

“We are giving top priority to improving the quality and user friendliness of our website.”



President's Column

**Craig Wisberg**  
 AAASP President

# INCREASING

## OUR VISIBILITY ON THE LOCAL & NATIONAL SCENE

The Winter Olympic Games in Turin, Italy are recently completed. In conjunction with the Games, Jack Lesyk, our Public Relations and Outreach Division Head, spearheaded the distribution of a series of Olympic press releases that AAASP sent to over 400 media sources around the country.

All AAASP members received Jack's message and were

informed that they could access copies of the story by going to [www.aaasponline.org/pdf/pressRelease020806.pdf](http://www.aaasponline.org/pdf/pressRelease020806.pdf). With the assistance of Sandra Stafford of SPQR Public Relations, Inc., AAASP was able to release a number of stories throughout the Olympic Games---stories about the ways Olympic athletes are using sport psychology services and techniques to optimize their prospects of success in Turin. We are hoping that many of you were able to use these stories as springboards to increasing your own visibility in your respective communities. A special thanks goes to Jack and the members of the Organizational Outreach Committee for their tireless efforts on our behalf. Those folks include Mark Hogue (chair), Debra Ballinger, Sharon Chirban, Karen Collins, David Coppel, Andrea Corn, Erik Dunlap, Tammy Kordes, Jonathan Metzler, Patricia Sullivan, and Megan Pietrucha.

Systematic press releases represent just one of the initiatives we are currently pursuing in an effort to increase our visibility and improve our networking with the general public and with various sport organizations. In the coming weeks we will be conducting a mass mailing that will be targeting sport administrators at the amateur and professional levels. The mailing will contain a copy of the AAASP position paper developed last summer by a committee of experienced consultants and entitled "How to Determine the Training and Competencies of Individuals Providing Sport Psychology Consulting for Athletes." If you haven't done so already, you can find the paper on our website under the Publications link. Along with the position paper we will be sending recipients a magnet displaying the three guidelines to consider when attempting to locate and hire a competent consultant. The magnet will also showcase the AAASP logo, our website address, and the telephone number of our managing company, the Rees Group. I particularly appreciate the efforts of Kristen Dieffenbach, Chair of the Performance Excellence Special Interest Group, for soliciting the assistance of the members of that SIG in getting the mailing out.

At the end of February, several AAASP members will be attending the Joint Commission on Sports Medicine meeting to give presentations, serve on panels, and network with members of over 30 other national organizations, including the American College of Sports Medicine (ACSM), the National Collegiate Athletic Association (NCAA), the President's Council on Physical Fitness and Sports (PCPFS), and the United States Olympic Committee (USOC). Past-President Marty Ewing and AAASP member, Hap Davis, will be giving a presentation entitled "Transitions Through Sport and Out of Sport." In addition, Marty will be serving on a panel discussing substance use and abuse in sport. Our hope is that by having an AAASP presence at meetings such as this



....continued from page 1

we will increase people's knowledge of who we are and what we do, stimulate the kind of dialogue that will result in collaborative research and/or applied initiatives, and identify potential sponsors of AAASP programs, such as the Sporting Goods Manufacturers Association (SGMA).

Marty Ewing is also exploring the possibility of organizing a Congress for Elite/Olympic Performance to be held prior to our annual conference in Miami. The purpose of the Congress would be "to explore all facets of psychology that are related to the development of elite athletes, issues athletes face in reaching the Olympics as well as competing in the Olympics, the impact of the Olympics on youth and sport participation, contextual issues associated with performing in a very different culture, the role of sport psychology in preparing athletes to compete in the Olympics, and how athletes cope with success and failure at the Olympics." (Marty Ewing, Report to the AAASP Executive Board, Fall 2005). Conversations are currently underway with AAASP Division Heads and Committee Chairs as well as with several members of the European sport psychology community to: a) identify three or more of the aforementioned topics that could be developed into press releases that reflect the science/research related to each topic, b) create a committee to synthesize the relevant research in each case, c) identify key people to speak to the media about each topic/research, d) identify a research question of primary interest to Congress participants, and e) draft a proposal for studying the question (including an estimated budget). The desired outcome of this initiative would be to present all press releases/research ideas/proposals during the Congress and release an announcement of research awards (to be determined by the Executive Board and/or a committee of Past Presidents) by November 1, 2006. This is a project of considerable magnitude, and we wish Marty the best in her efforts to pull it off.

Increasing the visibility of AAASP in the eyes of sport organizations and the general public carries with it the responsibility of providing the most up-to-date and accurate information for anyone trying to contact us. While the original design and format of our website represented a satisfactory first step for handling the standard business of AAASP, it is clear that it no longer satisfies the needs of our growing organization. As a result we are giving top priority to improving the quality and user friendliness of our website. Damon Burton has volunteered to take the lead in this effort and has solicited the input of Jim Whitehead of the American College of Sports Medicine (ACSM) to determine the most effective approach. Jim is the person responsible for

**Guidelines to Consider  
When Hiring a Sport  
Psychology Consultant**

- 1 **THINK** about what services you want from a consultant
- 2 **ASK** for the consultant's credentials
- 3 **TALK** to athletes or coaches who have worked with the consultant


*If you have questions or are looking for a consultant go to*

 Association for the Advancement of  
**Applied Sport  
Psychology**  
[www.aaasponline.org](http://www.aaasponline.org)  
or call **608.443.2475**

oversight of the ACSM website. We are hoping that a new and improved website will be in place well before next year's conference commences. Until then we greatly appreciate the assistance and efforts of the Rees Group in posting items of interest, most of which can be found under the "What's New" and "Publications" links on the AAASP website.

We also have an update on our initiative to secure external funding for AAASP. During his visit to our conference in Vancouver, Dick Irwin, who directs Strategic Marketing Services, was able to identify several potentially fruitful revenue streams, prospective sponsors of AAASP projects and programs, and possibilities for increasing AAASP member benefits. In the coming weeks our Strategic Planning Committee, comprised of Jack Lesyk, Mary Fry, Susan Rees, and myself, will be discussing Dick's recommendations and presenting our report to the Executive Board for its consideration. We are hoping that Dick will be able to assist us in finding creative ways of financing our recent marketing initiatives and decreasing the cost to AAASP members.

On a final note I'm pleased to report that a committee has been formed to re-examine the issue of accreditation of graduate programs in applied sport psychology. Chaired by Richard Cox, the committee consists of a balanced representation of individuals coming from backgrounds and training in sport science and clinical/counseling psychology. They include Robin Vealey, Sean McCann, Jonathan Metzler, Trent Petrie, and Camille Cassidy (student representative). Since considerable work

was devoted to this issue the first time it was explored several years ago, this committee will not have to start at "square one." Rather, their charge is to first consider whether the time for AAASP to consider program accreditation more seriously is now at hand, and if the committee concludes it is, to propose a workable plan for determining, implementing, and monitoring the accreditation process. In doing so, the committee would need to consider the possible barriers to and arguments against accreditation (based, among other things, on discussions by the Fellows the first time accreditation was proposed) and to develop responses that address each of those barriers/arguments. As I said in my Presidential address in Vancouver, I don't think applied sport psychology accreditation is something all (or even most) graduate programs would necessarily be interested in. Rather, I envision that its primary function would be to serve as a credentialing vehicle for those programs committed to equipping their graduates for AAASP certification. I've asked the committee to submit its report and recommendations to me by the end of the summer so that I can present it to the Executive Board when it meets prior to the Miami conference. 

 **REMEMBER TO VOTE** 

**Deadline is July 1, 2006**

**See page 16 for details and the ballot**

## Editor's Note

When do you know when you've been a newsletter editor too long? I think I've got at least one clue. When holidays or seasonal changes occur, and your mind first notes that the newsletter deadline looms rather than the more pleasant events. That's just plain wrong. The first azalea blooms of the spring shouldn't be cause for anxiety, or at least, that's what my therapist is telling me.

The winter/spring newsletter is traditionally the election issue, and this year is no exception. You will find the biographies, position statements and photographs of eight individuals who have graciously agreed to run for AAASP E-Board offices in the inner pages. If you buy Craig Wrisberg a beverage of his choice (and it probably won't even take that), I am sure he will share with you how hard it is to find good individuals to run for office in what is still primarily a volunteer professional organization. We're all busy with our professional careers, families, personal interests, etc., and it takes time and energy to be an effective E-Board member. Thank you to the eight individuals who have agreed to run as candidates. Win or lose, it's an honor to be asked to be a candidate. If you believe you have the time and energy to give to your professional organization, then don't wait to be discovered. Contact an E-Board member to find out how you can get involved. It's the folks who get little things done that are later asked to be part of bigger things.

As approved at the Fall conference in Vancouver, the election this year will be entirely electronic. Well, almost. Mailed in ballots will still be accepted this year, but voting during the conference is ovvaahhhh. . . . as the announcer from Iron Chef would say at the conclusion of the one-hour cook-off. It is the hope of the AAASP E-Board that this will ultimately result in more members of the organization participating in the election process. Procedures to follow in order to vote can be found on page 16. Importantly, the voting deadline has been moved up to July 1. AAASP members will receive several email reminders prior to the voting deadline. The earlier voting deadline will allow newly elected E-Board members to plan their attendance at the pre-conference Fall E-Board meeting. This should assist in their transition.

Ideas for the newsletter? I only half jokingly tell members who ask that I choose the content in the newsletter mostly to entertain myself and my hard-working associate editors. If you know of an interesting individual to be interviewed for 10 Burning Questions, let me know. Do you have something you've wanted to write about applied sport psychology, but didn't know where it would be appropriate to publish? Perhaps, the AAASP newsletter is the place. Do you have a research article that you've presented or published but also wanted to wax eloquent about in a less stuffy medium? The newsletter might be the place.

"Dr. Doug, I need to come back in and get my head right." I promise that's what a former athlete client told me on the phone recently. Get his head right. I love all that statement conveys. Trust. You don't trust your head to just anyone. Comfort and respect. He used the Dr. title but didn't feel compelled to use my last name. Process. Applied sport psychology isn't about fixing. It's about working collaboratively on the process of change. Coming back wasn't interpreted as failure. We're working on getting his head right. In truth, his head isn't actually that wrong! What a privilege to part of that process, and a privilege to be part of the AAASP process too.

Time to enjoy the azaleas and get my own head right. Questions, comments, observations? Contact me directly at [dughank@auburn.edu](mailto:dughank@auburn.edu).



Publication/Information Division Head

Doug Hanks, Ph.D.

5-6

Ten Burning Questions with  
Burt Giges, M.D.

7

Conference Preview

8-15

ELECTION—  
Candidates & Position  
Statements

16

Election Ballot

17

Student Representative  
Report

18

Ethical Stewards?

19-20

Mental Conditioning  
at the World's  
Toughest Playground

21-23

Book, Video, and  
DVD Reviews

What's Inside



## AAASP Executive Board 2006-2007

<b>President</b> Craig Wrisberg University of Tennessee	<b>President-Elect</b> Vikki Krane Bowling Green State University	<b>Past-President</b> Marty Ewing Michigan State University	<b>Secretary-Treasurer</b> Mary Fry University of Memphis	<b>Publications/Information Division Head</b> Doug Hanks Auburn University
<b>Public Relations &amp; Outreach Division Head</b> Jack Lesyk Ohio Center for Sport Psychology	<b>Professional Standards Division Head</b> Anysley Smith Mayo Clinic Sports Medicine Center	<b>Science &amp; Education Division Head</b> Diane Whaley University of Virginia	<b>Student Representative</b> Heather Peters University of Arizona	
<b>AAASP Newsletter Staff</b>		<b>Journal of Applied Sport Psychology</b>		
<b>Editor</b> Doug Hanks Auburn University		<b>Editor</b> Vicki Ebbeck Oregon State University		
<b>Associate Editors</b>		<b>Associate Editors</b>		
Alan Kornspan University of Akron		<b>Clinical/Counseling</b> Patsy Tremayne University of Western Sydney	<b>Performance Enhancement</b> Ian Maynard Sheffield Hallam University	
Mary Jo Loughran Chatham College	Deb Roche University of Delaware	<b>Social Psychology</b> Thelma Horn Miami University	Ken Hodge University of Otago	<b>Health Psychology</b> Wendy Rodgers University of Alberta
<b>Creative Director</b> Shannon Hanks Auburn University		<b>Editorial Assistant</b> Rebecca Concepcion Oregon State University		

## Does your institution have employment openings of interest to AAASP member?

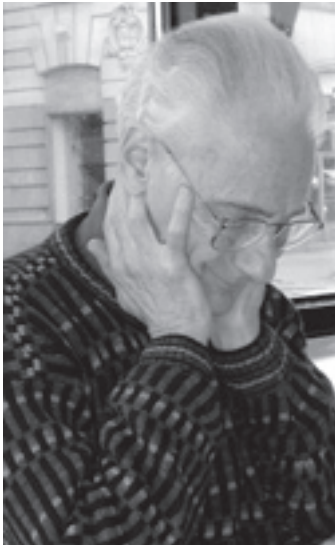
We are pleased to announce the addition of a JOB BOARD on our website! Submit notices of faculty positions or other job opportunities on our Job Board. Also, please share the notice with your department chairs, athletic directors, and directors of counseling centers so they can post announcements appropriate to our membership on our new JOB BOARD.

