



Summer 2000 Newsletter

ASSOCIATION FOR THE ADVANCEMENT OF
APPLIED SPORT PSYCHOLOGY

Vol. 15, Number 2

The Conference Issue



Music City 2000 15th AAASP Conference October 18-22

An Invitation from Robin Vealey, Past-President
and Conference Coordinator

Come to Nashville, TN this October to help celebrate the 15th birthday of AAASP! Our theme is Music City 2000 based on the fact that Nashville is considered the mecca for aspiring musicians from country to bluegrass to blues to rock-n-roll. The AAASP conference will be hosted by the Sheraton-Music City Hotel, a stately 410 room Georgian-style manor. Convenient to the airport, downtown Nashville, the Grand Ole Opry and Opryland, and all major interstates, the Sheraton offers complimentary airport shuttle, free parking, and shuttle service to all major attractions. With indoor pool, health club facilities, lighted tennis courts, the Veranda Piano Bar, and spacious conference space, the Sheraton well meets the needs of AAASP.

Nashville was chosen as our 2000 conference site based on its central location, and its reputation as a unique and vibrant mid-size city. Attendees will want to visit "The District," a 16-block downtown area packed with restaurants, boutiques, and nightclubs.

Besides country music, Nashville has developed into a mecca for all types of music. Along with country music, rock, blues, soul, and alternative music are abundant in clubs across the city. Other sites I highly recommend downtown include the famed watering hole Tootsie's Orchid Lounge across the alley from historical Ryman Auditorium, where the Grand Ole Opry performed from 1943 to 1974. Catch a trolley or a cab to Music Row with its legendary recording studios and the Country Music Hall of Fame. Top off your evening with some serious boot-scootin' at the Wildhorse Saloon's 3300 square foot dance floor where line dance lessons are offered daily.

A few minutes from the hotel by shuttle, you can also visit the sprawling Opryland complex with its nine acres of indoor gardens, shops, and restaurants. Or shop in the brand new Opry Mills shopping and entertainment complex. Spend your Friday evening at the world-famous Grand Ole Opry, the longest-running radio show in the world, where you can see superstars, legends, and hot new stars perform. (Advance tickets are highly recommended as the Opry is routinely a sell-out -- see information about tickets in this newsletter - page 9). A short drive will get to some of Nashville's cultural attractions such as the Bell Meade Plantation, an antebellum mansion; the Hermitage, the plantation home of Andrew Jackson; and the Parthenon, a full-scale replica of the famous Greek temple which houses a fine art gallery.

The conference program committee, including Carole Oglesby, Wade Gilbert, Michelle Magyar, Vicki Ebbeck, and Trent Petrie, has put together an interesting and diverse program. The keynotes, Continuing Education workshops, and other program highlights are overviewed in this newsletter, and you can check our web site (aaasponline.org) for a detailed program outline.

Please join me in Nashville to celebrate AAASP's 15th birthday and to significantly advance the field of sport psychology. Bring along your indomitable AAASP spirit and your cowboy boots for an intellectually and socially stimulating experience!

AAASP Summer 2000 - Vol. 15, Number 2

Visit the web site at www.aaasponline.org

Table of Contents

	<u>Page</u>
Update from the Executive Board	3
2000 Conference Preview	4-7
Hotel Registration Information	7
2000 Conference Registration	8
Nashville Sights/Things to Do	9
Conference Questions	10
Golf Tournament and Tennis Information	10
Directions to Sheraton Music City Hotel	11
AAASP Organizational Realignment	12-14
Proposed Constitutional Amendments	14-15
Continuing Education Workshops + Registration	16-20
Coleman Griffith Lecture	21
Keynote Speakers	22-24
Awards	25-26
AAASP Web Site Map	27
Student Section	28
Program Fair	29
Grant Awards	30
Book Reviews	31-36
Minutes	37-42
Membership Report	43

Update from the Executive Board Andrew Meyers, AAASP President

Nashville, Here We Come!

I'm just back from the Spring Board meeting in Nashville. Getting in the car and driving 200 miles east from Memphis on Interstate-40 doesn't feel quite as exotic as a trip to Banff, but it was convenient. On the other hand, all the NASCAR folks in downtown Nashville did seem pretty exotic to this New Yorker. Actually, I should have been ready for it given how fast Jim Whelan drove on the way over to Nashville.

The Executive Board's first responsibility was putting its stamp of approval on the program for the fall conference. Carole Oglesby and her crew, including Trent Petrie, Vicki Ebbeck, Michelle Magyar, Wade Gilbert and Past-President, Robin Vealey, did a spectacular job of putting together a really exciting program. I won't steal their thunder but I think you will be really pleased. Their work on the program also showed us how helpful our investment in technology can be. Over 96% of all submissions came in via our web page, *aaasponline*, and that format contributed to a much smoother process of program design. As many ex-Board members will tell you, in the past the Executive Board has spent several days finalizing the program, often to the detriment of its regular business. This time, the program committee completed its work before the Board meeting and the Board spent only a very brief time reviewing the document before approving it and getting on to other pressing business.

