1996 AAASP CONFERENCE SETS RECORD ATTENDANCE!!!

634 Attendees from 23 Countries

Maureen Weiss
President

Passionate Collaboration... Toward Achieving Our Common Goals

First and foremost, let me say that I am honored by the privilege of serving the AAASP membership and will strive to follow in the footsteps of each of our previous presidents who have made many significant achievements. It is clear that many, many individuals contribute to the success of this organization through the executive board, standing and ad hoc committees, journal and newsletter editors, and volunteers who unselfishly give of their time. To continue the impact that AAASP has had on the field, and to make a quantum leap into the millennium, our passionate collaboration efforts are crucial.

Issues Facing the Millennium

In my presidential address, I identified two "higher-order" themes identified by previous AAASP presidents. These were: (a) enhance the applied sport psychology knowledge base, and (b) enhance professional development and image. Enhancing each of these areas is critical for sustaining our commitment to the scientist-practitioner model and for propelling the field of applied sport and exercise psychology forward into the coming millennium. However, it is imperative that we engage in passionate collaboration; that is, a mutual commitment toward our goals despite our differing perspectives as academics or consultants, or in our training in the discipline of kinesiology or psychology. We must work together toward achieving professional development goals.

I urge each and every member to seek the knowledge that will allow them to make informed decisions about major issues facing AAASP and the field of sport psychology, as well as their own education and careers. A great deal of information about how AAASP is run, the numerous ways in which many individuals contribute to the organization, and the many outstanding achievements of previous presidents is contained in newsletters via presidential messages, committee reports, and executive board minutes, as well as documents such as the certified consultants brochure, the constitution, and the ethical guidelines and principles. I urge new and continuing members to inform themselves thoroughly to gain a proper perspective when new or revisited issues arise.

Enhance the Applied Sport Psychology Knowledge Base

Three major areas upon which I believe we need to focus our efforts in the coming millennium were synthesized in the acronym MIN... for Measurement, Intervention, and Lifespan. These topics are salient ones for both applied researchers and practitioners, and ones that require more frequent sustained attention from us in the future. I was pleased to see several measurement-related papers at the conference, and I encourage researchers and practitioners alike to work together in validation efforts, learning and implementing alternative

Weiss, Continued on Page 8.
1997 AAASP Structure

President-Elect
Leonard Zaichkowsky

President
Maureen Weiss

Past President
Penny McCullagh

Publications Director
Dale Pease

Secretary-Treasurer
Vikki Krane

Student Representative
Shelley Weichman

Intervention/Performance
Enhancement
John Salmela

Social Psychology
Bob Brustad

AAASP MEMBERS

Important Upcoming Dates to Remember:

January 29, 1997
Winter Newsletter deadline.

February 1, 1997
Payment of AAASP dues must be made.

February 15, 1997
1997 Research Grant Proposals due.

February 15, 1997
Dissertation Award Applications due.

February 15, 1997
Dorothy V. Harris Award Applications due.

March 1, 1997
Fellow Applications due.

Receiving AAASP Mail Outs?

A number of people have reported not receiving the newsletter and other mailed AAASP materials. If this happens, please check with Vikki Krane (Secretary-Treasurer) to determine if your membership is current, and if she has your correct address on the membership list. Prior to a mail out the Publications Office receives mailing labels from Vikki Krane's office, and we mail to everyone we have a label for. We do not keep a membership list in the Publications Office, so please check with Vikki Krane first. If your address changes, please notify her as soon as possible so you do not miss a mailing.

Renew Your Membership

Renew your membership for 1997 NOW. Please be advised that membership renewals received after February 1, 1997 will be assessed a $25.00 late charge.

Call for 1997 Research Grant Proposals

This will be the fourth year that AAASP has funds available to sponsor research grants. Preference will be given to proposals that:

1) clearly integrate material from at least two of the sections of AAASP (Social Psychology, Health Psychology, Intervention/Performance Enhancement);

2) integrate research and applied practice; and/or,

3) require money to conduct a worthy project and funding resources are not available.

Budget requests can range from $250 to $5,000. Total funding for 1997 equals $5,000. Applicants must have been a continuous member of AAASP for at least three years. If students do not meet this criteria, they should co-author the proposal with a professional member. Deadline for receipt of application is February 1, 1997.

To receive application forms please contact:

Maureen Weiss
AAASP President
Exercise and Movement Science Department
University of Oregon
Eugene, OR 97403 - 1240
E-mail: mw@oregon.uoregon.edu

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FROM THE PUBLICATIONS DIRECTOR
Dale Pease

I want to thank Tara Scanlan, conference coordinator and Neil Widmeyer, senior section head and program coordinator, and all the folks that worked with them to provide an outstanding conference. GREAT JOB!

At the conference I was able to meet a number of people and to encourage each one to submit information for publication in the newsletter. We do need your help in trying to stay on top of what is happening in sport and exercise psychology so we can effectively communicate with the membership. It is YOUR newsletter and the more you help us, the better it will serve the membership.
1996 Conference Report

WILLIAMSBURG, 1996: THE YEAR OF INTERNATIONALITY

A SMASHING SUCCESS!!!!
Leonard Zaichkowsky
President-Elect

It is indeed a pleasure to report on the 11th annual conference of AAASP. What a smashing success! This can be confirmed in many ways. First we had a record turnout of 634 members smashing our 1995 record of 500+. And what an appropriate theme - "Internationality" in historic Williamsburg, Virginia. Special thanks are in order for Tara Scanlan and the Executive Board for embracing this theme and including so many outstanding overseas sport psychologists in the conference. I trust this focus will become "standard" in the future.

At any rate, I heard a lot of wonderful accents and languages spoken at the Williamsburg conference. So, "thank you" to our overseas colleagues for enriching our conference, we trust that you will stay with us.

Actually, things started before Lew Hardy's lecture. Tuesday night three different continuing education workshops were held which continued through Wednesday morning, all with great success. Wednesday afternoon I experienced one of my personal highlights, an opportunity to take part on my 11th annual AAASP golf tournament which was held at the Golden Horseshoes Golf Course. Kelley Crace, who graciously arranged for this outing, told us that it is called the "Augusta of Virginia." For those of you who missed out on this experience, you truly missed something spectacular on a truly picture perfect day. That is probably as close as I will get to Augusta. I trust the tennis players had a similar experience of "flow" Wednesday afternoon.

Lew Hardy of the University of Wales started things off with a most provoking Coleman Griffith Lecture on Wednesday night. But this was just the beginning of the international speakers. Thursday morning we heard about activities in Spain, Korea, New Zealand, England, Norway, Sweden and Russia. Later we heard from folks from as far away as Australia, Japan, Portugal, France, Austria, Switzerland, and a host of other nations. Twenty-three in all were represented. Some of my colleagues believe that Massachusetts is a foreign country - like Canada... perhaps it is the accent.

Many of you have shared with me your personal highlights and these included, in particular, the keynote papers by Dr. Neville Owen (Health Psychology), Dr. Stephen Zaccaro (Social Psychology), and Dr. Cal Botleril1 (Intervention/Performance Enhancement). I attended as many symposia, workshops, lectures, and poster sessions as I could and was impressed with the quality of the contributions this year. Let's keep up the good work! Thank you Neil Widmeyer and program reviewers for an outstanding job of selecting abstracts and organizing papers by themes.

Congratulations are also in order to Judy Van Rauhalo for being awarded the Dorothy Harris Memorial Award and Thomas Raedeke for winning the 1996 Dissertation Award.

Our conference is only as good as the contributions of our membership, so "thank you" to all of you who made contributions, not only those of you who shared your research and applied work, but also those of you who helped run the conference. Please do not hesitate to provide the Executive Board with additional feedback on suggestions for future conferences. Our next stop is San Diego and the Catamaran Resort Hotel, September 24-28, 1997 (no, not 1996, Penny!) MARK THAT IN YOUR CALENDAR! We will see you there.
New Executive Board Members

Dr. Leonard Zaichkowsky
President - Elect

Dr. Zaichkowsky is a Professor of Education in the Department of Counseling Psychology and Human Movement at Boston University. His Ph.D. is from the University of Toledo. He is a licensed psychologist in Massachusetts and is certified as a biofeedback practitioner by the Association for Applied Psychophysiology and Biofeedback. He has extensive experience as a sport performer, coach, and official, and as an educator/researcher/consultant in sports psychology.

Dr. Bob Brustad
Social Psychology Section Chairperson

Dr. Brustad is an Associate Professor in the School of Kinesiology and Physical Education at the University of Northern Colorado. He received his Ph.D. from the University of Oregon with a focus in the social psychology of sport and physical activity. He serves as a consultant for a number of sport teams.

Shelley A. Weichman
Student Representative

Ms. Weichman is a doctoral student in Clinical Psychology at the University of Washington, studying under Dr. Ronald Smith and Dr. Frank Smoll. She received her M.S. in exercise science from the University of Arizona studying with Dr. Jean Williams. She is a research assistant in the athletic department where she does performance enhancement consulting with student athletes.
Awards & Announcements

Call for 1997 Dorothy V. Harris Award Nominations

AAASP is pleased to accept nominations for the Dorothy V. Harris Memorial Award. The Award acknowledges the distinguished contributions of Dot Harris to sport psychology by recognizing the efforts of an AAASP scholar/practitioner in the early stage of his/her scientific and/or professional career. The Award may not always be given annually. When given, the Award consists of a plaque, a $200 research grant, and a waiver of the registration fee for the conference in which the award is announced. Also, the recipient gives a 20-30 minute presentation summarizing his/her research/development activity during that conference.

The recipient of the Award must meet the following criteria:
1. received a doctoral degree no more than seven years prior to nomination;
2. made significant contributions to AAASP through presentations, publications, and/or involvement on committees; and
3. demonstrated a record of scholarship that clearly establishes the individual as a leading scholar/practitioner when compared to a group of people at similar stages in their academic careers.

Evidence for this national/international distinction might include the innovation of the person's work, the impact the work has on the field of sport psychology, or the importance the work has in an applied setting. In all cases, the collected works of the individual should exhibit quality contributions that are both theoretical and practical and that have been subjected to critical review of established scholars/practitioners in the individual's area of expertise. AAASP members who feel qualified can nominate themselves and are encouraged to do so. In addition, AAASP members are encouraged to nominate qualified individuals for this Award. The letter of nomination should be accompanied by three copies of the following:

Dorothy Harris Award, Continued

Call for 1997 AAASP Dissertation Award Applications

Applicants for the Dissertation Award (assuming submissions met the standards set for the award) must meet the following guidelines:
1. complete a dissertation between 1/1/96 and 12/31/96 on a topic involving exercise and/or sport psychology;
2. membership in AAASP for the application year and year preceding application;
3. submit one copy of the entire dissertation;
4. provide five copies of a long abstract including, study purpose, method, results, and discussion. Up to three single spaced pages may be submitted;
5. include a letter of support (two pages maximum) from the chairperson of the dissertation committee and a signed cover sheet (used by universities and signed by dissertation committee members indicating acceptance and completion of dissertation work) with the application. No dissertation committee members will have direct involvement with any of the dissertations. Initial screening consists of blind review of the abstracts; final screening adds the letter of support, and an evaluation of the entire dissertation. The evaluation criteria equates to that used to review manuscripts for the Journal of Applied Sport Psychology.

Deadline for receipt of all material is February 15, 1997. Address questions to Leonard Zaichkowsky, who chairs the review committee.

Dorothy Harris Award, Continued

1. an updated curriculum vitae;
2. a one-to-two page summary of the nominee's work emphasizing the basic/ applied importance of that work;
3. reprints of five publications;
4. a letter of recommendation concerning the nominee's qualifications for the award; and,
5. the names, addresses, telephone numbers of two additional individuals who would be willing to support the nominee.

Call for 1997 AAASP Fellow Nominations

Members desiring to become an AAASP Fellow shall meet the following criteria:
1. demonstrated high standards of professional development by committing directly to the goals and long-range activities of the Association as evidenced by activities such as presentations at Association conferences, membership on Association committees, and contributions to Association publications;
2. an earned doctorate from an accredited institution in a field related to sport psychology;
3. been a member of the Association for at least three consecutive years;
4. made significant contributions to the scientific body of knowledge in sport psychology as evidenced by a distinguished record of publications; and,
5. received approval from the Fellow Review Committee.

We encourage members to nominate others for Fellow status or to nominate themselves if they feel qualified for this distinction. Send all nominations to the President-Elect, Leonard Zaichkowsky, who chairs a Fellow Review Committee comprised of the three Section Chairs. Dr. Zaichkowsky will forward the nominee a copy of the application materials.

Regardless of how an individual is nominated, the following application materials and references must be in the hands of Dr. Zaichkowsky by March 1, 1997 for consideration in the 1997 review process:
(a) four copies of a one-page completed application form (available from Dr. Zaichkowsky) and
(b) four copies of the candidate's curriculum vitae.

In addition, the candidate should send Fellow Candidate Reference Forms to two members of the Association, at least one of whom should be a Fellow, in time for those individuals to return a recommendation by March 1, 1997.

Fellow Nominations, Continued on Page 6.
APA Call for Dissertation Award Applications

Division 47 of the American Psychological Association (APA) invites the submission of applications for the 1996 Dissertation Award. This Award recognizes outstanding student research that has the greatest potential for making a significant contribution to the theoretical and applied knowledge base in exercise and sport psychology.

Application requirements are as follows:
1. a 1500 word abstract which includes:
   (a) Introduction,
   (b) Review of Literature,
   (c) Methodology,
   (d) Discussion,
   (e) Contribution to science and practice;
2. the student applicant and/or his or her dissertation advisor must be a member of Division 47 at the time of application;
3. a letter of support from the applicant's advisor confirming the completion of the dissertation and the degree by December 23, 1996, and it must express support for the research in question; and
4. applications must be postmarked by January 15th, 1997. All material must be mailed to:
Karen D. Cogan Ph.D.
University of North Texas
Counseling & Testing Center
P.O. Box 13487, Denton, Texas 76203
phone: (817) 565-4798
E-mail: cogan@dsa.unt.edu.

Dorothy Harris Award, Continued from Page 5. write letters of recommendation for the nominee if called upon to do so.
Address all questions and nominations to President-Elect, Leonard Zaichkowsky who shall chair the review committee. All nomination materials and recommendations must be received by February 15th, 1997.

