macintosh 2CI computer with 14 inch color display monitor & extended keyboard, and Macintosh Personal LaserWriter printer; Williams—Macintosh SE (FDHD) computer & keyboard. It was moved (Burke), seconded (Sachs), and passed (8-0) that Burke purchase a Macintosh LaserWriter Select 300 for use in the duties of the secretary-treasurer's office.

The Executive Board gave suggestions as to ways to itemize the future conference income/expense reports even further. Burke discussed a preliminary plan to recruit new members to AAASP. Action: Burke was charged to bring a package to the 1993 conference that could be distributed to potential members of AAASP.

23. Publication Director's Report. Petlichkoff gave suggestions for new AAASP letterhead, size and type of paper for the newsletter, and the brochure. Petlichkoff suggested that there should be a publication that promotes the Certified Consultants, AAASP. The Executive Board discussed suggestions for ways to revise and improve the membership directory. It was moved (McCullagh), seconded (Petlichkoff), and passed (7-0, 1 abstention) that the size of the newsletter be reduced in size to 8 1/2 by 11 inches.

24. Business Manager's Report. McGinnis reported that next year's conference considerations have been narrowed down to Portland, Lake Tahoe, and Reno.

25. Past-President's Report. Sachs
thanked Hardy for his leadership and McGinnis for her work as Business Manager. Sachs asked for suggestions of discussion topics for the Past-President's breakfast. Some of the topics suggested were secondary tension and accreditation.

Sachs reported that The Sport Psychology Council is still in the process of determining a meeting time. Sachs suggested that The Sport Psychology Council meeting be held on the Wednesday before the conference. It was moved (Sachs), seconded (McCullagh), and passed (8-0) that the members of The Sport Psychology Council be provided with one night's lodging and meals for their meeting.

26. President-Elect's Report. Williams reported a tie for the Dissertation Award. It was decided that both persons would receive the Dissertation Award. The Dot Harris Award recipient has been selected. Discussion ensued that the reward should possibly be given to persons who have had the doctoral degree for no more than seven years. It was moved (Williams), seconded (Hardy), and passed (8-0) that the Dot Harris Award nominees be for persons who have had the doctoral degree for no more than seven years, rather than five years.

The Executive Board decided that the award recipients would receive plaques. Action: Sachs and Williams were charged with developing the wording of the plaques for the awards. Action: McGinnis was charged with purchasing and engraving the plaque. It was moved (Sachs), seconded (Petitpas), and passed (8-0) that both Dissertation Award recipients receive a $200.00 award.

Williams suggested that the 1995 AAASP conference be held in Williamsburg, Orlando, or New Orleans. Discussion ensued on the various possibilities of each site.

27. Adjournment. The meeting was adjourned at 11:30 a.m. for a brief lunch.

28. Call to Order. The meeting was called to order at 11:50 a.m. by Hardy.


Action: McGinnis was charged with getting bids from various publishers, as well as the current publisher.

The Certification Committee requested that the Executive Board allocate funds for a summer meeting of the Certification Committee. It was moved (Sachs), seconded (McCullagh), and passed (8-0) that the Executive Board allocate funds for the summer Certification Committee meeting. It was moved (McCullagh), seconded (Williams), and passed (8-0) that, in principle, persons representing the Certification Committee be sent to other organizations to explain AAASP's Certification Program.

The Ethics Committee requested that AAASP provisionally adopt the American Psychological Association's Ethical Principles and Code for one year period while the Ethics Committee considers sport-specific revisions. It was moved (Sachs), and seconded (McCullagh), and passed (8-0) that it is recommended to the AAASP membership follow the APA Ethical Principles and Code until AAASP develops its own specific ethical principles and code. Petitpas suggested that the Executive Board seek legal counsel in this matter of establishing an ethical principles and code. It was moved (Sachs), and seconded (Petitpas), and passed (8-0) that AAASP distribute the new APA Ethical Principles and Code to the AAASP membership.