Since I've mentioned *aaasponline* I hope that you are all using it. If not, take a peek. It's one area where you will see a blossoming of member services over the near future. Another area of change is our Special Interest Groups. The Eye Movement Desensitization Reprocessing (EMDR) SIG will have its first meetings during the conference in Nashville, so be sure to look for that. The second SIG, Qualitative Research, is just now getting off the ground.

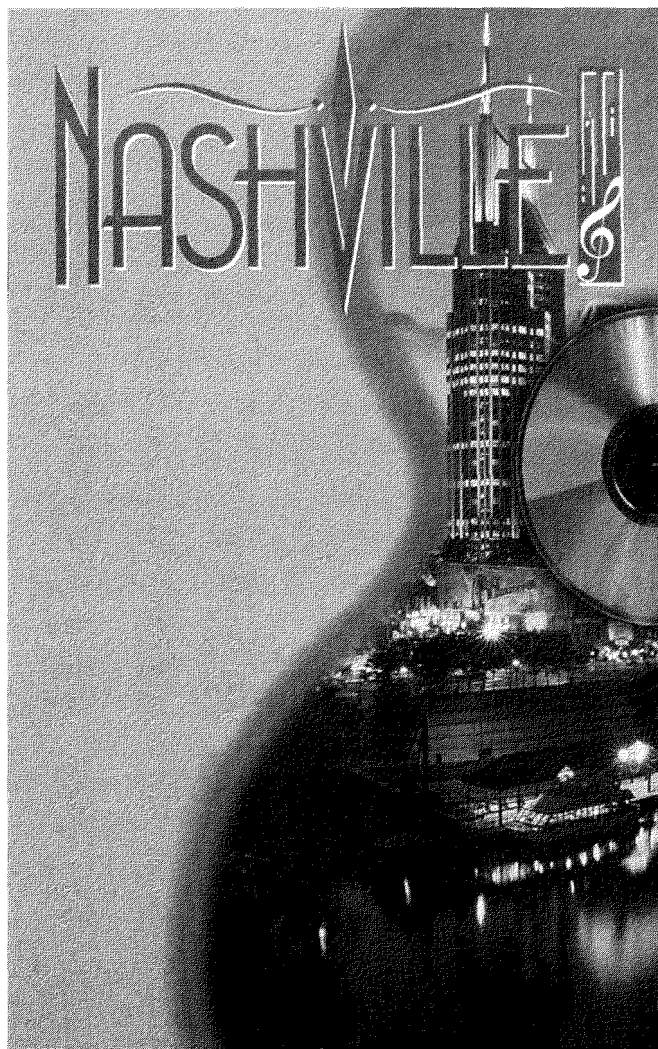
The Board also formally approved Robin Vealey's reorganization plan. This will mean that our section heads and the Publications Director will soon be assuming direct responsibility for AAASP's committee structure and that the President will be able to devote more time to the planning and policy issues that are so vital to our organization's future. It's important to under-

stand that this move does not change who we are or what AAASP does; it only affects how we handle our day-to-day business. Hopefully, we should be handling that business more efficiently now.

A good deal of time was spent on the issue of certification. With help from Damon Burton and his Certification Committee and some hard work from many Board members, we are beginning to piece together a revision of the standards for Certified Consultant status. The effort here will be to sharpen the standards, to make them more accessible, without weakening them. We should have proposals ready for discussion in Nashville.

Finally, our negotiations with journal publishers continue. We have narrowed our focus to three publishers, all with international reach. It is possible that we will come to a decision on a new journal publisher by June.

This is an exciting time for all of us in AAASP. I hope you will continue to be part of it. Have a great summer!



2000 Conference Preview

Overview of Conference Program and Meetings

(See www.aaasponline.org for complete conference program.)