International Academy of Sports Vision

We are seeking interested people for membership and promoting the International Journal of Sports Vision (IJSV). This refereed journal is for sport and vision science researchers who are interested in the latest research. For additional information contact:
Dr. Darlene Kluka
International Academy of Sports Vision
200 South Progress Avenue
Harrisburg, PA 17109
Phone: (717) 652-8080

Announcement of New Fellow

The Executive Board of AAASP is proud to announce that during 1996 member Bruce Hale was granted Fellow status. This recognition is considered a very special honor, expected to be awarded to fewer than 10% of all AAASP members. Fellow status demonstrates the pursuit of excellence in the field of sport psychology and commitment to the goals and long-range activities of AAASP. Only Fellows and Fellow Emeriti can vote on issues related to certification standards, ethical principles and professional standards.

Fellow Nominations, Continued from Page 5. To receive information for the Dorothy Harris and/or Dissertation Awards as well as Fellow Nominations contact: Dr. Leonard Zaichkowsky
Boston University
605 Commonwealth Avenue
Boston, MA 02215
Phone: (617) 353-3378
E-mail: Sport@bu.edu

MEETINGS

North American Society for Psychology of Sport and Physical Activity 1997 Conference

Denver, Colorado
May 29 - June 1
Meeting jointly with the American College of Sports Medicine
Site Coordinator:
Dr. Stephan Wallace
Department of Kinesiology
University of Colorado at Boulder
Boulder, CO 80309
Phone: (303) 492-8205
Fax: (303) 492-4009
E-mail: Stephen.Wallace@colorado.edu

International Society of Sport Psychology (ISSP)
IX World Congress of Sport Psychology

Innovations in Sport Psychology
Linking Theory and Practice
Israel July 5-9, 1997
Contact for information:
Ms. Suli Shachar
Administrative Secretary
Wingate Institute for Physical Education and Sport
Natanya 4290d, Israel
Phone: +972 9 639548
E-mail: sulys@ccsg.tau.ac.il

Mark your Calendar!!!!
AAASP Conference
at
San Diego, CA
September 24-28, 1997

AAASP Fall 1996 - Vol. 11, Number 3
New AAASP Certified Consultants:

Lewis Curry
Laura Finch
Gloria Solomon
Wesley Sime
Bart S. Lerner

New Journal!!
FUND@MENTAL
Call for articles

FUND@MENTAL is a refereed Web journal. The goals are to publish quickly, and at no cost, original articles in applied sport psychology and mental training. It is readable at Mental Training site: http://toromade.ere.umontreal.ca-fourniej. Articles must be in English or French and in APA style. Abstracts (English/French) must be provided. The first issue is scheduled for January 1997. To read FUND@MENTAL (PDF Format), you'll need the Acrobat Reader software (free) MAC & PC compatible, downloadable at <www.adobe.com>. Configure Acrobat so that it is transparent when used with a Web browser, in order to have direct access to a multimedia document, on-line or off-line. Send articles to Jean Fournier, Editor, Fourniej@ere.umontreal.ca, or you can send submissions to Institut National du Sport et de l'Education, 11, avenue du Tremblay, 75012 - PARIS - France, Telephone: +331 41 74 45 49 - Fax: +331 41 45 35

Membership Directory
Correction!!!
Tara Scanlan's new e-mail address is: scanlan@psych.ucla.edu.

Robert Smith's mailing address is:
Robert Smith
Bio Behavioral Institute
1330 Beacon Street
Brookline, MA 02146
Phone: (617) 738-0406
Office: (617) 738-4814

*also, Dr. Smith should be listed under Massachusetts rather than New York on the Certified Consultants List

AAASP Fundraiser
THE AMERIVOX PHONE CARD

The Development Committee introduced AAASP's first Fund-raiser, Amerivox prepaid phone cards, at the New Orleans conference. We still have cards available so don’t miss out on the opportunity.

SAVE 50% on long distance phone calls and SUPPORT AAASP at the same time!

COST $30.00

You can request a promotional card which has 10 minutes of free calling time on it... The cost is $30.00 which includes: $10.00 (one time only activation fee), $20.00 calling time (more can be added as you use it up), and 30 min. (approx. $10.00) free calling time for signing up. You can automatically add more calling time if you have a credit card number on file with Amerivox.

BENEFITS
*AAASP receives a percentage of income based on the amount of calling you do with the card. The more you use the card, the more AAASP benefits and the more YOU save.
*You can get free calling time for making referrals to the Program.
*The Amerivox card makes a great holiday gift or stocking stuffer. Get one now!

For more information contact: Karen Cogan
UNT Counseling & Testing
P. O. Box 13487
Denton, Texas 76203
Phone: (817) 565-4798
E-mail: cogan@dsa.unt.edu

AAASP Fall 1996 • Vol. 11, Number 3
designs and methodologies, and keeping pace with the latest of statistical technologies.

Although intervention is our "bread and butter" of enhancing performance and personal development, there are far fewer documented intervention studies in sport psychology than in other related fields such as applied physiology or mainstream health psychology. It is critical for our field to document intervention effectiveness and ineffectiveness through carefully conceived research studies and methodologies. We must demonstrate that our interventions do, in fact, make a meaningful difference in the quality of life of physical activity and sport participants. To do this, publications in both academic and professional journals and periodicals are crucial to further our efforts in this area.

Finally, the lifespan issue must be tackled by investigating individuals of varying age and skill levels. We are in dire need of much more research on individuals younger than 8 years, teenagers (14-18 years) and older adults. Given the recent surgeon general's report on physical activity and health, it is clear that we need to know much more about attitudes and behaviors that track or do not track from childhood to adolescence to adulthood. We have much more documentation of our effectiveness with them.

Enhance Professional Development and Image

Three major areas for this category of goals were synthesized in the acronym MIL...for Mentoring, Interdependence, and Leadership. Mentoring is absolutely crucial for the development of the next generation and I believe we can continue our excellent efforts in this area in many ways. As advisors, we must accept the responsibility of developing and nurturing in our students the skills, knowledge, and values necessary for them to become independent researchers and consultants. To do so means some degree of hands-on learning as well as tackling tough issues such as ethics in research and practice, authorship guidelines, the review and publication process, and conflicts of interest. My goal is to establish key symposia programs in future conferences to explicitly address the issue of mentoring.

Interdependence and Leadership go hand in hand. To provide excellent leadership to AAASP and the field of applied sport psychology, we must integrate our interests as researchers and consultants, as individuals primarily grounded in sport science or psychology, and any other differing perspectives...to produce the best solutions for the entire membership. Whether this means integrating across disciplines, subdisciplines, academic vs. practitioner interests, or multicultural or multiethnic perspectives, interdependence in achieving our goals is tantamount to the success of AAASP and the field.

And finally, Leadership has been the cornerstone of AAASP. There are over 100 individuals contributing major leadership roles through involvement on executive board, committees, editorial boards. To sustain this record, please accept the challenge if called upon to run for office, serve on committees, or vote. For example, despite our membership hitting the 900 mark in recent weeks, less than 25% of this number participate in the voting process.

Kudos to Tara Scanlan and Judith Lacertosa

Bravo to Tara Scanlan and Judith Lacertosa for a classy, first-rate conference in Williamsburg. Who will ever forget the drama of the fife and drum parade and the roll call of nations? Scanlan's major goals of launching AAASP into the age of internationality and into the development scene were accomplished in grandiose form in Williamsburg. The largest registration ever at 634 included individuals from 23 different countries, and symposia, colloquia, and lectures that specifically addressed international perspectives and avenues for obtaining grants and monies for supporting efforts in the scientist-practitioner model. Tara and Judith - thank you for modeling the AAASP spirit - You're going to be a tough act to follow!

Landmarks for 1995-1996

Past-President McCullagh was very active in her year as president in accomplishing numerous goals for AAASP. She and Craig Wisberg (as chair of the NCAA ad hoc committee) made inroads at the NCAA in September to try to enhance communications regarding the definition of a sport psychologist in intercollegiate athletics. The USOC-AAASP liaison for certified consultants, initiated by Jean Williams, has been further solidified this past year which is evidenced by larger numbers of applications to become a CC. Each of the standing committees achieved most or all of their goals this year (see enclosed columns by chairs). Efforts to secure the services of a conference management company are underway to help ease the heavy load of responsibilities currently incurred by the presidents, the secretary-treasurer, and the publications director. Such a move will allow presidents to engage in more "presidential-type" duties such as developing and endorsing their philosophy or vision for the field and AAASP, and being able to provide more direction to upcoming presidents and committee chairs. In addition, the tough issue of how to increase our revenues to cover operating expenses was bridged and will be continued in the coming years. Thank you, Penny, for your leadership efforts last year!

Final Note

A great big thanks to Neil Widmeyer, Christine Buntrock, and Tara Scanlan for their excellent work this last year on the Executive Board. They will be sorely missed and we appreciate their efforts! As we progress into yet another banner year for AAASP, please be sure to write me with any recommendations, questions, or suggestions, at mw@oregon.oregon.edu. And remember to mark your calendars for the 1997 conference in San Diego (September 24-28) and the 1998 conference on Cape Cod (September 23-27). Thanks for all your support - it is truly an honor to serve this great organization!

Southeastern Sport and Exercise Psychology Student Symposium

At West Virginia University, February 21-22, 1997. For more information contact Dan Hollander.
Phone: (304) 293-3295, ext. 241
E-mail: u746f@wvnvm.wvnet.edu.
Health Psychology
John Hell

Thanks to all those who participated in making the 1996 Conference a success. The initial feedback I received has been highly positive. In the Health Psychology Open Section meeting, there was an excellent discussion regarding the scope of Health Psychology in AAASP. Please remember that all members are invited and encouraged to attend the Open Section Meetings. This provides an opportunity for direct input into the operation of the organization.

Special thanks are due to T.C. North for his three years of service as a professional member of the committee, and to Nancy Gyuresik of the University of Waterloo who has served as the student member of the committee. I am pleased to announce that Dr. Richard Steadman, an orthopedic surgeon and co-founder of the Steadman Hawkins Clinic in Vail Colorado, will present the 1997 Health Psychology Keynote Address.

Social Psychology
Bob Brustad

I would like to thank Neil Widmeyer for his outstanding work as Social Psychology Chair for the past three years. All of us are further appreciative of the time he devoted to the organization during the past year as Senior Section Head. This job entailed a tremendous number of hours in conference organization for the Williamsburg meeting. Also, I would like to welcome two new members to the Social Psychology Committee: Mary Fry from the University of Memphis and Al Smith, our student representative from the University of Oregon. They will be joining returning Committee members Sally White, Cindy Pemberton, and Judy Van Raalte. I also wish to express my appreciation to Shelley Weichman for her service to the committee throughout the last year.

The response to Dr. Steven Zaccaro’s keynote address at this year’s Conference has been overwhelmingly favorable.

Members have reported that this presentation was an ideal keynote speech because it introduced concepts that stretch our thinking and research. Members were highly appreciative of Dr. Zaccaro’s knowledge of sport research and his application of research concepts to our field. We will continue to pursue keynote speakers who challenge us to adopt fresh perspectives on our field of study.

A major goal for next year’s conference is to provide sessions that further integrate the three sections of AAASP. Our Conference should be a celebration of our common interests rather than a division according to interest areas and the interdisciplinary theme is one means of achieving the integrative goal.

We are pleased to announce that Dr. Jay Coakley, of the University of Colorado at Colorado Springs, will be next year’s Social Psychology keynote speaker. Dr. Coakley is regarded as one of the world’s leading sport sociologists. He has also written extensively on issues highly relevant to sport psychologists. His research has addressed concerns related to burnout among athletes; children’s psychological development through sport; athlete retirement issues; and group processes. His presentation at the San Diego Conference will focus on the influence of sport subcultures as they affect behavioral and motivational processes in sport. Dr. Coakley’s talk should be highly relevant to all three sections of the AAASP.

Student Representative
Shelley Weichman

Hello everyone! I hope you all made it back safely from Williamsburg and have caught up on the work you missed. It was great to meet a lot of new people at the conference and to visit with those of you I only get to see once a year. I really appreciate all of you who shared your opinions and suggestions with me regarding various issues. Please continue to do so. I am working on the following projects right now and need your help.

First, I want to introduce to you the regional student representatives and their regions: Jeff Greenwald (No. CA, NV), Jim Skelton (So. CA), Kelly Goodin and Anne Woodward (CO, UT, AZ, NM), Bob Harmison (TX, OK, LA), Thad Liftingwell (WA, MT, AK), Al Smith (OR, ID), Stephen Page (NY, MO, TN, AR), Eddie O’Connor (RI, IA, IL, MN), Justine Reel (NC, SC), Kenneth Tubileja (NY, VT, NH, ME, MA, CT, RI), Casey Wilson (MI, IN, OH), Scott Green (VA, WV, PA, DE, MD, NJ), Natalie Durand-Bush (Eastern Canada), Robert Schinke (Western Canada), Marwili Christian (Switzerland), and Tadlig Machnyre (Ireland). I want to welcome those of you who are new to this position, especially the representatives from Switzerland and Ireland that are represented for the first time! Thank you, all of you, for volunteering your services. I am looking for regional representatives for two regions: WY, KS, NE, ND, SD (this is a newly formed region), and FL, GA, AL, MS (no one applied for this region). If any one is interested in these positions please contact me. We would also like to have representation for other countries. Any volunteers?

The regional student representative position is an outreach position. Their primary function is to facilitate communication between students and to encourage student involvement within the association. I will also be relying on the regional representatives to provide me with feedback on what students in their region need from AAASP and to forward and ideas or suggestions the students might have. You have an important role! Thank you in advance! If you are planning a regional conference please let me know the dates so that I can let the Executive Board know what you are doing. Also, if anyone would like some guidance or suggestions in planning a regional conference give me a call. So far I have heard from quite a few of you with suggestions for improving the quality of graduate education and training (i.e. internships, accreditations, etc.). This is an important objective of mine and I want to encourage you to keep the ideas and opinions coming. I am keeping note of all of your suggestions and will relay them to the Executive Board. I am currently developing a list of questions that students Weichman, Continued on Page 10.
Section & Committee Reports

Weichman, Continued from Page 9

should ask when looking for a graduate program. I will let you know when that is available and how to get a copy.