Contact Susan Rees, AAASP Executive Director, by phone 608.443.2475, fax 608.443.2474 or email [srees@reesgroupinc.com](mailto:srees@reesgroupinc.com).

Check our  
website for further  
details.

[www.aaasponline.org](http://www.aaasponline.org)





# 10 Burning Questions with Burt Giges, M.D.

Interviewed by Doug Hanks, AAASP P/I Division Head

## 1. Tell us about your background and history in sport psychology. What got you started in the field?

During my residency in psychiatry (1958), I was team physician to a high school football team. I noticed that in close games if our team began to lose, then the players incurred more injuries than at other times. I also became aware of how some parents created tension in their children and in the coaches. So, I developed an interest in the psychological aspects of injury, parental influences in sport, and the life experience of the coach. Then, in my private practice over the years, I began to pay more attention to my patients' participation or avoidance of sport. I would work with them about their golf game, tennis game, emotional problems in running, or their issues as coaches. About fifteen years ago, I decided to merge my life-long interest in sport with my professional life, and made sport psychology the major focus of my work. I dedicated myself to learning as much as I could about it, joined AAASP, NASPSPA, and subscribed to three sport psychology journals. I went to any workshop or conference I could find and was an avid reader. (Over the years, I read about 50 books in the field). I've been consultant to two track teams, and to the USA Track and Field Sport Psychology Division. I also have an appointment as Clinical Professor in the Athletic Counseling Program, Department of Psychology, at Springfield College.

## 2. What are your current interests and activities in sport psychology?

My current interests include: self-awareness of sport psychology consultants and practitioners; psychological barriers to optimal performance in athletes and coaches; brief interventions in sport psychology consultation; teaching graduate students in athletic counseling; and helping coaches meet their own needs. Over the past fifteen years, I've given numerous workshops on self-awareness and psychological barriers at various universities around the country. I also teach a Lab in Counseling Athletes (with Al Petitpas and Judy Van Raalte) to graduate students at Springfield College.

## 3. Many of us have seen you in the video "Three Approaches to Sport Psychology Consulting" or have read your chapter in Mark Anderson's "Doing Sport Psychology." Could you please describe your core philosophy and beliefs concerning applied sport psychology consulting.

Although originally trained as a clinician, with a background in medical research and psychodynamic theory, I've come to see myself more as an educator, working in a growth and development model. I view most problems as the result of learning patterns, rather than as sickness or disease. I believe that for most people and situations, thinking is the major source of feelings, and emotions are the link between thoughts and behavior. The focus of my work, therefore, is to help people change the thinking patterns that contribute to their distressed feelings or troublesome behavior. Present experience is given primary importance, based on the assumption that past negative patterns might recede into the background, were it not for the fact that present thinking patterns keep them in the foreground. The core issues in my approach are self-worth/self-esteem, and the self-criticism that is the major deterrent to a sense of well-being. I also pay close attention to the language

used, not only as an expression of our inner experience, but also as an influence on it, operating as a feedback loop.

## 4. Please share with us some of the individuals, writings, etc. that have been most influential in shaping your applied sport psychology work.

From the beginning of my involvement in sport psychology, Ken Ravizza has been a teacher and advisor for me. My colleagues at Springfield College (Al Petitpas, Judy Van Raalte, and Britt Brewer) have each in their own way also been my guides, mentors, and supporters. Gloria Balague has been a role-model for me, as I've observed her over the years, translating clinical skills into applied sport psychology practice. Mark Andersen has been my editor, and a catalyst in my development as a sport psychology practitioner. In terms of writings, I would put Dan Gould and Bob Nideffer at the top of my list.

## 5. In working with athletes, there are several paths the consultant can take. How do you decide which path to take?

As I mentioned, I'm very focused on the athlete's experience in the moment, to guide me on what path to follow. As I listen and observe, I'm influenced by the language used, and by how they sound and appear when they are speaking (or not). What is seen or heard externally is connected to what is experienced internally. What influences me most about what direction to take is based on what seems important to the athlete right now. So I start where the athlete is, and then lead them where they might not go by themselves.

## 6. Some athletes seem stuck in the past, and some are preoccupied with the future. How do you help them shift their focus to the present?

We can only experience something in the present. When an athlete is stuck in the past, the experience of "stuckness" is happening in the present. When someone is worrying about the future, that worry is occurring now. When someone is remembering the past or anticipating the future, that memory or anticipation is happening in the present. To help athletes shift their focus from the past or future, I find it very useful to use a "guided fantasy." (It is guided because I set up the situation; and it is fantasy because it includes thoughts, feelings, and wants as well as images). This allows the athlete to be aware of experiencing in the present whatever past event or future anticipation occupies their attention and energy.

## 7. In your chapter on psychological barriers in "Doing Sport Psychology," you have indicated that several barriers may be present at the same time. How do you determine which barrier to explore?

If several barriers are present, what I look for is what is most relevant to the athlete's struggle, and what is most available for exploration. Sometimes the most important barrier is not accessible, because the athlete may not be ready to pursue it. I'm always mindful of what the athlete came for, and will not unilaterally decide on a different goal. Specifically, if an athlete came for performance enhancement work, and I think there are important deeper issues, I would first discuss the athlete's interest and desire to explore them before proceeding.

## 8. Appreciating confidentiality issues, what have been some of the most memorable and rewarding moments that you've had in sport psychology?

One very important experience for me occurred when I was working with an elite miler (See pp. 23-25, "Doing Sport Psychology"). It was a significant turning point in my development as a sport psychology practitioner, because it gave me the courage to drift from my formal training into new territory. I had originally learned that for meaningful and lasting change to occur, it is necessary to explore issues deeply; and to do that, expect it to take a long time. What I came to see is that sometimes it may be possible to go "deep" without necessarily going "long." And even if the deeper issues remain, some important, lasting change can still occur.

In the memorable and rewarding category, the Performance Enhancement Keynote address I gave at the AAASP Conference in New Orleans (1995) was probably the most satisfying (after spending months preparing it) I can remember.

## 9. What was your own sport and exercise participation and how has it influenced your work in sport psychology?

My earliest recollections as a participant in sport were the street games we used to play (with pauses to let the cars go by). I remember playing stick ball, box ball, handball, or roller skate hockey. Looking back, I realize I was a fierce competitor who wouldn't give up, and hated to lose. When I see these traits in athletes I have worked with, I find it easy to appreciate what competition means to them. In high school, I was a chubby, slow runner who didn't make the track team, so I became the track team "manager" (carrying the medical kit, tape, rubbing alcohol, batons, spikes, etc). Thus began my life-long interest in track and field. Being heavy had its advantages, though, when we played football in the park, and I got to be fullback. So, football became the second sport that I enjoyed (except when I injured my knee, and couldn't walk for a few days). In college, I had a chance for real competition as a member of the junior varsity fencing team, and learned the importance of practicing, and the stress in competing. I began serious exercising when I was 40-years-old, because I couldn't keep up with my daughter's bicycling, as I was teaching her to ride. Forty years later, I'm still exercising and enjoying being fit.

## 10. What suggestions do you have for students entering the field?

You are tapping into my reluctance to "give advice," but here goes anyway. To borrow from Zen teaching: When you are a student, be a student. Be as fully a student as you can be. Soak up new information, whether it matches your prior ideas or not. Be open to differences as an expansion of your knowledge, rather than a threat to your beliefs. Learn from teachers, coaches, books, journals, fellow students, athletes, and no less from your own experience. Being an excellent student is different from being an excellent consultant, teacher, or researcher. As a student, your excellence is in your dedication and commitment to learning, and your acceptance of what you have not yet learned or cannot yet do. Be mindful of your long-term development as a practitioner, and assume that every step of the way is preparation for the next step.

**Editor's Note:** This interview was conducted several months before Dr. Giges was asked to run as a President-Elect of AAASP.

# Money, Money, Money

## Directions for Accessing AAASP Financial Documents

To download the most recent AAASP financial statement go to [www.aaasponline.org](http://www.aaasponline.org); logon with member ID and password; choose "What's New?" on the left-hand column menu [for members only]; then choose "AAASP (month) Financial Statement Online."

For additional questions regarding AAASP financial matters, please contact Secretary-Treasurer, Mary Fry at Phone: 901.678.4986 or Email: [maryfry@memphis.edu](mailto:maryfry@memphis.edu).

# 2006 Conference Preview “The Magic City or Gateway to Latin America” Hyatt Regency Miami

Marty Ewing, Ph.D.  
AAASP Past-President  
2006 Conference Coordinator

Miami, Florida, USA  
September 27-30, 2006

Join AAASP on September 27-30, 2006 in Miami, Florida, for the 21st annual AAASP conference. The mix of sun, beaches and world class educational sessions will make this conference a memorable event.

Miami is known for its beautiful beaches, elegant shops, sophisticated nightlife, spectacular restaurants and cosmopolitan flair. Miami Beach was voted one of the top ten beaches in the United States by The Travel Channel. You can jet ski, skydive or snorkel in Miami's tropical waters. And if beaches aren't in your plans, Miami also offers other recreational diversions including championship golf courses, and a myriad of professional sports teams. Miami is home of the Florida Marlins, Florida Panthers Hockey Club, Miami Dolphins, and Miami Heat. Other attractions include the Bass Museum of Art, Jewish Museum of Florida, Latin American Art Museum, Lowe Art Museum, Miami Children's Museum, Museum of Contemporary Art, and Sea Grass Adventures, just to name a few. In addition, a visit to South Beach, known for its shopping, nightlife and overall lifestyle is a must-see when in the Miami area.

The hotel hosting the AAASP conference is the Hyatt Regency Miami. This property is a four-diamond, three-star hotel, located near the convention center and with easy access to Florida's turnpike and beaches. The Hyatt offers the best of both worlds — waterfront and city views. Other amenities include wireless high speed internet availability, a heated outdoor swimming pool and a fully equipped fitness center. Nearby jogging paths will allow you to walk or run before or after conference sessions.

We are in the process of putting together an outstanding program, with an international emphasis for 2006. We've already confirmed Richard Pound, former Olympian and Chairperson of the World Anti-Doping Agency (WADA) for our Health/Exercise Psychology Keynote. Other keynote speakers that had been confirmed at press time are Michael Messner (Social Psychology), Pia Nilsson and Lynn Marriott (Performance Enhancement), and Kathy DeBoer (Coleman Griffith). The E-Board is also considering extending the conference an extra half-day on Wednesday afternoon. Watch for additional updates on our website and in subsequent newsletters.

Please make your plans now to meet your friends and colleagues in a fun-filled tropical location for the 21st annual AAASP conference in Miami, Florida.







Artur Poczwadowski, Ph.D.

## Biography

Dr. Poczwadowski moved to the USA from Poland to work on his doctorate in 1993. He attended his first AAASP conference in 1994 and became passionately and permanently involved in the AAASP spirit. He is a Certified Consultant, AAASP, and he chaired the 2001 AAASP Dissertation Award Committee and the AAASP International Relations Committee (2004-2005). In addition,

he has co-authored 17 presentations at AAASP conferences.

Dr. Poczwadowski received his Ph.D. in exercise and sport science with a specialization in the psychosocial aspects of sport and a cognate in counseling from the University of Utah, Salt Lake City, in 1997. He also holds two master's degrees; one in physical education/coaching (University of Physical Education in Gdansk; 1989) and one in psychology (Gdansk University; 1991). He is currently an associate professor of sport and exercise psychology at Barry University, Miami Shores, Florida. A key component of the master's degree program at Barry is a curriculum based on CC AAASP requirements. Since 1991, Artur has consulted with athletes, teams, coaches, and parents in numerous sports. At the elite level, he has worked with the Polish national men's and women's judo teams (including the 1992 Olympic Games) and the St. Lawrence University Division I women's hockey team (including the 2001 and 2004 "Frozen Four" national tournaments). His research focuses on sport psychology service delivery, coach-athlete relationships, coping strategies, and research methodology. He has 16 publications in refereed journals and book chapters and has co-authored over 40 professional presentations at regional, national, and international meetings. He has also served as a reviewer for the *Journal of Applied Sport Psychology*, *The Sport Psychologist*, and the *International Journal of Sport Psychology*, and, for the past year, he has served as an associate editor for *The Sport Psychologist*.