Wednesday, October 18	<u>Program/Activities</u>	<u>Meetings</u>	Wednesday, October 18
	<p>Continuing Education workshops Golf and tennis tournaments Conference registration Conference opening remarks (6pm) Coleman Griffith Lecture (6:15pm) Opening reception (7:30pm)</p>	<p>Executive Board meeting (9am-noon) Sport Psychology Council (2-4pm) Certification Review Committee (8am-noon)</p>	
Thursday, October 19	<p>Health Psychology keynote (9:30am) <u>Lectures</u>: elite performance, injury, consulting, learning/performance strategies <u>Posters</u>: group dynamics, personality, coaching, intervention, moral development, youth sport <u>Symposia</u>: consulting, reversal theory, use of inventories, exercise and mood, injuries, qualitative methods, adventure programming, youth sport, technology, exercise intervention <u>Workshops</u>: youth sport parents, teaching, consulting, certification <u>Colloquia</u>: consulting, character in sport, talent development, computer feedback Continuing Education workshop</p>	<p>Certified Consultants open meeting (7am) JASP editorial board (7am) Past-Presidents Luncheon (noon) Student open meeting (noon) Health psychology open meeting (noon) Social psychology open meeting (noon) Intervention/Performance enhancement open meeting (noon) Realignment business meeting (5:45-7:15pm)</p>	Thursday, October 19
Friday, October 20	<p>Performance Enhancement keynote (9:30am) Dorothy Harris Memorial Award lectures (12:15) <u>Lectures</u>: mental training, exercise behavior, coaching, stress/anxiety, children's self-perceptions <u>Posters</u>: exercise behavior, mood in sport, diversity, motivation, elite performance, body image, consulting, performance strategies, professional development <u>Symposia</u>: science to practice, feminist issues, coping, mental training, injury, graduate training issues</p>	<p>Certified Consultants Committee meeting (7am) Continuing Education Committee meeting (7am) Development Committee meeting (7am) Diversity Committee meeting (7am) Ethics Committee meeting (7am) Graduate Training Committee meeting (7am) International Relations Committee meeting (7am) Organization Outreach Committee meeting (7am)</p>	Friday, October 20

2000 Conference Preview *continued*

	<u>Program/Activities</u>	<u>Meetings</u>	
Friday, October 20	<p><u>Workshops:</u> intervention, biofeedback, coach training, consulting in health/fitness, grants</p> <p><u>Colloquia:</u> athlete commitment, diversity, selecting graduate programs, special populations, parenting, youth sports, consulting</p> <p>Graduate Program Fair (5:30-7pm) Student Social (7pm)</p>		Friday, October 20
Saturday, October 21	<p>Social Psychology keynote (9:30am)</p> <p><u>Lectures:</u> personality, special populations, moral development, group dynamics</p> <p><u>Posters:</u> stress, burnout, injury, mood in exercise</p> <p><u>Symposia:</u> arousal/performance, student development, perfectionism, motivation in children's sport, coaching, sport psychology research in Asia</p> <p><u>Workshops:</u> consulting, underserved youth, youth sport, student stress, personality, performance psychology, ethics, supervision, team building</p> <p>Colloquia: cohesion, professional development, consulting</p> <p>Presidential Address (5-5:45pm) Banquet (7:45pm)</p>	<p>TSP editorial board meeting (7am) Special Interest Groups meeting (7am) Fellows meeting (12-1:30pm) SIG meeting for EMDR (12-1:30pm) Business meeting (5:45-7:30pm)</p>	Saturday, October 21

Conference Features

- **Thematically-grouped posters:** Posters have been organized into five thematically-grouped sessions that will run concurrently with other program offerings. Presenters will set-up their posters by a designated time, after which the posters will be available for viewing for several hours. Each poster session has a designated time slot during which presenters will be at their posters for discussion and questions. All poster sessions will be held in the same presentation room just off the main lobby for easy access and informal viewing throughout the assigned time block.
- **Deletion of Sunday program:** All conference presentations will be completed Saturday evening as the conference culminates with the Presidential Address, Business Meeting, and celebratory banquet. No more dreading the foggy Sunday morning presentation!
- **Development of Special Interest Groups:** The Executive Board wants to encourage the exploration and around a specific scholarly topic or area of interest. Time and space has been set aside on Saturday morning for individuals interested in working together in SIGs to get organized. There will also be an

Conference Features continued

easel in the lobby near the registration room where individuals can indicate interest in particular areas to attract the attention of other members who may want to form a SIG in that area.

- **Two Business meetings:** Suppress that groan - true advancement takes some work! Beside the traditional formal business meeting scheduled for Saturday night, a special business meeting has been called on Thursday evening to discuss and vote on an organizational realignment proposal for the Association. This proposal is overviewed in this newsletter and is presented in its entirety on the AAASP web site. Don't worry - you'll have plenty of time to get downtown for a nice dinner after the meeting.
- **Graduate Program Fair:** For students who are considering graduate work in sport psychology, a Graduate Program Fair will be held on Friday evening in the main lobby. Schools that register for the fair will have faculty, students, and written materials available to provide information to prospective students. The program fair provides an excellent opportunity for students to sample material from various universities, talk to faculty, and get career advice. Cash Bar University already has a table reserved to ensure a relaxed social milieu.
- **The Rhinestone Banquet:** If you're in Music city, you may as well look the part! Although we will have a rock band at the banquet (based on popular demand - two country-western bands in two years could seriously debilitate AAASP members' dancing abilities), the dress theme for the banquet is country-western. So break out those rhinestones, tight jeans, bolo ties, hats, and boots. A Rhinestone Queen and King will be crowned at the banquet and receive fabulous prizes for their culturally-appropriate attire.
- **"Who Wants to be a ... (Sport Psychologist?):"** To celebrate the 15th birthday of the Association, an AAASP/Sport Psychology Historical Trivia Contest will be conducted during the conference for students. Details will be provided at the conference, but students may want to "bone up" on their sport psychology trivia during the summer to qualify for fabulous prizes. In case a sudden death trivia round is needed on Saturday to determine the winner, Regis will appear at the banquet to ask each team "Is that your final answer...?"