I need one more thing from all of the student members. If you have had a supervised internship or practical in an applied setting of if you know of one, please call or e-mail me. I am collecting information and will put together a list that I can distribute to other students. If we all work together we can improve the quality of graduate training and education in sport psychology. Please contact me with any questions or comments:

Shelley Weichman
Dept. of Intercollegiate Athletics
University of Washington
Graves Annex, Box 354080
Seattle, WA 98195
Phone: (206) 685-4442
E-mail: weichman@u.washington.edu
Have a great year!

Intervention/Performance Enhancement

John Salmela

COMMITTEE MEMBERS:

TERM:

John Salmela
University of Ottawa, Chair

Damon Burton
University of Idaho

Deidre Connelly
College of William & Mary

Katie Kitty
Boston University

Tracy Shaw
UCLA

Jim Taylor
Taylor/Alpine Consultants

The objectives of the committee for 1995-1996 were directed toward the continuation of providing a high quality program at the annual conference in the Year of Internationality. In that the Chair was working with the Canadian gymnastics team who were attempting to qualify for the Atlanta Olympics during last year's New Orleans conference and extensive discussion with the committee on these matters was limited. However, a strong keynote speaker, Dr. Cal Botterill of the University of Winnipeg, was selected from a slate of strong submissions for the Williamsburg conference. In March, the adjudication process of numerous submissions for the Williamsburg Conference was smoothly carried out and a strong program with exceptional balance was prepared. At the semi-annual meeting, the Chair participated in designing and scheduling the program. Given the complexity of scheduling (up to five concurrent sessions of varying length) I suggested that a generic data base program could be designed to facilitate future conference planning. This task was completed by University of Ottawa doctoral student Wade Gilbert (see article, The Wonderful Wizardry of Wade).

The Conference

The IPE program at Williamsburg was well attended, diverse, and of great interest to the many students and professionals. Cal Bottrell's keynote was extremely well received and his evocative content on emotions in sport was mirrored by his emotional presentation style. A number of suggestions for next year's program were raised which related to providing a voice for expert athletes' mental methods of performance enhancement, as well as a greater emphasis on applied, hands-on program content areas.

The Wonderful Wizardry of Wade

Wade Gilbert, a doctoral student at the University of Ottawa, who is supervised by Dr. Pierre Trudel, has designed a custom-made data-base and operations manual for AAASP. This will greatly facilitate future conference program scheduling and design as well as the production of the publication of abstracts.

Over the past years, the creation of the program and the abstract book of JASP was very labor intensive and resulted in the occasional program errors as the result of the pure volume of information that had to be manipulated through the traditional methods of cutting and pasting.

With the creation of the AAASP WizardTM, data entry occurs but one time by the Senior Chair directly from the author's disk, so any errors are their responsibility. Once the title, authors, affiliation, and abstract are entered into the unique record for each submission, the entry is coded using pull down menus for the section and type of submission. The entry of the submission data is then automatically transformed into pre-formatted reports for each of the section aheads for the review process. The program chairs can then prepare their preliminary program electronically for the semi-annual April meeting.

Once at the semi-annual meeting, each record can be scheduled for given day, hour, duration, presentation type or section using pull down menus so that no records are lost or duplicated. Statistics on the program can be generated and pre-formatted reports can be generated for the Spring Newsletter, the actual conference program, and the JASP abstract book, at the touch of a keystroke. The WizardTM will be passed on to each Senior Chair and updated for greater ease of use and flexibility.

The Executive board would like to thank Wade Gilbert, the Wonderful Wizard of AAASP.

John Salmela, IPE Chair

NCAA Concerns Committee

Craig Wrisberg

During the past summer, Penny McCullah and I communicated with the NCAA Legislative Officer Steve Mallonee and requested an opportunity to meet with him in order to a) explain the purpose of AAASP and describe the AAASP certification process, b) convey our concerns about present NCAA guidelines governing the use of sport psychology consultants by NCAA member institutions, and obtain feedback regarding the procedures we should follow in order to propose changes in existing NCAA guidelines. Mallonee agreed to meet with us but reminded us that he could not guarantee any rule changes would be forthcoming. On September 27th, Penny and I met in Kansas City and drove to Overland Park, Kansas for a meeting with Malonee and two of his interns. The meeting was very cordial and, all in all, a most beneficial experience. Mallonee and his associates listened carefully to what we had to say. Then he explained the history of NCAA legislation governing the use of Wrisberg, Continued on Page 26.
Development Committee
Karen Cogan

Hopefully everyone is energized and motivated after attending our most recent conference in Williamsburg. And hopefully that motivation extends to assisting AAASP in achieving its fundraising goals. Remember, the funds we raise ultimately benefit you, the members. I would like to extend my thanks to the committee members Diane Gill, Jerry Larson, Sean McCann, John Noble, Susan Walter, and Len Zalichowsky for their contributions through the year.

We are making progress toward our two main charges, one of which is to generate funding for future AAASP programs that can offer training for our membership (e.g., internships, research grants, invited conference speakers). At the Williamsburg Conference, we launched our most recent fundraiser:

$555 The Annual Fund!

We are asking AAASP members (or anyone else) to contribute tax-deductible donations to AAASP for the purpose of funding training programs in sport and exercise psychology for students and professionals. Initially, we would like to offer travel awards for students so that they can more easily attend the conference. As the fund grows, we would like to fund pre- and post-doctoral internship training experiences. So show your support for those worthwhile training opportunities by sending your contribution today! Please note in your correspondence that the donation is for the Annual Fund. Contributions can be made payable to AAASP and sent to Karen Cogan (address listed below).

$5555555555555555555555

In addition, we still have Amerivox phone debit cards available as a result of our first fundraiser. The AmeriVox card is a prepaid phone card that can save the caller up to 50% on away-from-home long distance calls, and at the same time it generated income for AAASP. This is separate from your current long distance phone company, and you can earn free calling time if you refer someone to the program. This is a WIN-WIN situation for everyone. I encourage anyone who is interested to contact me to learn more about the benefits of this program. You can't lose!

Our second charge is to educate the membership in available funding avenues. At the recent conference, Britt Brewer, Steve Dauth and Dan Gould shared their experiences in and suggestions for raising funds from the private sector as well as at the federal level. The Development Committee extends its thanks to these three impressive individuals for presenting an informative and entertaining workshop. A packet of information on funding opportunities was also available at the workshop if you missed the packet, contact Karen Cogan for a copy.

We are always looking for new ideas and input from any of you who are aware of any possibility for increasing AAASP's revenue to provide the many training opportunities our membership deserves. Please contact:

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P.O. Box 13487
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Continuing Education
Committee Report
Laura Finch

Three exciting and diverse Continuing Education Workshops were held at the 1996 AAASP Conference in Williamsburg. The high energy level generated in these pre-conference workshops set the tone for the rest of the week. Almost 100 AAASP members took advantage of AAASP's Continuing Education Program which included workshops on team building, teaching sport psychology, and developing a private practice in sport psychology.

A successful conference cannot be held without the help of many people. Thanks are extended to CE presenters Heather Barber, Ben Caron, Dave Hays, Betty Kelley, Jack Lessy, Diane Wiese-Bjornstad and Neil Widmeyer for their expert efforts on behalf of the AAASP. Recognition is also extended to outgoing committee members David Conroy, Laura Kenow, and Frank Perna for their assistance in reviewing proposals for the 1996 Conference. Finally, Tara Scanlan and Judith Lacertosa put in countless hours to assist the Committee with the 1996 Continuing Education Program.

Each year, the Continuing Education Workshops and registration process are evaluated by the attendees, presenters, and Committee. As a result of these evaluations, AAASP members will see a few changes designed to make the CE process smoother and more beneficial for AAASP members. For example, as requested by AAASP members, the scheduling of CE workshops will be examined for 1997. Certain options include offering more three-hour workshops, holding workshops all day Wednesday, and using Thursday and Friday evening for workshops. In addition, the registration notification procedure will be made simpler this year.

The CE Committee does more than just organize the pre-conference workshops, however. The Committee is also pursuing other continuing education options through outreach to other groups offering CE such as the NAYA or APA and other AAASP sponsored options such as linking CE to the regional sport psychology symposia. These links, when developed, will enable you to receive AAASP CE credit at other events. Another project involves computerizing the AAASP CE data base so that records are readily available and consistent between subsequent CE Chairs.

An official call for CE workshop proposals will be included in the December mailing which contains submission information for the 1997 Conference in San Diego, CA. In order to ensure a thorough proposal review and conference planning period, all Continuing Education Proposals must be postmarked by February 1, 1997. Please note this is a different deadline than Abstract submissions for the general conference.

The CE Committee looks forward to developing another quality Continuing Education Program for AAASP and its members. CE workshops reflect what the membership submits. So if you have a great idea, please submit it. Or, if you would like to learn more about a specific topic, seek out experts in that area and encourage them to submit a proposal. If you have any questions or ideas regarding the 1997 Finch, Continued on Page 18.
Dear Colleagues,

In recent weeks I have spent considerable time gathering information pertaining to the many goals that AAASP Presidents and Executive Boards have accomplished over the years. For example, there was some debate about the issues of accreditation and graduate training raised at and after the 1996 Conference. My researching of these issues indicated that enhancing the credibility of AAASP, the field of Sport Psychology, and our graduate programs has been at the forefront of every president's goals in the last 11 years. In fact, AAASP has been proactive with regard to pushing the field forward in these and many other areas. Within this forum, my intent is to inform members about the progress that AAASP has made in the program accreditation and graduate training areas in recent years. In doing so I hope to clarify and elaborate upon the facts so that misleading or inaccurate perceptions do not occur.

To stay updated on current AAASP goals and accomplishments, members are encouraged to read their newsletters thoroughly. In addition, it would also be helpful to review presidential addresses (JASP), president's messages (newsletter), section and committee reports (newsletter), the Directory of Graduate Programs, and AAASP action efforts such as USOC-AAASP liaison, NCAA interface, certified consultants committees, and the code of ethics as substantive evidence of the leadership's effectiveness to promote and support the field of sport and exercise psychology. For now, I would like to update people on recent efforts and attained goals in the areas of accreditation of programs and the quality of graduate training in our field.

1. Accreditation

The topic of accreditation has been addressed by the AAASP leadership in recent years. An accreditation committee was appointed by then President Charlie Hardy in fall 1992 and charged with identifying the advantages and disadvantages of accrediting graduate programs. The committee consisted of Evelyn Hall (Chair), Steven Heyman, Bill Straub, Dan Smith, Linda Bunker, Brad Haffield, Jerry Larsen (student), and Liz Hart (student). The committee's first report to the executive board was dated April 1, 1993, and summarized their progress in two areas: (a) defining accreditation and determining how if deters and augments our certification program, and (b) researching accreditation models from other professions. The following is an accurate chronology of events.

**Fall, 1993:**
President Jean Williams charged the committee with the following two objectives: (a) identify the advantages and disadvantages of accrediting graduate programs in sport psychology and ascertain when accreditation is an appropriate route for a given discipline, and (b) in light of the diversity of preparation within sport psychology, and the current acceptability of a wide range of undergraduate and M.S. coursework in AAASP certification guidelines, ascertain the feasibility of AAASP establishing accreditation standards for evaluating doctoral level programs.

**April, 1994:**
The committee reported their progress and recommendations to the executive board. The committee reported and I quote, "The task force has spent considerable time during 1993-94 in studying pros and cons of establishing an accreditation process by AAASP for graduate programs in sport psychology. The members of the task force have studied other disciplines and their stages of evolution concerning when it is feasible to establish an accreditation process. We have also talked with many members of AAASP as we possibly could to enlist questions and ideas of others in AAASP who are concerned about the issues surrounding accreditation." The committee goes on to list the pros and cons of accreditation at this time.

**The Pros:** (1) accreditation gives credibility to the academic integrity of a discipline and is a desirable process once a discipline is widely accepted and integrated into the curriculum; and, (2) accreditation enhances the overall quality of the educational experience and affords greater recognition for those who complete an accredited program.

**The Cons:** (1) as an antecedent to accreditation, sport psychology needs more time to evolve as an integrated discipline with an identifiable body of knowledge and set of competencies that are more generally accepted; (2) in light of the diversity of preparation within sport psychology, and the current acceptability of certain types of undergraduate and master's level coursework to meet certification standards, more compatibility of the accreditation guidelines with the certification guidelines would need to evolve; (3) many disciplines that have well established accreditation guidelines have spent 10 years or more in developing appropriate standards. This process has required a large outlay of human resources and financial resources to develop and implement a meaningful process; (4) once accreditation guidelines are established, accrediting bodies must also be prepared to manage and oversee the process. Will institutions be willing to spend resources on AAASP accreditation? At this point of evolution of sport psychology, what difference will it make whether or not programs are accredited? Possibly, AAASP needs to spend more time, effort, and money on marketing sport psychology as a precursor to accreditation; (5) since there are three distinct branches of AAASP, how does the organization reconcile the different academic requirements in social psychology, health psychology, and performance enhancement? Will accreditation guidelines need to fit unique requirements of each of these three areas?; and, (6) even if AAASP were to identify itself as the accrediting body in sport psychology, should it not try to make this a cooperative effort with Division 47 of APA? The above concerns on the con side are some of the major ones the task force has banded about. This may not be totally inclusive of all the possible drawbacks at this point.

**The Recommendation:**
"Several problematic issues and questions arise as the concept of accreditation is examined in greater depth. There are no easy answers but the task force recommends that a realistic first step might be to develop specific guidelines for graduate programs, and work toward a more standardized curriculum long term. It would be a mistake to table accreditation totally, but a full blown accreditation implemented over the short term seems to be beyond the stage of evolution of AAASP at this point in time. We also think that a top priority of AAASP right now should be to market sport psychology and getting it entrenched as an essential part of higher education and in other avenues to create job opportunities and visibility for it as a discipline."

**April, 1994:**
The executive board accepted the accreditation committee's report and recommendation at its spring board meeting in 1994 and further discussed the limitations of accreditation at that time: (a) restriction of growth and development of the field; (b) prohibitive cost in dollars to implement the program; (c) creation of unwarranted dissension/unhappiness in members; (d) hardship to the students if all requirements were changed to graduate level versus the

Letter to the Membership

Letter, Continued from Page 12.

present system that allows up to four undergraduate courses to meet the certified consultant criteria; and, (e) the potential to undermine the position and efforts of sport psychology faculty at universities who did not receive accreditation. Further, the past President’s Council was consulted at the conference in 1994 (Lake Tahoe) and agreed with and accepted the committee’s recommendation.

