



## Association for the Advancement of Applied Sport Psychology

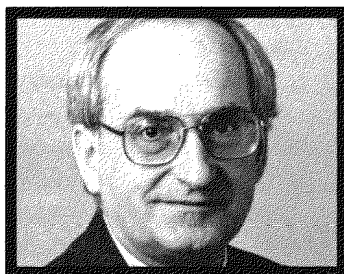
Winter 1998

State of the Association

Vol. 13, No. 1

# **AAASP MEMBERSHIP REACHES NEW HIGH IN 1997: 1035 MEMBERS!!!**

### **ADVANCING APPLIED SPORT PSYCHOLOGY**



**LEONARD ZAICHOWSKY**

Back about 1987, I can recall telling professional colleagues and students and anyone else who would ask, that I was very optimistic about the job opportunities in applied sport psychology. I thought that there would be a need for us as professionals not

only in academia, but in the applied world working with our youth in sports programs, working with college students, Olympic athletes, and professional sports teams. What has happened? I would have to say that personally I am disappointed by our failure to advance in this area as a profession in spite of the hard work undertaken by the AAASP executive board and those of your working primarily as consultants in the area of performance enhancement. I said this in San Diego and I reiterate it now, I am working hard this year and will continue in the future to work on models that will expand career opportunities for those of us that are currently in the field and also for those aspiring to get in. It is clear to me that our past and current approach to marketing sport psychology has not been effective.

In my position statement two years ago, I pledged to tackle our external image and marketing problem. This I have begun by engaging in conversation with many of you who have thought long and hard about this problem. I have also talked with, and will continue conversation with university deans, athletic directors, and coaches as well as professional sport general managers, coaches, and players. I am working closely with the certification committee, chaired by Dr. Bill Thierfelder, to collectively address this problem and come up with a strategic plan. The Organization Outreach and Education committee chaired by Linda Petlichkoff has given us a "jump start" by completing an excellent educational brochure on what we are all about. I will also be consulting with

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## 1997 AAASP STRUCTURE

### **President-Elect**

Robin Vealey

### **President**

Leonard Zaichkowsky

### **Past President**

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### **Secretary-Treasurer**

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### **Publications Director**

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### **Health Psychology**

Carole Oglesby

### **Intervention/Performance**

#### **Enhancement**

John Salmela

### **Social Psychology**

Bob Brustad

### **Student Representative**

Thad Leffingwell

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University*

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Diane Gill  
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## TO AAASP MEMBERSHIP

I want to provide an explanation to the AAASP membership for the extended delay in receiving this newsletter. The Winter Newsletter is supposed to be mailed on or near the 1st of March with the primary objective being presentation of the candidates of the Executive Board offices including a ballot for voting. Due to a number of problems incurred in the nomination and selection of candidates (e.g., nominated candidates not accepting, or accepting and then withdrawing for a number of reasons), completing the official candidate slate has been greatly delayed. I apologize to the membership, and especially to the candidates who have accepted the nomination to run for office, for the delay in receiving the newsletter.

Publications Director  
Dale Pease

## ANNOUNCEMENT ICSP Cancelled

Due to Asian financial crisis, the sponsorship for the 1998 International Conference of Sport Psychology in Beijing, China has been withdrawn. However, the Sport Psychology Commission of the ICHPER.SD will hold the International Symposium of Sport Psychology in conjunction with the 42nd ICHPER.SD World Congress in Egypt, from July 2-7, 1999.

For further information, please contact Dr. Jin Wang, Dept of Health, Physical Education and Athletics, Valdosta State University, Georgia 31602 USA

e-mail: [jiwang@valdosta.edu](mailto:jiwang@valdosta.edu)

phone: (912)333-5909

fax: (912) 333-5972

# PRESIDENT-ELECT

## ANDREW MEYERS



### BIOGRAPHY

Andrew W. Meyers (Ph.D., Pennsylvania State University, 1974) is Professor of Psychology and Chairman of the Department of Psychology at The University of Memphis. Andy has over 110 publications in the areas of sport performance enhancement, physical activity and health, addictive behaviors, and children's self-regulatory activity. He is a charter member of the Association for the Advancement of Applied Sport Psychology and a Fellow of both AAASP and the American Psychological Association (Divisions 47, 38, and 12). Andy is a member of the U.S. Olympic Sport Psychology Registry and he is an AAASP Certified Consultant. He served as the psychologist for the 1994 Olympic Sports Festival. He has also been a member of the editorial boards of the Journal of Applied Sport Psychology, the Journal of Exercise and Sport Psychology, The Sport Psychologist, Health Psychology, Behavior Therapy, and Cognitive Therapy and Research. For the past twenty years Andy has maintained a private psychology practice focused on health and sport.

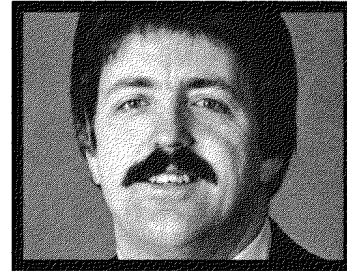
### POSITION STATEMENT

I have been involved in sport psychology research and practice since the mid-1970's and I have been active in AAASP since the first meeting at Jekyll Island, GA in 1986. As a charter member of AAASP, I helped write the organization's original ethics and certification guidelines. Recently, I co-chaired, with Dan Gould, the AAASP Ethics Committee that produced the organization's first formal ethics code. I have served on both the Health Psychology and Intervention and Performance Enhancement Committees and I am currently a member of the Certification Committee. Now I have the honor of running for the AAASP presidency.

I believe that my experience and skills have prepared me to meet AAASP's challenge of advancing the practice and science

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## DAMON BURTON



### BIOGRAPHY

Damon Burton is Professor of HPERD at the University of Idaho. He received his Ph.D. from the University of Illinois, masters from the University of Wisconsin, and B.S. from Kansas State University. Damon's primary research interests are (a) motivation and goal setting, (b) stress, coping and anxiety, and (c) PST intervention and coaching behaviors. He has published over 30 scholarly articles, eight book chapters and co-authored one book. Damon has presented 17 papers at AAASP conferences and 51 papers at other national and international meetings. He serves on the editorial board of JSEP, TSP and JSB, reviews for nine other journals including JASP, is past chair of the AAHPERD Sport Psychology Academy and is a current member of the I/PE committee. A AAASP member since its inception, Damon is a certified consultant who has extensive counseling experience with high school, collegiate, Olympic and professional athletes. He also directs Vandal Sport Psychology Services, consults with 30-40 athletes regularly, puts on 6 coaching education workshops annually, co-directs a summer sport camp for kids, and coaches several youth sport teams.

### POSITION STATEMENT

As a member of AAASP since its inception, much of my professional development has been intertwined with AAASP's growth into the world's preeminent sport psychology organization. AAASP Conferences are always the highlight of my year, providing opportunities to renew friendships, have stimulating intellectual discussions, and generally reenergize myself professionally. I've enjoyed making a contribution to the organization by working on the I/PE committee with John Salmela the past few years, and I'm honored to be a candidate for the position of President-Elect of this dynamic organization. Although some may question the value of public service in this era when our

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# INTERVENTION/PERFORMANCE ENHANCEMENT

**TRENT PETRIE**



## **BIOGRAPHY**

Trent A. Petrie, Ph.D., received his doctorate in 1991 Counseling Psychology from the Ohio State University. Currently, he is an associate professor in the Department of Psychology at UNT and is Director of the Center for Sport Psychology and Performance Excellence, an interdisciplinary center (with the Department of KHPR) at the university. Trent has been involved in the field of sport psychology since 1987, providing personal counseling and performance enhancement services to athletes and sport teams at all competitive levels. He is a licensed psychologist in the State of Texas, a Certified Consultant, Association for the Advancement of Applied Sport Psychology, and a member of the 1996-2000 United States Olympic Committee Sport Psychology Registry. Trent also played volleyball for Ohio State as an undergraduate and later coached the men's volleyball team as a graduate student.

Professionally, Trent is a member of AAASP's Certification Committee and serves as the Editor for the American Psychological Association Division 47 (Exercise and Sport Psychology) newsletter. His areas of research include eating disorders, academic success of student-athletes, athletic injury, and professional training in sport psychology. Trent has published over 40 articles and book chapters, and given over 65 presentations at national and international conferences. In addition to holding membership in AAASP, he currently is a member of the American Psychological Association (Div. 17 & 47), North American Society for the Psychology of Sport and Physical Activity, and the International Society of Sport Psychology.

## **POSITION STATEMENT**

Yahoo!!! (shorthand for I am excited and honored to be running for this position). AAASP is happening, man-woman (vernacular for: AAASP is a key player in the field of sport and exercise psychology and I am pleased to have another opportunity).

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**EVELYN HALL**



## **BIOGRAPHY**

Dr. Evelyn Hall presently serves as an Associate Professor of Sport and Exercise Psychology in the Department of Exercise & Sport Science at the University of Utah. Her academic credentials include a doctorate from the University of Virginia in motor behavior/sport science, M. S. in coaching/physical education from James Madison University, and a B. S. in biology (pre-medicine) from the College of William and Mary. Dr. Hall also served on the faculty at Louisiana State University (1977-87) and developed both undergraduate and graduate programs in sport psychology.

Dr. Hall is a Charter member, Certified Consultant, and Fellow of AAASP. She has recently served as the Chair of AAASP's Accreditation Task Force. She has been a Chair of the AAHPERD Sport Psychology Academy. Since 1981, Dr. Hall has been a contributing member of the International Society for Sport Psychology.

Dr. Hall has served in an editorial capacity for many journals. She has also had numerous invited presentations, and over 50 publications in the field of sport and exercise psychology. Dr. Hall has consulted with many coaches and participants at all levels in sport, including a wide variety of sports. As a former national level lacrosse player, she has recently been involved with bringing women's lacrosse to Utah. Dr. Hall has also worked extensively with Louisiana Special Olympics and the 1984 International Special Olympics held on the LSU campus. She was a co-investigator on a project for Special Olympics International from 1994-96. Dr. Hall has served as a sport psychology consultant for Division I college football for nine years (past six years for the University of Utah program). She has served as the team sport psychology consultant at four different college bowls. In 1995-96, Dr. Hall was awarded the University of Utah Service Learning Professorship (one of two on campus) for her program with at-risk elementary children. Dr. Hall's research and professional interests focus on play,

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# PUBLICATIONS DIRECTOR

## CINDY PEMBERTON



### BIOGRAPHY

Cynthia (Cindy) L. Pemberton is an associate professor and chairperson in the Department of Physical Education at the University of Missouri—Kansas City. Dr. Pemberton received her Ph.D. from the University of Illinois in Kinesiology with an emphasis in sport psychology. She has published and presented numerous research papers focussed in the area of motivation in sport and exercise. She has served on the editorial boards for Pediatric Exercise Science and Quest, and has been a reviewer for the Journal of Sport and Exercise Psychology, the Journal of Applied Sport Psychology, The Sport Psychologist, Research Quarterly for Exercise and Sport, and the Journal of Physical Education, Recreation and Dance and a co-author of Physical Best and Learning Experiences in Sport Psychology. Dr. Pemberton has served in leadership positions at the national level, including President, Past-President and President-Elect of the American Association for Active Lifestyles and Fitness (formerly ARAPCS) of the American Alliance for Health, Physical Education, Recreation and Dance. She is a fellow in the Research Psychology Registry, National Faculty for the American Sport Education Program, Social Psychology committee member (AAASP) and a member of AAASP, AAHPERD, and APA. Dr. Pemberton conducts presentations to groups interested in sport psychology topics related to psychological skills training, motivation in sport and physical activity and serves as a consultant to youth sport organizations, individual athletes and exercisers.

### POSITION STATEMENT

It is an honor to be nominated for the position of Publications Director. The Publications Director position within AAASP has the responsibility of providing the membership with ongoing information about the organization and the major issues facing the membership. I believe this is a key leadership position for the organization since continual communication with the membership is the primary responsibility for the Publications Director and can have impact on the ability of the membership to make informed decisions about the direction of AAASP. The newsletter should provide an opportunity for members to exchange ideas and opinions that can facilitate growth for the organization and the field of sport and exercise psychology. The individuals who

have held the position of Publications Director in the past have been committed to this belief, as am I.

Practitioners, researchers, teachers and students rely on the newsletter to inform them about current issues before the membership and about upcoming conferences and professional meetings. Providing conference information in a timely and detailed manner is a critical role of the newsletter. Additionally, I think that the newsletter provides important information in the form of the sections on Issues and Answers, Meet Your Members, Voices From the Field, Book Reviews and Job Listings and Announcements, and I would continue these aspects of the newsletter. Three new areas I would like to explore for the newsletter include sections devoted to colleagues about the teaching of sport and exercise psychology, technology and the field of sport and exercise psychology and grant funding opportunities in sport and exercise psychology. My ongoing interest in the teaching of sport and exercise psychology stems from my belief that the foundation of sport and exercise psychology and its growth and future are based upon what goes on in academic classrooms and on effective teaching. We are fortunate to have many experienced effective teachers who have major teaching responsibilities in sport and exercise psychology. The newsletter can be one format to share ideas about teaching effectiveness. The role of technology in our world is expanding at dramatic rates and as professionals we need to be informed of new technologies and their impact on our field. Thus, a section in the newsletter dedicated to the role of technology, including products, web sites and list serves would be invaluable. These information sources may be assets to our teaching, consulting and research activities. The newsletter can also serve as a medium for communicating opportunities for research and grant funding opportunities. There are many different and varied sources for research assistance related to the field of sport and exercise psychology and this section of the newsletter could assist professionals seeking this type of information.

As well as publishing the newsletter, the Publications Director serves in a leadership position within the AAASP structure. My involvement with AAASP, since its inception, has provided me with the opportunity to see the organization grow, change and deal with extremely important issues for the field of sport and exercise psychology. The leadership aspect of this position is extremely important to me and one that I take very seriously. Continued work in the area of international relations, diversity, continuing education and the recognition of the role of "AAASP Certified Consultants" are areas of personal commitment.