## Position Statement

This unexpected invitation to run for President-Elect of AAASP represents for me a great honor and an unparalleled opportunity to make a difference in the field of applied sport psychology. I humbly accept the invitation in the spirit of serving AAASP, my passion for performance excellence, solidarity with AAASP membership, and an attempt to encourage my peers to assume leadership positions in the organization. Collectively, we can certainly make a difference!

The 20th anniversary of AAASP was a unique occasion to identify our organizational progress and the most promising areas for accelerated advancement. Before composing this position statement, I reviewed the contents of 1997-2005 AAASP Newsletters, reflected on my eleven-year experience in AAASP, and sought the opinions of my friends and colleagues, both AAASP and non-AAASP members.

My vision for the advancement of our organization is based on a traditional formula that emphasizes building on strengths and investing in the most promising areas for improvement. If elected, I would continue to build on this strength-focused approach, which has been practiced by previous Presidents and, hopefully, see to completion numerous in-progress projects addressing both the science and practice aspects of the AAASP mission.

Additionally, my envisioned leadership would result in an intensified, longer-term effort to address a couple of critical issues to our advancement. Specifically, I would like to see an enhanced presidential interface in order to ensure greater continuity of work on the most important tasks, an intensified focus on selected areas for accelerated advancement, and an increased emphasis on cross-generational and cross-expertise learning in order to bridge all aspects of our organization's increasing (appreciated and welcomed) diversity.

Presidential interface would ensure continuity in the pursuit of major projects across the overlapping three-year presidential terms, and, as a result, would provide a longer, E-Board driven impetus for important initiatives as generated by our membership. This presidential interface should not inhibit additional, satellite and original initiatives advancing the AAASP mission and should further sharpen the focus on the needs of AAASP participants and our clients.

If elected, I would devote the majority of my energy to the accelerated advancement of the practice aspect of the AAASP mission. Limited job placement and unclear job opportunities for practice seem to be the source of a widely shared frustration among AAASP members and barrier to a number of organizational undertakings. The continuation of marketing strategies and promotion of AAASP, enabling (unlocking) of jobs, dissemination of members' experiences of starting a private practice, and increasing exchange with non-AAASP practitioners would be a highlight of my three-year presidential term. Based on the accumulated past presidents' experiences and accomplishments of the Public Relations & Outreach Division, I would continue to work for an even more versatile public relations campaign and negotiations with the leaders of our "elite" clientele groups (e.g., professional sports, NGB's, NCAA, elite youth sport enterprises; fitness and health organizations). I would also attempt to involve a larger representation of practitioners to continue developing our "product offerings" in order to enhance the persuasiveness of our campaign. Complementarily, I would encourage the efforts of AAASP participants in knocking at the doors of the potential clients so that AAASP increasingly be considered the "go-to" sport and exercise psychology service provider. I view us as AAASP participants willing to "live out" the AAASP spirit (Dr. Wrisberg's "praxis") and applaud the continued commitment of every AAASP member to our organization. I am committed to shaping executive decisions based on the input and feedback I receive from all members. The number of volunteers in AAASP governance and initiatives is utterly impressive, yet I believe we can still do more!

I intend to implement a new, satellite, procedural initiative that would further contribute to advancing our organization and our members as professionals. This initiative would focus on the promotion and support of "think tanks" (a form of brainstorming) as a learning template to facilitate cross-generational and cross-expertise learning. Think tanks would involve master's and doctoral level professionals and graduate students, academicians/researchers and practitioners, representatives of kinesiology, psychology, and other disciplines, and, importantly, our clientele as represented by coaches, athletes, and exercise and health professionals. The "think tank" as an advancement strategy would address diversity and accreditation issues and other current projects (e.g., social issues and social policy), and would attempt to identify our most pressing needs and some creative ways of responding to them.

In conclusion, I am committed to serving the needs of AAASP participants and our clients by continuing efforts to advance, promote, and market our organization and applied sport psychology as a multifaceted and interdisciplinary field. I propose an intensified focus on the practice aspect of the AAASP mission, continued support of current successful projects, identification of new initiatives, enhancement of the presidential interface, creation of think tanks, and expanding praxis of all AAASP members.



# ELECT CANDIDATES

## Burt Giges, M.D.



### Biography

Burt Giges is Clinical Professor, Department of Psychology, Athletic Counseling Program at Springfield College, and a Distinguished Life Fellow of the American Psychiatric Association. He is also Consultant to the USA Track and Field Sport Psychology Division, and formerly was Consultant to the Westchester Track Club, and the Women's Track and Field team at Springfield College. In the past, he was team physician for a high school football team. He has given numerous workshops at universities around the country, has been a keynote speaker at sport psychology conferences, and is currently on the Editorial Board of *The Sport Psychologist*.

Dr. Giges received his bachelor's degree at City College of NY, where he was a member of the fencing team, was elected to Phi Beta Kappa, and graduated magna cum laude. He received his MD degree from New York University College of Medicine, won first prize for the highest scholastic standing at graduation, and was president of the Honor Medical Fraternity. He conducted research at The Rockefeller Institute for Medical Research, and at the Walter Reed Hospital Research and Graduate School in Washington. His was trained in psychiatry at The Albert Einstein College of Medicine Department of Psychiatry, where he was appointed Chief Resident, and served on the faculty for many years. He became Director of Community Mental Health Services in Westchester, and was also a member of the Board of the Gestalt Center of Long Island.

His special interests include: consultant's self-awareness, psychological barriers to performance excellence, brief contact interventions, teaching graduate students, and helping coaches meet their own needs.

### Position Statement

After the phone call asking if I would be interested in being a candidate for AAASP President-Elect, I was very excited and honored. I immediately asked myself, "What can I bring to the position that would be really good for the organization?" In general, I knew that each person would bring his or her own particular philosophy, priorities, and interests to the challenges of that office. For me, the task at hand was to define the specifics of my perspectives and bring them to the organizational level.

My initial thoughts involved the past, the present and the future. In thinking about the question how do organizations change, my mind went back to the 1995 AAASP Conference in New Orleans, when I delivered the Performance/Enhancement Keynote Address. The title was "How People Change." I recalled that when people think of changing, they compare where they are now with where they want to be, and that seems difficult to achieve. If they were to think about beginning change (a much smaller step), that task might appear less difficult. I also realized that even when we do not change what we are doing, we might benefit from changing how we do it. These ideas reminded me that there were similarities to "How Organizations Change." For one, the Tavistock approach to group dynamics states that the primary task of any organization is its own survival. And so it is for most people. Organizations also go through stages that are not unlike our own developmental issues; and resistance to change is common to both. My perspective includes these commonalities that may help me understand what might be needed or useful.

To continue the analogy, the presidency I will occupy, if elected to the President-Elect office, will be AAASP's 21st. We will then officially be an "adult." Erik Erikson tells us that one of the tasks of early adulthood is to achieve intimacy. How can that apply to our Association? In order to experience intimacy, there must be an acceptance of difference, consideration of the other, mutuality of interest, respect, trust, and vulnerability. Does any of this sound fa-

miliar as a member of AAASP? To balance survival and vulnerability, however, can be a daunting task for one person; imagine the complexity as we attempt this balance with different professional disciplines, different cultural and racial backgrounds, and different sexual preferences. And that's just within our organization! One of my current concerns is the relationship between psychologists and sport scientists in AAASP. I am interested in exploring the possibility of healing that relationship, even if the different perspectives and different opinions continue. Virginia Satir, a well-known family therapist 40 years ago, believed that a healthy family was not one without problems or conflicts, but one that had the resources to deal with them. Can we become a healthier organization? I hope so, and I think so, providing that we are willing to consider beginning change as worthwhile. Perhaps a start might be a workshop at the AAASP Conference in 2007 titled "Can We Heal Our Relationship If We Still Disagree?"

My strong orientation to present experience will guide me in approaching and understanding the challenges of the position. Among the numerous issues of importance to AAASP and sport psychology, there are two that have already stirred my interest, and they both can begin in the present and can continue in the future. These are services for graduate students and for coaches.

In thinking about the future, one of the questions that occurred to me was, "What is the future of AAASP?" Before I could answer, the question changed to, "Who is the future of AAASP?" The answer to that question came quickly. It is our students. My love of teaching and commitment to students makes this group a priority in my thinking about the future. I have in mind some ways to enrich student membership in AAASP, such as increasing our efforts to bring students and experienced professionals into greater contact with each other. Examples would include the "think tank," bringing younger students and older "students" together for a couple of days. They have already been successfully held on both the East Coast (organized by Bob McGowan in Temple, NH, 1993 and 1994) and the West Coast (organized by Ken Ravizza in Redondo Beach, CA, 2003). Another way would be to include specific workshops for this purpose at all regional student conferences, as well as at the AAASP Annual Conference. I would seek other ideas by polling student members of AAASP for their suggestions.

Athletes are the largest group in sport participation, and receive the most attention. Coaches are the next largest group, and receive far less. One particular area that has infrequently been addressed is helping coaches meet their own needs. Perhaps we could offer workshops on this topic to programs and organizations that already exist (Coaching Education, Little League, Pop Warner, High School Coaches Association, and other national sport associations). In AAASP, we might begin with a Special Interest Group, or establish an Ad-Hoc Committee for the purpose of highlighting coaches' needs, and exploring ways to provide services that focus on this area.

I think you can tell how exciting it would be for me to be elected. I hope you will also conclude that it would be good for AAASP. 🌟



Leslee Fisher, Ph.D.

## Biography

Leslee A. Fisher is an Assistant Professor of Sport Studies at the University of Tennessee. She obtained both her B.S. degree (1980) in Physical Education and her M.S degree (1982) in Adult Fitness from the University of Michigan, and holds a Ph.D. (1993) degree in Physical Education (Sport Psychology concentration) from the University of California at Berkeley. She has been an active member of AAASP since 1987. Leslee is past Chair of both the Continuing


Education Committee and the Dissertation Award Committee of AAASP. She serves as Co-editor for the Sport Psychology and Counseling Column of the Athletic Therapy Today journal and as a Senior Reviewer for the Athletic Insight (online) journal. Her research focuses on the topics of gender and moral identity in sport/physical activity and the cultural studies of sport. She has presented scientific papers at professional meetings on an annual basis and has published her work in such journals as the Journal of Sport and Exercise Psychology, Journal of Applied Sport Psychology, The Sport Psychologist, and Women in Sport and Physical Activity Journal. During 2005, Leslee was an invited keynote speaker at the Western Society of Physical Education of College Women (WSPECW). She also does applied work with collegiate athletes, is certified as a limited license professional counselor by the National Board of Certified Counselors (NBCC), holds limited state licensure, and has applied for Certified Consultant Status in AAASP. Her present hobbies include running and lifting weights, and she is contemplating entering bodybuilding competitions.

## Position Statement

I am extremely pleased to be invited to run for Secretary-Treasurer of AAASP. I have been fortunate to serve AAASP in two previous roles, neither of which was on the Executive Board. I was Chair of the Continuing Education Committee (2001-2003) and also Chair of the Dissertation Award Committee (2004). These two experiences were invaluable to me because I had the privilege of meeting so many of you who are also working to make AAASP the premiere Sport Psychology organization. I also experienced firsthand the level of dedication and hard work necessary to serve on the E-Board by watching and interacting with colleagues who were in those positions. I consider it an honor to be asked to work with the current group of determined and collaborative professionals who constitute the AAASP E-Board.