What Can We Conclude From the Report of the Accreditation Task Force?

First, the members of this committee spent two full years researching, documenting, soliciting input, and deciding on what the best route was concerning accreditation at this stage of the evolution of both the field and AAASP. Second, it is clear that the members of this committee worked hard and paid their dues. This report is exemplary. I have personally spoken with Evelyn Hall (who chaired this committee) at length, and she confirmed their concerted efforts to solicit membership feedback and make an informed recommendation to the Executive Board that would consider the needs of the entire membership. Third, their recommendation of marketing sport psychology more assertively was heeded by Presidents Williams, Scanlan, and McCullagh.

Marketing and networking accomplishments include: (a) the USOC-AAASP certification liaison, (b) interface with NCAA about sport psychologists on the playing field, (c) inroads with development agencies such as the CDC, (d) development of brochures to spread the word about sport psychology such as “what is sport psychology” and CC brochures developed by the organization/outreach committee, (e) creating and updating a World Wide Web Site where information about our organization, the field of sport psychology, and certification guidelines, among others, can be accessed, (f) provision of research grants for applied issues in sport psychology . . . the list goes on and on. In short, AAASP has been incredibly proactive, creative, hard-working, and inclusive of the membership’s needs as it progresses forward into the millennium.

Discussion at the 1996 Conference

At my first Past President’s Council at the October conference, considerable discussion ensued about the topic of accreditation as a result of John Silva’s action proposals. In fact, nearly two hours was devoted at this luncheon to dialogue about how the accreditation committee spent two full years researching the topic just two years ago. John Silva offered no new information when he was asked what had happened in the last two years to make the decision of the earlier Accreditation Committee, Executive Board, and Past President’s Council no longer appropriate. Silva suggested that chairs and deans would add new jobs in sport psychology if we insist on it because of accreditation reasons. One need only look at current positions which are being threatened because of budget cuts to know that administrators might find an easier solution when pressured to add more sport psychology positions.

Our guidelines for certification have helped programs and faculty direct their students into appropriate courses across a variety of disciplines to meet the certification standards. During our Past President’s Council this year, discussion also revolved around having the Certification Committee consider the merit in examining whether graduate programs that offer internships would meet the standards needed to count toward the certified consultant requirements. This would hopefully result in a better internship experience because the committee would set and communicate minimal standards to university supervisors. This would also address some individuals’ concerns that students are being misled about what is available for internships at different universities.

2. Graduate Training in Sport Psychology

As part of Jean Williams’ presidential commitment to graduate training, she along with Mark Andersen, Tim Aldridge, and Jim Taylor conducted a survey of students who graduated between 1989-1993 and presented the findings at the Williamsburg conference. They reported that only 13% of the graduates indicated inadequate training as one of their sources of frustration in the progress of their sport psychology career. Further, the large majority of job opportunities following graduation were in academic positions that require research, teaching, and professional and university service. Because the large majority of graduate programs reside in kinesiology, available jobs were ones that included some combination of research and teaching in a kinesiology department. Students who are primarily interested in counselling athletes and are not interested in research/teaching should seek graduate degrees in counselling or clinical psychology.

My information about faculty-student interactions suggests that the majority of faculty members communicate the focus of their program (e.g., research, research/consulting) clearly to potential students through cover letters, brochures, electronic mail, and direct conversation. Students interested in a career in sport psychology should seek information about programs (as suggested in the preface of the AAASP’s Directory of Graduate Programs) so that they can make informed decisions as to which programs/advisors they are interested in. The information about programs, specific faculty, and their research/practice interests is widely accessible: surf the Web, e-mail the faculty (provided in the AAASP Directory of Graduate Programs which is available for less than $20 from Fitness Information Technology, 1-800-477-4348) and make an informed decision on where to apply for admission. In fact, we recommend that all potential graduate students first read the introduction to the Directory (pp. 1-20). Appendix C (a word about internships) and Appendix E (graduate training and career possibilities) before making contacts with faculty members. In doing so, students will be more informed, ask better questions, and ultimately make the best choice in terms of fit between their interests and the specific program.

3. Return Line

My fact-finding adventure revealed that: (a) AAASP leaders have pushed the field forward in many creative ways through extremely hard work, collaboration with individuals from diverse fields, and only after careful and thoughtful consideration of membership needs; (b) AAASP leaders have been committed to the scientist-practitioner model, with a focus on both the scientist and practitioner sides of the equation; (c) AAASP is definitely an inclusionary society. More than 100 members contribute in leadership roles yearly when one counts up the executive board members, standing and ad hoc committee members, and journal and newsletter editors. If journal reviewers and conference presenters are included, the number grows exponentially. Every member makes AAASP what it is, not just a selected few; and, (d) the AAASP executive board welcomes a positive, constructive dialogue about important issues facing AAASP and the field of applied sport psychology at any time. Feel free to contact me or any executive board members with your input.

Thank you for taking the time to read this report and the newsletter to fully inform yourself of AAASP goals, endeavors, and accomplishments over the last several years. Your continued support of AAASP by way of membership, service, and leadership is greatly appreciated.

Sincerely,

Maureen Weiss
President, AAASP
AAASP Executive Board Meeting 
Williamsburg, Virginia 
April 25-28, 1996

Board Members Present: Penny McCullagh, President; Tara Scanlan, Past-President; Maureen Weiss, President-Elect; Neil Widmeyer, Social Psychology Chair; John Heil, Health Psychology Chair; John Salmela, Interventions/Performance Enhancement Chair; Vikki Krane, Secretary-Treasurer; Dale Pease, Publications Director; Christine Buntrock, Student Representative; and Judith Lacertosa, Conference Manager was also present too.

1. Call to Order. McCullagh called the Executive Board meeting to order at 6:00 p.m. She welcomed the new EB members, thanked them for their timely reports, and gave a special thanks to Widmeyer for his efforts putting together the conference program.

2. Approval of Fall Minutes. It was moved (Scanlan) and seconded (Widmeyer) to accept the Monday September 25, 1995 minutes. It was also moved (Scanlan) and seconded (Heil) to accept the October 1, 1995 minutes. Both motions passed (6 in favor, 3 abstentions).

3. Past-President Report/Conference Update. Scanlan provided an overview of progress towards the 1996 conference. She began by stating her thanks to Judith Lacertosa for her assistance as the Conference Manager. Also, she thanked Widmeyer and the program committee members for their work on the conference program.

Scanlan described highlights of the conference and explained changes in the Newsletter procedures related to the conference. In the past, we sent out a separate conference announcement mailing, followed up with information in the Newsletter. This year, however, we have already done a lot of PR for the conference. Thus, all conference information will be included in the Newsletter which will be sent out on time and 1st class. Scanlan also addressed several budgetary items related to the conference. It was indicated that costs associated with the invited speakers stayed consistent with past costs, even though all the speakers are from outside North America. Discussion ensued concerning the allocation of money for other invited speakers.

ACTIONS: Each Section Head will provide McCullagh with a summary sheet of acceptances and rejections for their section. Also, the number of submissions and rejections will be published in the Newsletter. McCullagh will provide the rejection rates to Pease for the Newsletter. Widmeyer will write a time line of the Senior Section Head duties and procedures. This is due to McCullagh before the fall EB meeting.

Please note: If mailing express mail to Canada, use Federal Express. Do not use UPS (UPS packages tend to get held up in Canadian customs).

5. Conference Recommendations. McCullagh directed discussion regarding recommendations brought forth by EB members related to the conference.

(a) Clients as Invited Speakers. The EB discussed the potential concerns and benefits related to having clients (e.g., professional or Olympic athletes) as invited speakers. It generally was agreed that clients who would be invited would be adults who could waive confidentiality and thus be appropriate speakers. It was agreed that a policy on this issue was not necessary because the ethics code covers this and related issues.

(b) Moving up the Invited Speaker Selection Time Frame. Discussion addressed the advantages and disadvantages of inviting guest speakers earlier than current practice.

DECISION: Keynote speakers will be invited before September 1 of the year prior to the conference. This will allow announcements in the Fall and Winter journals and the Fall AAASP Newsletter.

(c) Internationally Publicizing the Conference. Scanlan explained that we need a more effective and efficient means to publicize the conference around the world. The EB suggested having an international data base kept by the International Committee for advertising purposes.

DECISION: The International Relations Committee will be charged to develop strategies for international publicity for the AAASP conference.

(d) Increase the Honoraria for Invited Speakers. Widmeyer proposed that we increase honoraria for Keynote Speakers from $300 to $400. Discussion focused on the need to reallocate money for invited speakers who address professional or cross-section areas. The current structure of having $300 allocated to each section for invited speakers does not provide for cross-sectional speakers.

DECISION: (1) The honoraria for keynote speakers will be increased to $500. (2) Total money for invited speakers will be increased from $1800 to $2000. In place of allocating each section $300 for invited speakers, $500 will be available for additional invited speakers in all areas. This procedure will be implemented for the 1997 conference.

(e) Honoraria and Per Diem for Invited Speakers. Krane proposed that for all invited speakers, their name, mailing address, amount of honoraria and per diem, and travel arrangements (i.e., arrive and departure dates) be given to the secretary-treasurer at least 2 weeks prior to the conference. She then can have honoraria and per diem checks ready at the conference for these individuals.

DECISION: The Secretary-Treasurer will bring to the conference a check for the honoraria and cash for per diem for each invited speaker. This will be given to the individual who invited the speaker, who then will give it to the speaker. The per diem will be $35/day, a full per diem amount will be allocated for Speakers' full travel...
8. Review of the minutes.

9. Work Groups (8:15-9:30)

(a) Conference Program - Widmeyer, Heil, Salmela, Lacertosa, and Buntrock continued to work on the conference program.

(b) Life Skills Report Review - Weiss, McCullagh, Pease, and Krane reviewed the Life Skills Report submitted by Dave Yukelson, former chair of Outreach Committee. It was agreed that feedback would be provided to Yukelson, and the report will be passed on to Weiss to become part of the Archives.

10. Budget Issues. Krane presented the 1995 year end financial report and discussed the budget and financial standing of AAASP. General questions about the budget were addressed and McCullagh discussed "bottom line" issues. It was pointed out that AAASP operations cost $76,000, yet membership income is only $55,000. The conference proceeds makes up the difference. McCullagh presented that she is not comfortable with this; the members who come to the annual conference end up supporting much of the Association's activities. Krane and McCullagh noted that we are still making improvements on our bookkeeping, and that we are getting more detailed each year. Both plan to continue this trend. McCullagh proposed that we have an accountant verify the books every year. Additionally, the new AAASP Expense Forms were reviewed, and the conference budget was reviewed and compared to recent conferences.

DECISION: The Secretary-Treasurer will have an accountant verify the books every year.

11. Committee Reports.

11a. Continuing Education. Laura Finch is the CE Chair. Weiss noted that new members for this committee need to be selected in August so they can be prepared to develop the CE program at the conference. Issues related to this committee were discussed. Concern was voiced about having non-certified people address issues related to private practice or consulting in CE workshops. It was also noted that a policy is needed for Continuing Education Workshop registration; the number of attendees in each session and cut-off dates for registration. McCullagh then described the 4 workshops for the 1996 conference. In her report, Finch suggested that a Continuing Education data base be maintained. Krane suggested that it should be on Microsoft Works 4.0 to be compatible with the Secretary-Treasurer data bases. The Continuing Education Chair will oversee the maintenance of the database. McCullagh noted that this committee needs to develop a rotation of members for continuity. This rotation should be described in the policy manual. Finally, the honoraria for CE presenters was discussed and it was agreed that at this time no changes will be made in CE presenter honoraria.

ACTION: (1) Continuing Education Committee will develop a proposal for appropriate policy regarding CE workshops for the Fall EB meeting, (2) (DiS) program. McCullagh will coordinate with the Distinguished International Scholar (DISH) program. The committee will work on developing an international mailing list that can assist in conference advertising.

ACTION: McCullagh will ask the committee to help with international communications, and to develop an international data base in Microsoft Works 4.0. Also, McCullagh will coordinate with the committee about the appropriate awards.

11c. Development Committee Report. Karen Cogan, chair, reported that the committee is in an information gathering mode right now. They need to find options, and then work through them. Goals of the committee include developing an informational brochure, developing a purpose statement, and increasing the use of AmeriVox phone cards. The EB discussed the vastness of development and promoting and marketing sport psychology and acknowledge the progress of this committee. The Development committee proposed that AAASP implement an Annual Fund. All EB members felt that this was a good idea. How to implement it was discussed at length. Overall, the EB felt that this is a great idea, but that it needs to be more fully developed before it is launched. Additionally, the EB members discussed at length the purpose statement and informational brochure proposed by the Certification Committee.

ACTION: McCullagh will provide feedback to the Development Committee.

11d. Diversity Committee Report. Discussion focused on communicating the need for members to be inclusive of diversity/multicultural issues in their conference presentations. It was agreed that a statement will
be added to acceptance letters noting that AAASP is committed to diversity and when appropriate, issues of diversity should be included in presentations. Additionally, the EB members suggested that a column in the Newsletter should reiterate this message.

11e. Certification Committee Report. Rich Gordin, Chair, submitted a report noting that the committee has reviewed applicants for certified consultant status, and has written a column for the Newsletter.

11f. Organization Outreach Committee Report. In her report, Linda Petlichkoff, Chair, noted that the brochure describing AAASP certification is complete and the “What is Sport Psychology” brochure is still in progress.

11g. JASP Report. Bert Carron, Editor, submitted two recommendations. First, it was proposed that authors who make major changes at the stage of galley proofs should be charged for these changes. EB members agreed that the editor should clearly indicate in his correspondence with authors that they should not make more than minor changes (e.g., typos) at this stage of the editorial process. It was further noted that the APA Style Manual (4th edition) states that major changes at this point are not allowed and costs will be incurred by authors. As such, a policy by AAASP is not necessary. The second proposal by Carron was that JASP Section Editors and Editorial Board Members should not be required to be active members of AAASP. The EB members felt strongly that these individuals be AAASP members. The rationale included: (a) JASP is the official journal of AAASP, (b) AAASP is responsible for all aspects of JASP (e.g., financial, content, etc.), (c) these positions should reward and recognize AAASP members, (d) there are many strong people in AAASP to act in these roles, (e) the editorial board meets during the conference and individuals have to be member to attend conference, and (f) the EB approves editorial board members and section heads. It was further suggested that non-members should be employed as reviewers and that a separate category be developed for non-AAASP members (e.g., Albert Bandura) who would be highly involved in the journal such as Consulting Editor.