30. Adjournment. The meeting was adjourned at 1:00 p.m.

Sunday, May 2

31. Call to Order. The meeting was called to order at 8:30 a.m. by Hardy.

32. Committee Reports. Reports from the "Continuing Education" committee and the "Human Diversity Task Force" were reviewed and discussed. Some discussion ensued on the purpose(s) and philosophies of continuing education and AAASP's position on human diversity. Some suggestions were given concerning the "survey on human diversity" questionnaire. The position statement on human diversity as prepared under the leadership of Debra A. Ballinger was reviewed. Action: The Executive Board charged the Human Diversity Task Force to develop a one page statement concerning appropriate language.

33. Conference Expenses. Sachs reported that McGinnis and he had re-quoted the conference expenses in relation to setting the registration fees for the 1993 conference. The estimated expenses were $46,125.00 for the conference. The estimated income for the conference was $53,495.00. Therefore, the total estimated balance for the conference is $7,370.00. These figures do not include dividing the expenses and income proportionality between AAASP and SCAPS. Also these figures are based upon conservative estimates on potential conference attendance.

34. President-Elect Strategic & Long Range Planning. Williams led a discussion of ideas, goals, and suggestions for her upcoming tenure as AAASP President. Listed as major goals were the adoption of a code of ethics and to market AAASP. Some other suggestions were to increase the Journal of Applied Sport Psychology to 3 issues a year, development of a grant program, increase the membership, resolve the question of accreditation, and to promote continuing education. McGinnis left the meeting at 10:45 a.m.

Much discussion ensued concerning "alternative" career paths and the mentoring of future sport and exercise psychology students. Action: The three section chairs (McCullagh, Chair) were charged to be involved in a task force to propose a grant program. Action: Sachs was charged with developing agenda items for the Sport Psychology Council.

The Executive Board members submitted names of potential members (leadership pool) who may be interested in running for offices in AAASP.

35. Closing Remarks. Hardy asked the Board members to comment on the efficiency and success of the Spring Executive Board meeting. Discussion ensued on the scheduling of the meeting and the accomplishments of the Board. Hardy thanked all of the Board members for their sincere efforts and time devoted to AAASP.

36. Adjournment. The meeting was adjourned at noon.

Respectfully submitted,
Kevin L. Burke, Ph.D.
AAASP Secretary-Treasurer
Section Reports

Intervention/Performance Enhancement

Final plans for the 1993 Montreal Conference are in the works and the program is shaping up. With over 60 quality submissions, the I/PE committee had a difficult selection process, but developed an exciting program reflective of the diverse interests included within our section. We are particularly honored in having Terry Orlick as our keynote speaker.

I would also like to extend an invitation to anyone interested in the I/PE Section to attend our open meeting during the conference. This is an excellent time to meet the committee members and share ideas. Please mark your calendar and get involved. We value your input and will do our best to address your concerns.

See you in Montreal.

Al Petitpas

Student

Greetings from Greensboro! Hopefully the summer months find you relaxing a bit and taking some time away from the school scene periodically. Many positive things have transpired since the last student section report. Most importantly, as the student representative, I am pleased to announce that both symposia developed in response to last year’s student meeting are actively being organized and the speakers for both symposia have been finalized (see Conference program schedule). In addition, I am planning an informal student social during the ‘93 Conference (to be held off-site), in hopes of fostering enhanced communication between the students and professional members.

Please note that this year’s student meeting will be held early in the program. I am fully aware that this scheduling may present problems for some of you because of the distance to travel, class schedules and so on. However, as reflected by last year’s meeting, it is important that we have as much time together as possible, if we want to have an impact on our organization. The reason for the early scheduling of the student meeting is two-fold. First, we only come together as an organization for a few short days a year. Therefore, it is believed that an early student meeting might stimulate concerns that can be addressed/discussed while at the conference. Second, it is vital that the incoming student representative has a large and active pool of energetic regional representatives to communicate with during the upcoming term. The sooner we communicate this need, the greater our chances of recruiting a strong group. It also seems reasonable that the earlier our meeting is, the better able we will be to address student issues through direct action, at the conference (e.g., interaction at the student social), and early in the new student representative’s term (i.e., as the newly elected Executive Board takes over).