I have been a member of AAASP since its second year of inception (1987), which was my second year of doctoral study at Berkeley. I have attended every conference save one since then. I remember how excited I was to pile into Dawn Stephens' (now professor at the University of Iowa) van and travel down to Newport Beach for my very first conference. I remember the thrill of meeting all the people I'd been reading about in the textbooks—Dan Gould, Mo Weiss, Joan Duda, and Terry Orlick, to name a few. That experience made sport psychology come alive for me. It also made me want to do all I could to assure that that same experience would continue to be available for

future graduate students. I am excited about the three goals Craig Wrisberg mentioned during his presidential address: (a) modeling diversity; (b) promoting praxis; and (c) reconsidering accreditation. In terms of encouraging diversity, Craig stated, "everyone is welcome at the table." This is a sentiment I couldn't agree with more. As a person who has the majority of her degrees in the sport sciences but also holds a counseling degree, I try to embody collaboration between these two spheres of preparation that AAASP members represent. In terms of promoting praxis, efforts to refocus us on applied issues in sport psychology in the coming years are important. It's particularly essential for us to insure that the public has an accurate understanding of who we are and what we do... whether we work with elite athletes doing performance enhancement, in the community with youth sport participants, in the high school training room, in a corporate fitness facility, or with the aging population, we need to take our expertise out to the people. In terms of reconsidering accreditation, I think this is an important step in our field. This is a "truth in advertising" issue. In other words, we need to ask critical questions about our preparation of graduate students, particularly when it comes to offering them supervised applied experiences in addition to exceptional academic preparation for their professional futures. While we're doing this we must be sure to listen to the voices of students in order to understand their views on the issue of professional preparation. I applaud AAASP's efforts in this direction.

Mary Fry, our current Secretary-Treasurer, tells me that this office requires a minimum of 8 hours of one's time each week. I want you all to know that I'm ready for the challenge! If elected, I will do my best to serve as a liaison between you the members and those on the E-Board, working with the Rees Group, and keeping you apprised of the financial status of AAASP. My goal is to demonstrate to each of you the seriousness with which the E-Board takes your investment in AAASP and how we are striving to use your money wisely. My father was a banker, and he always used to say, "Money makes people funny." I believe that as long as we have our goals clearly set, "Money won't make us funny." Rather, our spending will reflect our continued commitment to the founding principles of AAASP. 

# SSION HEAD JRER CANDIDATES

## Debra A. Ballinger, Ph.D.

### Biography

Deb received her Ph.D. and a Master of Counseling degree from Arizona State University, an M.A. in Education, from University of South Florida, and her B.A. at Elmhurst College (IL) in Physical Education and Music. She is currently an Associate Professor, University of Rhode Island, with teaching responsibilities in pedagogy and sport psychology. She has been a member of AAASP since 1988, is a Certified Consultant, AAASP, member of APA and Division 47, and on the USOC Registry. She is also a Life Member of AAHPERD, and the Chair-elect of the AAHPERD Sport Psychology Academy (beginning April, 2006). Deb has served on the AAASP Diversity Committee (Chair), the Development Committee, and the Outreach Committee. She has numerous presentations at AAASP, and most recently presented in Sydney, at the ISSP. She consults regularly with college teams, and individual athletes; but her first love is working with high school athletes in such areas as conflict resolution, performance enhancement, and recovery from injuries. Her research has focused in assessment in physical education, especially related to the effects of physical activity interventions on psychological well-being and affect. Deb will tell you she is most proud of having raised her three children to adulthood. . . each was an avid athlete in many sports. Throughout their growing years, she volunteered as a youth sport coach—to “prevent them from being exposed to poor coaching” and to keep them focused on the positive aspects of physical activity and sport participation.

### Position Statement

Having served AAASP on a variety of committees for 15 years, I have observed the ebb and flow of change as we have grown to a flourishing professional association of members actively promoting sport and physical activity across the lifespan. I have never been a “sidelines” type of person—and believe that service is the greatest gift we can provide in life and to our professions. I am honored to be nominated for the position of Secretary-Treasurer on the AAASP Executive Board, and believe that my experiences with the association, and my involvement in related associations will allow me to provide input regarding possible outreach and collaborative initiatives for AAASP and our members. Serving as President of the Virginia AAHPERD provided me leadership challenges on an executive board, with budget approval, and conference management. For the past 5 years on the EDA-AAHPERD Executive Board, as a VP and also as the editor of the newsletter, I have served over 7,000 members, worked on our annual conferences, and networked extensively. Such experiences have taught me to work collaboratively in leadership positions, with diverse populations, and taught me that there are many good ways to approach decision-making, and to reach out to form partnerships that benefit our profession.

I see AAASP, in its future, as continuing to evolve—moving to be more inclusive of both practice-based and academic-based members—and reaching out to and connecting with other associations with common goals to address global issues. I attended and presented at my first ISSP meeting this year—and was reminded of how small our outreach has been—and of how many views about sport are valid, yet different from mine. Three weeks of Australian Rules Football, Cricket, and Lawn Bowling dominating the television in the evenings reminded me how narrow our focus can sometimes become.

This is one of the areas I see as being most critical to the future of the association, and of our profession. We must make connections—and build bridges—and not isolate ourselves. We live in a global society, and must think beyond our national borders. This is likely never

more evident than in the Olympic years, when once again the “spirit of competition” seeks to rise above the media tally of medals. I am proud to have been part of the AAASP initiative to send out press releases on sport psychology prior to and during the Olympic Games. This type of advocacy can help us flourish—and to gain the reputation of legitimacy many members have felt lacking at times. There are many groups that we have yet to reach. I envision AAASP providing greater services to athletes of all abilities. We have members who work with the Paralympic Games, the Gay Games, and with Special Olympics. I believe we can also make connections with other professional associations who focus on the well-being of individuals in sport and physical activity settings, such as AAHPERD, ACSM, Physical Therapy associations, et al. We have much to offer, if we share our skills, knowledge, and visions. . . and can gain much from more formal relationships with colleagues in those organizations. If we broaden our vision, we can be encouraging to future professionals who have the desire to work in the psycho-social-cultural domain of movement and physical activity. There is much yet to learn—and there are many individuals seeking consult.

As a member of the Board, I also believe we should work hard to reach out to past, now inactive, members—to find out why they’ve left our ranks. I miss conversations with dedicated professionals who have somehow become disengaged in the mission and work of AAASP. In the beginning years, there seemed to be so much excitement and optimism. Recently, I have heard more side comments from disgruntled members. I am an eternal optimist and believe in the power of positive psychology. As a member of the Board, I will not only carry out my assigned responsibilities to ensure the fiscal health of the association with integrity, and with enthusiasm, but will also focus on being optimistic and on listening to the comments of those disgruntled few who don’t feel connected.

In short, I believe in AAASP, its members, and in the benefits of spreading the word about the positive benefits of sport and physical activity. I am honored to be nominated to serve you, and if elected, will be dedicated to the members and the welfare of the association. ✦







Jack J. Lesyk, Ph.D.

## Biography

Jack J. Lesyk, Ph.D. is the Director of the Ohio Center for Sport Psychology and an Adjunct Assistant Professor of Psychology at Cleveland State University. He completed his undergraduate work at Penn State and his graduate studies at Case Western Reserve University. Since 1981, he has worked intensively with athletes from over 25 different sports, at competitive levels ranging from scholastic to collegiate, Olympic and professional. Jack is a Certified Consultant, AAASP,

is listed in the U. S. Olympic Committee's Sport Psychology Registry, has served on the Executive Committee of Division 47 APA, and is currently the Public Relations and Outreach Division Head, AAASP.

Since the publication of his book, *Developing Sport Psychology within Your Clinical Practice*, Jack has spent an increasing amount of his professional time conducting intensive workshops for sport science and mental health professionals who are developing their skills and credentials in sport psychology. Jack is a clinical Advisor to the American Running Association and is on the editorial board of the *American Journal of Medicine and Sports*. He has presented his work at national and international sport psychology conferences and is especially noted for his development of the "Nine Mental Skills of Successful Athletes," a framework for mental skills training.

A frequent speaker at professional, civic, and social organizations, he is known for his particular emphasis that sports should enhance one's overall well-being and joy of living.

## Position Statement

Three years ago, I ran for the office of Professional Development Division Head (renamed Public Relations and Outreach) and was fortunate to be elected. And now, with some disbelief, even on my own part, I am choosing to run for a second term. From what I gather, there seems to be little or no precedence for running for re-election on the AAASP Executive Board. Perhaps my predecessors knew something that I don't. Or perhaps the times have never been so good for AAASP. In either case, I'd like to have another go at it. Let me tell you why.

I like being a team member, especially on a great team that is relatively efficient, effective, and has integrity. Members of the Executive Board whom I have served with are hard working, fair, and dedicated to the well-being of our profession. I have enjoyed working with our association management company, several committee chairs, and many members of our organization. Overall, this has been a gratifying experience working with a terrific group of people.


In the area of public relations, I believe that we have made great strides, especially in the past few months. As I write this, our Olympic Public Relations Initiative is well underway, and from all indications, it will be a success. One of my goals has been to make every member of AAASP a public relations representative. Towards this end, many of you have responded to our requests for reaching out to your local media and getting coverage for sport psychology and for AAASP. For the first time in our twenty-year history, we have hired a professional public relations professional to coordinate this time-limited project. If I am re-elected, I will advocate for retaining a PR professional on an ongoing basis.

Three years ago, when I ran for this office I wrote:

"The time has come for AAASP to step forward into the public light and become the premier organization that speaks for sport psychology. We have the strength and expertise that comes from being a group of interdisciplinary teachers, researchers and practitioners. We are uniquely qualified to do the job. We can and should become the main source for educating the public about sport psychology and helping the public and sport community in identifying qualified professionals. The task at hand, then, is to remove the bushel that covers our bright candle. I believe that in our numbers and in our diversity we have the resources and the obligation to do so."

An organization needs to serve its members if it is to survive and grow. Good public relations is a necessary element in that process, particularly for a profession and an organization that is barely known by the public. If our efforts are successful, the public and the sports communities will become more aware of the value of sport psychology and the importance of qualified sport psychology consultants. This will lead to more jobs for those who are finishing their education and more referrals for those who provide consulting services. All of this will support and benefit the academic foundations of our discipline, the ultimate source from which our knowledge as well as our future professionals are derived.

Over the years that it has taken me to develop my practice, I have had experience in educating the public and sport community about sport psychology. I have worked with the media and have been successful in marketing our center and its services. If re-elected, I would continue to apply these skills in advancing AAASP to a position of visibility and authority in becoming the premier sport psychology organization that the public will come to know and respect.

In my position, I believe that I have been effective in coordinating the efforts of AAASP's Executive Board, relevant committees, and members in moving toward our public relations goals. I have learned a great deal through my experiences over the past few years and would like to continue devoting my energies towards the pursuit of these worthwhile goals. After much planning, our major public relations efforts have only just begun, and I'd like remain with this process until it's no longer a new or novel project, but rather an ongoing integral part of AAASP. I think I can accomplish that by serving one more term as your Public Relations and Outreach Division Head. 

# MISSION HEAD OUTREACH CANDIDATES

## Robert Harmison, Ph.D.

### Biography

Robert Harmison earned his Ph.D. in Counseling Psychology in 2000 from the University of North Texas under the direction of Dr. Trent Petrie and his M.S. in Exercise and Sport Science in 1994 from the University of Arizona under the guidance of Dr. Jean Williams. Currently, he is the Program Chair of the Sport-Exercise Psychology program at Argosy University/Phoenix, advising, teaching, and supervising students pursuing graduate degrees in sport psychology. Robert was a member of the USOC sport psychology staff from 1997-1999 and has been providing sport psychology services to high school, collegiate, international, and professional athletes since 1993, including the 2002 and 2006 U.S. Olympic Snowboard teams. He is a Certified Consultant, AAASP and a member of the USOC Sport Psychology Registry.

Robert has been an active in sport psychology since his days as a graduate student. He has been an AAASP member since 1993, was nominated for AAASP Student Representative in 1996, and was a member of the AAASP Ethics and Organizational/Outreach Committees. He has been a member of APA Division 47 since 1994 and is the current Editor of the Division 47 newsletter. Robert has been a guest reviewer for *The Sport Psychologist*, recently published two refereed journal articles and a book chapter, and presented over 25 professional conference presentations.

Robert also has actively promoted and marketed the field of sport psychology. He has educated the public about sport psychology via local radio, TV, and print media. In addition, he also has worked closely with public relations personnel related to the launch of the Argosy University/Phoenix Center for Excellence in Sport.

### Position Statement

It is with both humility and gratification that I accept this nomination to run for the Public Relations and Outreach Division Head. On one hand, it thrills and excites me that a leader of an organization with which I highly identify believes in my ability to contribute to the shaping of the future of sport psychology at such an important time in the life of our field. On the other hand, I realize that I will be expected to have a significant impact on the course and direction of our organization and field, a daunting challenge to say the least. I believe I was nominated for this position at least partially related to the potential of what my perspective brings to the table. I perceive myself to be a relatively young professional, among a breed of the interdisciplinary-trained, and a practitioner disguised in academic clothing. With that in mind, I want to provide a sense of how I plan to contribute to the direction of AAASP, the goals I would try to accomplish in this role, and what type of leadership you can expect from me.