ACTION: Weiss will share with Carron the information that she incorporated into her letters to authors for RQES.

DECISION: The editor, section heads, and editorial board members must be AAASP members and approved by the EB. External non-member guest reviewers should be employed and a separate category be developed. Carron will work on a designation for this.

11h. NCAA Concerns. McCullagh briefly outlined the history of the issue of sport psychologists working with college teams being considered as a team coach by the NCAA. She described that this is an interpretation of a bylaw, not the actual bylaw. McCullagh and Craig Wrisberg will ask for a meeting in Kansas with Stephen Mallonoe, Director of Legislative Services to discuss the issue.

ACTION: KRANE will pay for our NCAA membership.

11i. Graduate Tracking Committee Report. The manuscript developed from the Graduate Tracking survey was reviewed by some EB members prior to the meeting. Their considerations were discussed.

DECISION: (1) It was moved (Heit), seconded (Pease) and approved (7 for, 2 abstain) that the Graduate Tracking Report becomes a technical report for the AAASP archives. (2a) The authors of the Graduate Tracking Report may submit the manuscript to a journal of their choice. (2b) If submitted, any indication of AAASP involvement should be removed from text and put into author note to maintain blind review process.

11j. Other Report. Sachs proposed that AAASP implement a 1-800-AAASP phone number to provide the membership with a mechanism for gaining information. EB members discussed the implications this (e.g., costs, who would respond, etc.).

DECISION: It was agreed that an 800 phone line is not needed because there already is easy access to information (e.g., the AAASP web site and use of e-mail).

ACTION: McCullagh will communicate the EB’s decision to Sachs.

12. Ethics Report. The EB discussed the submitted ethics report. Support for the document was voiced. It was reiterated that only Fellows can vote on the document and the President will oversee the meeting and send a letter to Fellows this summer to insure a quorum at the meeting.

ACTION: McCullagh will review the Constitution and determine the specific procedures for the Fellow’s meeting (e.g., what makes up a quorum and who can speak at meeting).

13. President-Elect Report. Weiss reported that the Dorothy Harris Young Scholar/Practitioner award committee was composed of Sue Ziegler, Bruce Hale, and Dave Collins, all Harris students. The 1996 recipient will be Judy VanHaute. The Dissertation Award committee was David Dzwilowski, Thelma Horn, and Peter Crocker. The recipient will be Tom Raedeke, University of Oregon, currently at the University of Colorado. The Fellows Committee agreed that Bruce Hale will receive Fellow status. Weiss suggested that we may need to revisit the criteria for Fellow status at the Fall EB meeting.

14. President Report. McCullagh reported that the grant committee reviewed five proposals and decided to fund: Melissa Chase and Robin Velzley, $1750; Joan Duda, $500; and Carl Hyashi, $700. McCullagh also discussed AAASP insurance. It was reviewed that we have coverage for the association but not for individual CCs. She checked into AAASP insurance information, but learned that it will only be helpful for APA members. At this time, McCullagh is still looking into insurance options with the goal of providing information to CCs about how/where purchase insurance. It also was reported that we now have a World Wide Web site for AAASP. It can be reached through applied sport psychology and sport psychology. Julia Collins, former University of Colorado graduate student, will maintain it for one year. We need to solicit a volunteer to maintain our web site and keep it up to date after that time. Finally, the issue of sponsorships for the conference and other AAASP activities was discussed at length. Human Kinetics is interested in sponsoring an invited lecture.

ACTION: McCullagh will contact Martens and offer our counter proposal: $1000 for a title sponsorship (e.g., HK Social Psych lecture) for any section keynote for 3 years or $3000 for a title sponsorship of the CG lecture.

15. Work Groups
(a) Exhibitor fees were discussed by Scanlan, Krane, and Pease, and a new policy will be established by next year. (b) The Conference Program group continued to work on the program.

16. Adjournment. The EB adjourned for dinner at 8:10 p.m.

Saturday, April 27, 1996

17. Call to Order. McCullagh called the meeting to order at 8:30 a.m.

18. Secretary-Treasurer Report. Krane discussed the development of CC identification cards. The card will contain the official title CC, AAASP; the year, and the individual’s name. She also proposed that we include the EB and committee chairs contact information in
Spring Board Meeting: The Minutes

Newsletter.

ACTION: (1) Krane will chose the specific color of the card and finalize it. (2) Pease will include this information in the Publication Director job description and in subsequent Newsletters.

19. Publication Director Report. Pease reported that he has not yet has not purchased a printer, but he is looking into the best type to obtain. Currently he has access to a printer through his department. He also addressed the issue of selling space in our Newsletter for advertisements; he has had three requests to buy advertisement space. Various suggestions were discussed.

DECISION: AAASP will sell advertising space only on the inside of the back cover. This space will be called the Sport Psychology Market Place. Only goods (e.g., books, equipment), not the services of individuals, will be advertised.

Action: (1) With the approval of the President, Past-President, and President-Elect, Pease to include advertisements in next newsletter. (2) Pease will determine reasonable and fair prices.

20. Senior Section Head Report. Widmeyer proposed that we do not include the abstracts of keynote addresses in the abstract book because it was difficult for speakers to have an abstract ready that far in advance of their talk. The EB concurred and McCullagh added that we should include the names of the speakers and the titles of their talks in the abstract book.

ACTION: Weiss will include the speakers’ names and the titles of keynote addresses in the archives.

It was noted that the keynote speakers are encouraged to publish their papers in JASP. Scanlan suggested that we consider having a special health psychology JASP issue based on the international health speakers at the 1996 conference. Concerning the JASP publications of conference presentations it was noted that: the Presidents’ Address and CG papers are reviewed for editorial concerns only, the other keynote papers also receive special consideration and are reviewed by JASP Editor, and are identified as the AAASP keynote address.

ACTION: Section Heads should make sure that includes an invitation to submit the address to JASP to the Editor and appropriate Section Editor. He also will ask the Editor, Section Editors, and Section Heads to talk the speakers at the conference and to encourage them to publish talk in JASP. This procedure will be added to the Section Head duties.

21. Health Psychology Report. Heil discussed the current status of the Coaches Seminar that will take place on Wednesday, prior to the conference.

ACTION: Heil will provide copies of the mailing list of health psychology target people to Krane and the International Committee and keep a copy for Health Psychology files.

22. Intervention Performance Enhancement Report. Salmeia reported that the IPE committee has been formed. Members are Burton, Connelly, Crocker, Kiltie, Shaw, and Taylor. He noted that he will Help Heil develop an Excel template of the conference program.

23. Student Representative Report. Buntrock reported that there were about 6 student regional conferences conducted. Generally, each had about 40-50 attendees and 15-25 student presentations. Other issues discussed included student communications and regional representative contacts with small schools. Since there has been little response to the contacts with small schools, it may be time to stop doing this - we may have contacted most schools by now.

ACTION: (1) Buntrock will make a recommendation to the new Student Representative whether or not to continue this practice. (2) Buntrock will begin a student archives including information on the regional conferences. (3) Krane will send Buntrock information on the Midwest Sport Psychology symposium held at BGSU.

24. 1998 Site Selection - President-Elect. Weiss noted that the regional rotation for the 1998 conference is the North East. She has been considering sites in the Boston area. McCullagh traveled with Weiss to visit about 9 sites in Boston and on Cape Cod. Weiss presented the three top choices: Tara Hyannis, Sea Crest (Cape Cod), and Sheraton (Boston). The top choice is the Tara Hyannis. Conference dates are September 23-27. Weiss noted that she was able to get good room rates and that there are a lot of positive intangible reasons to go there. The 1999 region will be the North West.

ACTION: Buntrock will: (1) start a student Psychology Chair, and Student Representative. Weiss will start contacting individuals before the conference.

25. Reorganization of the Executive Board Discussion. Due to concerns for the high work load of EB members, discussion addressed how to off-load positions. It was voiced that some EB members are overloaded by their AAASP responsibilities, it is difficult to get individuals to run for office because of the work load and we often ask EB members to do things they are not trained to do (e.g., conference negotiations and planning, accounting and budgeting). Each position’s responsibilities were considered and a variety of suggestions were forwarded.

ACTION: McCullagh will (a) develop a list of what duties can be farmed out to a service and (b) explore opportunities with at least three management companies and get proposals from each. These proposals should include separately listed costs for the different activities they may do. She will have firm proposals by these companies by the fall EB meeting.

26. USOC AAASP Liaison Update. McCullagh reported that we are moving forward. Jean Williams is the liaison from AAASP to the USOC. Currently, application forms are being developed.

27. Adjournment. The EB adjourned at 12:30 for lunch and an area tour.

28. Call to Order. McCullagh called the EB to order at 5:30.

29. EB Recommendations. Krane voiced concerns about international communications. Now that we have a web site that would enhance communications. The CC list and membership forms should be included on the web.

Buntrock made several recommendations: (a) AAASP develop a list of internships sites for students. Discussion addressed the logistics involved and concerns about keeping it up to date. (b) Buntrock raised the question of whether or not the regional student conferences could use the AAASP name. It was noted that since AAASP student members run conference, it can be called a regional AAASP conference. It was suggested that students let the President know when these conferences are occurring, so the President can send a welcoming statement. (c) Buntrock noted that some regional representatives requested reimbursement for expenses. The EB members concurred that we would not do this at this time because students will no longer be doing mailing to small schools.

ACTION: Buntrock will: (1) start a student
AAASP computer network so students can communicate about internship sites. Also, at the student meeting this issue should be discussed and a volunteer(s) sought to begin and maintain the computer network. (2) Contact and meet at the conference with all students who organized regional student conferences at the conference. (3) Get fliers on all AAASP regional conferences and send them to the president-elect for the archives. (4) Add this information to student representative position statement. (5) Forward to Weiss a revised position description for regional student representatives (indicating the elimination of contacting small schools) and a revised position description for student representative (indicating that individual will coordinating regional conferences).

DECISION: Secretary-Treasurer will provide mailing labels for regional conferences upon request.

Expenses incurred by EB members was discussed at length. Historically, EB members only were reimbursed if AAASP could afford to do so. It was agreed that EB members have all their EB-related expenses covered.

Heil discussed developing an athletic training interest group who would create liaison with NATA. He noted their importance because NATA has rewritten their guidelines with a stronger emphasis on sport psychology. Heil suggested that AAASP has an opportunity to provide this with our current structure, possibly as a subgroup of the Outreach Committee.

ACTION: McCullagh will ask one of the people listed in the recommendation to be on the Organization Outreach Committee. That person could then ask these others to help when they develop a plan.

Heil proposed that a Sport Critical Incident Stress Debriefing Service be created by AAASP. He suggested that we create a service group to develop a sport critical incident debriefing service. It may include acting as an information resource, training facilitators, or providing direct and supportive services. It was suggested that first, AAASP may offer a pre-conference workshop on this topic. At this time, EB members concurred that more information is needed before a decision can be made.

ACTION: Heil will obtain more information on this proposal for the next EB meeting.

The need to develop a mechanism to increase the CCs involvement and input in decisions related to certification was discussed. McCullagh provided two alternatives for increasing visibility and involvement of CCs. After discussion, it was agreed to form an ad hoc committee of CCs that would report directly to the EB. This committee would address tasks and issues separate from the current Certification Review Committee who’s primary role is to certify consultants. However, it is planned to have some liaison between these committees. Also discussed was the need to obtain legal counsel for certification committees.

DECISION: McCullagh will organize a meeting at the conference for CCs and she will select a chair of the newly formed CC Ad Hoc Committee.

ACTION: McCullagh will write letter of invitation and go to the meeting to introduce this concept to the CCs.

Salmela suggested that AAASP consider implementing electronic communications and conference submissions in the future.

Scanlan brought up two procedural issues: (a) the Graduate Tracking Committee needs to be abolished because they finished their charge, and (b) the status of the Mentoring Committee, currently in suspension, should be considered (i.e., dropped, or reinstated).

DECISION: It was moved, (Scanlan), seconded (Pease) and passed (unanimous) that the Graduate Tracking Committee be dropped and the mentoring committee be kept in suspension for now.

30. Leadership Pool (continued).

31. President-Elect Comments. Weiss described that she is impressed and overwhelmed by the enthusiasm and level of productivity assumed by internal EB activities. She said that participating in the spring EB meeting made her realize the commitment and dedication that AAASP officers and committees express for the good of the organization. Weiss described that she will be formulating key goals in the next 5 months at which time she assumes the presidency and that she would stick closely to issues described in her position statement which included the status and future directions of applied research in sport psychology. She described that her presidential address will focus on the status and future directions of applied research in sport psychology. The major concerns and areas to address include: measurement, intervention, and life span issues.

32. Adjournment. The EB adjourned at 7:45 p.m. for dinner.

Sunday, April 28, 1996

Board Members Present: Penny McCullagh, President; Tara Scanlan, Past-President; Neil Widmeyer, Social Psychology Chair; John Heil, Health Psychology Chair; John Salmela, Intervention/Performance Enhancement Chair; Vikki Krane, Secretary-Treasurer; Dale Pease, Publications Director; Christine Buntrock, Student Representative; and Judith Lacertosa, Conference Manager was present too.

33. Call to Order. McCullagh called the meeting to order at 8:00 a.m.

34. Important Dates. McCullagh reviewed important upcoming dates; (a) newsletter reports are due May 1, (b) EB reports are due September 6 for the Fall Board Meeting, the Fall EB Meeting will be Monday October 14 (afternoon) - Tuesday, October 15.

35. Work Groups. Scanlan and Lacertosa met with hotel personnel to address conference planning. Krane met with Hotel Management about paying the bills. All other EB members reviewed the conference program.

36. Adjournment. The EB meeting adjourned at 12:00 noon. 

Finch, Continued from Page 11.