If elected to the position of Publications Director, I will select a staff that is representative of the membership and that is dedicated to providing the membership with an open forum for discussion of important ideas and concerns related to the field of sport and exercise psychology.

**From all of the nominees (both internal & external), only one—Cindy Pemberton—ultimately chose to run for the position of Publications Director.**

# STUDENT REP

**JUSTINE REEL**



## **BIOGRAPHY**

Justine Reel is currently a doctoral student in exercise and sport science at the University of North Carolina at Greensboro. She received her B.A. in sociology and a coaching minor from North Carolina State University in 1993. Justine has obtained M.S. degrees in both exercise and sport science (1995) and counselor education (1997) from the University of North Carolina at Greensboro. She also earned her National Counselor Certification (NCC) in 1997.

Justine has worked as a teaching and research assistant for three years and has served as a lecturer for two semesters. She held a full-time faculty position for a semester and coached the swim team for two years at Salem College.

Justine has attended six AAASP conferences and is currently serving her fourth year as an AAASP regional representative. She has presented at the past three conferences and has published an article in *The Sport Psychologist*.

## **POSITION STATEMENT**

While serving as a regional representative I have had the opportunity to observe the styles and goals of four student representatives. Each student leader has brought a vision. My vision includes the following ingredients: (1) Student communication; (2) Marketing strategies for sport psychology professionals; (3) Exploration of accreditation issues; and (4) Promotion of integration and diversity.

The former student representatives have created many opportunities for AAASP students to interact. Specifically, Susan (Walter) Hayashi initiated the organization of regional conferences and Thad Leffingwell developed a student web site. I would like to strengthen these traditions by expanding the current web site and by encouraging the growth of regional conferences and student meetings. I would like to initiate a

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**WADE GILBERT**



## **BIOGRAPHY**

Wade Gilbert attained his B.P.E. (Honors) from the University of Ottawa in 1993. He completed his M.A. (Human Kinetics) from the same institution under the guidance of Dr. Pierre Trudel. In his master's thesis, Wade explored the interactive decision making processes of ice hockey officials. His thesis committee included Dr. Terry Orlick and Dr. John Salmela.

Currently, Wade is a doctoral student in the Faculty of Education at the University of Ottawa and continues to work with Dr. Pierre Trudel. In his doctoral thesis, he is examining the learning process of amateur baseball, ice hockey and soccer coaches.

Wade has been a AAASP member for five years and has presented at each of the last four conferences. Last year, Wade also developed a conference scheduling database for AAASP. This is an ongoing project and further developments will be made while scheduling the 1998 conference program.

Over the past five years, Wade has made 30 presentations at sport psychology and sport pedagogy conferences throughout North America. He has also co-authored 10 articles on coaching and officiating. Wade has been actively involved in teaching as well, and recently taught a graduate level course in research methods. Furthermore, Wade has worked as an administrator and an instructor for several sport programs, including a youth ice hockey camp organized by the Ottawa Senators.

## **POSITION STATEMENT**

I remember vividly my first AAASP conference in 1993. It was an invigorating experience to share knowledge with hundreds of other individuals so passionate about sport psychology. I have since attended numerous other conferences and believe that AAASP, with its balanced mix of students and professionals, is an essential component in the professional preparation of

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# COMMITTEE REPORTS

## HEALTH PSYCHOLOGY CAROLE OGLESBY

As a "new kid on the block" section chair, perhaps it is not too surprising I went back to the AAASP Constitution to review just what the Health Section mission is all about. It is "no news" to recap that the AAASP general purpose includes a focus on ethical and professional issues relating both to the development of sport psychology and the provision of psychological services in exercise and sport settings. In relation to the Health Section specifically, our Constitution speaks of "the role of psychological factors in sport and exercise, particularly as they relate to disease development and remediation, coping with stress and health promotion."

So, our Association, is mandated ethically and professionally to attend to the provision of psychological services in sport and exercise settings especially in regard to disease development and remediation, stress management, and health promotion. These sport and exercise settings in which we work are among the most racially diverse settings in our long-segregated society. As a professor and consultant in a large, urban, northeastern city for 20+ years, I have become more and more cognizant of the need for an increased professional focus, and information building, concerning the status of the people of color who participate (or do not do so) in programs we service. Thus, I have identified a Health Section keynote speaker for our Fall 1998 conference who will aid us in this information building; in regard to disease development and remediation, coping with stress and health promotion in sport and exercise settings in our African-American communities. We are fortunate to have as our Health Section keynote Bylye Y. Avery, founder of the National Black Women's Health Project since its inception in 1981. More information will follow about Bylye Avery, but it is good to know that in 1994, she received the Academy of Science Institute of Medicine Gustav O. Lienhard Award for the advancement of health care. She currently serves on the Advisory Committee for the Office of Research on

Women's Health of the National Institute of Health and spent two years as a visiting fellow at the Harvard School of Public Health.

During my term, I am grateful to be joined by five esteemed colleagues on the Health Committee, three of whom I will profile at this time. Previous appointees still serving are Dr. Wes Sime and Dr. Aynsley Smith. Wes is a health and sport psychologist with advanced degrees in exercise physiology and counseling. On the faculty at the University of Nebraska, Wes has specialized training in Stress Management, Clinical biofeedback, and EMDR. Dr. Smith is a sport psychologist and research coordinator of 10 active health-related protocols at the Mayo Clinic. Dr. Smith reports focusing on patient response to injury and dealing with psychological issues which exacerbate symptoms. Student member, Donna Laws-Gallien is currently a doctoral student at the University of Houston. Her interest is in athletes and their support systems and coping with injury. She is currently working on a project with Texas Orthopedic Hospital in Houston, investigating such issues with inner-city minority youth. The last two appointees will be introduced in the next Health Section column.

## SOCIAL PSYCHOLOGY BOB BRUSTAD

The 1998 conference in Cape Cod is one that you won't want to miss. This year's meeting promises to maintain the high quality of previous sessions and could surpass the 1997 record for number of submissions. Obviously, you won't want to miss any of the presentations in the Social Psychology section! Ergo, my advice is to go early and stay late so that you don't miss out on any of "The Cape's" beautiful sites.

We are thrilled that Dr. Carole Dweck will be the keynote speaker for the Social Psychology section. Dr. Dweck is a professor in the Department of Psychology at Columbia University in New York City and is well known for her work in the areas of motivation, personality, and social development. Her line of research is highly relevant to our field and she will be able to

provide us with new insights on social cognition.

## STUDENT REPRESENTATIVE THAD LEFFINGWELL

It's hard to believe that three months have passed since the San Diego Conference as I write this report. Let me summarize the projects I have been working on on behalf of the AAASP membership.

First, I have created a student resources page on the Internet. You can access this page at: <http://weber.u.washington.edu/~leffingw/aaasp/students.htm>. The page includes a listing of the AAASP executive board and regional representatives with e-mail links for easy communication, a listing of sport psychology internship opportunities, and a listing of regional student sport and exercise psychology conferences.

I am also busy at this time organizing student workshops and panel discussions for the upcoming conference in Cape Cod. The topics of these sessions include the mentoring process, "things I didn't learn in graduate school," and balancing family and career. The AAASP program is always enriched by student submissions, and I would encourage any student members to submit their work for consideration of inclusion in next year's program.

I have also been busy soliciting student members to serve on AAASP standing committees. I am currently awaiting a listing of committees in need of new student members, as well as the creation of the proposed Graduate Training Committee, before I can complete the assignment of students to committees. If there is a particular committee you might be interested in serving on, or would like to be considered for any committee, please contact me.

Several of the regional representatives are busy organizing regional student conferences and meetings (see a listing of these elsewhere in this newsletter). Many thanks to the student representatives who do great work on behalf of sport psychology and AAASP!

# COMMITTEE REPORTS

## REGIONAL STUDENT CONFERENCES 1998

**9th Annual Southeastern Sport and Exercise Psychology Symposium**  
March 6 & 7, 1998  
University of Maryland— College Park  
Contact: Jason Lanter j1209@umail.edu

**John F. Kennedy University Sport Psychology Symposium**  
April 4 & 5, 1998  
John F. Kennedy School of Professional Psychology  
Contact: Jim Skelton JimS121@aol.com

**VII Annual Midwest Sport and Exercise Psychology Symposium**  
February 27 & 28, 1998  
Human Kinetics Conference Center  
Champaign, IL  
Contact: David Carless dcarles@siue.edu

**Southwest Regional Sport and Exercise Psychology Symposium**  
April 17 & 18, 1998  
University of Utah  
Contact: David Conroy  
David.Conroy@m.cc.utah.edu or 801-531-1245

**Northwest Sport and Exercise Psychology Symposium**  
May 1 & 2, 1998  
Western Washington University  
Contact: Ralph Vernacchia  
anthony@cc.wvu.edu or 360-650-3514

**Northeast Regional Student Meeting**  
held in conjunction with Springfield College's  
Fifteenth Annual Conference on  
Counseling Athletes  
May 28 & 30, 1998  
Springfield College  
Contact: Robert Fazio  
Robert\_J\_Faze@spfldcol.edu or 413-748-3325

## CONTINUING EDUCATION COMMITTEE GLORIA B. SOLOMON

The Continuing Education Committee has undergone several member changes. First, I would like to thank Jeff Martin and Christy Greenleaf for their 3 years of service. New to the committee this year are Justine Allen, our student representative, Leslee Fisher, and Tony McGroarty. Greg Dale and Chris Lantz continue their membership. Also, as Laura Finch has completed her term as Chair, I have assumed that position. I hope to continue the fine work that Laura has accomplished during her 2-year term.

The five Continuing Education workshops which took place in San Diego last year were very successful. Workshop attendance increased 108%, from 77 participants in 1996 to 160 in 1997. The committee this year is committed to offering the quality and variety of programs offered in San Diego.

With regards to the quality of programs, the participant evaluations demonstrated that all of the workshops were highly regarded and contributed to the enhancement of professional effectiveness. Many thanks to the presenters for providing outstanding workshops.

Two projects that the Continuing Education Committee is intent to pursue include the prospect of linking CEUs to the Certified Consultant certification and recertification process. In addition during her tenure, Dr. Finch initiated a dialogue regarding the acceptance of AAASP CEUs for other organization's continuing education requirements such as APA, NATA, and CPA. We will continue to explore this proposition over the next two years.

## CERTIFICATION REVIEW COMMITTEE BONNIE BERGER

As you already know, the Certification Review Committee is responsible for reviewing applications for Certified Consultants of AAASP.

With re-certification and the need to devise an alternate route for certifying some consultants, we are anticipating a busy year in 1998!

You may be interested to know that the membership of the Committee has changed. Kate Hays and Peg Richardson have completed their three-year terms. They contributed immeasurably to the Committee, and we will miss their astute insights. The Committee is pleased to welcome two new members: Heather Barber and Andy Meyers.

To facilitate understanding what this active Committee does, I would like to elaborate on our general procedures and time schedules.

We consider applications of prospective consultants. Upon receipt of the requested five copies, I send copies of everything to each Committee member soon after the application due dates: February 1, June 1, and September 1.

A telephone conference call is scheduled approximately four weeks after receipt of materials. This includes time for the mailing process, review of the materials, and coordination of individual Committee members' schedules.

Conference calls include general items of business and consideration of each applicant.

Minutes of the meeting are prepared, distributed, and corrected to make certain issues for each candidate are clearly stated.

Letters are sent to the candidates notifying them of the Committee's decision. If the decision is negative, specific guidance for satisfying specific requirements is provided each candidate. This letter then serves as the sole criterion for re-consideration pending receipt of additional information.

Upon receipt of five copies of the requested information, a candidate is considered again at the next regularly scheduled conference call/meeting.

## Alternative Approach to Becoming a Certified Consultant of AAASP

The committee is highly aware of the request by many members of AAASP, as well as

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# COMMITTEE REPORTS

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the broad sport psychology community, to develop alternative approaches to Certification. Formulating these criteria and conditions for their use is a high priority of the Committee. The Standard Application requirements have been refined over the years and are suitable to students now in graduate programs. Some individuals, however, both from psychology and sport science backgrounds, do not have the required course work and/or practicum experiences. Based on the discussion in the Fellows' meeting held at the conference in San Diego, we will present new possibilities to the Fellows for their consideration in the future. We anticipate voting on the possibilities at the annual meeting in Cape Cod.

## Re-Certification

Re-certification of Certified Consultants who first were certified five years ago is an additional activity this year. This is the first time that Re-certification has occurred. Therefore this activity is time taking. Vikki Krane, the former Secretary/Treasurer of AAASP, is mailing re-certification forms to individuals who have been consultants for five year. For re-certification, Consultants need to submit evidence of:

1. Continuous membership in AAASP since original certification,
2. Attendance at a minimum of one AAASP annual conference in the past five years,
3. Attendance at two additional AAASP, state, regional, or national conferences which include sport psychology content within the past five years, and
4. Participation in at least one workshop or course designed to advance knowledge or upgrade skills in sport psychology within the past five years.

Please feel free to contact any of the Certification Committee members with your ideas. We welcome your input and appreciate your interest!

## Committee Members

Bonnie Berger  
Heather Barber  
Andy Meyers  
Trent Petrie  
Ralph Vernacchia

## New JASP Journal Editor

**Bob Weinberg** of Miami University has agreed to become the new editor for the *Journal of Applied Sport Psychology* (JASP), replacing Bert Carron.

We would like to not only welcome Bob, but also thank Bert for the many hours of work over the past three years.

Al Petitpas and Diane Gill will continue to serve as associate editors and joining them will be Bonnie Berger and Judy Van Raalte. To Jim Taylor and Kevin Spink, a big thank you for your contributions as associate editors as you leave the editorial board.