Many of you have expressed an interest in working at the registration table, as this offers an excellent opportunity to meet other student and professional members. Currently, I am working with our business manager, Boodie McGinnis, to develop a lottery system for selection of our workforce. Please feel free to contact me if you are interested in applying for this lottery (919) 370-4886. Also, please remember that other opportunities exist for you to network, specifically, at the conference banquet.

I’m looking forward to a great conference. Thanks go out to all of you who gave me great ideas over the year which stimulated many of the upcoming conference offerings.

Liz Hart

Social Psychology

The Social Psychology Committee (John Noble, Maureen Weiss, Neil Widmeyer and Diane Wiese-Bjornstal) was pleased with the submissions for this year’s conference and accepted 3 workshops, 7 colloquia, 4 symposia (one invited), 11 lectures and 31 posters.

All of the Program Chairs met in Montreal to literally cut and paste the program and I think we made some advances in trying to integrate some sessions that may be cross-sectional. For example, we will have an entire afternoon dedicated to Psychology and Injury. Since all three sections had submissions in this area, we grouped the presentations in an attempt to enhance some interactions. We also did similar groupings with Cultural Diversity issues and Qualitative Research considerations. It is my hope that we will continue to improve interactions between our sections by facilitating such groupings at future conferences.

Although I did not organize “Meet Your Members” this year, (If I receive enough complaints, perhaps we can talk the new Social Psych Chair into doing them again next year), I did organize some cross-sectional roundtables. These roundtables are currently scheduled to occur on Friday over the lunch hour and will be limited to small groups. You can sign up in advance by contacting me on E-mail “McCullaghP@CUBLDR.COLORADO.EDU” or by leaving a message on my voice mail (303-492-8021). If you forget to do this, you can also sign up at the registration desk at the conference.

Roundtables:
Aggression in Sport: Wayne Halliwell, John Silva, Neil Widmeyer
Motivation in Sport & Exercise: Rod Dishman, Joan Duda, Maureen Weiss
Burnout in Coaches and Athletes: Dan Gould, Betty Kelley, Eileen Udry

This year we will have an invited symposium entitled: “Testing...Testing...Where is Sport Psychology?” by Tara K. Scanlan, University of California, Los Angeles and David G. Russell, University of Otago. This thought-provoking symposium will have us reflect on whether we are merely using psychological theory and applying these to sport, or whether we are indeed developing new knowledge in our field. The presenters will then share how they moved from quantitative data collection to qualitative data collection to test the beginning of a sport-specific theory. They will share the interview techniques they have used with two elite sport teams in New Zealand (the All Blacks men’s rugby team, and the Silver Ferns, women’s netball team). The symposium is designed with both the researcher and applied sport psychologist in mind.

Penny McCullagh
Constitutional Amendments

1. Modify Article X, Section 1, regarding publications.

**Change the Statement:** “There will be three newsletters a year: winter, spring, and summer.” to “There will be three newsletters a year: winter, summer, and fall.”

**Rationale:** The changes reflect current procedures.

2. Delete from Article IV, Section 2, regarding fellow criteria:

Under the fellow criteria, delete: “(during the first and second year of the Association only one or two years, respectively, will be required)”

Under the criteria for fellow emeritus, delete: “(At the outset of the Association, the person will have to be a fellow for a minimum of only one year and this will increase each successive year by a year until the Association has been in existence for five years)”.

**Rationale:** Due to the age of the Association, the statements are no longer relevant.

3. Modification to Article VI, Section 4, regarding election procedures.

In the following statement: “The Winter Newsletter will request Association members send to the secretary-treasurer their recommendations for possible candidates to run for the offices eligible for election. The Executive Board at its spring meeting will evaluate the recommendations and determine a slate of two individuals for each office. Members will be emailed an election ballot in the Summer Newsletter which must be returned in September to the secretary-treasurer.” delete: “Winter,” “spring,” “Summer,” and “in September” and change: “secretary-treasurer” to “appropriate Executive Board member.”

Delete: “Nominees for the office of president-elect, section chair, and student representative shall submit a brief biography and position statement. All other nominees shall submit only a biography.” and add: “All nominees shall submit a brief biography and position statement.”