Continuing Education Workshop submissions, or if you’d like to volunteer your services for the Continuing Education Committee, please contact:

Laura Finch
Department of Physical Education
Western Illinois University
Macomb, IL 61455
Phone: (309) 298-2350 or (309) 298-1981 (messages)
E-mail: lm-finch@wiu.edu

Have an extra day of fun in the sun, and plan on attending a pre-conference education workshop in 1997! See you in San Diego!
AAASP Executive Board Meeting
Williamsburg, Virginia
October 14-15, 1996

Board Members Present: Penny McCullagh, President; Tara Scanlan, Past-President; Maureen Weiss, President-Elect; Neil Widmeyer, Social Psychology Chair; John Heil, Health Psychology Chair; John Salmena, Intervention/Performance Enhancement Chair; Vikki Krane, Secretary-Treasurer; Dale Pease, Publications Director; Christine Buntrock, Student Representative; and Judith Lacertosa, Conference Manager was present too.

1. Call to Order. McCullagh called the Executive Board meeting to order at 6:00 p.m.

2. President Elect Report. Weiss reported that the 1998 conference will be at the Tana Hyannis Hotel, on Cape Cod, September 23-27, 1998. She also announced that one new Fellow was selected: Bruce Hale. In discussing the slate of candidates for the EB, Weiss asked whether a section head can concurrently be an associate editor for JASP. She indicated that JASP editorial policy says this, but the constitution of AAASP does not. McCullagh indicated that he had asked Carron to prepare a policy and procedures manual for JASP and that this information would be contained there.

Weiss noted that she intended to rekindle the mentoring committee. She also discussed the Directory of Graduate Programs in Applied Sport Psychology. It was noted that the first publication run of the directory has sold out. Michael Sachs proposed a 2-year cycle for the directory as well as some financial support for the editors. It was agreed that, at this time, it would be best for the editors and publishers to arrange any financial reimbursement directly rather than through AAASP.

DECISION: Weiss will ask Sachs and Burke to negotiate with FIT to build their costs into the cost of the directory.

Weiss raised the issue of fellow criteria and review, noting that perhaps these should be revisited. It was recommended that a subcommittee of EB address these issues.

3. Past President Report. Scanlan expressed her thanks to Lacertosa for all of her assistance in conference preparations and to Widmeyer for leading the efforts on the program. This conference seems to be breaking previous attendance records and there is a huge international response with 23 countries represented. Scanlan expressed her excitement with the international growth and outreach of AAASP. It was suggested that the newsletter format used this year should be maintained because it is good advertisement for next conference as well. Scanlan also expressed her thanks to Karen Givven and Judith Lacertosa for help on abstract book.

Scanlan reviewed some organizational changes that enhanced conference preparations: (a) the initiation of a senior section head (Widmeyer), who served as the "program chief," and (b) the secretary-treasurer becoming more involved in the financial aspects of the conference. Finally, Scanlan emphasized the need for conference assistance! We need expertise and support to conduct the conference well, especially as we continue to grow.

Several new conference features were noted: (a) more elaborate social functions consistent with most international conferences that have big kick-off and closing events, (b) optional special evening social events, (c) the use of a conference associated travel agency, (d) simplified registration procedures, (e) food carts to simplify meals, (f) the use of the web site to publicize the conference and distribute registration forms, (g) student ambassadors to welcome international guests, and (h) inviting local undergraduate students to attend Sunday presentations. Most of these new features were quite successful and should be continued in the future. The travel agent and optional social events were marginally successful but may be reconsidered in the future. The social events may only be necessary in some locations. Scanlan also noted that there may be a special issue of JASP related to health psychology emanating from the health psychology invited speakers.

4. President Report. McCullagh reported on the activity of the AAASP committees. The CC Standing Committee will be initiated at this conference. Craig Wisberg, chair of the NCA, Committee, and McCullagh visited the NCAA and met with Steve Mellone. This meeting resulted in Mellone offering to assist in changing the interpretation of the rule that limits sport psychologists' access to athletes on the field. Also, the Life Skills Report, written by Dave Valkenburg, is now part of archives. McCullagh reported that Dave Collins proposed that reciprocity be developed between AAASP and British Certification programs. Rich Gordin will meet with Dave Collins during the conference to address this issue. McCullagh also reported on her efforts to obtain access to personal liability insurance for CCs. She noted that this was more difficult than anticipated and she will turn this effort over to the CC standing committee.

Laura Kenow has pursued a potential cooperative arrangement with the NATA concerning continuing education. The NATA executive board discussed the proposal that NATA members be given CE credits for participation in AAASP CE workshops. At this time they chose not to establish a formal liaison with AAASP. However, Kenow suggested that we should continue to pursue. She suggested that AAASP members could conduct presentations at one of the 9 NATA regional conferences to educate athletic trainers about sport psychology. Information about these conferences will be published in our Newsletter.

Issues related to ethical behavior on the part of AAASP members was discussed. Issues raised included (a) should members sign something declaring that they will abide by our ethics upon joining/renewing membership, (b) currently we do not have a mechanism for enforcing our ethical guidelines, and (c) what do we do if a member acts unethically toward AAASP? McCullagh suggested that an EB subcommittee should discuss these issues and bring forward a proposal by the spring EB meeting.

McCullagh addressed the issue of hiring a professional organization to manage AAASP conference and management affairs. She has obtained bids from 2 companies: conference management and full service. The bid from the conference management organization ranged from $18,000 - $25,000, depending upon the services included. The bid from the full service management organization (who would handle collecting dues, producing AAASP publications, and running the conference) was around $50,000. This fee covers only indirect costs (i.e., services), and does not include the costs of, for example, the paper for the newsletter and mailing costs. Much discussion ensued. At this time, it seems that we can cover limited conference management services from conference profits.

MOTION: Widmeyer moved we raise the membership fee $10 for students and $20 for professional members. Weiss seconded the motion. Discussion: It was suggested that we should consider increasing the professional dues and not students dues, or that we develop separate fees for membership with or without journal. This motion was tabled until we could examine this issue in greater depth.

5. Work Groups.
(a) Brochures by Outreach and Development Committees (Weiss, Krane, Buntrock).
Decision: individuals with separate bank accounts will maintain an itemized account of position expenses and submit bi-annual itemized reports to the secretary treasurer by August 1 and February 15.

Whether or not a statement of use for AAASP mailing list and membership directory should be developed was addressed. Upon discussion, it was decided that this was not necessary at this time.

The publication of the membership directory was discussed at length. Krane noted that this is a much larger endeavor than it appears: Linda Petlichkoff spend endless hours working on formatting it and getting the most up-to-date information. Krane suggested that we employ a publishing company to format and publish future AAASP membership directories.

DECISION: Weiss will discuss the publication of the membership directory with FIT.

Another issue brought forward was concern about the policy of selling advertisers. For example is some one who did not pay dues last year a new member or a late renewal? Much deliberation focused on the need for CCs and Fellows remain active members of AAASP. Currently it is expected that CCs maintain continuous membership and CC dues, yet this is difficult to enforce.

DECISION: (a) Professional members whose membership lapses for one or more years will be assessed a $25 enrollment fee to re-join AAASP. This fee will be implemented as of 1997. (b) Fellows and CCs will be asked for input on this issue. The CC standing committee will be requested to submit their recommendations by the Spring EB meeting.

Krane noted that Bill Straub used to write press releases for keynote speakers, EB members, and AAASP award recipients that would be sent to their universities. Discussion about whether this task should be written into an EB position description followed. It was noted that this can become very time consuming, yet this is a nice service to provide for members.

DECISION: Each section head will write a press release for the keynote speaker for their section and it will be send to their university with a copy of our newsletter.

ACTION: Section Heads will add this task to their job descriptions. Please will write press releases for new EB officers and send them to their universities.

Krane presented preliminary information about the costs involved with accepting credit card payments for membership and conference registration. It was agreed that we should delay this decision, but that Krane will get additional details about these costs for the Spring EB meeting.

Budget concerns were addressed at length. The primary concern voiced was that AAASP's operating costs exceed our income. Typically conference income makes up the difference, but it is risky to depend on the conference to always have a large enough profit to cover our operating costs. Much discussion revolved around who pays late fees. Discussion ensued on how we could cut journal costs and Cartron's input was awaited.

ACTION: An EB subcommittee will convene the day before spring EB meeting to go over budget in detail and consider various scenarios and potential financial/budgetary ramifications. During the spring EB meeting, the budget will be discussed at great length.

11. Publication Director Report. Pease requested that all conference information for the Newsletter should go through president before it comes to publications office. He also questioned how many newsletters should be published and noted that we do not have back issues of 1996 winter newsletter. Pease stated that he has received requests for more photographs in the newsletter. It was decided that he could add more a few more photographs, but to be reasonable concerning the costs.

Concerning the policy of selling advertisements in newsletter, Pease reported that he sent out about 30 letters to potential advertisers. He has had a few requests for additional information, no ads have been sold yet. Pease also noted that it seems to be quite difficult to obtain information for the Newsletter (e.g., the bravo board) and that we should encourage individuals to submit information.

The use of the summer newsletter to promote the conference was discussed. While this seemed to be quite successful, there was concern about sending it to everyone who requested a copy of the conference program prior to the conference. It was suggested that the grid of conference program could be made available to send to people who want program information prior to the conference. We also can put the grid on the web and have it accessible shortly after
the spring EB meeting.

12. Senior Section Head Report. Widmeyer reported that developing thematic areas for the conference program is becoming more successful each year. He also noted that he is in the process of updating senior section head procedures.

13. Social Psych Chair Report. Widmeyer conveyed that his goal of enhancing the teaching of sport psychology has been addressed. There was a conference session on this in 1995 and a CE workshop in 1996. He will continue to work toward this goal even after he goes off the board.

Widmeyer brought up the question of how long a student representative should be on a committee (e.g., one year, until no longer a student). It was agreed that this decision should be left to the discretion of the section head.

14. Student Representative Report. Buntrock reported that she (a) initiated student ambassador programs at this conference, (b) began a student archives of student conferences that she will send to Weiss, (c) student regional representative will no longer will contact schools to recruit new student members, (d) at the student meeting she will ask for volunteers to begin a student network about sport psychology aimed at student issues, and (e) the student social was cancelled due to low pre-conference response, but they will have an informal gathering.

15. Committee Reports. The development committee, chaired by Karen Cogan, noted that the

Amerivox phone card fund raiser did not do well, but they will try again during this conference to encourage members to use it. They are launching an annual fund at this conference and are working on a brochure to inform potential contributors about AAASP activities and needs.

Rich Gordin, CC Review Committee Chair, reported that he is rotating off the committee and that Bonnie Berger will take over as chair. Gordin will chair the new CC standing committee for its first year. Other members of the CC standing committee are: Craig Wrisberg, Frank Perina, Betty Kelley, Mary Ann Kac, and Bill Thierfelder.

Laurel Finch, chair of the Continuing Education Committee, reported that Laurel Kenow is moving to the Outreach committee and Frank Perina will rotate off the committee, so new members are being sought. The committee is working on a policy and procedures manual and a philosophy statement about the qualifications of CE presenters. It also was reported that Jim Taylor submitted an idea to initiate a consultant apprentice program.

The Diversity Committee, chaired by Sachs, voiced their disappointment that the letter they developed for all conference presenters was not used (rather a statement was included in the acceptance letter suggesting that presenters be sensitive to diversity issues within their presentation). It was noted that the committee had too many members, the constitution maintains that committees should have only four members. Weiss will discuss this with Sachs.

The Organization/Outreach Committee, chaired by Petlichkoff, has completed the CC brochure and is close to completing the What is Sport Psychology brochure.

International Relations committee, chaired by Gloria Balague, is working on specific procedures for DIS nominations, encouraging more cross-cultural conference sessions, and is developing an international mailing list to whom AAASP information will be sent.

McCullagh noted that (a) the Sport Psychology Council will meet on Wednesday morning prior to the conference, and (b) the USOC sent letters to all CCs inviting them to join the USOC Registry. Kramer acknowledged that only CCs whose membership and CC dues were current received this information.

16. Intervention/Performance Enhancement Report. Salmela described the data base that has been developed by Wade Gilbert, a doctoral student at Ottawa, to enhance the efficiency of producing the conference program. Please noted that we need to determine if this data base (on Microsoft Access) is compatible with Page Maker which is used in publishing the newsletter. Salmela, Heil, Pease, and McCullagh will meet with Gilbert during the conference to get a demonstration of how the data base operates. Salmela expressed his thanks to Gilbert for his work on the data base.

17. Health Committee Report. Heil recommended there be a conversation time scheduled with the keynote and other invited speakers at the annual conference. He also suggested that more funds be allotted to each section chair for inviting speakers. Scanlan noted that there are no discretionary funds for cross-sectional speakers or for the past-president (who organizes the conference) to invite speakers.

Decision: $300 will be allotted for each section head, the senior section head, and the past-president to use toward invited speakers. The total amount of $1500 may be reallocated among the sections, with the approval of the past-president. If a conference registration waiver is offered to a speaker, that counts as part of the $300. Also, if the membership fee is waived for invited speakers, they will not receive AAASP publications. When a registration or membership fee waiver is offered, it must be approved by the past-president and then the information needs to be forwarded to the secretary-treasurer.

18. JASP Report. Bert Carron joined the EB and reported on the current status of JASP. He discussed that he will begin to provide a complementary copy of the journal to authors. He also discussed issues related to special topic issues of JASP and invited manuscripts. He would like to see that invited manuscripts (e.g., presidential address and Coleman Griffith address) will be published at discretion of editor so that he has latitude should any content be contrary to AAASP philosophy. Concerning the publication dates of JASP, Carron noted that the second issue in 1996 was printed later than would have liked, but that first issue of 1997 is ready to go to press. Much discussion ensued concerning the JASP budget. EB members voiced concern about how much money it costs to print the journal. Carron presented the current financial information about JASP.

19. WorkGroups. EB members brainstormed about ideas for generating income were. Suggestions included: conducting pre-conference workshops for people other than AAASP members (e.g., coaches), offering CE workshops on different times (e.g., Thursday, Friday nights), promoting advertising in the newsletter, increasing fees and dues, selling things such as t-shirts, lapel pins, increasing the size of conference, and choosing sites that will attract more people at the conference.

Decision: Late registration fees for the conference will be raised from $25 to $50 to encourage people to register prior to the pre-registration date.


Sunday Executive Board Meeting  
October 20, 1996  
Williamsburg, VA

Board Members Present: Maureen Weiss, President; Penny McCullagh, Past-President; Len Zaichowsky, President-Elect; Bob Brustad, Social Psychology Chair; John Heil, Health Psychology Chair; John Salmela, Intervention/Performance Enhancement Chair; Vikki Krane, Secretary-Treasurer; Dale Pease, Publications Director; Shelley Wiegman, new Student Representative; Christine Buntrock, former Student Representative; and Judith Lacertosa, Conference Manager was present too.