Some of you may be familiar with Stephen Covey's *7 Habits of Highly Effective People* and his intrapersonal habit of Beginning with the End in Mind. Attempting to practice what I preach, I applied this habit to myself, closed my eyes, and imagined for what I would want to be remembered after my term had come to an end. The first thing that came to my mind was my desire to be considered as one of the hardest working Division Heads during my time on the Executive Board. Most importantly, I want to earn the respect and pride of my mentors, peers, and students. I want to be known for having challenged the rest of the Board to think beyond its limits and for having brought a perspective to the Board not previously seen or experienced. I want to be thought of as having pro-

vided interesting and compelling ideas to promote AAASP and its members to the public and consumers of sport and exercise psychology services. No doubt that this is a lofty mission, but one that I am committed to attempt to achieve.

As for my goals going in, I have three general areas in which I plan to focus my efforts if elected. I'm certain that once I am in place, additional goals will present themselves and will be established at that time. One of my goals would be to continue the organization's previous efforts to promote AAASP and its members to sport organizations that can benefit from the services we provide. Previous efforts have been directed toward doing so with the NCAA, various coaching associations, etc. I would continue these efforts along with identifying previously untapped organizations and special interests groups. Another and related area of focus would be the development of professional relationships and partnerships with primarily minority professional and sport organizations. I am in agreement with Craig Wrisberg's call for AAASP as an organization to be more open and involving of diverse groups and individuals, and opportunities exist for us to extend our outreach efforts to organizations such as the Black Coaches Association and Disabled Sports, USA. An additional goal of mine would be to increase the branding of the AAASP name in the public eye to enhance potential consumers' awareness of our organization. The press releases during the 2006 Olympic Winter Games are examples of what needs to continue and future possibilities include collaborating with Division 47's Public Interest Committee and its efforts to promote sport psychology to the public in the national and local media markets.

Some of you also may be familiar with Martin Seligman's notion of authentic happiness and the importance of playing to your signature strengths. When I look to the future of sport psychology, I expect the best and believe that the direction of the field is under AAASP's control (Optimism). Making an impact on the field requires hard work and the ability to stay focused on the tasks-at-hand (Perseverance). Complex issues related to accreditation, who's best qualified to provide what, etc. need careful examination from all sides and tough decisions to be made based on solid evidence (Open-mindedness). Increasing the diversity of our organization as well as making it more open and welcoming to the involvement of minority members will take leadership that is aware of any personal bias and committed to treating people fairly (Equity). These are the signature strengths that I would bring to the Public Relations and Outreach Division Head position and the type of leadership you can expect from me should I be elected to serve AAASP in this capacity. ✦





Nicholas A. Galli, M.S.

## Biography

Nicholas A. Galli is a first year Doctoral student at the University of Utah and is advised by Dr. Justine Reel. He is an active member of Students Promoting Eating Disorders Awareness and Knowledge (SPEAK), and participates in out-

reach to educate individuals about eating disorders. Nick is also involved with research as a part of SPEAK, and is currently conducting a qualitative investigation of body pressures in male athletes.

Nick received his M.S. Degree in Sport Studies from Miami University in 2005 under the supervision of Dr. Robin Vealey. He participated in research on coaching efficacy, sport-confidence, and applied sport psychology assessment, and consulted with collegiate athletes while at Miami. For his thesis, he conducted a qualitative study of athlete resilience. Nick graduated Magna Cum Laude from Sacramento State University (CSUS) in 2002 with a B.A. in Psychology. While at CSUS he worked with Dr. Gloria Solomon and participated in research on promoting moral development in grade school children through physical education, and on sources of expectancy in college coaches. Nick also served as the chapter president of Psi Chi during his time at CSUS.

Nick joined AAASP as an undergraduate in 2000 and has served as a regional representative since 2002. He was in charge of the Graduate Program Fair in 2004 and 2005 and is currently the leader of the Proactive Peer Undergraduate Mentor Program. Nick is also a member of the Exercise Psychology and Wellness Special Interest Group. He has been a co-author on five presentations at AAASP conferences, and has co-authored research articles submitted to the *Journal of Sport & Exercise Psychology*, *The Sport Psychologist*, and the *Journal of Physical Education, Recreation, and Dance*.

## Position Statement

It is an honor and a privilege to be nominated for the position of AAASP student representative. AAASP gave me my first glimpse of the richness and diversity of sport and exercise psychology, and has a special place in my heart. I have enjoyed my interactions with students over the years and the friendships that I have made. I have also enjoyed serving these same students as a regional representative, and am excited at the possibility of continuing to serve AAASP as student representative.

If elected, I would work to expand and improve upon the initiatives put into place by previous student representatives. This would include attention to the following areas: (a) meeting the needs of student members, (b) enhancing communication and engagement, and (c) student recruitment.

**Meeting the Needs of Student Members:** The Graduate Program Fair provides a great atmosphere for students to "shop around" for graduate programs. We need to continue strengthening this event by increasing turnout among graduate programs. Currently only 15-20 % of the graduate programs listed in the *Directory of Graduate Programs in Applied Sport Psychology* participate in the program fair on a regular basis.

I would like to see an increase to 30%. One way to accomplish this is by offering a discounted rate for first time programs. I would also like to encourage participation by more graduate programs that offer only Masters Degrees. The need for Masters-only programs to be represented will increase as more undergraduates attend the conference.

Another service provided for students is a database of sport psychology internships. Similarly, regional representatives are in the process of compiling a list of sites where students can find job postings in the field. I would advocate for links to these two references be included as a part of student members' home page on the AAASP web site. AAASP is providing helpful services for students, but they need to be made accessible.

**Enhancing Communication and Engagement:** It was recently made possible for regional representatives to have a list of e-mail addresses for all students in their respective regions. This was a big first step toward ensuring that students remain connected and informed throughout the year. I envision quarterly student updates where regional representatives keep students abreast of important deadlines, news, and initiatives. Regular contact by regional representatives will allow students the chance to voice any questions, comments, or concerns that they have about their membership in AAASP.

A proposal for a web page that would give members and non-members a forum to communicate with each other has been put forth by AAASP student, Sean Mullen. I am in full support of such a forum for communication between students. Students from all over the world would be able to discuss research projects and applied experiences. The forum could also be used to help facilitate regional student conferences. One of the most frequent complaints of students is the high cost of attending the conference. The forum could be used to solicit roommates for the conference as a way to offset costs.

Improved communication will help to spur involvement by students. For instance, we need more graduate students from various regions to act as mentors for the Proactive Peer Undergraduate Mentor Program (PPUMP). We also need more student participation and involvement in Special Interest Groups. It is only by becoming involved that students will fully realize the benefits of their membership in AAASP.

**Recruitment:** Members of PPUMP have done a fantastic job spreading the word about sport psychology and AAASP. We need to channel these efforts. One student mentioned the idea of targeting high school students. I think that this is an excellent idea. Our PPUMP brochure could be distributed to guidance counselors so that they can share them with students who are beginning to consider career options.

The lack of diversity in our organization is readily apparent. If AAASP members are to best serve all athletes, our membership needs to expand to include individuals from a variety of racial groups, and of a variety of ethnicities and nationalities. Therefore, student recruitment should be aimed at diversifying our membership by marketing AAASP and PPUMP to minority student associations and to students in other countries.

Students comprise over half the membership of AAASP. This means that we are in a great position to make an impact. The initiatives that have been created and put into action by past student and regional representatives are proof of the talent, energy, and dedication of AAASP students. To have the opportunity to guide such a group would be a privilege, and I would do my best to provide strong leadership for the student members of AAASP.



# STUDENT E CANDIDATES

## Damien Clement, M.S., ATC



### Biography

Damien Clement graduated Magna Cum Laude from the University of Charleston (UC) in 2003 with a B.S. in Sports Medicine/Athletic Training. At UC, Damien was a four year starter and two year co-captain of the track and field team. Damien received the UC's Outstanding Senior Award (2002-2003) while also being recognized as one of the school's best Sports Medicine/Athletic Training students by receiving the Carl Calvert Sports Medicine Award. Damien received his Master of Science in Physical Education with an emphasis in Sport and Exercise Psychology in December 2005 from West Virginia University (WVU), under the supervision of Dr. Andrew Ostrow. Damien's thesis was entitled "Psychological Readiness: Is this Assessment Valuable to Athletic Trainers in Understanding Athletes' Adherence and Compliance?"

Currently, Damien is a third year Sport and Exercise Psychology doctoral student at WVU. Damien is also concurrently pursuing a Master of Arts Degree in Community Counseling. He is in his second year of providing sport psychology services to one of WVU's varsity sports teams, while being actively involved in teaching (3 classes) and research (2 publications). He is also currently serving as the Vice President for WVU Graduate Students Sport Psychology Club.

Damien joined AAASP in 2003 when he attended his first conference in Philadelphia. He has also served as a regional representative since 2003 in addition to being a student representative on the Diversity Committee. He was recently appointed a full voting member of the Committee. He has also presented his research at AAASP for the past two years.

### Position Statement

Attending AAASP the past few years has proven to be a highlight of my fall semesters. Not only do I get a break from school, but I also get an opportunity to meet and spend time with friends whom I only see once a year. Furthermore, I also look forward to spending time with my future colleagues in the field of sport and exercise psychology and pondering how I can contribute to the advancement of the field.

I was extremely honored to be nominated for the student representative position as the field of sport and exercise psychology evolves in this the new millennium. If elected I will bring not only my enthusiasm and love for the field, but also my dynamic leadership skills, creativity, passion and dedication to the advancement of sport and exercise psychology. Additionally, I would work towards achieving the following objectives: (a) increasing student members' awareness of what is happening within the organization and the field of sport and exercise psychology, (b) bridging the gap between professionals and students within AAASP, (c) improving awareness of the importance of diversity within sport and exercise psychology, and (d) continuing work on the initiatives set forth by my student representative predecessors.

Increasing students members' awareness:

It has been my experience that many students who are members of AAASP usually complain that they know very little of what is going on within the organization and the field. Although newsletters are published during the year they sometimes lack an adequate focus on issues that relate to student members. I propose that we establish a regular student section within the existing newsletter (one to two pages). This section could possibly include columns from regional representatives and other interested students to update student members as to what is happening in their regions as well as a

report from the student representative. Such an endeavor could help student members get writing experience as well as provide an opportunity to get their names in press. Lastly, building on an idea presented by my fellow regional representatives I would like to develop a system of having a contact student at each school. Such a policy could help ensure more direct contact with student members throughout the country.

Bridging the gap between professionals and students within AAASP:

Although the members of AAASP are predominately students, there is a perception of a gap between student members and the professionals in the field. As a student myself, I have always attended the annual conference hoping for the opportunity to meet some of the distinguished professionals in the field. I am sure there are many other students who share this same sentiment. It must be mentioned that AAASP has helped aid this process by sponsoring a meet the professional session. However, these sessions are time limited and not enough can be gained from them. Being a huge proponent of mentoring, I am proposing a more formal mentoring program be established between interested professionals and students who desire to form such relationships. In this way students can have the opportunity to interact with professionals in a more organized fashion.

Improving awareness of the importance of diversity within sport and exercise psychology:

Diversity always seems to be an important issue in position statements for elected officials within AAASP. This may be due to the lack of diversity within the organization. It must be stated, however, that advances have been made and are continually being made to help address this problem. I am proposing, based on research that I have conducted, that more opportunities should be provided at AAASP to help bridge the apparent void in knowledge with respect to dealing with diverse populations. To this end it will be my mission to attempt to establish a forum whereby diversity issues (sexual orientation, disability, ethnicity, gender and class) are presented. Furthermore, opportunities such as raising money for minority scholarships, sponsoring diversity research as well as initiating conference programming and invited speakers in this area will also be explored.

Continue working on initiatives set forth by previous student representatives:

Past student reps must first be congratulated for the great work they have done on behalf of us the student members of AAASP. Furthermore, they have instituted many initiatives which have been tremendously successful such as PPUMP and the internship database. These initiatives will be continued under my leadership if I am elected.

In conclusion, I would like to thank all those who have helped me get to this point. Being nominated for this position is truly an honor and represents the opportunity of a lifetime. If elected, I will devote my tenure to achieving the aforementioned objectives in addition to ensuring that the students voices are heard. 🌟

# Professional News & Accomplishments

compiled by Deb Roche, AAASP Associate Editor

## 100 Years of Scholarship Addressing American College Sports

January 4-5, 2007 - Orlando, FL

### Call for Papers

Submission Deadline July 1, 2006

[www.ncaaconference.com](http://www.ncaaconference.com)

NCAA 2007 Conference on Intercollegiate Athletics and Higher Education in America

This inaugural, academic, juried conference is intended to summarize scholarship from the last several years on the context of intercollegiate athletics in higher education in America and the role of sport in American culture. Scholars are encouraged to submit papers pertinent to this topic summarizing work dating back several years. The conference will be part of the 2007 NCAA Convention Centennial Celebration.