**Rationale:** The old Constitution does not reflect currently used position statement procedures. Changing to not naming a specific Board member responsible for voting procedures allows future Boards more flexibility in determining job descriptions.

4. Modifications to Article VI, Section 5.

Delete from the Secretary-Treasurer responsibilities: “tabulate all nomination and election results,” “sending out membership renewal forms,” and “publishing a membership directory” and change: "coordinating registration procedures for the annual conference." to “assist in coordinating registration procedures for the annual conference.”

**Rationale:** New wording reflects current responsibilities.

5. Modification to Article VIII, Section 4.

Change: “AAASP Certified Consultant” to “Certified Consultant, AAASP.”

**Rationale:** Change reflects the approved title.

6. Modification to Article X, Section 2.

From the statement: “Regular (non-charter) member fees will include receipt of the journal,” delete: (non-charter).

**Rationale:** The term is no longer appropriate.

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**Book Review**

**Advances in Sport Psychology**
by Thelma S. Horn (Ed.), Miami University, Champaign, IL: Human Kinetics Publishers, 1992

**Reviewer:** Stacie M. Spencer, Northeastern University

Advances in Sport Psychology is a text written for the graduate student and researcher oriented towards sport and exercise psychology. Thus, the density of the chapters tends to exceed the needs of the undergraduate and the focus on research discourages use as an applied text. As an edited text, Advances in Sport Psychology illustrates the advantages of combining the efforts of leaders within a field. Each chapter reflects the expertise and the energy devoted by the individual chapter author(s). As is the case here, this approach typically results in more clearly written and comprehensive chapters as compared to the traditional one or two author approach. As a textbook, Advances in Sport Psychology does not provide a comprehensive introduction to the field; however, each chapter provides a good summary of the literature, issues, and future directions relevant to that topic. Thus, use as a textbook may require supplementation.

The authors have adhered to a stylistic format that is often lacking in edited texts. Each chapter begins with definitions of and distinctions between relevant concepts followed by critical analyses and syntheses, rather than mere summaries, of the available literature, and ends with a discussion of future directions for research. The reference sections following each chapter are remarkably extensive and complete providing the reader with a handy record of the historical and contemporary literature available.

The reviewer recommends making the preface and the overviews of each section assigned reading. Horn is commended for her ability to write to the student with terminology and definitions that can be understood before taking a class in sport psychology. Horn emphasizes the “academic” rather than “applied” nature of the text, the role of research in a field of science, and the understanding of the empirical basis for applied work. At the beginning of each section, Horn takes the opportunity to

Continued on page 27
Welcome to the first installment of Considering Ethics (or whatever the title is) in the AAASP Newsletter. The purpose of this column is to create a dialog among our membership concerning ethical issues, questions, and dilemmas. My hope is that this dialog will serve to raise our awareness of ethical concerns and provide a forum for AAASP members to deliberate about ethical principles and guidelines for our organization. I have three goals in this first column. The first is to review briefly the often-cited argument for a profession’s consideration of ethical issues and the importance of adopting an ethics code. Second, I will summarize recent activities of the AAASP Ethics Committee and present the specific challenges that the committee will tackle in the next few years. Finally, I will present my ideas for this column and invite the membership to become involved in the dialog for future installments of Considering Ethics.

Why an Ethics Code?

Since its inception, our organization has been dedicated to the professionalization of sport psychology. The very impetus for AAASP’s creation was to bring together sport scientists and psychologists interested in the issues surrounding the application of the sport sciences. As we establish ourselves as a profession, we must attend to both the privileges and responsibilities of being a profession. Privileges derive from society’s agreement to accept our designation as a group of trained individuals possessing specialized knowledge and, therefore, the power implicit in this knowledge. Our responsibilities, in turn, result from the society’s trust that the profession will regulate itself to do no harm, and to govern itself to ensure the dignity and welfare of individuals and the public. To maintain this status, professional organizations must develop and enforce guidelines that regulate their members’ professional conduct. Ethical principles are one such set of self-regulatory guidelines. These principles, written as an ethics code, guide professionals to act responsibly as they employ the privileges granted by society. A profession’s inability to regulate itself violates the public’s trust and undermines the profession’s potential to be of service to society.