## 2nd International Meeting PSYCHOLOGY APPLIED TO SPORT AND EXERCISE July 25-28, 1998 University of Minho Braga, Portugal

At the time of the meeting, the World Exhibition-Expo 98 will be held in the city of Lisbon (350 km from Braga)—the last World Exposition of the 20th century

For More Information, Contact:

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## AAASP CONFERENCE CAPE COD

September 23-27, 1998

## MAJOR SPEAKERS

### Coleman Griffith Lecture:

**Mariah Burton Nelson**

author, journalist, former professional athlete

### Health Psychology:

**Byllye Avery**

Exec. Director of the Black Women's Project

### Intervention/Performance Enhancement:

**Dr. John T. Partington**

Carleton University, Ottawa

### Social Psychology:

**Dr. Carol S. Dweck**

Columbia University

# Dorothy Harris Award

## 1997 Dorothy V. Harris Memorial Award

### Building Bridges and Shattering Myths in Applied Sport Psychology

**Britton W. Brewer  
Springfield College**

I would like to thank AAASP for recognizing me with the Dorothy V. Harris Memorial Award. It is indeed an honor, especially considering the high caliber scholar-practitioners who have preceded me. I regret to say that I never had the opportunity to meet and learn from Dot Harris. Since 1989, the only AAASP conference that I have missed was the 1990 edition held in San Antonio, which, unfortunately was the last AAASP meeting that Dot attended. I knew of her illness and was deeply disappointed that my employer at the time strongly discouraged my traveling to Texas.

#### Building Bridges

As a graduate student at Arizona State University, I was impressed by the comment of my research methods professor, Clark Person, that the most important research efforts are those that forge links between seemingly disparate areas of inquiry. As an interdisciplinary field, applied sport psychology draws upon the sport and exercise sciences, various subdisciplines of psychology, and other allied fields, leaving the door open to an abundance of opportunities for bridge building.

My initial attempt at bridge building involved a melding of my interests in cognitive strategies affecting endurance performance and my advisor Paul Karoly's interests in people's ability to function while experiencing chronic or acute pain. This strange marriage of ideas resulted in a series of studies in which we induced pain and assessed subjects' performance on motor tasks varying in task complexity (Brewer, Van Raalte, & Linder, 1990).

My next attempt at bridge building occurred when I had to write a comprehensive exam

paper and doctoral dissertation. I had been reading a lot about the psychological consequences of sport injury at the time and noticed that a lot of the theoretical frameworks used to explain psychological responses to sport injury dovetailed nicely with cognitive models of reactive depression. This observation formed the basis of what was to become my comprehensive exam paper, my doctoral dissertation (Brewer, 1993), a review article (Brewer, 1994), and now independent lines of research on athletic identity and psychological aspects of sport injury rehabilitation.

The bridges that I have described thus far are more at the abstract or conceptual level. I also believe that it is important to construct bridges with a sense of tangibility. Linkages can be established with the past, in the present, and to the future. With respect to the past, applied sport psychology has a rich history, a history that can be quite revealing if one is able to dig it up. How does one build a bridge to the past? I have come to appreciate the importance of reading and learning as much about previous investigations as I can when planning and writing up research findings. I figure that the literature review is the one part of the research report that is wholly within my control and I try to maximize it.

With regard to building bridges in the present, I have a couple of examples, one pertaining to research and one pertaining to practice. For me, building bridges in the present means developing connections with colleagues. In research, this involves collaboration. I have benefited tremendously from collaboration with a number of intelligent, insightful, and hard-working colleagues and students, who have truly enriched my experience in the field. Given the interdisciplinary nature and increasing complexity of applied sport psychology, it makes sense to consult experts in various specialties. I count among my current collaborators a social psychologist, a general (or "goulash") psychologist, three counseling psychologists, an exercise psychologist, a personality psychologist, an exercise physiologist, three orthopedic surgeons, and a physical therapist. I suppose that such a large contingent of collaborators could lead to social loafing, but I prefer to think of it as "many hands making lighter (and better) the work."

Building bridges with colleagues is just as important in practice as it is in research. The best example of bridge building in applied sport psychology practice of which I am aware is the sport psychology service delivery network established by Mark Andersen at Arizona State University when he was Director of Sport Psychology Services there. Included in his network were psychiatrists at Student Health, psychologists from Student Health and the counseling center, physicians from Student Health and Athletics, an Employee Assistance Program psychologists, athletic trainers, interns from three academic departments, Residence Life personnel, a nutritionist, and academic athletic, career, and substance abuse counselors. He kept all members of the service delivery system informed of what other members of the team were doing through monthly reports and generally coordinated the provision of services to many student-athletes, well beyond what he could do on his own as an individual practitioner.

Building bridges to the future involves nurturing the growth and development of young scholars and practitioners in applied sport psychology. I have received guidance and encouragement from established professionals at critical points in my career and aspire to do the same for new members of our field.

#### Shattering Myths

I firmly believe that scientific inquiry informs practice by furnishing a set of replicable and generalizable research findings. As an emerging area of empirical and practical endeavor, applied sport psychology has many gaps in the knowledge base that are filled with educated guesses and folk wisdom. Although many of these ideas prove to have merit, there is much to be gained by challenging claims for which scientific evidence is lacking and by scrutinizing unsubstantiated "facts" in applied sport psychology. I am strongly in favor of adopting a constructive yet skeptical attitude toward psychological phenomena in sport and exercise.

My first exposure to myth shattering occurred after my doctoral advisor, Darwyn Lin-

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# Dissertation Award

## The Effects of Strength Training on Mood, Self-Efficacy, Cardiovascular Reactivity and Quality of Life in Older Adults

Toshihiko Tsutsumi

### Introduction

Dramatic shifts are currently occurring in the distribution of the American population. The percentage of individuals over the age of 65 has been rapidly growing. At the beginning of the 20th century only 4% of the American population was over the age of 65, currently 13% of the American population has exceeded this age and this is expected to grow to nearly 20% in the next two decades (U.S. Bureau of the Census, 1995). Individuals 85 years and older increased 281%, from 0.8 million to 2.2 million, between 1950 and 1980. This age segment will grow to 8.8 million by 2020 (Gilford, 1988). Arguably, the foremost concern with this change in the age composition is health care. Eight percent of those over 65 years old are reportedly suffering from at least one chronic condition (U.S. Department of Health and Human Services, 1984). Hence, future efforts for health promotion should be shifted from treating diseases to helping older adults maintain independent lifestyle.

Maintaining physical activity is particularly important among the elderly to maintain health and to delay declines in physiological and psychological functioning that commonly accompany advancing age. From a physiological perspective it may be the case that muscular strength is a most important factor in preserving functional ability in the elderly. Fortunately, individuals can modify or even reverse age-related loss in muscular strength by engaging in regular strength training.

In addition to the physiological declines associated with age, declines in psychological functioning include cognitive impairments and mood disturbance (Butler, & Lewis, 1977; Post, 1975). Studies in younger populations indicate that strength training may be useful for mediating a variety of mental health variables. It has been demonstrated that strength training can help to improve mood (Ewart, 1898; Dishman, & Gettman, 1981), decrease depression (Doyle,

Ossip-Kline, Bowman, Osborn, McDougal-Wilson, & Neimeyer, 1987; Martinsen, Hoffart, & Solberg, Martinsen, Hoffart, & Solberg, 1989), reduce stress (Norvell, & Belles, 1993; Don, 1996), and enhance self-concept and self-esteem (Tucker, 1982; Stein, & Motta, 1992).

These observations have demonstrated mental health improvements through aerobic exercise for the older population; however, few investigations have examined the influence of strength training on mental health. Therefore, little is known about the relationship between muscular fitness and mental health among the elderly. While studies have consistently shown beneficial effects of exercise on a variety of physiological and psychological domains for older adults, major gaps currently exist in our knowledge about how physical activity influences quality of life issues in this population.

This study was designed to provide a comprehensive assessment of the effects of strength training on psychological health among the elderly. It was hypothesized that participating in strength training would lead to improvements in mental health including mood, physical self-efficacy, and stress reactivity. Another goal was to investigate the role of exercise-induced self-efficacy for physical capability in relation to mental health. It was hypothesized that a strength training program would enhance the elderly's self-efficacy beliefs about their physical competence which, in turn, would be associated with changes in psychological variables. Finally, the results were collectively examined in terms of perceived functioning capacity and well-being as possible indicators in quality of life.

### Method

Forty-one men and women (mean =  $68.8 \pm 5.7$  years) participated in this study. Subjects were eligible if they were a minimum age of 60 years, medically healthy, and sedentary, which was defined as those who had not been involved in any regular exercise for the previous 6 months. They were randomly assigned to a high or low intensity strength training program or to a no exercise control group. Subjects in the strength programs attended three supervised progressive resistance training sessions per week for 12 consecutive weeks. The protocols differed in the following manner: the high intensity group per-

formed strength training at 75 to 85% of 1 RM, while the low intensity group performed at 55 to 65% of 1 RM. Prior to and following the study period, subjects underwent comprehensive physiological (resting heart rate, blood pressure, muscular fitness, body composition, and  $\dot{V}O_{2max}$ ), psychological (mood and physical self-efficacy), psychophysiological (cardiovascular stress reactivity), and quality of life evaluations. Mood and self-efficacy were assessed by the Profile of Mood States (POMS) (McNair, Lorr, & Droppleman, 1981) and the Physical Self-Efficacy Scale (PSES; Ryckman, Robbins, Thornton, & Cantrell, 1982), respectively. The PSES consists of two subscales: perceived physical ability (PPA) and physical self-presentation confidence (PSPC). Heart rate and blood pressure responses during three stress tasks (mental arithmetic, star trace, and handgrip) were measured to assess degree of stress reactivity. The Medical Outcomes Survey 36-item Short Form Health Survey (MOS-SF-36; Ware & Sherbourne, 1992) was used to assess subjects' perceptions for quality of life.

### Results and Discussion

The results of this study demonstrate that 12-weeks of strength training elicited significant increase in muscular fitness in older men and women. The high and low intensity program produced 40.9% and 36.4% improvements in overall muscle strength, respectively. Some studies in clinical settings have found more than 100% increases in muscle strength (Frontera, Meredith, O'Leilly, & Knuttgen, 1988; Fiatarone, Marks, Ryan, Meredith, & Lipsitz, 1990). These findings may not generalize to nonclinical settings due to the uniqueness of such situations. Hence, approximation for a recreational type of strength training program. This study's high and low strength-trained subjects also improved body composition by decreasing percent body fat by 2.8% and 3.2%, respectively. As expected, no treatment effects were found in  $\dot{V}O_{2max}$ .

Significant improvements in psychological effects were found in high and low intensity strength training programs. The subjects in both programs decreased tension along with total mood disturbance and increased vigor. Also, subjects in both exercise programs experienced

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# BOOK REVIEWS

## ***Physical Activity and Mental Health***

by Morgan, W. P. (Ed.) (1997)

Washington, D. C.: Taylor & Francis

**Reviewed by: Daniel A. Weigand**  
**De Montfort University, Bedford.**

**Edited by: Deborah J. Rhea**

The first section of this book, after an excellent chapter discussing methodological issues, includes good discussions on the prevention of sedentary lifestyles, exercise prescription, adherence to physical activity, and drug therapy and physical activity. Specifically, in Chapter 2, Daniel S. Kirschenbaum traces the history of disease prevention including improvements in sanitary conditions, preventative medical care, and legislation. He then summarizes the rationale for habitual physical activity as a means of preventing various health problems and provides recommendations for effective anti-sedentarianism programs.

Andrea L. Dunn and Steven N. Blair discuss exercise prescription in Chapter 3. For example, they suggest that continuous exercise of 20 minutes or longer may not be necessary to achieve health benefits. Instead, they recommend an accumulation of 30 minutes of moderate intensity activities (e.g., walking, stair climbing, and gardening) performed, on most, preferably all, days of the week. This lifestyle activity focus means that individuals look for opportunities to expend energy, even in short bouts, with a goal of accumulating sufficient activity over the course of the day. Dunn and Blair also recommend adopting the trans-theoretical or stages of change model (Prochaska & DiClemente, 1983) for exercise intervention research. This model permits intervention strategies for adoption and maintenance of physical activity depending on whether individuals are precontemplating, contemplating, preparing for, doing, or maintaining regular physical activity. Their

discussion of this model, with a description of various determinants and processes of change, is detailed and informative.

In Chapter 4, Rod K. Dishman and Janet Buckworth describe the determinants of physical activity. Their discussion of physical activity determinants for studies conducted in supervised and unsupervised settings (pre-1988 to 1991), although taken from a previous volume (Dishman & Sallis, 1994), is very comprehensive and includes demographic attributes, cognitive variables, behaviors, social factors, aspects of the physical environment, and physical activity characteristics. This chapter also includes numerous intervention strategies for promoting physical activity (e.g., behavior modification).

Egil W. Martinsen and Johan Kvalvik Stanghelle finish off Part One with a discussion on drug therapy and physical activity. The focus of this chapter (Ch. 5) is on the question: To what extent does the use of medication interact with the effects of exercise? Included in their discussion are the following drugs: neuroleptics, antidepressants, lithium, minor tranquilizers, and beta-adrenergic blocking agents. Among other recommendations, Martinsen and Stanghelle suggest that before individuals are involved in systematic exercise, they should undergo careful medical screening.

Part Two of the book provides excellent reviews on the effect of physical activity on depression, anxiety, and self-esteem. In Chapter 6, Egil W. Martinsen and William P. Morgan discuss research suggesting that, in some forms of clinically depressed patients, aerobic and nonaerobic exercise seems to be better than no treatment and not significantly different from other interventions, including various forms of psychotherapy in treating depression. Unfortunately, the current level of knowledge has not determined how much exercise is needed in order to achieve an antidepressive effect.

John S. Raglin, in Chapter 7, concludes that research indicates that aerobic

activity, but not resistance exercise such as weight training, is associated with improvements in both state and trait anxiety. Moreover, and contrary to the traditional perspective that patients with anxiety disorders should not exercise vigorously for fear of experiencing panic attacks, Raglin suggests that recent evidence indicates that these patients (if free of physical disorders) experience psychological benefits when exposed to mild exercise programs.

