

## **Sport and Exercise Psychologists to Convene in St. Louis**

MADISON, WI — September 9, 2008 — The Association for Applied Sport Psychology (AASP) will hold its 23<sup>rd</sup> annual meeting in St. Louis, September 24 to 28 at the Hyatt Regency in historic Union Station. The international professional association has 1,200 members from 28 countries, many of whom will travel to St. Louis for four days to hear renowned speakers, attend professional meetings and seminars, and network with their peers. The conference is open to the public and provides excellent interview/coverage opportunities for media, who are welcome to attend. For more information visit [www.appliedsportpsych.org](http://www.appliedsportpsych.org).

“St. Louis is a great site for our conference. The city was a major gateway for pioneers traveling west and has evolved into an international city that merges multiple cultures. It is a sport-active city and has been host to a World Fair. What better place to gather in this Olympic year than in a city that is internationally known and loves sports,” said Dr. Marty Ewing, AASP past president and conference coordinator.

### **New AASP President to Be Inducted**

The man who helped so many Olympians perform their best and in many cases climb onto the awards podium will take the podium himself in St. Louis. Sean McCann, Ph.D, Senior Sport Psychologist for the US Olympic Committee (USOC) will journey to Missouri after working for weeks in China at the Olympic Games and Paralympic Games. At the Business meeting on Friday, September 26, Dr. Burt Giges, current AASP President, will pass the mantle to Dr. McCann.

Dr. McCann has worked for the US Olympic Committee’s Sport Psychology area for 17 years, including 12 years as the head of the department. He has traveled with the last eight Olympic Teams as a sport psychologist during the Games. In his work for the USOC, he works directly with teams and coaches, from mental skills seminars and workshops, to individual sessions with athletes. In addition to his work for the Olympic Committee, Dr. McCann works with professional athletes from a variety of sports, from ball sports to NASCAR. He also writes extensively about sport psychology in a number of outlets, including refereed journals, book chapters, columns, brochures, and workbooks for Olympic Coaches and Athletes. A long-time AASP member, he is also an AASP Certified Consultant.

### **Top Keynote Speakers Offer Intriguing Topics for AASP Audiences**

A number of excellent keynote speakers have been selected to address the AASP audiences:

- **Performance Psychology Keynote Speaker Terry Orlick on “Focusing for Excellence”**  
Terry Orlick is a world-renowned leader in applied sport psychology, focus training, and performance excellence. A former gymnastics champion and coach, Dr. Orlick has served as a high-performance focus coach for 35 years to thousands of Olympic and professional athletes in more than 30 different sports. He served as a performance enhancement consultant for athletes competing in eight Summer and eight Winter Olympic Games, and also worked closely with coaches, teachers, children, and business executives.

Former president of the International Society for Mental Training and Excellence, Terry Orlick has authored more than 20 books, including the most recent *In Pursuit of Excellence*, 4th Ed. (2008). He has also created innovative programs and books for children and youth to nurture Positive Living Skills, including *Cooperative Games and Sports* (2006).

- **Distinguished International Scholar Celia Brackenridge on “Sex, Lies, Shock, and Role: Sport Psychologists as Agents of Athlete Welfare”**

Celia Brackenridge is a Professor of Sport Sciences (Youth Sport) and Director of the Centre for Youth Sport and Athlete Welfare at Brunel University in London. After teacher training and degree study at Cambridge and Leeds Universities, she taught Physical Education in a Hampshire secondary school. She has spent the past 28 years in higher education. Brackenridge ran her own research-based consultancy company for four years before returning to higher education at Brunel in 2005.

Dr. Brackenridge is a former captain of the England and Great Britain Women’s Lacrosse teams and World Cup coach. She has maintained a keen interest applying research to practice. Celia Brackenridge serves on the Research Committee of the National Organisation for the Treatment of Abusers and also chairs the Research Task Force of the NSPCC/Sport England Child Protection in Sport Unit. Dr. Brackenridge is author of Spoilsports: Understanding and Preventing Sexual Exploitation in Sport (2001). She is currently working on research projects with UNICEF and with the English Football Association.

- **Coleman Griffith Lecture Keynote Glyn C. Roberts on “The Forgotten Values of Elegance, Parsimony, and Conceptual Coherence in Sport Psychology Research”**

Glyn C. Roberts currently serves as the Professorial Chair of Psychology at the Norwegian University of Sport Science in Oslo. He was a Professor of Sport Psychology in the Department of Kinesiology at the University of Illinois for 25 years.

Roberts' research focuses on the motivational determinants of achievement and he is particularly concerned with the motivation of children in the competitive sport experience. He has been on research grants for over 2 million dollars, including being a PI on an NSF grant to investigate research ethics in science. He has over 200 publications, including 10 books and over 50 book chapters, and has made over 350 presentations of his research worldwide. He was just elected to the position of AASP President-Elect, and will join the Executive Board at the Business meeting.

- **Social Psychology Keynote Presenter Laura L. Carstensen, Ph.D. on “The Influence of Shifting Time Horizons on Human Aging”**

Laura L. Carstensen, Ph.D., is a Professor of Psychology and the founding director of the Stanford Center on Longevity. For more than 20 years, the National Institute on Aging has supported her research and in 2005 she was honored with a MERIT award, which extends this support another decade. Dr. Carstensen is best known for her theory on socioemotional selectivity, a life-span theory of motivation.

- **Health Psychology Keynote Nanette Mutrie on “Promoting physical activity for public health: the challenges for psychology”**

Nanette Mutrie, Ph.D., is a Professor of Exercise and Sport Psychology at the University of Strathclyde, Glasgow Scotland. She has researched ways of increasing active living both in clinical populations and in the community with a particular interest in the mental health benefits. Current funded projects include the Scottish Physical Activity Research Collaboration; the promotion of walking with the use of pedometer for older adults in primary care; the evaluation of the impact structural changes on walking and cycling; and encouraging physical activity for black and ethnic minority children.

### **About The Association for Applied Sport Psychology (AASP)**

The Association for Applied Sport Psychology (AASP) promotes the ethical practice, science and advocacy of sport and exercise psychology. Founded in 1986, AASP is an international, multidisciplinary, professional organization that offers certification to qualified professionals who practice sport and exercise psychology. With more than 1,200 members in 28 countries, AASP is a worldwide leader, sharing research and resources with the public and media via its Web site, [www.appliedsportpsych.org](http://www.appliedsportpsych.org).