

AASP Foundation Community Outreach/Research Seed Grant Application Information

A. Purpose

The Association for Applied Sport Psychology (AASP) Foundation offers "seed grants" for community outreach/research projects. Grants may be for up to \$500, recognizing that the total funds available in one year are \$4,000 (\$1,000 each quarter). The primary function of these community outreach/research seed grants is to provide limited support to AASP members (especially early career professionals/pre-tenured faculty or students) for their community outreach/research endeavors. In general, proposals must:

1. Integrate research and practice;
2. Be clearly articulated;
3. Ideally show potential for further community outreach/research work, leading to additional funding; and
4. Contribute to the knowledge base in exercise and sport psychology.

B. Eligibility

- Any person who is a current member of AASP is eligible.
- If students cannot meet this requirement, they may co-author the proposal with a member (typically their advisor) who does meet the requirement. However, it must be clear that it is the student's - not the advisor's - project. If the advisor needs to be first author for a university's purposes even though it's the student's work, please note it's the student's project on the application.
- The primary recipient of an AASP Foundation community outreach/research seed grant may only receive such seed grant funding once every 2 years.
- Applicants may not apply for an AASP Foundation community outreach/research seed grant and an AASP grant (Community Outreach, Research, etc.) for the same project at the same time.

C. Application Procedure

- Applications will be reviewed four times a year: beginning January 1, April 1, July 1, and October 1.
- Applications may be received at any time, although grants are due no later than midnight the day before each grant cycle to be considered within that review period.
- The grant application should be emailed to the AASP Foundation Community Outreach/Research Seed Grant Committee Chairperson at AASPFSeedgrant@appliedsportpsych.org.
- Please use the PDF fillable form to complete the application.
- Proposals must include the following components (**see EXAMPLE on pages 3-7**):
 - A. Researcher/Practitioner information (one page maximum)
 - B. Proposal (one page or less – must use 12-point font and 1-inch margins, single spacing is acceptable) – include title but do not include name(s)/affiliations(s) of submitters
 - C. Budget and budget justification
 - D. Submission checklist

AASP Foundation Community Outreach/Research Seed Grant Application Information

(continued)

- Failure to include all components listed above, or proposals that do not conform to length specifications, will not be reviewed.

D. Budget

- Budgets must be for a maximum of \$500.
- Awards will be paid to your department or organization/company, if one exists, and can cover costs such as equipment, hourly assistance, materials, and supplies.
- Budgets cannot include indirect costs, salaries for the researcher(s)/practitioner(s), or travel to present the results.
- Grants are awarded as soon as the review process is completed each quarter.
- Proposals which are not approved will be returned to the researcher(s)/practitioner(s) with feedback and may be resubmitted if desired.
- Failure to complete the project may require reimbursement.

E. Obligations

- A final report on the project (maximum of one page in length) is required once the project has been completed, to be sent to the AASP Foundation Community Outreach/Research Seed Grant Committee Chairperson at AASPFSeedgrant@appliedsportpsych.org
- It is encouraged that an abstract of the completed work be submitted for consideration at the first eligible AASP conference that follows the completion of the grant.
- Any publication(s) resulting from the grant should acknowledge the funding from AASP.

Completing the Grant Application

This grant application is created as a fillable pdf form. Follow through the document and complete the blue boxes (fillable form elements) in all of the areas. When you need to save the document, simply save to your desktop so that you may return to the document.