1. Call to Order. Weiss called the meeting to order at 8:10.

2. Welcome. Weiss welcomed the new EB members and expressed her thanks to the outgoing EB members here helping with the position transitions.

3. International Certification Collaboration. Dave Collins met with the EB to propose that AAASP and the British certification/accreditation programs collaborate. He forwarded these goals: (a) examine each other’s programs and make changes so they are consistent when possible (i.e., borrow each others’ good ideas), and (b) develop equivalence in supervised experiences, creating a “world standard.” This would allow students to do internships in either the US/Canada or Britain. Collins feels we can push the world of sport psychology forward through collaboration by allowing both certification groups to evolve and improve together. Eventually, other sport psychology groups could become involved (e.g., Australia, New Zealand).

Considerable discussion ensued. Several EB members voiced that conceptually this was a very good idea, but that there were some practical issues that would have to be worked out.

DECISION: Weiss will get input from the CC Review and CC Standing Committees and ask them to submit a report to the EB by the spring meeting.

4. Conference Issues. Several issues related to the conference were discussed: (a) individuals who attempted to make their presentations without paying registration fees, (b) how to encourage better attendance at the open section meetings, and (c) presenters who are “no shows” (current policy states that these individuals cannot present at the next conference).

DECISIONS: (a) McCullagh will add to the call for abstracts that presenters must be registered for the conference and that as well as non-members, can buy day passes for the conference. (b) McCullagh will include a description of the open section meetings in the program and Heil will include an explanation and a reminder to attend them in the newsletter. (c) The senior section head (Heil) will write to the people who did not show up for their presentations, cite AAASP policy, and copy the administrator at that university. Heil also will keep a list of these individuals for future reference.

5. Transition Work Groups. (a) Program group (McCullagh, Heil, Brustad, Pease), (b) student representatives (Wiegman, Buntrock), and (c) presidents (Weiss, Zaichowsky).

The program group reported that they have selected 1997 major speakers for each section, and they are still working on the Coleman Griffith speaker. Krane voiced that this group needs to be aware of the perception that sessions addressing gender issues typically, although unintentionally, have been scheduled on Sunday mornings. This group also noted that the we need a mechanism so that pointers are available for speakers on Saturday afternoon and Sunday after the registration desk closes. The presidents noted that the 1999 conference will be in the Northwest and they discussed potential sites.

7. Fall Newsletter. Pease stated that submissions for the Newsletter are due October 27.

ACTION: Pease will work with McCullagh to find most cost effective and timely manner to send the Newsletter and call for abstracts.

8. CE Committee Report. Weiss noted issues brought forward by the CE committee. These included (a) diversifying times for CE workshops and the suggestion that CE presenters not be EB or committee members who have other obligations at the same time as the CE workshops.

DECISION: Presenters will be given a choice of what times they would like to conduct their workshop [e.g., Tuesday/Wednesday (current format), all day Wednesday, Thursday night/Friday night, or Sunday].

9. President’s Report. Weiss reported the Development Committee chair, Karen Cogan, will be stepping down soon and a new chair is being sought. The Organization/Outreach Committee is close to finalizing the “What is Sport Psychology” brochure. The Ethics Committee is addressing the next step now that the ethical guidelines have been passed: how to educate members about these standards. They are considering developing a book of case studies.

Salmela suggested that we put committee reports, the code of ethics, and the list of CCCs on the AAASP web page. McCullagh reiterated that we will need web page manager soon.

10. JASP. Discussion continued about aspects of the JASP budget. McCullagh will follow up with Carvon on these matters. It also was noted that Weiss will be re-negotiating our contract with Allen Press this year.

11. Conference Management Issues. EB members further considered the benefits and costs of hiring a conference management firm to assist in conducting the conference. Although it was agreed that a conference management service would greatly reduce the work load of EB members, concerns were voiced about the costs and the conference management’s lack of familiarity with AAASP.

Weiss suggested that we find a consultant to assist with the conference rather than hiring conference management group. In the mean time, McCullagh will need assistance in planning the 1997 conference. It was suggested that she begin to phase in a conference company for some services.

Decision: McCullagh will get bids on select conference management services, and McCullagh and Weiss will make the final decision about how much to spend and who to hire for the 1997 conference, and then reevaluate the service for the 1998 conference.

12. Announcements. To consider important issues brought up during the EB meetings, Weiss will form subcommittees to further consider (a) budget planning (including options for increasing income), (b) membership ethics issues, and (c) fellow criterion review. EB members were reminded that the spring EB meeting will be April 23-27, 1997 at the Catamaran Hotel in San Diego.

13. Adjournment. Weiss adjourned the meeting at 11:15.
Fellows Meeting
October 19, 1996
Williamsburg, VA


1. Motion from the Floor. Gould motioned that the ethical standards be accepted as edited. Singer seconded the motion.

2. Discussion. Danish called for a unanimous acceptance of the motion. Singer seconded the motion. Straub called for the question. The motion passed unanimously.

3. Meeting adjourned.

Promoting Sport Psychology

A note from Dr. Bob Singer, Past President of Division 47 of the APA, and a member of AAASP, concerning the promotion of sport and exercise activities by some of our members.

For those of you who are APA members and receive the Monitor, the monthly publication of APA, you know that the July issue was entitled "The Role of Psychology in Sport and Exercise." This was one of the few times that an entire issue was dedicated to so many articles around one theme. While a number of our recognized scientists and practitioners were interviewed for the various articles, it is important to recognize the contributions Bob Singer, Shane Murphy, and Kate Hays made in the development of this issue.

This was followed by a conference developed by APA on July 2, 1996 in Washington, D.C. Shane Murphy, Don Landers, Joan Duda, and Bob Singer made presentations and answered questions from science and sport writers from such publications as Newsweek, USA Today, the Atlanta Constitution, etc. This meeting was viewed as being very successful in spreading the word about sport psychology.

Bob Singer encourages us to consider membership in APA because of its growing importance in the field and its willingness to work with AAASP in joint efforts involving education, research and the promotion of sport psychology.

Sport Psychology Interventions
by Shane Murphy (Ed.),

Reviewed by Jeffrey Martin
Wayne State University

Sport Psychology Interventions is an excellent and unique textbook which presents a holistic approach to psychological interventions. A consistent philosophy presented throughout the text emphasizes the importance of understanding how all aspects of athletes' lives impact on their sport enjoyment and performance. With few exceptions, the authors are trained primarily in clinical or counseling psychology with extensive experience in applied sport psychology. Unlike other applied textbooks, the authors do not emphasize psychological skill development per se. Instead, they discuss a variety of topics that directly influence the quality of athletes' lives and sport experiences, and indirectly influence performance.

A clear strength of this book is the presentation of important and pertinent information that has previously been unavailable to professionals working in the field of sport psychology. Professionals trained in psychology with a moderate understanding of the athletic culture and the exercise and sport sciences, and who wish to work with athletes, will find the information in this book insightful and illuminating. For instance, Sean McCann's chapter on overtraining and burnout documents how athletes suffering from burnout exhibit signs of depression. Conceivably, professionals unfamiliar with principles of training and athletic burnout may misinterpret signs of depression as unrelated to overtraining. Similarly, professionals trained in the sport and exercise sciences, and with less extensive training in counseling or psychology, should find the intervention models educational. Murphy hopes that all professionals working with athletes should benefit from this text. However, many of the interventions discussed require professionals to have trained in counseling psychology. This will likely make the text more directly relevant to them.

An introductory chapter by Murphy examines the history, current status, and future of sport psychology. In this chapter he documents a relatively new vision of the way in which applied sport psychologists may formally train in the future. Part one of two parts is titled "Models of Intervention." This section is the major strength of this text and includes nine chapters examining various models of intervention. Included are chapters on life span development, a multi-systemic personal enhancement model, marital therapy, family systems, cognitive-behavioral, and organizational perspectives. Each model is presented within the context of a specific group of athletes. Athlete populations examined include student athletes, children, competitive recreational athletes, the athletic family, the marital dyad, and sport organizations (i.e., team, coach, administrators).

Case histories are effectively used to demonstrate how practitioners implement the principles and concepts of each model. An additional strength of these chapters is that they demonstrate the use of psychological skills within a particular theory or framework of human behavior. The diversity of models of intervention and athletic populations examined should insure that most readers will find information specific to their applied needs.

Part two examines common problems that athletes and helping professionals encounter. These chapters focus on injury, drug use, eating disorders, overtraining, and transitions out of sport. In contrast to part one, this section contains information that has been more readily available in journal and textbook form.

This text also illuminates important professional issues in the field of applied sport psychology. First, most authors discuss competency issues and ethical considerations. Second, the interventions, case histories, and discussions of competency all speak directly to the issue of what type of training helping professionals in sport psychology require. For example, some case histories highlight how important social systems (i.e., family, spouse, coworkers, etc.) influence non-dysfunctional athletes who present a primary interest in sport enhancement. This suggests the need for training in psychology and counseling even if services are presented as educational and not clinical. The nature and extent of such training has been a traditional topic of debate among sport psychology professionals.

In summary, this text provides unique and valuable information. It should also help to stimulate further discussion regarding two important issues. First, who are sport psychology clients? Secondly, what type of professional training should helping professionals have in order to provide competent service? The authors' training is rooted primarily in psychology and counseling (as opposed to exercise and sport science) and thus this text may help assist the field of sport psychology gain credibility in psychology departments and decrease the tendency for others to view our field as frivolous. Ultimately, such a change in perception may help expedite Murphy's vision of psychology and exercise and sport science departments working in collaboration to provide graduate training to applied sport psychologists of the future.
Foundations of Sport and Exercise Psychology
by Robert Weinberg and Daniel Gould
Human Kinetics, 1995
Reviewed by John M. Fitzpatrick
Michigan State University

In the introduction of Foundations of Sport and Exercise Psychology, by Dan Gould and Robert Weinberg (Human Kinetics, 1995), the authors use the analogy of a journey to describe what the reader of this straightforward text will experience. The path that they have laid out is designed to help the undergraduate student achieve two goals: to understand sport and exercise psychology, and to obtain the knowledge of how it is applied in the field. These goals are achieved in a manner that is somewhat different from previous sport psychology texts.

The text is divided into seven sections: an introduction to sport psychology; understanding participants; understanding sport and exercise environments; understanding group processes; enhancing performance; enhancing health and well-being; and facilitating psychological growth and development. The first section gives the reader a brief overview of the history of sport and exercise psychology, and an explanation of what the authors feel are the three roles of a sport psychologist: researcher, educator, and consultant. The definition of the roles is one that is an important inclusion. Many students new to the field are unclear what services sport and exercise psychologists provide, and this section helps clarify the profession.

Following the introductory section the next three parts of the text give the reader a thorough background into the theoretical aspects of sport and exercise psychology. The second section, "Understanding Participants," focuses on theory and research in sport and exercise psychology as it applies to the individual participant. Covered in the third section are what the authors consider to be "Environmental Influences." Specifically these topics are cooperation, competition, and feedback reinforcement and intrinsic motivation. The final theoretical section, "Understanding Group Processes" investigates group dynamics, communication, cohesion, and leadership. Overall the theory-based portion of the text is helpful in providing the reader with a solid background of empirical findings. While many texts are capable of enlightening the student about the "whys" of sport and exercise psychology, this text also provides the reader with clear examples of application of the research findings.

Sections five and six provide the student with the techniques necessary to develop a psychological skills training program with applications to athletes and exercise. "Enhancing Performance" discusses the usual components of psychological skills training programs: arousal regulation, imagery training, self-confidence building, goal setting and concentration. Perhaps the most unique and useful chapter in this section is "Introduction to Psychological Skills Training". Previous texts have given suggestions for implementing specific psychological skills (e.g., imagery), but here the authors have provided the student with how and when a PST should be implemented and strategies for interventions. This is an important addition.

"Enhancing Health and Well Being" addresses psychological factors with applications to exercise adherence, injury, substance abuse and burnout. While the chapters give a good overview of these areas, the references appear to be dated. This section, though adequate, is the weakest of the text.

The final section gives a look into the role of the sport psychologist in promoting psychological growth and character development. Discussed are children's psychological development through sport, aggression in sport, sportsmanship, and gender issues. Like the previous section the research cited could be more comprehensive and current.

It is possible, true to the authors' promise, to read each section of the text separately, without relying upon knowledge gained in the previous section. However, the two chapters of the section "Understanding Sport and Exercise Environments" seem as if they could have been placed in other sections of the book. "Understanding Competition and Cooperation" could well have been placed with group processes, and "Feedback, Reinforcement, and Intrinsic Motivation" would have worked better in the section on individual participants. A clearer definition of what is considered an "environment" is necessary.

What makes this text unique is the presentation of the two major themes of the book: research and applied sport and exercise psychology. The approach typical of most introductory texts has largely consisted of a review of theory and research on specific subjects, followed in the same chapter by performance enhancement or applied aspects. Weinberg and Gould have instead chosen to group chapters that are primarily theoretical separately from those that focus on applied work. For example: the sixth chapter "Arousal, Stress and Anxiety" gives the reader a solid background on the sources and mechanisms of the topic, it's not however, until Chapter 14 that arousal regulation is addressed in detail. This method of presenting the material should benefit the student by providing quick and easy access to specific information, but may prove to be a challenge to the instructor who prefers to organize class presentations by topic.

The authors also assist the student's journey into sport and exercise psychology by using sidebars to highlight key points and review questions to reinforce important concepts. Case studies and exercises, presented in the form of extended side bars, are nicely used to help clarify or provide additional insight into the topics. At times, though, these sidebars give the text a cluttered appearance and may be distracting to the reader.

The approach that Weinberg and Gould have adopted to present sport and exercise psychology to the undergraduate student, is that of a guided journey through the profession. Their approach succeeds in providing a solid foundation of knowledge in both research and practice. Not only does the text furnish the reader with a comprehensive overview of the field but does so in an entertaining and vivid style. I would recommend it to both student and instructor.

Commentary

Submitted by:
Burt Giges M.D.
Westchester Track Club, N.Y.