Physical activity has also been associated with enhancing self-esteem, and Robert J. Sonstroem does a commendable job (Ch. 8) of discussing the research conducted since 1984. Specifically, he reports that self-esteem change via physical activity does not rely on increases in physical fitness. Instead, he suggests that various physical activity program variables might be related to self-esteem changes including increased sense of competence, goal achievement, somatic well-being, social experiences, and reinforcements from others. He also reviews and critiques models and scales associated with this area of research and concludes that this line of research would be best served by the employment of scales measuring physical self-concept, rather than global self-esteem.

Chapter 9, the last chapter in Part Two, focuses on the issues of overtraining and staleness. Patrick J. OsConnor highlights the paradox that habitual physical activity, although associated with positive mental health, when pursued at an excessive level, can lead to mood disturbance. In addition to clarifying the semantic and diagnostic confusion associated with similar, yet different, terms (e.g., burnout, overload), he also suggests that monitoring of mood states to training has great potential as a means of preventing staleness.

Part Three of the book considers hypothesized mechanisms for the affective beneficence that is noted to follow both acute and chronic physical activity. The

(Continued on page 13)

# BOOK REVIEWS

(Continued from page 12)

endorphin (Ch. 10), serotonin (Ch. 11), norepinephrine (Ch. 12), and thermogenic (Ch. 13) hypotheses are addressed by Pavel Hoffman, Francis Chaouloff, Rod K. Dishman, and Kelli F. Koltyn, respectively. These authors suggest that, while none of these hypotheses can be viewed as providing proof of a causal link between physical activity and improved psychological well-being, each can be regarded as tenable. Most of the material in this section of the book requires a background in physiology, and thus some readers may find this section a bit harder to read than the remainder of the book. But, for those who manage to comprehend these chapters, there is a great deal of information presented.

According to Dr. Morgan, the book was intended for psychologists, physicians, exercise scientists, physical educators, and exercise leaders concerned with the preservation and restoration of health in their students, clients, and patients. I agree with Dr. Morgan that this text should serve as a desk reference for health scientists and professionals interested in the development of research ideas and/or using physical activity in prevention efforts. It would also make an excellent supplemental reading for instructors teaching courses involving the influence of physical activity on mental health.

(Continued from page 1)

the past-presidents council on this important matter. Collectively we will develop an education and marketing strategy. It is my hope that over the next several years we can make giant strides in expanding career opportunities for sport psychologists.

## What have I learned so far?

Lots of folks want to enter this field. In addition to young college graduates wanting to

become sport psychologists, I have received inquiries from clinical and counseling psychologists who want to make a career shift and ask, "How can I get retrained?" Unfortunately most of them feel that all they need is their clinical skills and connections. Few appreciate our views that emphasize the importance of understanding the culture of sport and the "mentality" of athletes, particularly high level athletes. It is clear to me that there is no shortage of good people who want to enter the field, what there is a shortage of is good job opportunities. Oh yes, there is in fact a shortage that has caught my attention for a number of years now and that is minority sport psychologists. As an organization we need to be more active in recruiting qualified minorities into our field.

The job market is still primarily in academia. For the past several years there have been a reasonable number of academic positions in North America, but clearly there are more doctoral degrees awarded than jobs available. A positive development is the availability of greater opportunities for masters level candidates who want to work in the area of academic support. We need to be more proactive (such as forming at the very least an informal partnership) with the National Association of Athletic Advisors for Athletes (N4A) in advocating for graduates of our sport psychology training programs. I am working on this with Dr. Ron Brown, current President of the N4A.

My recent foray into professional sports has enabled me to learn more about the culture of this business. The use of "sport psychologists" appears, at times, to be somewhat secret. No one in management wants to talk about it very much either because they do not want to give away any "secrets" or they perceive sport psychology as dealing with mental health issues rather than performance enhance-

ment. Some organizations insist they do now use sport psychologists, but on further probing I find out that in fact psychologists are appointed an ad hoc committee to do an accurate accounting of current sport psychology work in the world of professional sport. It is clear to me that AAASP, as a professional organization is not known to leaders in professional sport. We need to form a partnership by inviting professional sport administrators, coaches, and athletes to join us at our annual meetings. At the Olympic level I believe we are better served, primarily because of strong professional involvement on the part of sport psychologists at USOC.

Finally, with few exceptions, the general public, athletes, coaches, and sport administrators at all levels know very little about sport psychology and what sport psychologists do. We as an organization and a profession have become an "island." We communicate among ourselves at conferences and through our journals but few on the outside hear what we have to say. In addition to actively forming partnerships, we need to get serious and systematically take our message to the media. Marshal McLuhan had it right, "the media is the message." If we don't communicate about ourselves, other people will. And we may not like what others have to say about us. I'm sure most of us do our part at the local level, but it is truly local. What we need is national media education. I have some thoughts on how we might do this, but I would be grateful for any of your thoughts on this issue as well as on other matters related to marketing sport psychology. Please feel free to contact me via phone or e-mail so we can continue a dialog.



**RESULTS OF THE CONSULTANTS'  
FEE SURVEY  
SUBMITTED BY SHELLEY WIECHMAN**

Several students have requested information regarding the amount certified consultants charge for their consulting services. As Student Representative last year, I distributed a survey to AAASP certified consultants at last year's AAASP conference in San Diego. I want to thank all of the certified consultants who took the time to fill out the survey of their fees. I have tabulated the results and they are listed below. Many people expressed that their fees depend on the client's ability to pay and the number of hours/sessions requested, therefore they gave a range of what they might charge. For that reason, I was unable to calculate averages, but I will report the range of all responses and the modal fee range.

Some respondents expressed the opinion that students should not charge for their services, but instead do pro bono work to "pay their dues." Others expressed that the fees should depend upon the experience level of the practitioner. Finally, others noted that their first session is usually free and that the client is also expected to cover expenses.

**1. Speech to a non-profit organization (30 minutes or one hour):**

Nearly all respondents advocated pro bono work to nonprofit organizations, whether the time was 30 or 60 minutes.

**2. Workshops to coaches or athletes:**

a. Half day— range : \$50 - \$600; mode: \$200- \$300

b. Full day— range: \$75-\$1200; mode: \$500

Several respondents reported that they charge per person (\$10) or per hour (\$100)

**3. Consulting for a professional team**

a. Per season— range: \$5,000-\$100,000; mode: \$10,000-\$50,000 or \$150 per hour

b. Per session (50-60 minutes)— range: \$35-\$300; mode:\$200

**4. Consulting for a professional athlete**

a. Per season— range: \$2,000-\$5,000; mode: \$150 per hour

b. Per session (50-60 minutes)— range: \$35-\$500; mode: \$75-\$100

**5. Consulting for an amateur team**

a. Per season— range: \$0-\$10,000; mode: \$1,000-\$2,500

b. Per session (50-60 minutes)— range: \$0-\$250; mode: \$50-\$100

**6. Consulting for an amateur athlete**

a. Per season— (only one response = \$1,500 per month)

b. Per session (50-60 minutes)— range: \$0-\$175; mode: \$50- \$100

**7. Forensic work**

range: \$75-\$1,000 per hour; mode: \$100-\$200 per hour

**AAASP  
CERTIFIED CONSULTANTS  
1997**

Edmund Acevedo	Bruce Hale	Peggy Richardson
Mark Anderen	Evelyn Hall	Sheila Ridley
Heather Barber	Charles Hardy	Michael Sachs
Bonnie Berger	Kate Hays	Tara Scanlan
Cal Botterill	John Heil	Alex Serrano
John Bowman	Jane Henderson	John Silva
Brenda Bredemeir	Karen Hill	Jeffrey Simons
Linda Bunker	Betty Kelley	Dana Sinclair
Kevin Burke	Daniel Kirschenbaum	Daniel Simth
Damon Burton	Vikki Krane	Wesley Sime
Emily Claspell	Eric LaMott	Mitchell Smith
Karen Cogan	Eric Lasser	Robert Smith
Jeny Conviser	Bart Lerner	Frank Smoll
David Cook	Louis Makarowski	Gloria Solomon
Richard Coop	Scott Martin	William Straub
Barry Copeland	Jerry May	Robert Steinbach
Louis Csoka	Penny McCullagh	Richard Suinn
Lewis Curry	Richard McGuire	Jim Taylor
Gregory Dale	Andrew Meyers	Matk Thompson
Steven Danish	Michael Meyers	Steven Ungerleider
Hap Davis	Merry Miller	Judy VanRaalte
Charmain DeFrans-	Jane Miner	Robin Vealey
esco	Julian Morrow	Ralph Vernacchia
Joan Duda	Milledge Murphey	Daniel Weigand
Steven Edwards	Shane Murphy	Robert Weinberg
Laura Finch	Mimi Murray	Sally White
Sandy Foster	Carole Oglesby	Tommie Lee White
Frank Gardner	David Pargman	Jean Williams
Richard Gordin	Dale Pease	Craig Wrisberg
Sandy Gordon	Cynthia Pemberton	Jodi Yambor
Judy Dale Goss	Al Petitpas	David Yukelson
Daniel Gould	Linda Petlichkoff	Leonard Zaichkowsky
Doreen Greenberg	Kay Porter	Susan Ziegler
Joy Griffin	Seymour Potler	Candice Zientek
J. Grove	Kenneth Ravissa	Nathaniel Zinsser

# Board Meetings: The Minutes

## Business Meeting September 19, 1997 San Diego, CA

**1. Call to order.** Weiss called the meeting to order at 5:35.

**2. Approval of Minutes in Newsletter.** Weiss noted that the minutes of the 1996 meeting were accidentally not published in the newsletter, they will be published in the next newsletter. Voting for their approval will occur next year.

**2. President's Remarks.** Weiss reported on the meeting of the Sport Psychology Council. The brochure "What is Sport Psychology" was presented and discussed. We are considering publishing this brochure jointly with APA. Also under consideration is allowing the APA to serve as a clearing house to disseminate this brochure.

The Certification Review Committee is chaired by Bonnie Berger. She reported that representatives from AAASP and BASES met and discussed possible reciprocity of certification and internship supervision. Consideration of combined ventures will continue. Also reported was that grandparenting for Certified Consultant, AAASP was defeated. Instead, it was moved that the Certified Consultant Review Committee prepare guidelines for exceptions to certification criteria.

Weiss presented a motion by the Executive Board concerning the Fellows Review Committee. It was moved that: The wording in the Constitution be changed to: "There shall be a Fellow Review Committee consisting of the President-Elect and the three section chairs with the President-Elect serving as the chair. In the event that any one of these individuals is not a Fellow, she or he will be replaced by a member of the executive board who is a Fellow. The committee will comprise at least three members. If necessary, the President will appoint a member from outside the executive board to make up this committee." The motion was seconded by Michael Sachs. Sachs also offered a friendly amendment, that the following be added to the amendment: The president's recommendation will require the approval of the EB. This was seconded by Bert Carron. The motion passed unanimously.

Weiss reported on the formation of an Ad Hoc Committee on Publications that will consider the financial standing of AAASP publications (e.g., how to save money, put the newsletter on line, how many issues of JASP should we have, is it time to consider thinking about a practitioner journal or magazine). The committee members are Linda Petlichkoff, Charlie Hardy, and Kelly Crace.

Weiss reported on the discussion by the EB about the financial standing of AAASP. McCullagh and Krane have worked hard on clarifying the AAASP budget and it is now clear that the current membership dues do not cover the costs of all publications, let alone the operating costs. We typically make up this difference with the profits from the conference. This puts considerable pressure on the Past-President to make a huge profit to cover our operating costs. At the spring EB meeting, increasing membership dues was discussed and tabled until further consideration. Upon continued deliberation in the fall, it was decided to raise student dues \$10 and professional dues \$20. It has been 3 or 4 years since dues were raised. At same time appointed an Ad Hoc Finance Committee (McCullagh, Krane, 1-2 others) is being appointed to continue to work on further stabilizing our finances and developing a strategic plan.

**3. Secretary-Treasurer Report.** Krane provided the 1996 year end membership report and an overview of the summary budget categories in the 1996 year end treasury report.

**4. President's Report (con't).** Weiss reported on the activities of the AAASP standing committees:

**(a) Continuing Education,** chaired by Laura Finch, reported a 100% increase in CE attendance from last year to this year. Weiss thanked Finch and the members of the committee for their work.

**(b) Organization Outreach,** chaired by Linda Petlichkoff, reported that the brochure "What is Sport Psychology?" is almost ready for publication. The brochures will be distributed to all AAASP members, and the committee will be collaborating with APA to further disseminate the brochures. Weiss thanked Petlichkoff and committee members for an outstanding job on the brochure.

**(c) International Relations Committee,** chaired by Gloria Balague, selected Stuart Biddle11. Election Results. Weiss announced the following as a Distinguished International Scholar. Weiss reported that Biddle11. Election Results. Weiss announced the following is thrilled about the honor and he will attend the 1998 conference to accept it. Also, the EB developed a policy to provide DIS recipients full support to come to the AAASP conference to receive their award and present their research.

**(d) Development Committee.** Karen Cogan, chair, reported that they have been seeking additional avenues of funding, and currently they are in the process of developing a promotional brochure. Cogan is stepping down as chair and Dan Gould will replace her. Weiss acknowledged that Cogan and the committee have done an outstanding job.

**(e) Certification Review Committee.** Bonnie Berger, chair, reported that there are 4 new CC, AAASP: Melissa Chase, Robert McGowan, Aynsley Smith, and Alan Kagel.

**(f) Certified Consultant Committee.** Rich Gordin, chair, noted that the committee has focused on issues related to marketing CCs, insurance, and NCAA. Weiss thanked Gordin for his outstanding job as chair of this committee.

**(g) NCAA Concerns Ad Hoc Committee.** Craig Wrisberg, chair, submitted a letter to the NCAA to educate them about what sport psychologists do (as compared to coaches). He argued that sport psychologists should not be counted as coaches. Recently he received a response via e-mail saying there was not support for this idea. Wrisberg noted that it seemed that the primary concern of the NCAA was competitive equity; not all schools have or can afford to have sport psychologists. Therefore the NCAA is reluctant to allow some schools to have them while others do not. The committee will continue to seek alternative options and to communicate with NCAA.