### 7th Annual Sport Psychology Professional Training Workshop

"Developing Your Knowledge, Skills, and Practice in Sport Psychology," an intensive workshop, will be conducted by the Ohio Center for Sport Psychology, June 23-24, 2006, Friday and Saturday, at the Hampton Inn, Middleburg Hts., OH, a suburb of Cleveland.

The program is designed for mental health and sport science professionals and students who are interested in starting or expanding practices in sport psychology. Topics will include: defining your goals, developing your skills and credentials, ethical issues, the business side of sport psychology, working with specific athlete populations, and marketing your practice. Additionally, the workshop will include an introduction to the performance enhancement model, "The Nine Mental Skills of Successful Athletes," an integrative, holistic model for assessment and intervention.

The workshop will be conducted by Jack J. Lesyk, Ph.D., author of *Developing Sport Psychology Within Your Clinical Practice*. Guest presenters this year are Charlie Maher, sport

psychologist for the Cleveland Indians and Cleveland Cavaliers and Matt Ghaffari, Gold Medalist, Greco-Roman wrestling, 1996, Summer Olympic Games, Atlanta.

For additional information click [here](#) or contact Dr. Lesyk at (216) 575-6175 or [jjlesyk@SportPsych.org](mailto:jjlesyk@SportPsych.org).

## Girls & Women Rock: Celebrating 35 Years of Sport & Title IX

March 28-31, 2007

The Wolstein Center, Cleveland State University, Cleveland, OH

### Call for Papers

Abstract Submission Deadline: August 1, 2006

Notification of Acceptance: October 30, 2006

Submission Procedure: Please submit your abstract to Ellen J. Staurowsky, Ithaca College at [staurows@ithaca.edu](mailto:staurows@ithaca.edu) with full contact information where you can be reached (name, mailing address, office or cell phone, fax number, and email address).

The year 2007 marks the 35th anniversary of the passage of Title IX of the Education Amendments of 1972. During the three and a half decades since Title IX was signed into law, there has been a massive shift in societal attitudes toward girls and women in sport. The 2007 NCAA Womens Final Four, which will be hosted by the city of Cleveland, provides a fitting occasion for a symposium commemorating this important legislation. As we celebrate the enormous gains made for girls and women in sport, we can also look to the future by addressing numerous contemporary concerns related to equity in sport, fitness, physical activity, and health for girls and women.

Registration forms, schedules, additional information about the conference and other Womens Final Four events in Cleveland will be listed at [www.womenrockcleveland.com](http://www.womenrockcleveland.com) by June 1, 2006.

## AAASP Election Ballot ✓ AAASP Election Ballot ✓ AAASP Election Ballot ✓ AAASP

### President-Elect

- ☐ Artur Poczwadowski, Ph.D.  
☐ Burt Giges, M.D.

### Division Head Public Relations & Outreach

- ☐ Jack Lesyk, Ph.D.  
☐ Robert Harmison, Ph.D.

### Student Representative

- ☐ Nicholas Galli, M.S.  
☐ Damien Clement, M.S., ATC

### Secretary-Treasurer

- ☐ Leslee Fisher, Ph.D.  
☐ Debra Ballinger, Ph.D.

### To ensure that your vote is counted, please follow one of the procedures below ▼ ▼

**Electronic Voting:** Send an email with the names and positions of the selected nominees to [president-elect@aaasponline.org](mailto:president-elect@aaasponline.org). Be sure that your name is included in the email, so that we may ensure that each person who votes is a current member and only votes once. We realize that emailed votes will not be confidential. Since this will be the first electronic vote for AAASP, we are using this process for now and will upgrade it in the future. Members may also still vote by mail.

**Mail Voting:** (a) Cut or copy the ballot and mark your vote; (b) write "AAASP Ballot" on the front of your envelope; (c) sign your name on the envelope flap and print your name above your signature; and (d) mail your ballot to:

All votes must be submitted via one of the processes above. **Ballots WILL NOT be collected at the conference.**

**Deadline for receiving ballots/votes is July 1, 2006.**

Vikki Krane  
AAASP President-Elect  
Women's Studies  
230 East Hall  
Bowling Green State University  
Bowling Green, Ohio 43403

# AAASP Student Representative Report

## Heather Peters, M.A.



Hello Student Members of AAASP! I hope the New Year is treating you well. Please do not hesitate to contact me, [hjpeters@u.arizona.edu](mailto:hjpeters@u.arizona.edu), with any questions, concerns, complaints, feedback, or new ideas!

What is AAASP doing to increase the value of becoming a Certified Consultant and to promote sport psychology services?

Recently the regional representatives e-mailed all student members asking them for their feedback, concerns, and ideas

regarding AAASP. A few students asked "What is AAASP doing to increase the value of becoming a Certified Consultant and to promote sport psychology services?"

### Here is my answer:

1) In the middle of January, AAASP launched a public relations campaign to promote sport psychology, AAASP, and the use of qualified sport psychology consultants. This campaign used the public's interest in the Winter Olympic Games as an occasion for introducing our organization to the public. On Monday, January 30th, the first in a series of press releases was dispatched to over 400 media sources: TV, radio, and print. Additional press releases (see below) were disseminated during the Winter Games, Feb. 10-26. To help the Organizational Outreach Committee with this task, the E-Board contracted Sandra Stafford of SPQR Public Relations to manage this time-limited public relations initiative. Sandra is uniquely qualified by virtue of her many years of PR experience with Dix and Eaton where, among other accounts, she did extensive PR for the Cleveland Browns.

### Press Releases:

**Setting Goals** (Setting and evaluating goals in order to succeed).

**Nervousness** (A certain amount can be a good thing...but excessive amounts can cause "choking". How to use nervousness to benefit not detriment).

**Focusing** (How to overcome worry and others expectations and focus on the task to succeed).

**Five minute preparation before a competition** (Using a structured set of behaviors and thoughts five minutes before performing to stabilize emotions and energy).

**Dealing with Disappointment** (Learning to use disappointment to rededicate toward self-improvement).

**Bouncing Back Quickly** (Whether a mistake is made or an environmental issue forces a mistake, how an athlete moves past adversity and quickly refocuses on the present).

2) The E-Board created a magnet that promotes AAASP and Certified Consultants. This magnet and AAASP's position paper will be mailed to NCAA athletic departments, front office people of professional sport teams, and other sport organizations (e.g., USTA, USA Volleyball, Women's Basketball Coaches Association, USA Diving).

3) Marty Ewing and Damon Burton will be attending and presenting at the annual meeting of the Joint Commission on Sports Medicine and Science. The goal of the meeting is to create a forum where colleagues from different areas network and lay the foundation for future collaboration. Some of the organizations include are The American Alliance for Health, Physical Education, Recreation and Dance, American College of Sports Medicine, National Athletic Trainers' Association, Presidents Council on Physical Fitness and Sports, National Junior College Athletic Association, National Collegiate Athletic Association, and the National Federation of State High School Associations.

4) Nick Galli and I wrote an article regarding sport psychology, AAASP, and Certified Consultants that will be published in the Psi Chi magazine. Psi Chi is the national psychology honors organization.

5) Matthew Buman, Rebecca Concepcion, and other student members of AAASP are creating informational PowerPoint presentations about sport psychology, AAASP, and Certified Consultants in the areas of Social Psychology, Health and Exercise Psychology, and Performance Enhancement and Intervention. These PowerPoint presentations will be available on the AAASP website for all members to use.

6) Please let me know if you have any ideas or suggestions for how AAASP can continue to increase the value of becoming a Certified Consultant and to promote sport psychology services.

### Please Complete the Student Retention Survey

This survey was designed to gather information about student's perceptions of AAASP as a professional organization, to learn what students value about AAASP, and to better understand the future directions students would like to see taken by AAASP. Your input is very important, as the results from this survey will be presented to AAASP's Executive Board and later to the AAASP community in the Summer Newsletter.

The survey will take you about 10 minutes to complete. You can locate it at the url: <http://www.surveymonkey.com/s.asp?u=95891604613>. After you have completed all the questions, press the "Submit" button at the bottom of the questionnaire.

Thank you in advance for your time and cooperation. Your participation is greatly appreciated!

### Regional Conference Updates:

Northwest Region: Western Washington University

Dates: April 21-22, 2006

Contact: Marielle Kuster, [kusterm@cc.wvu.edu](mailto:kusterm@cc.wvu.edu)

Northeast Region: Springfield College

Dates: June 19-21, 2006

Contact: Meghan Shepherd, [mashepherd09@yahoo.com](mailto:mashepherd09@yahoo.com)

I hope to see you in Miami, Florida on September 27 -September 30, 2006 for the AAASP Annual Conference!



# Ethical Stewards

ED ETZEL, ED.D.  
WEST VIRGINIA UNIVERSITY

Our sport and exercise program recently conducted interviews on campus for several prospective doctoral students. These “recruiting” encounters are always enjoyable, thought-provoking and a bit tiring. During that series of interactions, one of the prospective students asked me what my professional and “scholarly” interests were. Fair question. . . . I responded that, among other things, I have an interest in ethics and professional conduct. S/he asked me why ethics? How did you get interested in that area? Curious, but fair question. . . . I responded something along the lines of about the importance of being ethical and how professionals are likely challenged daily on some level from an ethical perspective. (Maybe it’s because I am a first born child and supposedly responsible and was fortunate to have had a high-quality graduate class on the topic?) Anyway, I’m really not sure that was a good answer.

All the same, I’ve been thinking about this young person’s question on and off ever since that meeting. Why bother with ethics? Of all the cool, interesting topics in sport and exercise psychology, why indeed would one focus her/his professional attention on such a dry topic?

In their 2004 book on consulting *“You’re On!”*, Hays and Brown comment that professionals seem to view discussions of ethics “with a paralyzing combination of boredom and fear.” Well, there does generally appear to be an approach-avoidance feel to the topic. Nevertheless, my approaching thinking, has drifted here and there and landed on the notion of “stewardship.” Although this term does not appear in our ethics code, it seems to nicely capture the notion linking to why AAASP adopted a code way back when in the early 1990s. It speaks to why members, (both students and professionals alike), need to be well-versed in the code and its potential implications.

“AAASP members must be competent stewards every working day because others trust us to be so.”

What is stewardship? The ever handy Merriam-Webster online dictionary indicates that stewardship entails duties and obligations in particular, “. . . the conducting, supervising, or managing of something; especially the careful and responsible management of something entrusted to one’s care.” Nice. . . . how does that definition relate to AAASP members?

Despite its 25 year life span, AAASP and sport and exercise psychology for that matter, is still trying to establish itself as a professional organization and a profession. The introduction of our ethics code tells the reader that as a profession members:

“... must attend to both the privileges and responsibilities of a profession. Privileges derive from society’s agreement to accept our designation as a group of trained individuals possessing specialized knowledge and, therefore, the power implicit in this knowledge. Our responsibilities, in turn, result from the society’s trust that the profession will regulate itself

to do no harm, and to govern itself to ensure the dignity and welfare of individuals we serve and the public. To maintain this status, professional organizations must develop and enforce guidelines that regulate their members’ professional conduct.”

To become a trusted, well-respected professional organization and perhaps a profession in the future, we all have to think and act like professionals. In a nutshell, that’s what our code is about. As ethical stewards, we agree to understand and follow the code in our work related activities. Boring or scary, that’s our professional bottom line.

Why bother? Because being ethical is essential to carefully and responsibly managing what we do with those with whom we teach, supervise, consult with and study. AAASP members must be competent stewards every working day because others trust us to be so. In view of the multiple competencies, diverse clientele, presenting concerns, and often unusual settings in which we work, ethical stewardship is very challenging stuff. Maybe that’s why ethics is a fascinating area of scholarship and practice. Perhaps, the student I interviewed a few weeks ago will read this column for a slightly better answer. ✎



# Mental Conditioning at the World's Toughest Playground

DAVID FLETCHER AND THOMAS BISIG REFLECT ON THEIR EXPERIENCES AS MENTAL CONDITIONING INTERNS AT THE IMG ACADEMIES IN FLORIDA.