Important Conference Reminders for Attendees

- **Membership and Registration Fees:** You must be a member of AAASP to attend the conference. If you are a continuing member of AAASP but did not pay your dues by February 1, you will be assessed the membership late fee (\$25) or a processing fee (\$25) to reinstate you onto our membership list. If your conference registration fees are received after the early registration deadline, you will need to register on-site. There will be a late fee assessed.
- **Opening Reception and Closing Banquet:** If you have not paid the full registration fee, you are not eligible to attend the opening reception or the Saturday night banquet. The hotel bills AAASP on a per person basis in terms of catering costs which are considerable, thus it is unfair to AAASP and paying members if people attempt to "sneak" into these catered affairs. Thanks for understanding our need to maintain guidelines to ensure the most enjoyable conference for all within the AAASP budget.
- **"Stand by your Poster":** In the spirit of former Grand Ole Opry star Tammy Wynette, we ask all poster

Conference Features continued

presenters to check the schedule and make themselves available by their poster during their scheduled poster presentation times. The poster format allows for the rich informal interaction with colleagues that we all enjoy. Presenters should note the new format for posters this year which includes requested times for posters being up for viewing, time blocks for formal interaction at posters, and requested times to have your poster down. Because we are running multiple poster sessions throughout the conference, everything will run smoothly if presenters make sure to follow the requested guidelines as a courtesy to colleagues.



*Spring
Executive
Board
Meeting*

Left to right: Robin Vealey, Carole Oglesby, and Jim Whelan

Hotel Registration Procedures

To make lodging reservations for the conference, call the **Sheraton Music City Hotel at 615-885-2200** and ask for Reservations. Be sure to identify yourself with AAASP 2000 in order to receive the special conference rates.

The room rates are:

- Single/Double/Triple/Quad - \$125 per night
- Club Level Rooms - \$155 per night
- Executive Rooms - \$165 per night

A 13.25 % sales tax is applicable to the room rate. Children under 18 may stay for free in their parent's room using existing bedding. The charge for a rollaway bed is \$15 per night.

The DEADLINE for taking advantage of the AAASP reserved room block is September 25, 2000. Reservations received after this date will be confirmed at the AAASP group rate on a space available basis. Early reservations are strongly encouraged.

Guest cancellations within 48 hours of arrival are subject to forfeiture of full deposit amount.

2000 AAASP Conference Registration

How do you register for the conference?

You can register on-line at our web site, www.aaasponline.org. From the home page follow the conference link to find a conference registration page. You complete the registration form on-line. Process payment using our secure credit card payment system.

If you need to pay by check or you do not have web access, an e-mail or hard copy of the registration form can be sent to you. Please e-mail your request for a registration form to webmaster@aaasponline.org. Or, you can call 901-678-2147 and tell the receptionist you need an AAASP conference registration form. The form will be e-mailed, faxed, or mailed within 48 hours.

What is the deadline for Pre-Registration?

This deadline depends on how you decide to pre-register. If you use the on-line Pre-Registration system, then you have through 19 September 2000 to process your registration. Access to this process will be discontinued on 20 September.

If you mail your pre-registration materials to us, then the form and payment must be postmarked on or before 1 September 2000. Materials with a postmark dated after 1 September will be held and processed as on-site registration at the conference.

What are the fees?

	Pre-Registration	On-Site Registration
Professional & Affiliate Member	\$195 US	\$225 US
Student Member	\$165 US	\$195 US
Day Pass (max. of 2 days)	\$ 75 US	\$100 US
Additional Wednesday Reception Ticket	\$ 20 US	\$ 20 US
Additional Saturday Banquet Ticket	\$ 45 US	\$ 45 US

Fees can be paid by credit card (i.e., VISA or MasterCard), check, money order, or cash (in US dollars).

What if you need to cancel your registration?

Written refund requests must be sent to the Secretary/Treasurer before 22 October 2000. If received before 20 September 2000, a \$25 dollar processing fee will be charged. After that date, a 50% processing fee will be charged. No refunds will be processed after 22 October 2000.