**(H) JASP.** Bert Carron, JASP editor, was acknowledged. He will be stepping down as editor in May. It was reported that he has developed a JASP policy manual to facilitate the transfer to a new editor.

(Continued on page 16)

# Board Meetings: The Minutes

(Continued from page 15)

**5. President Elect Report.** Zaichkowsky announced that the Dorothy Harris award recipient was Britton Brewer, Springfield College, and the Dissertation Award recipient was Toshi Tsutsumi, Boston University.

**6. Past President Report.** McCullagh addressed a variety of conference issues. First she thanked the program committee: Senior Section Head Heil, Salmela, Brustad, and Wiechman. McCullagh described that we hired a professional conference management firm to assist with hotel logistics. We hope to continue to do so in the future. She then expressed issues related to the conference: (a) the importance of registering early to assist the EB in planning, (b) to be careful not to double book hotel rooms (i.e., only one person in a room should register at the hotel), (c) the high price of audio-visual aids (e.g., it costs \$10,000-\$15,000 to use lcd pads for all sessions), (d) check-out information, and (e) banquet information. Finally, McCullagh informally asked the members if we should we come back here again --the members indicated yes. Attendance at this conference is about 644, a new record.

**7. New Business.** Since there was an open meeting to discuss issues with the membership during the conference, there was no new business. Weiss stated that we will continue to have a conversation hour with AAASP leadership at future conferences. This was a very healthy and needed dialogue.

**8. Announcements.** (a) Balague announced that a joint conference with APA and the International Association of Applied Psychology will be held in San Francisco, August 14-19, 1998. (b) Salmela reminded members that they should let EB members know if they are interested in being on an AAASP committee. (c) Weinberg thanked McCullagh for such a wonderful job with conference. (d) Finch announced that Gloria Solomon will be the new CE chair, and proposals for CE workshops are due February 1, 1998.

**9. Outgoing EB members.** Weiss acknowledged the outgoing EB members; she described their primary accomplishments and thanked them. Weiss especially expressed her gratitude to Mc-

Cullagh who is the "epitome of passionate collaboration."

**10. 1998 Conference.** Weiss stated that the 1998 conference will be held September 23-27 at the Tara Hyannis Hotel, Cape Cod Massachusetts. The hotel has 224 rooms and there is an overflow hotel. Mariah Burton Nelson will be the Coleman Griffith keynote speaker.

**11. Election Results.** Weiss announced the following results of the Executive Board elections: President-Elect: Robin Vealey, Health Psychology Chair; Carole Ogelsby, Secretary-Treasurer: Jim Whelan, Student Representative: Thad Leffingwell.

In her last remarks as president, Weiss stated that she initially had healthy skepticism, but now is convinced AAASP is the premier sport psychology organization in the world. She again thanked all of the EB members, all the publications staff, committee chairs, and committee members, well over 110 people. It is the members overall who made this an especially memorable experience

**11. Passing of the Gavel.** Weiss welcomed the new EB members, encouraged individuals to serve on committees, and added that if any one has any concerns about AAASP contact Zaichkowsky. Weiss also acknowledged Steve Danish, who conducted the Superworkshop, and thanked all the student members who helped with it (on behalf of Danish).

**12. Adjournment.**

\*\*\*\*\*

\* Vikki Krane, Ph.D.  
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School of Human Movement, Sport, & Leisure  
Studies Eppler Complex  
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Sept. 22-23, 1997

AAASP brochure. Fall EB meeting

**Present:** Maureen Weiss, President; Penny McCullagh, Past-President; Len Zaichkowsky, President-Elect; John Heil, Health Psychology Chair, John Salmela, Intervention/Performance Enhancement; Bob Brustad, Social Psychology Chair; Vikki Krane, Secretary-Treasurer; Dale Pease, Publications Director; and Shelley Wiechman, Student Representative.

**1. Call to order.** Weiss called the meeting to order at 4:45 p.m.

**2. Approval of minutes.** A few minor changes were inserted into the minutes from the sporting EB meeting. Weiss moved, and Krane seconded, to approve the minutes. The motion passed unanimously.

**3. Past President Report.** McCullagh made a brief statement about professional courtesy. She then provided an update about conference details. First, she thanked everyone who helped with conference duties during her move to San Francisco: Wiechman assisted with the super workshop student session, Krane organized conference registration, and Collette Hall, Conference Manager, arranged all of the hotel details (e.g., av, food service, etc.). Second, a major problem that occurred was the double booking hotel rooms, which resulted when more than one person in a room made a reservation. Thus the hotel appeared to be full, but it really was not, and many people obtained rooms in other hotels. McCullagh also provided an overview of the major events. She noted that Kirsten Peterson coordinated tours of the USOTC, Santa Vista that will be available. Also, the USOC is hosting a reception for members of the USOC Registry and EB. McCullagh described that the abstract book is missing some abstracts that were not submitted in the future. Allen Press would like to develop the abstract book electronically, so we will have to get all abstracts on disk. Next year, Salmela, as Senior Section Head, will conduct all abstract reviews electronically. This will save at least 2 weeks in

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# Board Meetings: The Minutes

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review process.

McCullagh addressed issues related to conference management. This year we employed Centennial Conferences management firm to assist us. This was a huge help to the past-president and McCullagh recommended that we consider continuing to employ them in the future. After the conference, we will be able to fully assess their work. We really need to continue to use individuals who do this professionally to help with the many details of putting on the conference. Next, McCullagh addressed issues related to the AAASP brochure budget. She proposed that a strategic plan be developed.

**MOTION:** Weiss moved, and Zaichkowsky seconded, that an ad hoc committee be appointed to develop a strategic plan on AAASP finances, to include Krane and McCullagh plus 2 additional individuals. The motion passed unanimously.

**ACTION:** Weiss will appoint an ad hoc committee to examine the budget and propose a strategic plan. The committee will consist of McCullagh, Krane, and 1-2 others. The committee will be charged with making recommendations to the EB.

McCullagh also discussed the status of the AAASP web site. It was noted that we would like to go on-line with newsletter. Further discussion of the web site will occur when Julia Collins, current Web Manager, meets with the EB on Tuesday.

Weiss added that we need to keep pace with the activities of AAASP and stay on top of important issues. Thus, it was suggested that the individuals involved in the program development begin one day earlier in the spring. This will allow the EB members to be focused solely on EB issues during the time allotted for the spring EB meeting. She reminded everyone that the spring EB meeting will be April 21-26, 1998. It was added that the policy manual needs to be updated at the spring EB meeting.

Weiss recognized the considerable efforts of Mc-

Cullagh and thanked her for her hard work on the conference, especially in light of her move.

**4. President Report.** Weiss addressed a variety of issues.

**4A. JASP Update.** Weiss reported on a discussion with Bert Carron about the JASP policy manual. Weiss stated that we need official documentation of AAASP business policies such as the ethics document. In the future, the EB and JASP editor should discuss and come to agreement on the philosophy of the journal.

**ACTION:** Weiss proposed that all back presidential addresses (i.e., Scanlan, McCullagh, Weiss, Zaichkowsky) be published in the 1998 conference issue of JASP. Then, in the future we would continue to publish the presidential address in the conference abstract issue of JASP. The EB agreed with this.

**Additional issues related to JASP were discussed:** (a) whether or not to have the abstract issue mailed to all AAASP members (not only available to those who attend the conference), (b) Carron's suggestion to increase to 4 issues per year, (c) to have a third issue devoted to AAASP official business (e.g., presidential addresses, ethics document and the like). It was agreed that these are the types of issues that should be discussed by the newly formed Ad Hoc Committee on AAASP Publications. Also, the need to stagger associate editor terms was noted. Finally, Weiss advocated Carron's position to prepare one budget report and status of journal report for the fall EB meeting, as well as an end of year budget report.

Then, Weiss briefly reiterated her desire to pursue a practitioner magazine. We need to consider how to market it. This, too, is something for the Publications Committee and the Ad Hoc Committee on AAASP Finances to consider.

**4B. Conference Management.** Discussion was tabled until Sunday, after conference when we can evaluate the full impact of the conference management.

**4C. Directory of Graduate Programs.** Weiss noted that the new edition of the directory will be published in October. Wiechman asked about students who feel that the directory misrepresented a program. Previously we noted that students should submit a letter to EB if they are unhappy about program based on what was published in Directory, and have already exhausted appeal avenues on their campus. Several options were discussed about how to deal with a complaint.

**4D. 1998 Conference Report.** The conference will be held on Cape Cod, September 23-27, 1998. The hotel has 224 rooms in main hotel, and there is an overflow hotel with 5 minute shuttle to the main hotel. Mariah Burton Nelson has confirmed as the Coleman Griffith Keynote presenter. Brustad is still contacting a potential speaker for the Social Psychology Keynote presentation, Intervention/Performance Enhancement has the opportunity to invite an international speaker (the committee will discuss this at their meeting during conference), and the health keynote speaker will be selected by the new section head.

**4E. Open meeting with AAASP leadership.** Weiss discussed the format for the meeting and possible issues that may be addressed. She stated that our goal is to open dialogue to discuss issues of interest to the membership. Concerns related to accreditation were discussed in depth. McCullagh questioned if we should revisit accreditation, form a new committee, and list advantages, disadvantages, costs, and process of accreditation. Weiss will moderate the open meeting.

**4F. Fellows.** Weiss briefly addressed issues related to the Fellows: (a) the make-up of the selection committee so that all are fellows; this is a proposed amendment to constitution that will be voted on by the membership; (b) an ad hoc committee was appointed to re-examine the criteria for fellow status (Zaichkowsky, Steve Danish, Ron Smith, and Diane Gill), and (c) the Fellows meeting during the conference. Zaichkowsky noted that initial conversations with the individual committee members indicated little reason to

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change the criteria.

**ACTION:** Zaichkowsky will meet with the full committee to discuss the criteria for becoming a fellow, and will report back to the EB.

**4G. Distinguished International Scholar.** Stuart Biddle was conferred as DIS, but he is unable to attend the conference this year. However, he will accept the honor at the 1998 conference. Weiss discussed the history and rationale of the award. She further noted that currently there are no guidelines about what the individual is awarded. The EB members felt that the DIS should have all of their expenses paid when they come to receive the award. EB members also discussed whether this person should also be a keynote speaker at that conference. It was agreed that if possible, it would be good to combine the DIS with a keynote address, but that may not always be appropriate (e.g., another speaker may have already been selected in their area). It was suggested that DISs give a presentation at the award session.

**DECISION:** DISs will have all expenses paid to come to the conference. The individual will give a presentation on their research and professional work at the conference.

**4H. AAASP Archives.** Krane reported that BGSU would like to house them. BGSU already houses the North American Society for the Sociology of Sport (NAPS) and the North American Society for Sport Management (NASSM) archives. There would be an annual fee of up to \$500, but it seems like this is negotiable since AAASP is a relatively small organization.

**ACTION:** Krane will look into the details of how this works and report back to the EB.

**4I. EB Election.** Weiss announced that Frances Flint has withdrawn from the election due to personal reasons.

**5. President-Elect Report.** Zaichkowsky announced that the Dorothy Harris Award recipient

is Britton Brewer and the Dissertation Award recipient is Toshi Tsutsumi.

**5A. 1999 Conference Site.** Zaichkowsky visited Banff and Calgary and Banff is Zaichkowsky's first choice. McCullagh asked about the contract process and reminded the EB that this needs to be done 2 years ahead of the conference.

**5B. 1998 EB Candidates.** The nomination process for EB members was discussed in depth. Zaichkowsky will continue talking to individuals, who have been nominated to run for office, during the conference. Further the low percentage of members voting in elections was discussed (25% membership vote).

**ACTION:** Zaichkowsky will update information in policy manual and note that the call for nominations to the EB will appear in the fall newsletter.

**5C. Standing Committees.** Zaichkowsky will meet with committee chairs during the conference.

**6. Secretary-Treasurer Report.** Krane discussed issues related to the transition between the in-coming and out-going secretary-treasurer: (a) the individuals will meet and work together on the year-end report and other transition issues, Krane will continue processing all income and payments until December 31, 1997. Pease added that we should look into obtaining an insurance policy to cover AAASP assets.

**7. Adjournment.** Weiss adjourned the meeting at 11:15 p.m.

**Tuesday, September 23, 1997**

**8. Call to order.** Weiss called the meeting to order at 8:10 a.m.

**9. Student Representative Report.** Wiechman reported on several issues related to the student membership.

**9a. List of Applied Sport Psychology Internship Sites.** Wiechman compiled a list of 32

internship sites (she had only 2 at spring EB meeting). Copies of this list will be handed out at the student meeting and she hopes to get it included in the 5th edition of the Directory of Graduate Programs in Applied Sport Psychology. She was asked to note if a CC, AAASP was at each site, if possible. Wiechman was commended for her diligence getting this list together; she put a lot of time and effort into this.

**9B. APA:** Wiechman will find out the fee for this service. Conference. Wiechman reported on her discussion with Karen Cogan and Judy Van Raalte at the APA: Wiechman will find out the fee for this service. conference. They suggested that AAASP consider centralizing all sport psychology brochures (e.g., those published by AAASP and APA). Weiss commented that Linda Petlichkoff is working with Van Raalte on distributing the "What is Sport Psychology"

**ACTION:** Wiechman will find out the fee for this service.

**MOTION:** Zaichkowsky moved, and Heil seconded, that for future APA meetings, we designate an EB member as official AAASP representative and provide per diem for that person. At the spring EB meeting the board would decide who that person will be. The motion passed unanimously.

**9C. Additional Items.** Wiechman reported on several additional items: (a) Charlie Hardy is starting a new listserve for research issues, (b) APA is going to make all of their journals available electronically, (c) the Consultant Fee Survey that was discussed at the spring EB meeting has been developed and will be passed out at the CC meeting, and (d) she is encouraging students to publish in practical journals and is working on developing a list of possible outlets.

Weiss thanked Wiechman for her work on the super workshop and stated that Shelley has done an incredible job forwarding the needs of the students in her 1 year term. All EB members agreed that She has done a super job.