Ethical codes of conduct that professions adopt are based in the values of the society. Consequently, these values include the balance between the rights and privacy of the individual and the general welfare of society. Each profession must determine its social function. Then, the profession must develop a set of guiding principles that define the standards for professional practice. Of course, no set of principles can anticipate all situations that arise in the application of a profession’s practice. However, useful principles should provide guidance when problems or dilemmas arise. These principles should also pro-actively direct the actions of its members. If this is accomplished, these principles will ensure society’s trust in the profession.

AAASP Ethics Committee

In 1987 the AAASP Ethics Committee was established to address the need for organizational and professional ethical guidelines. After considerable deliberation, this committee recommended that AAASP adopt the American Psychological Association’s (APA) 1981 Ethics Standards for Psychologists. One reason for choosing this particular ethics code was the APA tradition for holding high standards for the practice of psychological service delivery. Another persuasive reason was that this code addressed many issues that AAASP members appeared to face. It was agreed that the activities of our members closely parallel the activities of psychologists. Consequently, our ethics code should be similar to the APA model.

As certification passed and the profession grew, our membership began to debate whether sport psychology activities required a distinct set of ethical principles that focused on athletes and athletic settings. To focus this debate, the chair of the Ethics Committee, Al Petitpas, initiated a 1990 study of AAASP members’ experiences and attitudes about various ethical problems or dilemmas faced in their professional practice. Issues related to confidentiality and privileged communication, the acceptability of promotional efforts, concerns about the boundaries between the professional and the athlete or sport organization, and problems in clarifying roles when working within an organization emerged as concerns.

These reports, plus the various ethics discussions at the last year’s AAASP conference, emphasized the need for continued examination of our ethics code. Last fall, Charlie Hardy saw this need and identified ethics as one of the organization’s internal agenda items. He asked Andy Meyers and Dan Gould to co-chair the Ethics Committee. In turn, Andy and Dan asked Bonnie Berger, Edward Etzel, Bill Parham, Kirsten Peterson, Robin Vealey, and myself to serve on the committee. Based on Charlie Hardy’s call, the committee established four primary goals: (1) to articulate a set of ethical principles and guidelines for the organization; (2) to develop on ongoing educational agenda; (3) to develop a resource to assist the membership in the identification and solution of ethical dilemmas; and (4) to develop a system for handling ethical problems and complaints.

Efforts to accomplish these goals have begun. A set of recommendations has been made to the AAASP board. Included in these recommendations was the committee’s call that AAASP members adhere to the 1992 version of the APA’s Ethical Standards for Psychologists for one year or until modifications for a sport-specific code can be developed. At the spring Executive Board meeting, the Board recommended that AAASP members follow the APA code until the AAASP code is adopted. Information about the APA ethics standards will be distributed to the membership for comment and modification over the next few months. The committee is also sponsoring three presentations at the 1993 conference. These presentations will serve to “pilot” several of our major tasks. In one presentation, Al Petitpas and colleagues will present the data from the Ethics Committee survey and Robin Vealey, and I will debate with the membership the need for a set of sport-specific ethical guidelines. A second presentation, directed by Ed Etzel, will present and discuss several sport-related ethics cases. The third session, chaired by Dan Gould, will focus on professional issues that have an impact on ethical behavior. We hope that the conference will provide a “bottom-up” approach to the initial stage of accomplishing our four goals. Membership involvement and feedback will help us ensure that we identify the issues relevant to our profession.

In future installments, I hope that this column will create and promote a dialog...
Understanding Flow State and Factors Influencing the Occurrence of Flow in Elite Athletes

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Performing in an optimal state, where mind and body "connect," is the dream and goal of champion athletes. Understanding optimal states is important for those with an interest in attaining peak performance, since it appears that this experience of "everything coming together" is associated with performing at one's best. The concept of flow as described by Csikszentmihalyi (1990) has aided understanding of optimal states and has started to receive more attention from sport psychology researchers (e.g., Jackson, 1992a; Kimiecik & Stein, 1992). Understanding the experience of flow in the sport and exercise setting is the goal of the present author. A recently completed investigation into flow states (Jackson, 1992b) in elite athletes led to an in-depth description of the experience and identification of factors that influenced the occurrence of flow in these performers.