Other Registration Information

- Only AAASP members can register for the full conference. Non-members can register for one or two-day passes.
- Presenters need to register for the conference.
- Guests (e.g., spouse, significant other, or other family member) may attend the session where a significant other is presenting free of charge, but they should register for the conference if they plan to attend any other sessions.
- On-site registration can be completed at the conference beginning Wednesday, 18 October 2000.
- Full registration includes entry into all conference sessions, name badge, program and abstract book, welcoming reception on Wednesday evening, refreshment breaks, and Saturday night Banquet. The "Day Pass" registration rate does not include reception, banquet or abstract book.
- The conference schedule is available on the web site, www.aaasponline.org.
- If you have other questions, please review the material on the web site or contact us at webmaster@aaasponline.org.

Things to See and Do in the Nashville Area

The greater Nashville area offers a variety of attractions that may interest visitors. The average temperature in October is a high of 72 and low of 49 degrees, so the autumn weather should be temperate and pleasant for seeing the sights in the area. Visitor guides will be included in conference packets, and here is a quick overview of local attractions.

Downtown

Historical 2nd Avenue entertainment district

Country Music Hall of Fame and Museum

Ryman Auditorium (original home of Grand Ole Opry)

Music Row

General Jackson and Music City Queen Showboat (lunch and dinner cruises)

The Parthenon (full-scale reproduction of the original Greek temple)

Home of the NFL Tennessee Titans and NHL Nashville Predators - On Monday, October 16th, (before the conference) the Tennessee Titans host the Jacksonville Jaguars. If interested, please check with the Titans' ticket office.

Opryland Area

Grand Ole Opry (*see advance ticket information below*)

Grand Ole Opry Museum

Opryland Hotel complex

Opry Mills shopping and entertainment complex

Music Valley Wax Museum

Other

Belle Meade Plantation (Queen of Tennessee plantations)

The Hermitage (Home of President Andrew Jackson)

Cheekwood - Nashville's Home of Art and Gardens

Jack Daniel Distillery (75 miles from Nashville in Lynchburg)

Mammoth Caves National Park (75 miles north of Nashville in Kentucky)

Best Bets for Live Music/Nightlife

Bluegrass: Bluegrass Inn

Blues: Bourbon Street Blues and Boogie Bar

Salsa, Swing, or Jazz: Havana Lounge or Wolfy's

Country: Legends Corner, Tootsie's Orchid Lounge, Robert's Western World, Wildhorse Saloon

Rock: Exit/In

Advance Tickets for the Grand Ole Opry

AAASP has reserved a small number of tickets for the Friday night show at 7:30pm (October 20) at the Grand Ole Opry. The world's longest-running radio show, the Opry is THE landmark in Nashville. The performers for this show are unknown at this time, but they typically include Hall of Famers plus hot new emerging stars of country music. The Grand Ole Opry Theatre is located in the Opryland area just minutes from the hotel for easy access.

The Opry typically sells out, so if you are interested in attending, we highly recommend that you purchase tickets in advance from AAASP. The price per ticket is \$22 and is available from Robin Vealey, AAASP Conference Coordinator. If you are interested in obtaining tickets, please contact Robin at vealeys@muohio.edu to ensure that tickets are still available. She will then instruct you as to where to send payment to reserve tickets which will be given to you when you register for the conference.

Conference Questions

1. Last minute questions? Contact Dr. Robin Vealey:
e-mail: vealeyrs@muohio.edu
phone: 513-529-2700 (as of July 1)
 2. Continuing Education Workshop questions? Contact Dr. Gloria Solomon:
e-mail: g.solomon@tcu.edu
phone: 817-257-6866
 3. Hotel Reservations - refer to page 7. Make your reservations directly with the Sheraton Music City - 615-885-2200. Their fax # is 615-231-1120.
 4. Conference Registration and Membership questions (See page 8): Contact Dr. Jim Whelan:
e-mail: j.whelan@mail.psyc.memphis.edu
phone: 901-678-3736
- Remember to register for the meeting via the Conference section of the web site: www.aaasponline.org

Important Dates to Remember

September 1 Early Conference Registration Deadline (September 19 if you register on-line)

September 15 Continuing Education Workshop Registration Deadline

September 1 Golf Tournament Sign-Up

Exhibits

Please contact Dr. Robin Vealey (address and phone number above).

Audiovisuals

Only slide projectors and overhead projectors will be provided by AAASP for presentations. Any other equipment is the responsibility of the presenter. Sheraton Music City permits conference delegates to bring their own LCD panels for Power Point presentations. VCR's and monitors can be rented by presenters at a reasonable cost.

Attention: AAASP Tennis Players!!!!

In lieu of a formal tennis tournament, the Sheraton Music City provides two outdoor tennis courts free of charge for guests. AAASP will coordinate sign-up times for tennis on Wednesday, October 19th, as well as a message board for tennis players looking for games. Check the registration area for information when you arrive, or contact Robin Vealey (vealeyrs@muohio.edu) with questions/requests.