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**10. Publications Report.** Pease reported on issues related to the newsletter. First, he stated that there has not been much response to his promotion of advertising in the newsletter. Second, Pease noted that bulk mail is not returned if it cannot be delivered for any reason. This is of most concern for the summer, conference newsletter. It would cost almost twice as much to send the newsletters 1st class mail, in which case we would get undelivered mail back and could resend it. Pease also reported that there is a 10 day turnaround time for his printer; other printers will do it more quickly (e.g., 5 days), but the cost is much greater. He suggested that we could put newsletter on the web, not send out paper copy. This would greatly reduce the costs and make the information in the newsletter more accessible. Currently we print and mail 1500 conference newsletters. These issues were discussed at length. Zaichkowsky suggested that we put the newsletter on the web and still send hard copies to members, eventually may go exclusively to web newsletter. McCullagh suggested that we send new members a package of all AAASP brochures with a welcome letter. Pease added that we need the hard copy for promotion of AAASP, to gain advertisers, etc.

**MOTION:** Pease moved, and Zaichkowsky seconded, that back issues of the newsletters no longer be sent to new members or late renewals; the newsletter will be available at the AAASP web site. Members will still receive the previous JASP issue. Salmela added the friendly amendment: upon request, a hard copy of the Newsletter will be sent to new members if available. The motion passed unanimously.

Additional issues discussed concerning the newsletter included (a) Dale needs information for the bravo board to be submitted, (b) Salmela suggested the inclusion of a FAQ (frequently asked questions) column in newsletter and on the web, and (c) the deadline date for fall newsletter columns was moved to October 15 at least one FAQ with report.

**DECISION:** EB members will compile some questions they are asked often and send these to Dale. These will be published commensurate with the time of year when they are typically asked (e.g., conference questions will be included in the summer, conference newsletter).

**ACTION:** EB members will include at least one FAQ with their newsletter reports.

## 11. Work Groups.

**1. 1998 conference** (Salmela, Heil, Brustad, Weiss, McCullagh). This group discussed issues related to program development and reviewed the call for abstracts.

**2. Brochures** (Krane, Zaichkowsky, Wiechman, Pease). This group discussed the What is Sport Psychology Brochure and made a few minor suggestions that will be forwarded to Linda Petlichoff by Weiss.

**12. Health Psychology Section Head Report.** Heil reviewed the submissions process for this year. Discussion addressed that the registration form needs to be ready at the same time as the call for abstracts information, we need to do whatever we can to accommodate the international members, and we need to recognize those people from outside North America.

Heil proposed changing the name "section head" to "vice president." He suggested that this title would be more meaningful to people outside of AAASP (e.g., when attempting to market AAASP). Discussion also noted that internally this may be confusing, and the title vice president suggests a hierarchy among EB positions (e.g., vice president is more important than publications chair or secretary-treasurer). Further discussion of this proposal was tabled.

**13. Social Psychology Section Head Report.** Brustad reported that the committee is considering several individuals as the keynote presenter and they are in the process of contacting their top choice.

**14. Intervention/Performance Enhancement Section Head Report.** Salmela discussed issues related to the selection of future section chairs related to their role in the program development. He suggested that these individuals need to be computer literate.

**MOTION:** Salmela moved, and McCullagh seconded: the criteria for selection of Section Chair be that he/she is computer literate or has access to resources to becoming computer literate. The motion passed unanimously.

**ACTION:** This needs to be put into the policy manual.

Salmela also discussed the status of his committee members: Tracy Shaw, Katy Kilty, and Jim Taylor are rotating off the committee, Peter Crocker is now on the committee, and the student member will be replaced. The committee is currently considering international keynote speakers.

## 15. Committee Reports.

**15A. Continuing Education.** Laura Finch, chair, reported that: (a) There is about a 60% increase in CE attendees from last year; this may be due to the diversity of programs and times. (b) The California Psychological Association would like to use AAASP Continuing Education workshops for their accreditation. (c) She is working on improving the CE database. (d) A CE policy manual is in progress. (e) She provided suggestions about committee membership and rotation, and suggested that the chair should be a 2 year position.

**15B. Certified Consultant Committee.** Rich Gordin, chair, reported that this committee will consider means to market CCs. The committee will meet and discuss this during this conference.

**15C. NCAA Concerns.** Craig Wrisberg, chair, reported that the NCAA is not willing to consider sport psychologists as different than coaches. It seems the biggest concern of NCAA is that not everyone can afford to have sport psychologists, therefore they are not permissible separate from

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the allowable number of personnel. Now we need to consider what to do next.

**ACTION:** Zaichkowsky will follow-up on this issue, and will ask Chris Carr to serve on the committee.

**15D. Certification Review Committee.** Berger, chair, reported that the committee will be at the open meeting with the leadership to answer questions and noted that there will be a meeting with Bases representatives on Wednesday.

**16. Review of the Agenda for Business Meeting.**

**17. Adjournment.** Weiss adjourned the meeting for lunch at 12:15.

**18. Call to Order.** Weiss called the meeting to order at 2:00.

**19. Continuing Education.** Finch met with the EB to discuss the California Mandatory CE for Psychology (CAMCEP). The CA Psychology association wants AAASP to become certified provider of continuing education. Their members need to have 36 hours of CE every 2 years (MA, OH, and others have the same requirement). Finch reported that there is an extensive application process, an initial fee of \$200, and we would need to get each CE workshop approved. She further suggested that we could build costs into CE fees. The CE committee recommends that we pilot test being a provider at next year's conference in Cape Cod. Pilot testing of this service was discussed in depth. Concern was voiced that AAASP members may be closed out of workshops. However, it also was noted that we do not have to have all of our workshops approved, and not all of our workshops would be of interest to these other people. AAASP should make it clear that we want to explore the potential benefits for members who reside outside of MA also. It also was discussed whether or not we need to have an APA member contact MA APA.

**DECISION:** The EB supports pilot testing the

program in Cape Cod, MA.

**ACTION:** The CE committee will investigate this further, then report back to the EB for the spring meeting.

McCullagh thanked Finch for her efforts as CE Chair.

**20. Web site management.** Julia Collins, AAASP web manager, met with the EB and provided an overview of website management. She discussed the pros and cons of using an independent service provider (ISP) versus being affiliated with a university. If we use an ISP, there will be a monthly charge that increases with the complexity of site. She estimated that we would need someone to work: 40-60 hours to put all of the conference information on line, 20-40 hours to develop and install the membership forms. She further suggested that CCs could develop their own home page and then their links could be added. This would keep from overloading one person. In order to run a personal link, the individual would need to have http server.

A short-term solution is that Collins could continue to maintain the web site until April. Collins added that she can employ someone until April to update the general AAASP and conference information. Then at spring EB meeting a permanent, long-term decision could be made.

**ACTION:** 1. Collins will continue to work as web manager until the April EB meeting. 2. EB members will look into long-term possibilities. If EB members have questions, contact Julia (jac@cdc.noaa.gov). 3. Weiss will coordinate all of the information to be presented at the spring EB meeting.

**21. JASP Report.** EB members waited almost one hour and Carron did not show up to give his budget and status of the journal report.

**22. Adjournment.** Weiss adjourned the meeting at 4:15.

**Date:** Fri, 30 Jan 1998 08:30:27 -0500 (EST)

**Sunday, September 28, 1997**

**AAASP Fall EB Meeting**

**Present:** Robin Vealey, President-Elect, Maureen Weiss, Past-President; Penny McCullagh, Past-President; Len Zaichkowsky, President; John Heil, Health Psychology Chair, John Salmela, Intervention/Performance Enhancement; Bob Brustad, Social Psychology Chair; Jim Whelan, Secretary-Treasurer; Vikki Krane, outgoing Secretary-Treasurer; Dale Pease, Publications Director; and Thad Leffingwell, Student Representative; Shelley Wiechman, outgoing Student Representative.

**1. Call to order.** Zaichkowsky called the meeting to order at 8:10 am.

**2. Welcome New EB Members.** Zaichkowsky welcomed Vealey, Oglesby, Whelan, and Leffingwell.

**3. New business.** No new business was brought up.

**4. Work Groups.** (a) Transition groups: the outgoing and new secretary-treasurer, health psychology chair, president, and student representative, discussed the transitions. (b) The program group met.

**5. Conference Information.** Weiss reminded everyone that the revisions for the call for abstracts had to be completed so that they could be mailed by November 1. The submission deadline date is Feb. 13. The EB then discussed (a) how to make membership renewal reminder more visible, (b) that the date for submissions is perceived as very early by members, Vealey will address this in the President-Elect's Newsletter column, and (c) the call for proposals for continuing education workshops.

**6. AAASP-BASES Collaboration.** The EB discussed the Certification Review Committee meeting with BASES. The committee strongly endorses a collaborative effort with AAASP

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playing a leading role in establishing international connections. The goals of the collaboration are: (1) develop a consensus on how to prepare students (2) develop reciprocity with BASES for approved student internships. Weiss will continue to work with Berger and will appoint individuals to continue working on this collaboration. Weiss reiterated the spring EB decision. She also noted that Collins is in favor of reciprocal internships and would like world standards on certification and student training, and a world philosophy. We need to have qualified supervision, but we need to agree on what that is first. The focus of world collaboration should be with Australia, New Zealand, United Kingdom, Canada, and USA. Weiss reiterated that the supervision of internships currently is being examined by CC Review Committee. The EB also discussed the costs of sending AAASP representatives to the UK for meetings with BASES.

**7. Conference Management.** Weiss acknowledged that Collette Hall, Centennial Conference Management firm, was exceptionally helpful. Hall handled all of the hotel logistics.

**MOTION:** Weiss moved, and Krane seconded: (1) we continue to employ Centennial management and (2) we would entertain a proposal from McCullagh as a consultant for conference management, which she would present as soon as possible.

**Discussion:** The EB discussed this motion in depth. We need to justify employing McCullagh above and beyond the conference management firm (full conference management services costs about \$50,000). Much discussion ensued about a possible conflict of interest, or the perception of nepotism, and if time allowed for soliciting proposals from other interested parties. Weiss described that McCullagh knows the history of AAASP, and is especially familiar with the finances of AAASP. Employing her to assist with conference management will maintain continuity. We would ask her to organize and come to the spring EB meeting. McCullagh is very proactive about conference concerns. Employing McCul-

lagh and Centennial Management would allow the past-president to focus on the program, rather than management details.

**VOTE:** The motion passed (9 for, 1 against, 1 abstention).

**The call for nominations for EB members was discussed.** It was noted that we need to make the call for nominations more visible (in the newsletter and on site at conferences), and we need to have a nominations box with the voting box.

**ACTION:** (a) Zaichkowsky will develop a form for nominations for EB positions that will be put in all newsletters. The nominations ballot will include all positions, with an asterisk by those that will be discussed and voted on next (1999). The intent to include as many people as possible in the leadership pool. (b) Krane will develop an interest form as decided at spring EB meeting, and will send Pease the business meeting 1996 minutes.

Weiss noted that the open meeting was very successful, and we need to do this annually. Zaichkowsky will appoint a committee to consider the current state of graduate training and potential options/solutions to the concerns voiced during the meeting. Also, the presidents will discuss this, and student representative will provide input.

**8. JASP.** Weiss met with Carron during the conference to talk about the transition to the new editor. Carron made recommendations about possible people to be the next editor. Weiss will pursue the selection of the next JASP editor.

**9. Student Representative Issues.** Wiechman discussed the CC fee survey, and noted that fees ranged from \$0 to \$100,000. Comments on questionnaires indicated that some individuals got the wrong impression about the reason for survey; they thought we were trying to find out what graduate students should charge. Rather, the purpose was to know what the range of potential income as a professional could be. Wiechman also noted that the student social was greatly appreciated (AAASP bought appetizers and about 75 students attended). Also discussed

were issues related to appropriate student behavior (e.g., pay bill, tip, not bring in own alcohol), and that currently there is not a policy on the student social, the policy manual needs to be updated. Weiss thanked Wiechman for her diligent work.

## 10. Announcements and additional business.

The spring EB meeting will be April 21-26. The program committee (section heads, student representative, and president) will come in a day early for program (April 21).

Pease note that all newsletter reports are due October 15, on disk, in dos-ascii. If any new EB members want a press release, they should give Pease the address where to send it. Pease also noted that the call for abstracts will be mailed no later than November 1. He also suggested that we shorten the conference program in newsletter (e.g., highlight certain presentations, list only symposia titles rather than the individual titles and presenters). Then we could put the complete information on the web. This would allow more room for other things (e.g., point counterpoint columns). It was suggested that this be discussed in greater depth at the spring EB meeting.

Leffingwell suggested that we develop an AAASP student resource page that could be linked to the AAASP web page.

Salmela inquired whether we should obtain insurance to cover the conference. It was stressed that we need to follow up and look into this. Salmela also reported that there were 7 no shows for presentations at the conference. Zaichkowsky and Salmela will write these individuals. Typically, the Senior Chair will write letters and follow-up on these situations as needed.

Brustad reported that Jeff Martin and Lavon Williams will replace Van Raalte and Sally White on the social psychology committee, and Tony Amorose will be the student on the committee.

Salmela reported that he is in the process of obtaining replacements on the I/PE committee, and he will include new committee members in his report for the newsletter.

**11. Adjournment.** Zaichkowsky adjourned the meeting at 10:34.

# AAASP Newsletter Article

by John J. Bowman, Ph.D.

This being my inaugural issue as the Associate Editor for Clinical and Sport Psychology, I would like to address a question that I have been pursuing for the past twenty years, *How to successfully integrate a Clinical Psychology and Sport Psychology practice*. Given a sense of urgency that has emerged in recent years to find gainful employment for the flock of newly graduated Sport Psychologists, I am hoping that the exploration of this topic may stimulate thinking about the benefits of a dual practice as a possible career path. Furthermore, I believe that the challenges generated in this pursuit create an optimal setting for the science/practitioner model to which we aspire as members of AAASP.