In a recent discussion on the internet (Listserv.sportpsy), some recommendations were made to a runner about how to deal with anxiety during competition. A few contributors reacted to these ideas with concern about suggestions being offered without having more background information from the experts on seeking assistance. Such caution is both understandable and reasonable. It derives from clinical training, and is based on the theory that symptoms (i.e. anxiety) are expressions of deeper problems. Offering techniques to deal with these symptoms, therefore, would be premature, without knowing more about the underlying problems.

An important distinction must be made, however, between therapy in a clinical context and intervention in sport performance. In the world of sport, sometimes the symptom is the problem. Whatever underlying issues there may be, they are not necessarily the focus of the work. Even the presence of some diagnostic entity does not determine the appropriate intervention. It may not be why the athlete came for help; and sometimes, relieving the symptom removes the problem. I have seen this happen with runners whose performances was impaired by anxiety, anger, self-doubt, or loss of confidence, motivation, or concentration. In such instances, when the symptoms were dealt with directly, no further exploration of (deeper issues) was required.

Giges, Continued on Page 27.
**Voices From the Field**

**Eileen Udry**  
Associate Editor

Sport psychology is "intrinsically interesting," right? Well, despite the fact that many of us in the field might endorse such a view (unless you are one of those people who can't answer the question without being provided with a definition of "intrinsic motivation"), we sometimes need to be reminded that what is one person's passion is another's cure for insomnia. In other words, those of us who teach sport psychology may need to make a concerted effort to ensure that sport psychology comes alive for our students. This article highlights the work of several AAASP members: Heather Barber, Betty Kelley, and Diane Wiese-Bjornstal, who have been involved in initiating discussions and workshops at AAASP conferences on various ways to enhance the quality of teaching sport psychology (including coaching psychology, exercise psychology, youth sport classes). No more than a thumbnail sketch is presented here due to space limitations, but perhaps the ideas here will serve as food for thought about your own teaching.

*Talk show listening/learning: Students are asked to tune into a weekly local radio talk show which interviews coaches working at the local university. Specifically, students are asked to monitor the attributions that coaches make for performance outcomes and how these attributions may be linked to athletes' performance and motivation. This activity can be easily adapted to have students gather information from newspaper or magazine sources. Barber had found that students often become so involved in the process of making connections between classroom concepts (e.g., attributions) and "real" world comments by coaches and athletes that they spontaneously start bringing her newspaper clippings or video highlights.*

*Teaparty: Adapted from the long standing popular TV game show this classroom activity is used as a vehicle to get students to connect sport psychology constructs and their definitions. Students are given the answer to a question (e.g., "hypothesized to have a detrimental impact on performance according to multidimensional theory") and they provide the answer (e.g., "what is cognitive anxiety?"). You can go all out simulating the original show by using timed intervals and flip charts for the various categories of questions. Barber uses the game to help students prepare for exams and has adapted this game so it is played using a team, rather than individual, format. Using a team format maximizes students' participation as well as provides a starting point for later class discussions focusing on how factors such as team cohesion may function in a competitive environment.*

*Awards Ceremony: Although we often talk about motivation and the effects of extrinsic rewards on motivation, students are challenged to test these ideas for themselves through observation of the community based youth sport awards ceremony. Specifically, students make note of things such as how many individuals received awards, how the awards were presented (e.g., effort or outcome based), and how the participants seemed to respond to receiving the awards.*

*Videos: While many of us use videos in the classroom, their impact can be enhanced with some effort on the part of the instructor. For instance, Kelley took the film Searching for Bobby Fisher (a movie which focuses on the experiences of an outstanding young chess player who negotiates his way through the ranks of competitive chess) and spliced together those parts of the movie which included interactions between the lead character and his father. The "morphed" version of the video served two purposes. First, it heightens students' awareness of the influence exerted by a particular character. Second, it allows the student to focus on how a particular character changes over time or behaves differently under varying circumstances (e.g., how a parent's behavior toward a child changes as the child negotiates to different levels of the competitive ladder). Video pieces can also be used as the basis for coding various sport and exercise related behaviors. For example, episodes from the TV shows Brooklyn Bridge and The Wonder Years (which both feature the thought processes of a young boy faced with making the game winning basketball free throw) provide numerous examples of different forms of self-talk (e.g., positive, negative, and irrelevant) that students can code. Finally, students are encouraged to create their own videos based on live performances of athletes. Specifically, one student who was interested in pre-performance routines, videotaped golfers (with their consent) and explored whether their routines changed from practice to competitive settings and which routines were associated with best performance. (Note: When working with video material the necessary consent must be obtained).*

*Theory Grid: When students are asked to learn about multiple theories it can often be a challenge for them to pull together the information in a meaningful and yet parsimonious way. One approach that Kelley uses is to have students create what she terms a "theory grid." For instance, if you are studying theories related to anxiety/ arousal and performance, you might want your students to be familiar with frameworks such as inverted-U theory, reversal theory, zone of optimal functioning, and catastrophe theory. Students can be divided into groups and given one particular theory or concept to present to other class members. You may ask each group of students to present a given theory along several parameters such as: (1) its basic assumptions, (2) supporting research, (3) how it would be tested, and (4) how they would present the theory if they were talking to a group of coaches or athletes.*

Thus, each of the theories and relevant parameters can be placed into a grid or chart. When the student presentations are complete, each student should have all the information to fill in their grid, supplying them with an overview of the major theories and how they compare and contrast with one another. But beyond students simply leaving the class with important information, they have been engaged in the process of evaluation and presenting the information.

**Peer Evaluation/Review: Let's face it, at some point it is highly likely there will be an evaluative component (e.g., final exams, papers) to your student's experience in your sport psychology class. Traditional notions regarding the evaluation process suggest the instructor is the sole provider of this evaluation and students are the recipients. However, there are numerous ways to involve students in this process and provide them with the opportunity to learn more about how to give appropriate feedback. Specifically, both Kelley and Wiese-Bjornstal have had students conduct peer evaluations of papers before a final draft is turned into the instructor. Wiese-Bjornstal has found that graduate students may be able to handle this activity with a minimum amount of instruction on what type of things to focus on, whereas undergraduates may need to have the specific criteria more explicitly detailed.*

In summary, when one asks individuals what types of things they are doing to enhance the teaching of sport psychology, the answers are bound to be varied. Thus, what has been presented here is a potpourri of ideas on creatively teaching sport psychology. Some of the ideas presented here are more specific to the area of sport psychology (e.g., attributions of coaches), whereas others are more general in nature and could be used regardless of the content area being taught (e.g., peer evaluations). Obviously, what you choose to teach should Udry, Continued on Page 26.
reflect your teaching philosophy and style; thus, not every idea presented here would be appropriate in your situation. However, if the ideas presented here get you to reflect on your own teaching of sport psychology, then the goal of this article will have been accomplished.

How do students respond to these type of activities? Well, often their response is quite positive. However, that there may be a subset of individuals who are resistant to classroom activities that are more participatory and cooperative in nature (e.g., peer evaluation). After all, many students’ classroom experiences have been based on what might be termed “traditional” lecture formats and some students may feel more comfortable with this approach. However, Kelley mentioned that she takes the time to explain to her students at the outset of the term her approach to teaching (i.e., “hands on and integrative”) and that she does not consider alternative activities “play-time.” Kelley has found that doing that by explicitly stating the purpose of her approach, students are more receptive.

Finally, it should be noted that the individuals’ work highlighted here is by no means an exhaustive list. Certainly, AAASP has among its membership, numerous individuals who are also actively attempting to teach sport psychology in innovative ways. So if you know of others or if you yourself have ideas you would like to share, please pass them along! YOU are the voices from the field...

Character Development and Physical Activity
by David Shields and Brenda Bredemeier
Human Kinetics (1995)
Reviewed by Michelle L. Ritter
University of Northern Colorado

In their book Character Development and Physical Activity, Shields and Bredemeier (1995) provide a structure for closely scrutinizing moral development and action in the context of physical activity. Rather than examining the content of each chapter, this review will give the reader a brief overview of the book with close attention paid to the new and integrated information presented by the authors. The first part of the book focuses on definitions of morality, values and fair play in both the real world and in the world of sport. Three of the chapters in this section review various moral theories and models, with the main purpose of discussing the internalization and constructivist approaches to moral development and review various moral theories. The authors appear to adopt a constructivist perspective in their review of contrasting approaches. The constructivist orientation is found to be the most complete because of the view that there exists an interaction between the environment and individual cognition in moral development and action. In the words of the authors, "The person and the environment are participants in the construction of meaning, and neither can be reduced to the other."

By laying the groundwork through the discussion of the moral development theories of Kohlberg Haan, Gilligan, and Hansen (to mention only a few), the way is cleared to enhance existing theory into a new and integrated model of moral action. The model introduced in this book is a 12 Component model of moral action based on Rest's four component model. In expanding Rest's model the authors are attempting an indepth exploration of what influences the various processes of moral action. According to Rest's theory, moral action can only occur if the moral agent engages in the following four processes: Interprets the situation, makes a decision toward action, chooses to act on the moral value or a competing nonmoral one (pg. 91), and moves from the chosen action to the completed action (pg. 91). The authors use Rest's theory as a foundation to systematically synthesize the following three sources of influence; contextual factors, personal competencies, and ego-processing variables.

Part One of the book focuses on theories of moral development and Part Two explains the new model. Both of these sections are very dense. The condensed presentation of such a large amount of information makes reading the first two parts rather time consuming. The authors' description of their model is thorough and integrates sport examples very effectively. In fact the authors posit that the model can be applied to "action motivated by moral reasons and affects" (pg. 91), however, their explanations and examples use a sport or physical activity setting. Each of the newly identified influences were discussed separately with its specific process. Because the model is so "full" and the discussion focuses on explanation and defense of the components, there was little mention of how each of the three new influences may combine in each process.

In the final section of the book the available research in the areas of sport and character development are discussed as they relate to the overall theories presented in Part One. Covered in the final chapters are the arguments, for and against, the character building nature of sport, the historical perspective of sport and character, the empirical research in the area, and the promotion of moral character through physical education and sport. Readers should appreciate the thorough and comprehensive nature of these chapters. In a succinct and concise fashion the authors thoroughly review the knowledge base surrounding the issue of character and moral development in physical activity.

A potential weakness in this text concerns the introduction of the new model in the context of the entire book. Although Parts I and II are very complete in their discussion of theory, research, and application, concern must be raised with regard to how well the model fits with these opening sections. Part I, by defining terms and discussing theory, sets a solid grounding for the introduction of the model. To the final section time is spent discussing the use of the model in the development of physical education curriculum, and in competitive sport programs. However, as discussed earlier, due to the complex nature of the model it is very difficult to recognize the full application of the newly identified processes. The reader may be left wondering how this model, by adding more components, clarifies or enhances Rest's four component model of moral action.

Character Development and Physical Activity would be excellent for a graduate level seminar or semester long course. The weaknesses identified in this review could be easily overcome with supplemental readings and discussion. As the book points out very clearly, there is still much to be learned concerning the effects of physical activity on character development. Any graduate student struggling to find ideas for a thesis or dissertation could turn to any page in Part III and find a wealth of ideas. Character Development and Physical Activity provides an excellent overview of the research concerning moral development and physical activity and is an invaluable physical source for ideas on research and the promotion of character development in sport. Finally, the suggestions aimed at physical educators and coaches addressing the promotion of moral character through physical activity are very relevant and helpful.

Wrisberg, Continued from Page 10.

AAASP Fall 1996 - Vol. 11, Number 3
Kinesiology
University of Colorado at Boulder

The University of Colorado is offering a tenure track position in Psychological Kinesiology covering exercise and sport psychology. An earned doctorate is required and two years of post graduate research/teaching experience desired. Preference is given to an assistant professor level. For full consideration, applications should be received by January 15, 1997.

Please contact:
Search Committee Chair
Department of Kinesiology
University of Colorado at Boulder
Boulder, CO 80309
Fax: (303) 492-4009
E-mail: sandra.sweeny@colorado.edu

Motor Control/Learning
University of Houston

An Assistant/Associate Professor of Motor Behavior position is offered through the Department of Health and Human Performance at University of Houston. This tenure track position in motor control/learning, with a secondary interest in motor problems of special populations, will begin August 1997. An earned doctorate and sustained record of research and grantsmanship in motor behavior and demonstrated teaching ability in undergraduate and graduate programs is required. Please send a letter of application, transcripts, and three letters of recommendation to:

Dale Pease, Search Chair
Department of Health and Human Performance
104 Garrison Gymnasium
University of Houston
Houston, Texas 77024-5331
FAX: (713) 743-9860

Sport Psychology
University of North Texas

The University of North Texas has an opening for an Assistant Professor of Sport and Exercise. Applicants are required to have an expertise in Sport Psychology with secondary teaching areas in motor behavior, sociology of sport or movement for special population, and an earned doctorate. This position will begin the Fall 1997. Review of applications begins January 15, 1997.

Please contact:
Dr. Noreen L. Goggin
Sport and Exercise Psychology
Search Committee
University of North Texas
Department of Kinesiology and Health Promotion
P.O. Box 13857
Denton TX 76203-6857
Phone: (817) 565-4904
E-mail goggin@coefs.ceu.unt.edu

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The Mayo Clinic Sports Medicine Center will have openings for two research assistants as of July 1, 1997. Preferences will be given to applicants with a bachelor’s degree and who plan a career in sport psychology and sports medicine. Stipend is approximately $500.00 a month.

Please contact:
Dr. Aynsley Smith or
Ms. Wendy Phillips
Mayo Clinic Sports Medicine Center
Charlton Desk 1-C
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There are a limited number of 1996 Conference Abstract books available for sale. See order blank on the next page.
Winter Newsletter Deadline
The deadline for submitting information to be included in the Winter Newsletter is January 20, 1997. Please send information to:

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Directory of Graduate Programs in Applied Sport Psychology
5th Edition - to be published in 1997
Fit Information Technology, Inc.

We are pleased to announce that the fifth edition of the Directory of Graduate Programs in Applied Sport Psychology will be published in 1997. This notice serves to alert existing programs that your fourth edition entries will be coming your way for review/revision in January/February 1997. We would of course love to include any programs that are not currently in the Directory but should be included - please let us know that you wish to be included and we will be sure to send you a request for the information needed. Finally, if you have any suggestions on additional material that should be included in the fifth edition of the Directory, please let us know. Thanks for your support in the past.

We look forward to an even bigger and better edition of the Directory in 1997.

Michael Sachs, Kevin Burke, and Shawn Gomer, Editors

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