Golf Tournament

AAASP golf aficionados are invited to participate in the annual AAASP golf tournament on Wednesday, October 18th. The tournament will be held at The Legends Club of Tennessee, a fabulous 36-hole layout designed by Tom Kite and Bob Cupp. The Legends annually hosts the LPGA Electrolux Classic and was a final qualifier course for the 2000 Open.

The entry fee for the tournament is \$90.00. This fee includes greens fees, electric cart, unlimited range balls, tournament services (e.g., bag handling, check-in), transportation to and from the site, and prizes. Golfers will meet in the hotel lobby Wednesday morning with equipment ready to go (check the AAASP registration area for the exact time). The format will be a scramble, and teams will be organized according to handicaps. Everyone is welcome, and skill levels vary widely (although the mental skills of all participants are expected to be exceptional).

Please register for the golf tournament by September 1. To register, send the following to Ivey Sportslinks (see address below) by the due date:

- a. check for \$90.00 payable to Ivey Sportslinks
- b. your name and golf handicap (or typical score on 18 holes)
- c. contact information for you (address, phone, e-mail)
- d. hotel or lodging site (IF OTHER THAN THE SHERATON MUSIC CITY)

Please send all of this information and payment to the address below, and direct all questions to Doug Ivey:

Ivey Sportslink
5200 Marland Way, Suite 109
Brentwood, TN 37027
615-661-4653 or 888-463-0162 (toll-free)
sportslinks@bellsouth.net

Directions to Sheraton Music City Hotel

- From North:** I-65 South to Briley Parkway/Opryland exit 90B. Go past Opryland area to Elm Hill Pike exit 7 (approximately 9 miles). Turn left at light onto Elm Hill Pike. Go 2 more lights, turn right at 3rd light onto McGavock Pike. The hotel is .8 miles on left at top of hill.
- From Northwest:** I-24 merge with I-65 to I-40 East towards Knoxville. Travel I-40 East to exit 215B, Briley Parkway/Opryland. Go 1/2 mile to exit 7, Elm Hill Pike, turn right at 1st light. Go .3 miles to 3rd traffic light, McGavock Pike, and turn right. The hotel is .8 miles on left at top of hill.
- From East:** Take I-40 West towards Nashville to Briley Parkway North/Opryland, exit 215. Go 1/2 mile to exit 7, Elm Hill Pike. Turn right at first light. Go .3 miles to 3rd traffic light (McGavock Pike), turn right. The hotel is .8 miles on left at top of hill.
- From West:** Stay on I-40 towards Knoxville. Continue in right lane on I-40 East to Briley Parkway/Opryland, exit 215B (approximately 5 miles). Go 1/2 mile to Exit 7, Elm Hill Pike. Turn right at 1st light. Go .3 miles to 3rd traffic light at McGavock Pike, and turn right onto McGavock Pike. The hotel is .8 miles on left at top of hill.
- From Southeast:** Take I-24 West to Briley Parkway/Opryland exit 54B. Follow Briley Parkway East to Elm Hill Pike, exit 7. Turn right at 1st light. Go .3 miles to 3rd traffic light (McGavock Pike), turn right. The hotel is .8 miles on left at top of hill.
- From South:** Take I-65 North to I-440 Memphis/Knoxville, exit 80. Follow I-440 East, Knoxville/Chattanooga. Go 2.5 miles to the I-24/I-40 split, following the left lane to Exit 52B, I-40 East. Travel I-40 East to Exit 215-B, Briley Parkway/Opryland (1 mile). Go 1/2 mile to exit 7, Elm Hill Pike. Turn right at first light. Go .3 miles to the 3rd traffic light, McGavock Pike, turn right. The hotel is .8 miles on left at top of hill.
- From Airport:** Take the Nashville exit I-40 West. Travel to Briley Parkway/Opryland exit 215. Go 1/4 mile to exit 7, Elm Hill Pike. Turn right at 1st light. Go .3 miles to 3rd traffic light, McGavock Pike, turn right. The hotel is .8 miles on left at top of hill.
- From Downtown:** (As a point of reference, establish your position relative to Broadway. Any streets which intersect Broadway to the north are named 1st Avenue North, 2nd Avenue North, etc. Those to the south of Broadway are 1st Avenue South, etc.)
- From Broadway, take 4th Avenue South, approximately 1.5 miles to I-40 East. Turn left onto ramp, stay in right lane to enter the interstate. Follow I-40 toward Knoxville to Briley Parkway North, exit 215B. Go 1/2 mile to Elm Hill Pike, exit 7, turn right. At 3rd traffic light, turn right on McGavock Pike. Hotel is on left at top of hill.
- Shuttle from Airport** If you're flying in, go down to baggage claim and you'll see a bank of telephones. Call the Sheraton for a shuttle (only a few minutes away) - the Sheraton's extension is 22. Due to construction at the airport, ask when you phone the Sheraton for additional instructions as to where to meet the shuttle. **The shuttle is free!**

AAASP Organizational Realignment Proposal

Robin Vealey, Past-President

On Thursday evening at the Nashville conference, the Executive Board will convene a special business meeting for AAASP members to present, discuss, and vote on an organizational realignment proposal for the Association. The intent of this realignment of the organization is to modify our existing administrative structure to (a) more effectively pursue the stated missions of AAASP, (b) more effectively serve AAASP members, and (c) meet the professional growth needs of AAASP and the field of sport psychology.