Although there have been countless lessons learned that could be recounted in the way of things to avoid, I would prefer to discuss three strategies that have proven helpful: cross seeding knowledge and expertise, creative marketing, and seeking organizational support. First, appreciate that your training and expertise in Clinical and Sport Psychology offer two informational source fields which can be "cross pollinated." Examples of translating clinical training into Sport Psychology application might be using expertise in Pain Management to establish a program for injured athletes while knowledge of Eye Movement Desensitization and Reprocessing protocols in working with trauma patients could lead you to pursue some novel applications now being introduced for performance enhancement. Conversely, I have found that Dr. Neidheffer's Attention Control Training strategies prove to be an exceptional clinical intervention with students with Attention Deficit Disorder.

Moreover, the recent movement toward brief psychotherapy has brought focusing and performance enhancement strategies into a new light. But perhaps the most rewarding aspect of working in both the Clinical and Sport Psychology arenas is a synergy that encourages an open-minded eclectic way of working at situations and problems.

Traditionally, marketing has not been the forte of most clinicians. However, within the past few years the American Psychological Association has put forth a noble effort to provide the tools and know-how to successfully market a clinical practice. In addition to several excellent publications on marketing strategies and approaches, the APA has launched a national public education media campaign to market psychology to the public. The fundamental ideas provided in these programs address a great need for marketing information and guidelines expressed by both Clinical and Sport Psychologists alike.

However, one does not have to rely on expert advice to recognize the value of getting out there in front of an audience and demonstrating your skills. Here is where having more than one area of expertise can open the door to creative marketing. On the simplest level this amounts to nothing more than preparing a brochure about your practice and distributing it during all of your public appearances irregardless of whether these are for Clinical or Sport Psychology. This strategy allows you to double your exposure and at the same time informs perspective clients about your unique combination of skills. Perhaps one of the biggest advantages of a dual practice is that income from one part of the practice can sustain during pro-bono work in the other. Sometimes this can lead to a greater sense of satisfaction than a practice in either specialty alone can provide.

Finally I would like to address the importance of creating a support network to enhance your level of confidence and expertise. Given the incredible volume of new information being generated in both the fields of Clinical and Sport Psychology it is essential to have reliable access to new developments and current research. Active participation in the American Psychological Association's various clinical and counseling divisions as well as the division for Exercise and Sport Psychology can provide an ongoing source of information and collegial support. Similarly, AAASP and other national and international Sport Psychology organizations can serve a similar function from a Sport Psychology perspective. By drawing from these information-rich resources you can maintain your level of confidence and enthusiasm in your daily practice.

Obviously I have addressed only a few issues from a Clinical and Sport Psychology perspective in this article. I welcome your input and respectfully request that you submit your articles for publication in future issues to me at the address below.

**John J. Bowman, Ph.D.**  
**Davis Professional Park**  
**5225-49 Route 347**  
**Port Jefferson Station, NY 11776**

**fax: (516) 476-4624**

# ELECTIONS (CONT.)

(Andy Meyers, Continued from page 3)

of sport psychology. After completing my Ph.D. at Penn State and a postdoctoral year in eating disorders research and treatment at the University of Pennsylvania, I joined the University of Memphis 22 years ago. While here, I have devoted my research career to applied questions in sport behavior, health promotion and disease prevention, addiction assessment and treatment and children's problem solving behavior. For the past 8 years I have served as chairman of the Department of Psychology where I have had primary responsibility for the integrity of our undergraduate and graduate training programs including our accredited clinical psychology Ph.D. program. From 1992 to 1995 I served as treasurer of a national psychology organization, the Association for the Advancement of Behavior Therapy. Finally, as a licensed clinical psychologist, I built a successful psychology practice in Memphis emphasizing health and sport behavior.

The primary challenge that AAASP faces is to advance the profession by facilitating the training of competent students and the career building of skilled professionals. As someone who has trained clinical students for over two decades, I understand and care about the importance of preparing students for real careers and helping professionals to maintain those careers. However, I believe that it is simply not enough to help a student complete a training program. In order to support that student through his or her career, we must also take several steps to build the strongest profession that we can.

First, I believe that sport psychology must have an empirical basis for the work that it does. My work in psychology, and at AAASP, has been focused on the conduct and dissemination of good, applied science that I hope has contributed to this empirical base. Second, I believe that for a helping profession to flourish it must have a strong ethical foundation. Along with many fine AAASP members, I have worked to develop an ethical base for our profession. My hope is that the AAASP Ethics Code will build a foundation of respect for sport psychology within the athletic community and among our professional peers. Third, we must focus on the development of competent professionals and strong training programs. AAASP certification has been an important first step in this process but more needs to be done. As a psychology department chairperson and a member of national committees, I have participated in debates on licensure, accreditation, competencies and specialties and I recognize how complex and controversial these issues are. But that does not mean we can avoid them. AAASP and other sport psychology groups must engage in an on-going examination of these issues. Finally, we must actively promote our profession to our consumers. In my responsibilities as a department chairperson at a large, state university I spend a good deal of my time promoting my department to university administrators, other universities and to the community. As a treasurer and board member of a national

psychology organization I have actively participated in the advocacy and marketing activities of that group. AAASP is well positioned, through its paper and electronic publications, the annual conference, its work with other sport and professional organizations and new initiatives, to play an important role in these promotional efforts.

I have strong commitment to AAASP and the development of our field of sport psychology. I hope you will give me an opportunity to continue contributing to both our organization and our profession.

(Damon Burton, Continued from page 3)

political role models are Bill Clinton and Newt Gingrich, I can assure you that I haven't been this excited since I ran for "school crossing guard" in the fourth grade. Moreover, even though that initial foray into public service was motivated primarily by the adolescent desire to impress a cute classmate, I welcome this opportunity to give back something to the organization that has meant so much to me professionally.

I believe that the role of President-Elect is first and foremost a leadership role, one that requires both vision for where AAASP can and should be headed as well as a willingness and ability to do everything possible to facilitate our organization and its membership in achieving that vision given the unique challenges we face today. I believe that the excellent leadership that AAASP has enjoyed over the first dozen years of its excellence has already done a great deal to create a vision for AAASP's role in fostering excellence in the field of sport psychology. That vision includes: (a) quality control issues (e.g., certification), (b) development of closer working relationships with sport governing bodies (e.g., NCAA and USOC) and other sport psychology organizations (e.g., ISSP, NASPSPA, and APA), (c) development and implementation of marketing strategies to help administrators, coaches, athletes, and other constituencies better understand what we have to offer, (d) proactive positions addressing important professional issues, and (e) maintenance and expansion of recent integration and inclusion initiatives. However, a great deal of work is still ahead of us in order to make this vision a reality. As AAASP assumes even greater importance in the next millenium as a resource to help its members better reach their professional goals, we need to continue to focus on enhancing professional development while providing the transformative leadership and example that will foster greater rigor, scholarship, innovation, creativity, cooperation, and tolerance in our pursuit of excellence. Finally, as Robin Vealey pointed out last year, we must also be proactive about seeking funding to support AAASP initiatives and future growth.

I believe that both professional development and leadership would be enhanced by doing everything possible to facilitate more inclusion and integration between researchers and consultants, student and professional members, and across subdisciplines. One of the most important lessons Rainer Martens taught me during my doctoral studies was the complementary nature of research and consultation. I

(Continued on page 25)



# ELECTIONS (CONT.)

(Trent Petrie, Continued from page 4)

nity to devote my time to the organization knowing that I will receive little recognition from my academic institution about this professional service I provide).

During the last seven years I have become increasingly involved in the field of sport psychology, both within professional organizations (as mentioned in my bio) and in the training of future sport psychologists in our counseling psychology program. I believe strongly in the interdisciplinary training model that underlies AAASP's certification program and, through our Center for Sport Psychology, I have implemented that for the benefit of our students. I mention this fact here because I believe AAASP and the other major sport psychology organizations are going to be dealing with training issues for many years into the future (e.g., accreditation, AAASP certification guidelines). Further, my experiences as a member of the Certification Committee and as the director of an interdisciplinary sport psychology training program, and my involvement in both AAASP and APA give me insights into and possible solutions for the challenges that lie ahead.

In addition to training issues, I believe that AAASP will have to effectively address the marketing of sport and exercise psychology if the field is going to sustain its continued growth. In making this comment, I do not mean to suggest that the only focus should be on opening up new consulting opportunities (though this is an area where growth can occur). As an organization, we also need to target the opportunities that exist in sports medicine, rehabilitation, and health/exercise. Part of AAASP's task will be in broadly educating consumers (e.g., individuals, organizations) about what sport and exercise psychology is, the type of training sport and exercise psychologists have, and the skills, knowledge, and expertise that professionals in the field can bring to solving existing problems. Although efforts have been made to accomplish these goals, continued work is needed.

Finally, as section chair, I will continue the long history of excellent conference programs that have existed. The annual AAASP conference is a showcase for the most current research on and applications of sport and exercise psychology, and I believe everyone benefits when the I/PE program is at its best. My goal will be to bring in nationally known and respected speakers, though not limiting ourselves to professionals in our field. I hope that we can continue to broaden our appeal to individuals in "mainstream" psychology as well as in the sports arena. One way to do so is to have them involved in our conference as guest speakers.

So the question still remains, why vote for me? In addition to being able to succinct in my conversation (see intro to this section) and having the above mentioned ideas for AAASP, I have, as my colleagues would gladly share, a strong streak of situational anality that would benefit the organization. In other words, I am highly organized, responsible and motivated. Further, I believe in listening to you (the members) and in getting as many people involved

(preferably behaviorally) as possible. In the end, AAASP, without the infrastructure of an organization like APA, will work only through the involvement and commitment of the membership. Be way cool and vote.

(Evelyn Hall, Continued from page 4)

sport, and physical activity as avenues for enhancing human development and quality of life.

## POSITION STATEMENT

I am honored to be nominated for the position of Chair of the Performance Enhancement/Intervention section of AAASP. I am intrigued by the prospect, if elected, of serving AAASP in a more substantive role to be a part of shaping change for a healthy, productive future for sport psychology.

Some of my main concerns center around some issues that our colleagues have worked hard to initiate already. I would like to see continued progress on the following fronts:

- 1) I support even more assertive efforts on marketing sport psychology and broadening its definition to reach beyond the sport context into other venues;
- 2) I support broadening career opportunities by educating our association members, as well as the general public, concerning the breadth and scope of applications (beyond the sport context) that can be provided by professionals in sport psychology;
- 3) I support continued dialogue to find more effective and innovative ways to provide quality training for our future professionals;
- 4) And also, I support the progress that has been made in extending the best of what our North American scientist-practitioner model in sport psychology has to offer internationally.

The above issues require AAASP to constantly revisit the more encompassing concerns about how we certify consultants and how we might establish a fair and reasonable approach for accrediting quality academic programs in the future.

With regard to marketing, the scientist-practitioner model used in sport psychology has obvious relevance beyond the sport context. The definition of sport psychology can easily be broadened to reach beyond the sport context to corporations, sports medicine/rehabilitative clinics, health and wellness agencies, youth agencies, and many other settings.

To a vast number of our association members, performance enhancement means a great deal more than enhancing performance in sport. More importantly, we are also concerned with personal growth and development, as well as quality of life issues for participants. I believe that we need to highlight what sport psychology has

(Continued on page 25)

# ELECTIONS (CONT.)

(Evelyn Hall, Continued from page 24)

to offer toward developing personal competence and promoting human development throughout the lifespan. Sport is just a game, but the game of life is the essence. Developing effective life skills counts the most in the big picture. There are millions of people across the globe who potentially can benefit greatly, if our scientist-practitioner model is used to address critical issues that will impact upon people's lives much longer than the scoreboard ever will. This means that we will need to develop a broader set of professional values to help individuals reach their potential in all life domains.

How we certify consultants and how we might establish fair and reasonable approaches to accreditation of graduate programs are both matters of grave concern to many members of our association. It seems to me that marketing sport psychology and broadening career options are important precursors for establishing the proper sets of training options for future professionals. If we have identified more clearly those options (both sport and non-sport contexts) for which we are preparing professionals, then we can probably do a better job of providing the necessary sets of training.

I am very much in favor of revisiting the requirements for Certified Consultants, especially relative to the terminal degree. Our association may want to consider certifying competencies, rather than degree programs. It also may be necessary to set up several levels and options for consultants. The terminal degree (Ph. D) has generally connoted that an individual has received a set of research training which usually is required for Research I academic positions. However, effective skills for consulting with both sport and non-sport populations may not necessarily be obtained via the Ph. D. route.

Also, I am committed to continued support for the great strides that John Salmela and other colleagues have made to extend a hand to people across the globe through various outreach efforts. It was inspiring to see representatives from 22 countries at the San Diego conference.

Finally, none of these ideas are new. So many of our colleagues have worked very hard to shape and mold AAASP into an association in which we can all take great pride. Thank you for listening, which I intend to do whether or not I am elected.

(Damon Burton, Continued from page 23)

have tried to instill in my graduate students that conducting research makes us better teachers and consultants, and conversely consultation keeps us pragmatic about how we conduct research and construct theory. I would like to see more program time focused on the development of programs that highlight the complementary nature of research and consultation.

I also believe that we must foster professional development and professional leadership in a complementary manner. Students comprise a significant portion of the AAASP membership and have always been

embraced as a valued segment of our organization. I would like to maintain this strong student focus and look for additional meaningful ways to enhance student input and participation. the same time, I think that we may need to provide more substantive programming for our veteran professional members. The trend in recent years seems to be for graduate student presentations to comprise a significantly larger portion of the program, while we seem to hear less frequently from the senior leaders of our field. Although all of us who have graduate students recognize the importance of providing them with opportunities to present their work, it shouldn't be at the expense of showcasing cutting-edge theory, research and practice from our best and brightest professionals. The highlight of the AAASP Conference for my grad students is always the opportunity to hear the icons of our field present their research or share consultation experiences. Moreover, professional members need to be stimulated professionally and intellectually and have our batteries recharged too. My own experience is that my greatest professional stimulation normally comes from hearing some of our most respected members discussing their latest ideas about research and consultation. Thus, I would like to further efforts to insure that the top applied researchers and consultants within our membership have a prominent place in future conference programs, while at the same time, providing a continuing opportunity for students and young professionals to continue their professional development.