When you are ready to submit this document to the AASP Research and Practice Division Head, please save as a PDF on your computer. **Submit the complete application as ONE PDF file into a single attachment**, to be sent to the AASPF Community Outreach/Research Seed Grant Committee Chairperson at AASPFSeedgrant@appliedsportpsych.org

AASP Foundation Community Outreach/Research Seed Grant Application **EXAMPLE**: Investigator Information

Principal Investigator Jane Doe <small>Name</small>	AASP Membership Status <p style="text-align: center;">Yes xxxx No</p>
Position and Institution Position Doctoral Student University of Minnesota <small>Institution</small>	Mailing Address Institution University of Minnesota Street Address Line 1 School of Kinesiology, Room 248 Cooke Hall Street Address Line 2 1900 University Avenue SE City, State/Province, Zip Minneapolis, MN 55455 USA <small>Country</small>
E-mail Address jdoe@umn.edu	
Telephone 612-777-7777	

Co-Investigator Shayne Gotisbehere <small>Name</small>	AASP Membership Status <p style="text-align: center;">Yes xxxx No</p>
Position and Institution Position Professor University of Minnesota <small>Institution</small>	E-Mail Address sg@umn.edu

Co-Investigator <small>Name</small>	AASP Membership Status <p style="text-align: center;">Yes No</p>
Position and Institution <small>Position</small> <small>Institution</small>	E-Mail Address

Co-Investigator <small>Name</small>	AASP Membership Status <p style="text-align: center;">Yes No</p>
Position and Institution <small>Position</small>	E-Mail Address

Institution	
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AASP Foundation Community Outreach/Research Seed Grant
Application EXAMPLE: Proposal (one page limit)

Title of Project

The Little Union That Could: A Qualitative Examination of a Small College's
Journey to the NCAA Division I Ice Hockey Championship

Proposal

In 2014, Union College, a small Division III liberal arts college in Schenectady, NY, won the NCAA Division I ice hockey tournament at the Frozen Four in Philadelphia, PA. Union had reached the Frozen Four in 2012, becoming at that time the smallest school to make either a Final Four (men's basketball) or Frozen Four (men's ice hockey) in history. Being a college ice hockey fan from the upstate New York, I latched on to their story of a small college (about 2200 students) competing in Division I ice hockey (DIII schools can play 'up' in certain sports) against the 'giants' of the game, and started following Union informally and then, through contacts with the team, more formally. In the 2012-2013 season I conducted a pilot study with in-person interviews with several players during their journey through the playoffs (they lost before reaching the Frozen Four), to get a sense of what playing against such bigger and big name schools was like.

The 2013-2014 season turned out to be a magical one, as the team reached a number one ranking during the season and then played well throughout the tournament, culminating in a dominating victory over mighty University of Minnesota (about 50,000 students; serendipitously my chosen institution for my doctoral work) in the championship game. The journey brought back memories of other compelling David versus Goliath stories, such as tiny Milan High School in Indiana in 1954 (portrayed in the movie Hoosiers). The purpose of this study is to interview 10 randomly selected players from the 2013-2014 roster, to solicit their recollections of their journey through the season, their resolve after coming up 'short' in 2011-2012 and 2012-2013, their work with their sport psychologist (Wally Bazdell), and their overall experiences. Some players are still at Union, some who have graduated are now playing professionally, others have taken different paths.

There is much to be learned from the experiences of athletes who have persevered against formidable odds, with expectations from others of not being able to achieve what one had set as one's goals, or given the clear sense that one didn't belong. There are numerous terms used, such as grit, resilience, perseverance, or mental toughness. The factors will be explored, as will the areas of team unity and support from the community, both college and local.

The budget requested encompasses a voice recorder to record the interviews and assistance from a student colleague in transcribing the interviews (which would then be carefully checked/verified by me). This is the ideal budget. The basic budget would provide for the voice recorder and I would transcribe the interviews.

AASP Foundation Community Outreach/Research Seed Grant Application **EXAMPLE**: Budget

Personnel

Position/Title	Hours/Wk	Hourly Wage	Total
Student assistance in transcribing interviews	3x10=30	\$13	\$390.00
		Sub Total	\$390.00

Equipment

Item	Total
Sony Digital Voice Recorder, model number ICD-UX533	\$84.30
Shipping and handling/tax	\$15.70
	Sub Total
	\$100.00

Supplies

Item	Total
none	
	Sub Total

Other

Item	Total
none	
	Sub Total

Total Funding Requested

\$490.00

Please indicate other grants that are pending or funded related to the research project.