The current organizational structure of AAASP and the Executive Board represents a research society model which is incongruent with the efficient pursuit of the Association's missions. The current three sections (Social Psychology, Health Psychology, Intervention/Performance Enhancement) focus on areas of study in sport psychology, or focus areas of AAASP, which would be an adequate structure if AAASP was strictly an academic research society. However, AAASP was formed to meet the needs of a developing profession that includes not only knowledge development and dissemination (research activities), but also professional issues such as service delivery to society and the development and maintenance of rigorous professional standards for the competent and ethical practice of sport psychology. Other organizational initiatives such as promoting the AAASP certified consultant program and identifying and securing financial resources and sponsorship have been left to the work of transitory committees. Therefore, a professional organization model is needed that is structured to facilitate the pursuit of all AAASP missions.

The three areas of Social Psychology, Health Psychology, and Intervention/Performance Enhancement will continue to represent the foci of AAASP as described in the Constitution. These areas represent domains of study or interest under the broad umbrella of sport psychology. Thus, the Association's missions are pursued across the focus areas of Social Psychology, Health Psychology, and Intervention/Performance Enhancement.

The proposed realignment is just that - a structural realignment. We are not proposing a change in what AAASP IS or what AAASP DOES. Rather, we are proposing a change in HOW we do our business. The purpose, missions, and foci of the Association remain exactly the same.

The basic organizational change being proposed is the formation of four AAASP divisions to represent the four missions of the Association described in the Constitution:

- **Science and Education Division**
- **Publications/Information Division**
- **Professional Standards Division**
- **Professional Development Division**

In Figure 1, the current AAASP committees, programs, and properties are shown within their respective divisions. Each division will have a Division Head who is elected as an Executive Board officer by the membership. AAASP committees would be organized within respective divisions, and these committees would report to the Division Heads instead of the President. The Executive Board would be restructured to include the four Division Heads, the three Presidents, the Secretary-Treasurer, and the Student Representative (replacing the current structure of three Section Chairs, three Presidents, Publications Director, Secretary-Treasurer, and Student Representative). Thus, the total number of officers on the Executive Board would remain the same (nine).

The purpose of the **Science and Education Division** is to foster the development of knowledge related to the science and practice of sport psychology. The current three focus area committees (Social Psychology, Health Psychology, Intervention/Performance Enhancement) would fall within this division to coordinate initiatives related to the content areas that define the scientific and educational foci of AAASP. The purpose of the **Publications/Information Division** is to administer all AAASP publications and other information sources that disseminate knowledge to members and the public about AAASP and sport psychology. The purpose of the **Professional Standards Division** is to establish and uphold professional standards for the competent and ethical practice of sport psychology. The purpose of the **Professional Development Division** is to market and promote the Association and profession of sport psychology, develop and implement strategies for fund-raising and corporate sponsorship of AAASP initiatives, enhance AAASP membership benefits and retention, administer all AAASP awards, and nurture the interaction between AAASP and the international sport psychology community.

The Executive Board will continue to serve as the primary leadership force for the Association. The Division Heads are responsible for the coordination of activities within

respective divisions, including providing leadership, program planning, budget preparation, and the supervision of committees. All committee chairs would report to respective Division Heads, and all Division Heads report to the President.

AAASP nomination and election procedures would remain the same for the nine Executive Board positions. The three focus area committee chairs (formerly called section chairs) would be recommended for appointment by the SE Division Head to the Executive Board for its approval. The Newsletter editor, JASP editor, and web site manager would be recommended by the Publications/Information Division Head with approval of the Executive Board. The Professional Standards and Professional Development Division Heads would recommend chairs of their respective committees with approval of the Executive Board. Continuing current practice, all members appointed to the Certification Committee and the JASP editorial board require approval of the Executive Board.

The Past-President would remain as overall conference coordinator with the SE Division Head serving as the associate conference coordinator. The SE Division Head will coordinate the review of conference abstract submissions and delegate specific conference program duties to the three focus area committee chairs and other SE Division committee chairs. Focus area chairs and committee members, along with other AAASP members appointed by the SE Division Head, serve as the Abstract Review Committee to evaluate program submissions. The Conference Program Committee, made up of the Past-President, SE Division Head, Student Representative, and the AAASP web site manager (for needed

technical expertise) then develops and finalizes the conference program layout.