It was a typical British winter's morning when an advert for the "IMG Academies Mental Conditioning Interns" caught our eye in the BASES (British Association of Sport and Exercise Science) Newsletter. As the rain lashed down on our office windows, we won't deny that the thought of spending our summer in the Florida sun instantly appealed to us. As we read more, it became clear that these positions offered far more than a welcome change of climate; they presented an exciting opportunity to gain experience of working with some of the world's best athletes. Fast-forward 6 months and through a rigorous selection procedure, and we found ourselves standing at the entrance to what Sports Illustrated famously dubbed "the toughest playground in the world." Although both of us have enjoyed the rich sporting culture at Loughborough University, we were not prepared for the magnitude of what awaited us inside the IMG Academies. To understand the vastness of the Academies, it is worth briefly reflecting on the historical development of this unique centre of sporting excellence. In 1978, the now legendary tennis coach, Nick Bollettieri, along with partners Ted Meekma and Greg Breunich, pioneered the concept of a tennis boarding school that combined athletic training and academic education into one integrated curriculum. During the 1980s, tennis players thrived in the academy environment through specialized performance training in technical, fitness, mental and strategic conditioning. In 1987, Nick and his colleagues continued to develop the academy by forming a strategic partnership with the International Management Group (IMG) and Bob Kain. By 1994, the Academies and its comprehensive training approach had begun to encompass additional sports, including golf, soccer, baseball and basketball.

Today, spread out over nearly 200 acres, the IMG Academies is arguably the most advanced multi-sport training and educational facility ever created for athletes. Every year, it delivers world-class sports training experiences to over 11,000 professional, senior, collegiate and junior athletes. There is probably nowhere else in the world that one can work with and observe as many professional athletes within a structured environment. Furthermore, with two private

academic schools on campus and students from over 70 countries, the Academies is the largest and most ambitious school for devoted youth athletes. The Academies' Divisions now include: Nick Bollettieri Tennis Academy (NBTA), David Leadbetter Golf Academy (DLGA), IMG Soccer Academy, The Baseball Academy, The Basketball Academy, The International Performance Institute (IPI), Bollettieri Sports Medicine Center, and The Evert Tennis Academy (ETA). Athletes converge on these academies to participate in a wide range of programs designed to meet

their individual needs including full-time semesters, training camps, private lessons, corporate visits, coaching symposiums, tournaments, and special events. Participants in these programs receive instruction from over 100 expert coaches and have daily access to the Academies' world-class facilities and amenities. Many of the world's top athletes have trained at the Academies including tennis players Andre Agassi, Pete Sampras, Maria Sharapova, Venus and Serena Williams, Monica Seles, Anna Kournikova, and golfers Michelle Wie, Paula Creamer, Julieta Granada, and Casey Wittenberg.

The Mental Conditioning Department, which is based on campus at the Sports Performance Center, provides the entire performance enhancement consultancy for the IMG Academies. Its roots lie in Jim Loehr's work in mental toughness with Academy tennis players and its mission is to direct, facilitate, and monitor the positive mental development of athletes so they can fulfill their goals in competition and life. A major area of focus is the continuous development of character while learning to manage any competitive situation in a positive and effective manner. The Department consists of five full-time members of staff: Trevor Moawad, Chris Passarella, Caroline Benson, Angus Mugford, and Joshua Lifrak. These consultants are trained in a variety of different areas, including sport psychology, developmental education, athletic counseling, team building, and motivational speaking. Their backgrounds and expertise combine to provide state-of-the-art applied practice in areas such as performance enhancement techniques, psychological skills training, video analysis and feedback, and personal and lifestyle development.

In our role as Mental Conditioning Interns, we spent 9 weeks of the summer as an integral part of the Department team. In addition to ourselves, Eric Bean from California State University, Fullerton, and Crystal Larson from Springfield College were the other Mental Conditioning Interns. The internship involved us gaining hands-on experience in a range of areas including: individual consultation with athletes; group workshops on mental conditioning topics; coach education and development; program design and diagnostics; marketing the support services; assessment, monitoring and evaluation of interventions; and reflective practice and supervisory debrief.

Perhaps the most challenging but stimulating work that we did was the consultation with individual athletes. Whilst the format of the consultations varied according to an athlete's individual needs, it generally involved an initial evaluation, video analysis, intervention design, in-event support, and written report. In many instances, this work was reinforced with coach and/or parental recommendations designed to strengthen behavioral change in the athlete. It's worth highlighting that the sessions not only covered performance enhancement-related issues such as mental toughness training programs, but also addressed athletic counseling, injury recovery strategies, emotional intelligence development, assertiveness and communication training, intuitive thinking skills, and lifestyle and organizational management. Another demanding aspect of the internship was the design and delivery of group workshops for all the different



sports at the IMG Academies. Following a group needs assessment, we (the interns) designed sport-specific mental conditioning programs that were underpinned by cognitive-behavioral principles within a periodized structure. In terms of delivery, some of the major obstacles that we faced were poor theatre acoustics, no Microsoft Office PowerPoint facilities, the sheer number of athletes in a workshop (over 100 on some occasions), a wide age range of athletes (from 5 years old to adult), a significant proportion of athletes with very basic English language skills, and the length of the sessions (all lasting an hour). Combine this with the limited preparation time and having to deliver up to four workshops a day, and it becomes clear why this was one of the most difficult tasks we faced.

A notable feature of the Mental Conditioning Department is the way that it continually markets itself to potential clients and related agencies. Having both come from a predominantly academic background, we found ourselves learning a great deal about how important brand image and trend creation is within a business such as the IMG Academies. Linked with this was the heavy use of motivational and educational videos. The Department has an impressive catalogue of videos which are tailored not only to specific sports and mental conditioning topics, but also based on current and past athletes associated with the Academies. Stirring music, commentary, interviews and subtitles are all dubbed over the action to create not only an inspirational spectacle, but also a highly effective approach to fostering an accepted mental skills climate. To illustrate, footage of athletes training on campus is often spliced with performances in the international arena (to aid imagery development) and subtitles are commonly employed to show what an athlete may be thinking during pressurized situations (to aid self-talk development).

The campus training lifestyle allowed us to gain a valuable insight into the practical experience of other conditioning coaches at work, including fitness trainers and technical specialists. Indeed, one of the major strengths of the Academies is the communication that exists between the performance staff and the opportunity to refer when appropriate to



external professionals, such as medical personnel and a clinical psychologist. We also received close supervision from all the full-time mental conditioning coaches regarding the efficacy of our applied practice. For example, some of our group workshops were video recorded to provide us with detailed and constructive feedback on our presentation skills. It was also enlightening to work alongside the American interns and observe their style and approach for AAASP certification. In fact, our weekly peer debrief sessions provided some of the most informative (and entertaining!) moments of the summer.

Complimenting the services offered by the Mental Conditioning Department is “Game On,” a unique communication and media consulting company that works with athletes of all ages and standards, as well as coaches, management and corporations. Developed in Santa Monica, California, by film and television actor Steve Shenbaum, “Game On” entered into a partnership with the Academies in June 2003 to create an on-campus communication and media training division. Its offices are located in the Sport Performance Center, alongside the Mental Conditioning Department. Over 100 athletes attend “Game On” sessions each week, meeting in groups of eight to ten under the supervision of Shenbaum, who has appeared in feature films such as “American Pie 2” and “EDtv”. What

makes “Game On” different is that it teaches through interaction and keeps athletes constantly involved by engaging them rather than lecturing to them. Shenbaum, and his associate Blair Dalton, accomplish this through an entertaining and fun learning atmosphere where communication is a product of a wide range of imagination and improvisation exercises.

Life at the Academies wasn’t all work and we did get chance to experience some of the diverse Floridian culture and climate. We visited several other well-known sporting academies and live athletic events, not to mention some fantastic bars and beaches. Overall, the Mental Conditioning internship was one of the most challenging but enjoyable experiences of our lives. Clearly, it’s not just for the athletes that the IMG Academies is the toughest playground in the world! 



# New Books, DVDs and Videos

Compiled by Alan Kornspan, AAASP Associate Editor

## Books

Acevedo, E. O., & Ekkekakis, P. (2006). *Psychobiology of physical activity*. Champaign, IL: Human Kinetics Publishers.

Baker, J., & Sedwick, W. (2005). *Sport psychology library: Triathlon*. Morgantown, WV: Fitness Information Technology.

Borden, F., Edwards, J., & Lasser, E. (2006). *Sport psychology library: Bowling*. Morgantown, WV: Fitness Information Technology.

Carron, B., Hausenblas, H., & Eys, M. (Eds.). (2005). *Group dynamics in sport*, 3rd Editions, Morgantown, WV: Fitness Information Technology.

Echemendia, R.J. (Ed.). (2005). *Sports neuropsychology*. New York: Guilford Press.

Faulkner, G., & Taylor, A. H. (2005). *Exercise, health, and mental health: Emerging relationships*. New York: Routledge.

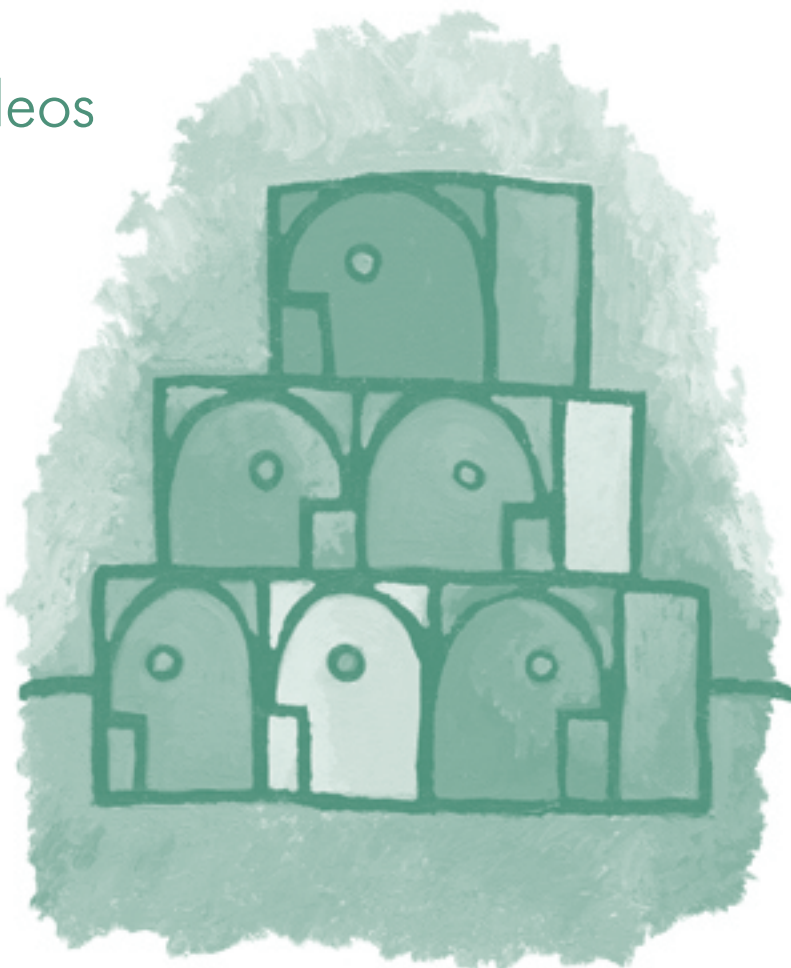
Hackfort, D., & Tenenbaum, G. (2005). *Essential processes for attaining peak performances*. Aachen, Germany: Meyer & Meyer.

Hagger, M., & Chatzisarantis, N. (2005). *The social psychology of exercise and sport*. Boston: McGraw-Hill.

Hall, C. R., Stevens, D. E., & Pavo, A. (2005). *Sport imagery questionnaire: Test manual*. Morgantown, WV: Fitness Information Technology.

Hanton, S., & Mellalieu (Eds.). (2006). *Literature reviews in sport psychology*. New York: Nova Science Publishers.

Knight, S. (2005). *Winning state basketball: Program the mind, be the complete athlete*. Portland, OR: Let's Win Publishing. Pargman, D. (2006). *Managing performance stress*. New York: Routledge.



## DVDs and Videos

Gould, D. (2005). *Mental skills for young athletes (DVD)*. Springfield, MA: Virtual Brands.