Twenty-eight elite-level athletes from seven sports were interviewed to gain insight into the question: What does being in flow mean to athletes? Further, what factors do athletes perceive make it more or less likely that flow will occur and to what extent are such factors seen as controllable? It is not the intention of this article to discuss the results of this research (currently being written up for submission into sport psychology journals); however, an attempt will be made to draw out some of the more practical implications that may have application to other athlete populations.

The idea of an optimal experiential state while performing in sport has been given such popular terms as being "in the groove," "in the zone," even "in flow," but just what being in flow means for the athlete has not been clearly identified. Csikszentmihalyi (1975) has described flow as a state where there is complete involvement of the person with the activity, where there is the experience of a unified flowing from one moment to the next. Through years of studying flow, Csikszentmihalyi (1990) has developed and expanded upon several defining characteristics of flow. The eight distinguishing characteristics of flow most recently described by Csikszentmihalyi include: a challenge-skill balance, a merging of action and awareness, clear goals, unambiguous feedback, concentration on the task at hand, exercising control, loss of self-consciousness, and transformation of time. The result of these "elements of enjoyment" is an autotelic experience, a sense of deep enjoyment that is so rewarding that people feel that expending a great deal of energy is worthwhile just to be able to have the experience.

The characteristics of flow just described have been found to be accurate descriptors of the experience of flow in several studies involving interviewing athletes about their understanding of flow (e.g., Jackson, 1992a, b). Themes arrived at through inductive content analyses that described the flow experience for these athletes include such descriptors as: "felt easy," "complete task focus," "totally relaxed," "enjoying experience as it occurs," "totally absorbed in what I’m doing," "endless supply of energy," "leaves you feeling great," "things happening automatically," and "nothing else enters awareness,"

It should not be forgotten that flow is a process, and it is the experiencing of several characteristics (such as those described above) together which make the flow experience so special. The process of flow is described by this swimmer:

Where I've been happiest with my performance, and I’ve felt sort of one with the water, and my stroke, and everything... I was really tuned into what I was doing. I knew exactly how I was going to swim the race, and I just knew I had it all under control, and I got in and ah, I was really aware of what the whole, of what everyone in the race was doing... and I was just totally absorbed in my stroke, and I knew I was passing them all but I didn't care. I mean it's not that I didn't care, I was going, "Oh, this is cool!" And just swam and won, and I was totally in control of the situation. It was really cool.

The word "flow" is an apt descriptor of this state of optimal functioning and was chosen by Csikszentmihalyi (1975) because people he interviewed used the term in their own descriptions of times when they acted with total involvement. The word flow is a succinct way of expressing the seemingly effortless movement characteristic of this experience. The following quotation by a triathlete illustrates this well:

Well, you don't feel pain. You don't feel as if you're going too hard, or too softly, you just flow. Just flowing, you can't feel yourself breathe. It's not a laboring. It's really efficient, you feel as if you're being really efficient. And you feel like you are a motor, you are a machine. But you're controlling your machine.

This athlete continued with the motor analogy to describe the idea of efficiency and ease of performance that accompanies flow:

It's like being in a state of suspension— you judge the correct pace for your fitness level, sort of psychic. It's like you've turned the car off and it's just going down the hill, you're not using any engine. You don't feel like you're using up your fuel.

The flow state is obviously special to the sport experience of athletes. I have attempted to understand factors that may influence its occurrence to bring greater clarity to the psychological antecedents of flow states in sport. Practical implications from studying the flow experience in-depth with elite athletes are forwarded here as working hypotheses (Lincoln & Guba, 1985) that may help other athletes understand, be aware of, and achieve more often, this optimal state called flow. The ideas to be presented are likely to be most relevant to elite or high level athletes because these were the populations from which the findings were drawn. However, it may be that applications to other athletic and exercising populations can be made, I welcome comments in this regard.