Grants	Total
none	
	Sub Total

Please indicate the total amount that is absolutely necessary to complete the research project.

Total	\$100.00
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**AASP Foundation Community Outreach/Research Seed Grant
Application EXAMPLE: Budget Justification**

Sony Digital Voice recorder needed to tape interviews with players.

Student assistance needed in transcribing interviews with players.

AASP Foundation Community Outreach/Research Seed Grant
Application EXAMPLE: Submission Checklist
 (to be completed by PI)

Principal Investigator (PI) Status and Eligibility

	Yes	No
Is this project a student's project?	xxx	
Is the PI a student or an early professional (pre-tenure)?	xxx	
Does the PI meet the membership requirement (current AASP membership)? <i>Note: If a student is the PI and does not meet the membership requirement, she/he/they may co-author the proposal with an AASP member who does meet the requirement.</i>	xxx	
Has the PI received AASP Research Grant funding in the past 2 years?		xxx

Obligations if Proposal is Funded or Partially Funded

	Yes	No
Applicant(s) accepts responsibility for submitting a final budget report and summary of progress to the AASP Foundation Community Outreach/Research Seed Grant Committee Chairperson at the end of the project.	xx	
<i>Note: Unspent balances will revert to AASP unless a written request for extension is submitted 6 weeks prior to grant expiration and is approved by the Research Grant Committee.</i>		
Applicant(s) accepts responsibility for acknowledging the funding from AASP in any publications or presentations resulting from this grant.		

AASP Foundation Community Outreach/Research Seed Grant

Application: Investigator Information

Principal Investigator Name	AASP Membership Status <div style="text-align: center;"> Yes No </div>
Position and Institution Position Doctoral Student Institution	Mailing Address Street Address Line 1 Street Address Line 2 City, State/Province, Zip Country
E-mail Address	
Telephone	

Co-Investigator Name	AASP Membership Status <div style="text-align: center;"> Yes No </div>
Position and Institution Position Institution	E-Mail Address

Co-Investigator Name	AASP Membership Status <div style="text-align: center;"> Yes No </div>
Position and Institution Position Institution	E-Mail Address

Co-Investigator Name	AASP Membership Status <div style="text-align: center;"> Yes No </div>
Position and Institution Position Institution	E-Mail Address

**AASP Foundation Community Outreach/Research Seed Grant
Application: Proposal (one page limit)**

Title of Project

Timeline for Completion

Proposal

AASP Foundation Community Outreach/Research Seed Grant Application: Budget

Personnel

Position/Title	Hours/Wk	Hourly Wage	Total
Sub Total			

Equipment

Item	Total
Sub Total	

Supplies

Item	Total
Sub Total	

Other

Item	Total
Sub Total	

Total Funding Requested

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Please indicate other grants that are pending or funded related to the research project.

Grants	Total
Sub Total	

Please indicate the total amount that is absolutely necessary to complete the research project.

	Total
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AASP Foundation Community Outreach/Research Seed Grant
Application: Budget Justification

AASP Foundation Community Outreach/Research Seed Grant

Application: Submission Checklist

(to be completed by PI)

Principal Investigator (PI) Status and Eligibility

Yes No

Is this project a student's project?

Is the PI a student or an early professional (pre-tenure)?

Does the PI meet the membership requirement (current AASP membership)?

Note: If a student is the PI and does not meet the membership requirement, she/he/they may co-author the proposal with an AASP member who does meet the requirement.

Has the PI received AASP Research Grant funding in the past 2 years?

Obligations if Proposal is Funded or Partially Funded

Yes No

Applicant(s) accepts responsibility for submitting a final budget report and summary of progress to the AASP Foundation Community Outreach/Research Seed Grant Committee Chairperson at the end of the project.

Note: Unspent balances will revert to AASP unless a written request for extension is submitted 6 weeks prior to grant expiration and is approved by the Research Grant Committee.

Applicant(s) accepts responsibility for acknowledging the funding from AASP in any publications or presentations resulting from this grant.