I think professional development and leadership require a more global view of our field. The more I get to know our non-North American colleagues, the more convinced I am of our need to expose our membership to their expertise. My recent trip to South Africa impressed me with how small our world is getting and how many outstanding sport psychologists there are all around the world. AAASP will continue to profit from our international recruitment efforts, and I pledge to attempt to solicit international submissions that will enhance the quality of our program.

I think that AAASP must also assume a greater leadership role in proactively selling our field. I think we need to regularly send teams of our top sport psychologists to educate our constituencies at their own professional meetings. That is, we need to go to meetings, clinics, and conferences of administrators (e.g., NCAA meetings), coaches (e.g., NCAA basketball coaches convention) and other target groups where we can set up booths, make presentations, provide clinics and do anything else we can come up with to help spread the word about sport psychology and what it has to offer. I also believe that we could sponsor special regional conferences for coaches or athletes who want to learn about sport psychology and develop a few performance enhancement skills.

Finally, I'd like to continue efforts at fostering increased integration across subdisciplines to help break down the somewhat artificial boundaries that sometimes divide us programmatically. Like many of you, I often struggle trying to decide the appropriate section to submit a particular paper to, yet I'm still aware that certain stereotypes may stifle integrated programming. I hope to continue to provide a program that is broad and offers programming for all interests and tastes, and I think that wider cross subdiscipline integration can further this goal.

# ELECTIONS (CONT.)

(Justine Reel, Continued from page 6)

student newsletter to post online, and I have been conducting an informal cost-benefit analysis related to starting an "all-student" list serve. Such a list serve would serve as an open forum for students to ask questions in a more comfortable, peer-friendly environment.

Marketing our field has been a large issue since I have been involved with AAASP. As a regional representative, we have worked to promote the field of sport psychology and AAASP to university psychology and physical education departments. However, as a student group we have done less marketing with potential consumers (e.g., athletic directors and coaches). I think students can be valuable and enthusiastic promoters of our field. I especially became interested in this initiative when my alma mater hired a motivational speaker for \$10,000 to work with the football team!

Related to marketing our field and creating job opportunities, it is critical for AAASP to continue to explore accreditation issues. AAASP student members expressed interest in accreditation at the 1997 AAASP student meeting, and I think a movement toward accreditation may help to strengthen and expand current programs.

Finally, I would like to voice my commitment to the celebration of diversity. I am drawn to our eclectic membership, and I would like to see our association working toward becoming more united. I believe that I will provide a balanced perspective, as I can draw on my experiences from both exercise and sport science and counseling. Similarly, I will support the inclusion of sessions that focus on promoting integration and diversity for the 1999 AAASP program.

I am delighted to have the opportunity to become more involved with AAASP this year. I would be honored to serve as the 1998-1999 student representative!

(Wade Gilbert, Continued from page 6)

any student who plans to work in the field of sport psychology. It is an honor to be nominated for the position of AAASP Student Representative.

A review of the position statements of previous student representatives revealed several recurring issues—communication, funding, jobs, and training. Although a solid foundation has been established in these areas, I believe that the central concern of access to these areas still needs to be addressed. My goal as student representative would be to increase student access in these important areas. I propose two specific ways to increase access for students by focusing on: (a) access to the annual conference and (b) access to information and AAASP membership.

Access to the annual conference. Finances are a concern for all members when deciding to attend the annual conference, but financial concerns are magnified for students. Currently, AAASP's student fees are comparable to most other associations in our field. As student representative, I will lobby to keep

student fees and conference registration at reasonable levels.

Although many students submit and present their work at the annual conference, there is no space reserved for students. In its current format, students compete with seasoned professionals for the same program time. I believe the association and the students would benefit from reserving a portion of the conference schedule specifically for student submissions. This initiative will encourage more students to consider attending and presenting at our conference, ensuring continued growth and development of AAASP. Initially, perhaps one or two morning sessions could be reserved for student presentations. Priority would be given to those presentations that focus specifically on student professional preparation. This will include sessions on graduate experiences in what I consider to be the four cornerstones of student preparation: consulting, dissemination of our work (publications and presentations), funding, and teaching. Furthermore, by ensuring that students will always have a spot on the program, we are investing in our future. Conference presentations are a valuable asset for students when applying for graduate programs, jobs and scholarships.

Access to information and AAASP membership. Like our current student representative, I am a strong advocate of keeping members informed via electronic communications such as E-mail and the Internet. I will build on existing efforts to develop a permanent AAASP web page with links to other resources in our field, and particularly a student oriented section. I envision a web site with links to AAASP members, graduate programs, other associations of interest and conference abstracts.

Furthermore, I strongly believe that the student representative must take measures to stay current in our field, represent AAASP at other professional meetings, and be available to all students. I have made it a priority in my graduate career to become a member of various associations and attend conferences in our field. I am a member of four associations in the fields of sport psychology, sport pedagogy and education, and I attend numerous conferences each year, ranging from regional meetings to world congresses. Through my attendance at these meetings I will be able to maintain closer contact with the student membership and also share knowledge with student representatives of other associations. Sharing of knowledge will be enhanced by communication with regional student representatives at regular intervals.

In conclusion, I believe that my membership in AAASP for the past five years, attendance at the previous five conferences, and my work with the executive on the conference organization, illustrates my commitment to this association. This experience has also allowed me to develop an awareness of the important issues faced by AAASP and its membership, particularly the students. I welcome the possibility of working with and on behalf of all the students to ensure that this association continues to be an integral component of professional preparation for students in sport psychology.

# Awards

*(Continued from page 11)*

comparable enhancement of efficacy beliefs in PPA and PSPC, while the control group only slightly decreased on each measure. Additionally, significant effect of strength training were found for blood pressure reactivity on various stress tasks. Again, no differences were seen between the two intensity programs (for example, the subjects in high and low strength training programs experienced reduction in systolic blood pressure reactivity, by 6.2 and 5.9 mmHg, respectively, on a mental arithmetic task). These results suggest that changes in psychological variables do not depend on intensity of the training protocol.

Consistent with Bandura's (1986) social cognitive theory, changes in mood and stress responses were associated with enhanced physical self-efficacy. PPA correlated negatively with tension ( $r = -.55$ ), anger ( $r = -.46$ ), fatigue ( $r = -.34$ ), confusion ( $r = -.38$ ), and TMD ( $r = -.53$ ). PSPC correlated negatively with tension ( $r = -.44$ ), depression ( $r = -.48$ ), anger ( $r = -.44$ ), vigor ( $r = -.38$ ), fatigue ( $r = -.41$ ), confusion ( $r = -.36$ ), and TMD ( $r = -.58$ ). Further, PPA was associated with SBP reactivity on the MA task ( $r = -.38$ ) and with DBP reactivity on the MD task ( $r = -.33$ ), while PSCS was related with SBP reactivity on MA task ( $r = -.41$ ). No associations were found between physiological improvements (muscular fitness, percent body fat, and  $VO_{2max}$ ) and mood or stress reactivity.

Finally, strength trained subjects improved on measures of a wide range of physical and psychological characteristics that are thought to reflect quality of life. Subjects in the high intensity program reported increases in their physical functioning, general health, vitality, emotional well-being, and mental health. The low intensity subjects reported increases only in physical functioning, vitality, and general health. However, the results of the present study show that there were no cognitive or neuropsychological changes at a significant level that could be attributed to these treatment conditions.

The findings of the present study clearly demonstrate that older adults can benefit psychologically as well as physiologically from participation in a strength training program. Psychologically, subjects improved mood and self-confidence in physical capability and appearance. Psychophysically, strength training

correlated with reduced physiological stress reactivity to psychological stress tasks. This behavioral change may have very important implications for the elderly. When older individuals perceive a stressful situation as less stressful, they may not only reduce their risks for the incidence of cardiovascular disease, but they may become more confident in their ability to manage psychological and physical stress in daily life. This may result in increased participation in social activities which may then lead to an enhancement in quality of life.

The results of the present study also demonstrate that cognitions relating to efficacy potentially can predict physiological arousal and stress responses. This supports the hypothesis that a social-cognitive mechanism, rather than physiological improvements, may be pivotal to altering mental health. Finally, findings in the present study provided strong evidence that strength training can be a very effective intervention strategy for improving the quality of life in the elderly. Following the training intervention, older adults perceived themselves to enjoy a greater degree of freedom from physical limitations, general health, overall energy, peacefulness, happiness, and calmness. These elements, shown in the current study to be enhanced by strength training, seem to be factors upon which perceptions of overall psychological well-being and functioning capacity depend. Participation in strength training, either at a high or low level of intensity, can result in an improved quality of life.

**For references, please contact  
Toshihiko Tsutsumi  
at  
Boston University  
School of Education**

*(Continued from page 10)*

der, commented that there was scant empirical evidence for a phenomenon as well-publicized as "the zone" after he had given a lecture on peak performance to his sport psychology class. This offhand remark led Darwyn, Judy Van Raalte, Nancy Diehl, and me to conduct a series of three studies in which we examined the robustness of peak performance characteristics such as task-focused attention, supreme

confidence, and effortless performance (Brewer, Van Raalte, Linder, & Van Raalte, 1991). The major finding we obtained was that people's perceptions of "the zone" could be altered as a function of the feedback they received following performance, irrespective of their actual performance. If people were told that they had performed well, they reported that they were in "the zone," more confident and focused on the task than if we told them that they had performed poorly. This does not mean that "the zone" does not exist, but rather that retrospective recall methods may, in some circumstances, bias the results.

After this initial taste of shattering myths, I decided to continue in the myth-shattering vein in a review paper (Brewer, 1994) in which I argued that the available data did not support the stage models of psychological adjustment to sport injury that were so prevalent in journal articles and book chapters of the 1980s and early 1990s. Inspired by a landmark paper by Silver and Wortman (1980), I presented evidence that stress-and-coping-based cognitive appraisal models adapted to the sport injury context provide a better fit to the data than stage models, which are rooted in the grief and loss literature.

## Conclusions

I firmly believe that, when coupled with a tendency to look for connections between seemingly unrelated aspects, a healthy skepticism advances the field and, ultimately, helps researchers and practitioners to better serve participants in sport and exercise. From what I have learned about the distinguished career of Dot Harris, such a mindset is very much consistent with her pioneering body of work. In her lifetime, Dorothy V. Harris built bridges and shattered myths in applied sport psychology, and for that, we can all be grateful.

**For references, please contact  
Britton Brewer  
at  
Springfield College**

## AAASP MEMBERSHIP APPLICATION FORM

### I. BIOGRAPHICAL DATA\* (Please print all information)

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

Name: \_\_\_\_\_  
(Last) (First) (Middle)

Complete Mailing Address: \_\_\_\_\_  
(Building)

(City) (State/ Province) (zip) (Country)

E-Mail Address: \_\_\_\_\_ Fax: \_\_\_\_\_

Telephone Number: Work: \_\_\_\_\_ Home: \_\_\_\_\_

Highest Degree: (please circle) BA BS MA MS Ph.D. EdD Other \_\_\_\_\_

Discipline: \_\_\_\_\_ Area of Specialization: \_\_\_\_\_  
(e.g., P.E., Psychology) (e.g., Sport, Clinical)

Institution Degree Obtained From: \_\_\_\_\_

Current Employment or Institutional Affiliation: \_\_\_\_\_

Country of Permanent Employment/Residence: \_\_\_\_\_  
(if different from above)

### II. AREA(S) OF INTEREST (Please indicate all areas that apply)

\_\_\_\_\_ Intervention/Performance Enhancement

\_\_\_\_\_ Social Psychology

\_\_\_\_\_ Health Psychology

### III. MEMBERSHIP CATEGORIES (Membership year January 1 - December 31)

Check One: \_\_\_\_\_ RENEWAL or \_\_\_\_\_ MEMBER

(Applications postmarked after February 1, 1998 require \$25 late charge. This does not apply to new members.)

Professional	\$90 (1998) _____	\$180 (1998-99) _____
Student	\$50 (1998) _____	\$100 (1998-99) _____
Affiliate	\$70 (1998) _____	\$140 (1998-99) _____
Late Fee (after Feb 1)	\$25 (1998) _____	

\* Individuals whose membership has lapsed more than one year will have a processing fee of \$25 \_\_\_\_\_

### IV. CERTIFIED CONSULTANT, AAASP (For Certified Consultants only)

Annual Dues \$25 (1998) \_\_\_\_\_ \$50 (1998-99) \_\_\_\_\_

Late Fee (after Feb. 1) \$10 \_\_\_\_\_

Please indicate if you wish to be included on membership list mailings to:

Professional Organizations \_\_\_\_\_ Yes \_\_\_\_\_ No  
Business Requests \_\_\_\_\_ Yes \_\_\_\_\_ No

Please make check payable to AAASP

(US dollars only) and mail to:

Jim Whelan, Ph.D.  
AAASP Secretary-Treasurer  
Department of Psychology  
University of Memphis  
Memphis, TN 38152-6400

Total Dues and Late Fees: \_\_\_\_\_

A \$10.00 service charge will be assessed on returned checks. Returned international checks will be assessed \$35.00.

**Sign your name across the flap of the envelope and send this year's completed ballot to:**

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**Trent Petrie** ..... ☐  
**Evelyn Hall** ..... ☐

### PUBLICATIONS DIRECTOR

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**Justine Reel** ..... ☐  
**Wade Gilbert** ..... ☐

## AAASP ORDER FORM

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Phone: (W) ( ) \_\_\_\_\_ (H) ( ) \_\_\_\_\_

### AAASP Conference Programs @ \$12.00 ea

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1987	_____	_____
1988	_____	_____
1989	_____	_____
1990	_____	_____
1991	_____	_____
1992	_____	_____
1993	_____	_____
1994	_____	_____
1995 (abstracts)	_____	_____
1996 (abstracts)	_____	_____
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