Peak Performance for the 21st Century. (DVD).  
Orlando, FL: Championship Performance:

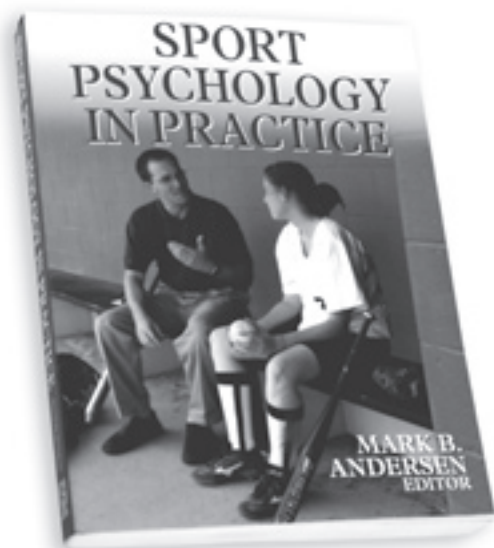


➡ REMEMBER TO VOTE ⬅

Deadline is July 1, 2006

See page 16 for details and the ballot

# Book Review: Sport Psychology in Practice (2005)



BOOK REVIEW: SPORT PSYCHOLOGY IN PRACTICE (2005)

EDITOR MARK B. ANDERSON, HUMAN KINETICS: CHAMPAIGN, IL

REVIEWED BY DOUG HANKES, STUDENT COUNSELING SERVICES, AUBURN UNIVERSITY

In Bob Ecklund's Afterward to *Sport Psychology in Practice*, he discussed his struggle to find the "right tone" in reviewing the manuscript. He emphasized that "sycophantic exuberance never really seems appropriate." I'm a sucker for a word like "sycophantic,"

so I quickly pulled out my handy dandy Webster's Dictionary just to make sure I remembered what it meant. . . . servile flattery or fawning. Ouch. Running the risk of sounding like a sycophant, I'm just going to blurt it out. I loved this book. And to be perfectly honest, I loved Mark Anderson's (2000) edited *Doing Sport Psychology* too. *Sport Psychology in Practice* reads in a way that caused me to nod my head in approval and say to myself, "This book gets IT." "IT" being applied sport psychology. At other times, I found myself shaking my head from side-to-side and saying to myself, "Oh, my. I can't believe the author was brave enough to write that," as I shifted uncomfortably in my chair. Simply put, the edited chapters capture the complexity, passion and messiness that is applied sport psychology in its many derivatives.

Other than my overall enthusiastic thumbs-up for this book, the remainder of the review was more difficult to compose simply because the book is actually reviewed quite well within the text itself. Mark Anderson's Preface succinctly lays out the organization of *Sport Psychology in Practice*, and he does some of his own musing and critiquing of the chapters. Three of chapters, "On Stage: Mental Skills Training for Dancers," "Touching Taboos: Sex and the Sport Psychologist," and "Raising the Bar: Developing an Understanding of Athletes From Racially, Culturally and Ethically Diverse Backgrounds" have separate commentaries that offer alternative case formulations and different interpretations and analyses for those chapters that were considered more controversial. The commentaries serve as excellent mini critiques or reviews of the subject material. Finally, Ecklund's Afterward is a thoughtful and provocative overview of *Sport Psychology in Practice*. In short, composing this review felt at times like writing a review of a review of a review. For those of you who have had the pleasure of participating in supervision of supervision somewhere in your training or professional life, then you will know the feeling I'm trying to describe. Which layer of the onion are we discussing now?

*Sport Psychology in Practice* is loosely divided into three parts. Part I ("Teamwork: Doing Sport Psychology with Groups") contains four chapters that focus on the processes of presenting sport psychology to groups. The authors of these chapters highlight an important but frequently downplayed applied sport psychology service. It is emphasized that the skill set required to be effective in this realm is much different than that required in dyadic work. The seven chapters of Part II ("Not Exactly on the Map: Surveying Old and New Territories") explore the sensitive issues of presenting counseling and clinical concerns and the ethics of professional practice. The compelling and sometimes tragic material presented by these au-

thors will likely cause the reader to pause and ponder the complexity and competencies that our applied sport psychology work can entail. Part III ("Expanding Repertoires and Understanding Self: Diversity in Service Delivery") contains five chapters focusing on working with diverse athletes. Diversity (an important topic that I unfortunately see more and more majority individuals cringing when the word is mentioned) is brought to life by the authors.

I have never found a brief critique of each chapter (highlighting favorites, ignoring those of less interest or perceived quality) to be particularly useful when reading a book review. Instead, I will present some themes that occurred to me as I read *Sport Psychology in Practice* that in my opinion make it the excellent book that it is.

Anderson states in Chapter 15, "I think confession truly is good for the soul." If that is the case, then the contributors to this book should have a smooth path to a happy afterlife. There is a confessional tone that is found throughout the text. The authors frequently use self-disclosure in exploring their subject material or elaborating on the transcripts of their work with athlete-clients. Clearly, many of the chapter authors are experts, and yet they share over and over their dilemmas, mistakes, and confusion in their applied work. An additional comment by Anderson in the same chapter conveys the poignancy exhibited by this willingness to share, "I have spent a lot of my applied professional career trying to help people repair the damage that has been visited on them by being involved in sport and competition."

A related theme is that there are many right ways of doing applied sport psychology. If readers of *Sport Psychology in Practice* are looking for definitive information to bolster their guru-like status, then they will be sorely disappointed. The authors' message is not to throw caution to the wind and wing it. There are plenty of ways to do poor applied sport psychology too. The message for applied sport psychology consultants is that we be prepared and intentional in our interventions and interactions with athletes, coaches and others, and recognize that complexity and ambiguity in our applied work is a given. Another related theme found throughout the book chapters is that good applied sport psychology is both art and science. For example in Chapter 2, Clay Sherman writes, "Although it would be less time consuming to tell athletes about efficiency (direct instruction), I value the process of discovery and the internal thought processing that each athlete experiences as various questions emerge." In other words, the process is as important as the outcome. A valuable concept for both applied sport psychology consultants and their athlete clients to remember.

Casual professionalism, or not taking ourselves too seriously, is another theme that runs through the various chapters. Stephanie Hanarahan in Chapter 12 writes, "The sport psychologist is a learner, too, and allowing the athletes to be educators, admitting gaps in knowledge, and establishing a collaborative environment can go far to help ensure a good experience for all involved." Likewise, Anderson writes, "Sport psychologists in practice often trip over their own blind spots. I still trip over my own issues. It is how we are built." Good stuff.

Hopefully, I have conveyed the richness of what is available in *Sport Psychology in Practice*. Like any edited book, some chapters will speak to you louder than others, but I found none of them to be silent. At least once every chapter, I found myself pausing to reconsider a concept I thought I previously understood, fondly remembered a thread of conversation from a session with a former client, or stopped to ask myself could I explain what I do in an intentional, organized manner. I think that is the mark of an excellent book, and if that makes me sound sycophantic, so be it. 🌱



Greg Dale has recently written the video *Becoming a Champion Athlete: Goal Setting for Success*. This video is one of eleven videos that Greg Dale has authored for Championship Sport Productions. Other videos and DVD's produced by Greg Dale include: *Becoming a Champion: An Athletes Guide to Building Self-confidence*, *Coaches Guide to Team Building*, *Coaches Guide to Team Building, Volume II*, *The Coach's Guide to Dealing Effectively with Parents*, *Developing Confident Athletes: A Coach's Guide*, *Coaching the Perfectionist Athlete*, *Promoting a Positive Athletic Experience: The Parent's Guide*, *Goal Setting for Success: The Coaches Guide*, *Becoming a Champion Athlete: Making Every Practice Count*, and *Becoming a Champion Athlete: Mastering Pressure Situations*.

The video synopsis for *Becoming a Champion Athlete: Goal Setting for Success* suggests that the main purpose of the video is to present information to athletes on how to set systematic goals in order to achieve success. The consultant, Dr. Greg Dale, meets this purpose in the video by providing examples of how athletes can set systematic goals in order to be successful.

The format for the video includes Dale introducing the main concepts of goal setting. While Dale discusses goal setting concepts, ideas being presented are reinforced through the placement of graphics on the screen that provide the viewer with notes that reinforce the concepts that Dale is

# Videotape Review: Becoming a Champion Athlete: Goal Setting for Success

GREG DALE (2004), CHAMPIONSHIP PRODUCTIONS, 2730 GRAHAM STREET, AMES, IA 50010

REVIEWED BY ALAN S. KORNSPAN, DEPARTMENT OF SPORT SCIENCE AND WELLNESS EDUCATION, UNIVERSITY OF AKRON

discussing. Providing these graphics is an excellent aspect of the video. Throughout the video, this format is followed. Part 1 focuses on having athletes think about what they want to achieve. Part 2 discusses the different types of goals that athletes set. In Part 3, Dale presents information to athletes on the systematic process of goal setting. At the end of the video, he provides examples of athletes that he worked with that have successfully implemented the goal setting process.

More specifically, Dale provides useful information about how athletes can set systematic goals to help them achieve athletic success. Dale begins the video by introducing the viewer to the main concepts of goal setting. He describes that athletes often ask him about how goal setting can help improve athletic performance. He emphasizes the importance of helping athletes think about where they want to go with their career. In the video, he asks athletes to think about what type of legacy they want to leave. In addition, he encourages athletes to write down how they want to be remembered and suggests that athletes think about what they want their opponents to say about them.

The second part of the video discusses the various types of goals that can be set. First, Dale discusses outcome goals and explains to athletes that they do not have control over outcome goals. He also describes the concepts of performance goals, as well as process goals. He emphasizes in the video that athletes should focus on process goals, and he talks about how athletes are more in control of process goals. He encourages athletes to focus on the daily process of setting performance and process goals.

Next, Dale begins explaining the goal setting process. This section of the video starts with a discussion of performance profiling. In describing this technique, Dale provides an excellent example by showing how performance profiling can be implemented. He asks athletes to identify 8-10 characteristics which are most important for success. This is followed by asking athletes to rate themselves on a scale from 1-10 on each of the characteristics that are identified. Dale emphasizes that athletes should be honest with themselves. He also suggests that athletes have their coaches also rate

them on the same characteristics. After the coaches rate the athletes on the important characteristics the athletes identified for success, Dale suggests that the coach and athlete should try to agree on the characteristics that the athlete needs to focus. Dale does an excellent job of showing how performance profiling relates to helping athletes to set performance and process goals.

The topic of systematic goals setting is also discussed. He suggests that athletes set sound goals and provides athletes with the concept of SMART GOALS. Dale explains that SMART goals are goals which are specific, measurable, adjustable, realistic, and completed within a specific time frame. The video provides viewers with written examples which explain what a specific goal is. This is an excellent part of the video because the viewer can see the goals written on the screen. The applied examples of how athletes can set specific, measurable, adjustable, realistic, and time oriented goals are excellent aspects of this video. Dale emphasizes that athletes should state goals in a positive way and should use mental imagery to visualize themselves achieving their goals they have set. Also in this section, Dale reinforces to athletes that they should try to make sure the individual goals they set are consistent with the goals of the team. Dale also provides examples of athletes that he has worked with that implemented systematic goal setting to become highly successful athletes.

In summary, the video provided an excellent introduction to goal setting for athletes. Information about this video and other videos that Dr. Dale has authored can be found at the website:

[www.championshipproductions.com/](http://www.championshipproductions.com/)

# Need Help With an Ethical Problem?

The Ethics Committee has been doing so since 1987. AAASP's Ethics Committee (EC) is available to assist all members who have ethical concerns. The EC's charges are to develop and maintain a code of ethics for the association and to provide consultation to its members on professional matters that members encounter in their applied sport psychology work. See [www.aaasponline.org/governance/committees/ethics/standards.php](http://www.aaasponline.org/governance/committees/ethics/standards.php) for the AAASP code.

Ed Etzel at West Virginia University currently serves as the EC's chair. Should you encounter an ethical dilemma and would want the EC to help you work through the situation, feel free to contact him at 304.293.7062 or [edward.etzel@mail.wvu.edu](mailto:edward.etzel@mail.wvu.edu). All consultations are confidential.

## Attention: Address Changes

If you move and need to change your address for receipt of any AAASP publication, please go on-line to the AAASP website to make the corrections. Click on Member Services on the homepage, and then to Edit Profile. It is the responsibility of AAASP members to maintain a correct and current mailing address. This is the only manner in which address changes will be made. Thanks in advance.



AAASP Publications/Information Division Head  
Douglas M. Hanks, Ph.D.

Student Counseling Services  
400 Lem Morrison Dr., Suite 2086  
Auburn University, AL 36849-5369

Nonprofit  
Organization  
U.S. POSTAGE  
PAID  
Auburn, AL 36849  
Permit No. 9

### —Deadline for Submission—

Deadline for submission of materials for the  
**Summer/Fall, 2006 issue is May 15, 2006.**

Please send all items to: Douglas M. Hanks, Ph.D.,  
Student Counseling Services, 400 Lem Morrison Dr.,  
Suite 2086, Auburn University, AL 36849 or email  
[dughank@auburn.edu](mailto:dughank@auburn.edu)