First, flow is an important state to athletes, as evidenced by their descriptions of what it is like to be in flow. Awareness of flow state, as a term, and as an experience, could be greatly increased through professionals in sport psychology making it a more central topic in their intervention work with athletes and coaches. Flow needs to be demystified and presented to athletes as an optimal mental state that they have the potential to achieve through relevant mental preparation. An important finding from interviewing elite athletes is that most of the factors they identified for helping them get into flow (and for preventing flow) were perceived as being within their control (Jackson, 1992a, b).

Several mental skill areas can be focused on as areas of development to make the flow state more likely to occur. Two skills in particular stand out: relaxation and concentration.

In fact, a good way of expressing flow state comes from combining these two words: Relaxed Concentration. Another
important area arising from the dimensions of flow analysis is that of enjoyment. While enjoyment is not a mental skill per se, it is dependent on the creation of an environment conducive to its expression, and this environment can be positively set up to enhance flow. Attention should be paid to creating an environment where challenges and skills are balanced at a level slightly above the athlete’s personal average. Change can thus occur at two levels, modification of the challenges, or change of perspective so that skills can be perceived differently. Confidence is relevant here and, as evidenced in this study, is central to flow.

One of the most important mental skills relevant to flow that emerged from studying the experience of elite athletes is confidence. It is only when an athlete is sufficiently comfortable with his or her skills that attention can be taken off one’s self-performance of a task and put completely into the task itself. For this to occur, the athlete needs to perceive the task as one he or she can successfully complete, so that the challenge–skill balance occurs. Then, self-consciousness can disappear, focus can be directed entirely toward the task, and total absorption into the activity can facilitate flow. Confidence appears to be an area of skill development relevant to athletes at all levels, since those athletes most likely to possess confidence, the highly elite, do not always portray unshakable confidence. Confidence is a skill that may need continual work throughout an athlete’s development, so that the perceived skills can be kept in balance with the ever-increasing challenges.

Besides relaxation, concentration, enjoyment, and confidence, there are several other areas that can be focused in areas of development and/or attention. Motivation to perform seems to influence athletes’ ability to get into flow. The challenge–skill balance may be the most relevant area to focus on to help ensure that an athlete is optimally motivated. Attention to the challenge–skill balance will also influence arousal level. The level of arousal also needs to be at an optimal level for the individual, and exercises to either increase or lower arousal levels may need to be practiced by the athlete.

Precompetitive plans, competitive plans and preparation are important to enhancing the potential for flow to occur. It is important that in the time leading up to performance, athletes are doing what they need to do to feel ready. Focus should be increasingly narrowed onto the performance, and this can only occur when all the organizational and mental preparation facets of the upcoming performance are attended to in an appropriate time frame. A clear plan for the performance is also important, allowing focus to be directed totally toward the doing, and bypassing the “thinking” about doing, level of performing.

Preparation goes back beyond the precompetitive stage. An athlete needs to be physically ready for the performance, and this involves months, even years, of purposeful, systematic training. At the high level of competition elite athletes participate at, the “skill” is no longer just being able to master the task, but being able to push the body to levels requiring incredible physical preparation.

The feeling of the performance is another factor influencing flow state. To increase the chances of one’s performance feeling good, attention needs to be paid to all the cues that the athlete can refer to while performing that tells him or her whether he or she is “in sync” with the performance. This becomes part of the preparation factor, both at the physical and mental level of preparation.

Environmental/situational factors appear to be highly relevant to the achievement of flow state. Many of these factors are uncontrollable or “givens” in any particular performance, and so the best an athlete may be able to do if conditions are not optimal is to quickly and effectively make adjustments to increase the chances of flow occurring, or to get back into flow if it has been disrupted. Development of mental skills such as relaxation, concentration, and refocusing are critical in this regard. Part of the environmental/situational influences can also be controlled through preparation plans. For example, if a particular relationship causes an athlete stress, and emotional stress negatively affects the athlete’s ability to get into flow, then the ability of this relationship to cause stress close to the athlete’s competition should be reduced by distancing the athlete from this relationship if necessary.

Another somewhat uncontrollable influence on an athlete’s ability to get into flow is the team influence. Ideally, attention should be focused toward helping the team as a whole, and all its members to achieve flow. If this is not possible (e.g., if a sport psychologist is working with only one athlete within a team), then the disruptive influence that team factors can have on the athlete’s ability to get into, or remain in, flow, should be minimized. This can be achieved by specifying what the negative influences are, and then working on developing the appropriate mental skill to negate their influence. For example, if an athlete gets distracted and upset by a teammate’s criticism, the athlete can work on his or her own ability to either block out, or re-frame this criticism, and on his or her ability to de-focus. For certain sports, achieving flow may be dependent on the team being in flow, or at least being in focus. Rowing crews and cyclists competing in team pursuit events are two examples where team interdependence is critical and may be necessary if flow is to occur. Because the occurrence of flow can be limited by the team and other uncontrollable factors, it is probably important to foster realistic expectations in athletes concerning the likelihood of achieving flow on a regular basis.

To conclude, the factors presented here are among those found to be most important to the experiencing of flow by elite athletes. The understanding of, and perceived importance attached to flow by these athletes showed clearly the centrality of flow state to optimal performance and experience in sport. This is how one athlete expressed the significance of flow:

Flow...is what gives you the buzz to keep doing what you're doing. Keep doing the sport. Because, once you've done it, once you've got it, then it just lifts you. Once you lose it, then it can be a real slog for a long time till you've got it back again. And once you've got it back again and you're just grooving along, everything's going well, you know, that's great. That's just what you want it to be.

Flow is what performing to one’s potential in sport is all about. Hopefully, with continued elucidation of the flow experience and factors underlying its occurrence, sport psychology researchers and practitioners can help athletes better understand flow state and what they may be able to do to help create the conditions for flow.

References
Part III, Social-Environmental Influences and Sport Behavior, includes chapters on group dynamics by N. Widmeyer, L. Brawley, and A. Carron, leadership effectiveness by T. Horn, and sport socialization by S. Greendorfer. Again, the chapters in this section are thoroughly written. Of particular note is Greendorfer’s chapter on sport socialization, in which the distinction is made between socialization into and socialization through sport with special attention paid to age and gender differences. Also addressed is the process of desocialization, when the athlete leaves sport.

Part IV, Intervention Techniques and Sport Behavior, includes chapters on imagery and mental practice, by S. Murphy and D. Jowdy, attention and athletic performance, by S. Boutecher, and goal setting, by D. Burton. Murphy and Jowdy make an important distinction between imagery and mental practice and present the inconsistent findings in the imagery-performance literature. Also presented are the theoretical explanations for the effects of mental practice and applied issues. Burton discusses the “Jekyll/Hyde” nature of goal setting; the importance of proper goal setting and the danger of improperly set goals. Attention is paid to goal orientations, goal setting styles, goal responses, ability inferences, and motivational consequences as well as specific goal attributes (specificity, difficulty, proximity, etc.).

As stated earlier, this textbook is not a comprehensive introduction to the field, as it is missing topics such as aggression in sport and athletic injury. Regardless of what is missing, the topics included are covered thoroughly and offer the graduate student a solid foundation, and of equal importance, a sense of the issues at hand plus a wide array of research possibilities.

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Considering Ethics
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about issues. This dialog will be among you, the membership. The format and focus may shift. The content, I hope, will span various ethical concerns and include diverse perspectives. If you have an ethical dilemma that you would like to see addressed, send it to me. Depending on the dilemma, I may have Ethic Committee members respond to the dilemma or I might call upon an ethics “expert.” If you would like a forum for your opinion on an ethical issue, please write or call me. I will attempt to present your opinions within a debate with other members.

I challenge you to create this dialog and to contact me with your ideas, concerns, and questions. I can be reached at the Department of Psychology, Memphis State University, Memphis, TN 38152 or (901) 678-2147. While I will honor requests for anonymity, I ask you to include identifying information for me so that I can ensure that I fully understand the relevant issues. I look forward to hearing from you.
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