If this realignment and accompanying Constitutional amendments are approved, then a phase-in of new officers will be implemented. The 2001 election slate will include candidates for the Publications/Information Division Head (replacing outgoing Publications Director) and the Professional Standards Division Head (replacing outgoing I/PE Section Chair). The 2002 election slate will include candidates for the Science and Education Division Head (replacing outgoing Social Psychology Chair). The 2003 election slate includes candidates for the Professional Development Division Head (replacing outgoing Health Psychology Chair). Until the phase-in is complete, the President will assign duties typically reserved for Division Heads to current board members.

To realign the Association as described will involve several changes to the Constitution. A summary of the proposed Constitutional amendments follows this article. Members can read the complete version of the organizational realignment plan on the AAASP web site. Also, the proposed Constitutional changes related to this realignment proposal are available on the web as well.

Although this proposal comes from the Executive Board, it is really the result of feedback from many members over the past few years. As a board, we believe that this realignment will provide the internal structure to get many of the things accomplished that you as members have asked us to do. It provides a broad hierarchical division of labor underneath the President to drive all the missions of AAASP. We think this strengthening of our "internal"

validity will greatly facilitate our "external" validity in terms of societal impact of our research and practice. We think it will help us to emphasize the second "A" in AAASP - to advance applied sport psychology in more meaningful ways. Please plan to attend the special business meeting at the conference as your voice and vote on this matter is important. If you have any questions about the proposal, please feel free to email me (vealeys@muohio.edu).

Also, remember to check www.aaasponline.org for a more detailed version of this proposal and related Constitutional amendments. Thanks for reading - let's move forward!

**Please refer to
pages 7 and 8
for
hotel and conference
registration information.**

**For individuals needing
membership information,
refer them to the
website:
www.aaasponline.org**

AAASP Executive Board

(Proposed Realignment - refer to previous page).

Professional Standards Division	Publications/ Information Division	Professional Development Division	Science and Education Division
Ethics	JASP	Development	Focus Area Committees
Certification	Newsletter	Organizational Outreach	Special Interest Groups
Graduate Training	AAASPOnline.org	International Relations	Continuing Education
Certified Consultants	Directory of Graduate Programs	Membership	Grants
Diversity		Awards	

Association for the Advancement of Applied Sport Psychology (AAASP) Summary of Proposed Constitutional Amendments

(as part of proposed organizational realignment plan)

Article II Purpose and Missions

Sections 2-5: The term AAASP “section” has been replaced with the term “focus area.” Because the realignment plan is based on organizing the Association around four divisions, the term “section” is no longer useful. However, the three former “sections” of Social Psychology, Health Psychology, and Intervention/Performance Enhancement are retained in the plan so as to provide continuity and identification of key focus areas of study within AAASP. Each focus area will continue to be represented by a committee.

Article III Organization

Section 1: This is new section added to describe the proposed realignment of the Association into four divisions.

Article VI Officers

Sections 1-2: The officers that make up the Executive Board will now include the four division heads replacing the former three section chairs and the publications director.

Section 4: The staggered terms of office designated in the original Constitution have been updated to reflect the staggered terms of the proposed new officers.

Sections 5: The President will now coordinate the activities of all Association Divisions (replacing committees). The President is still ultimately responsible for the committees within each division, but the committees will now report directly to the respective Division Heads. Paragraph 5 in this section describes the

Proposed Constitutional Amendments continued

duties of the Division Heads, and this paragraph replaces the original paragraphs describing duties of section chairs and publications director.

Article VII Executive Board

The new Division Heads are included as officers replacing former section chairs and publications director.

Article VIII Committees

Section 1: The original Section 1 that specified the three section committees is replaced by a new Section 1 that is a general statement about the Executive Board's responsibility in appointing and dissolving committees that relate to the missions and focus areas of AAASP.

Section 2: The original Fellows Review Committee (President-Elect and three section chairs) is replaced by a newly organized committee of President-Elect and four division heads. The procedures to modify this committee based on fellow status of board members remains the same.

Section 4: In the proposed realignment of AAASP, the Certification Review Committee will fall within the Professional Standards Division. Thus, the PS Division Head is responsible for this committee. The change in this section is to allow the PS Division Head (replacing the President) to recommend the Certification Review Committee chair and members to the Executive Board for approval.

Section 6: Committee chairs will now report directly to their respective Division Heads, as opposed to the President.

Article IX Meetings

Section 3: The Science and Education Division replaces section committees in assisting with arrangements for the annual conference. Committees representing the focus areas of Social Psychology, Health Psychology, and Intervention/Performance Enhancement will still be involved in the conference as part of the SE Division.

Article X Publications

Section 1: Divisions and committees replace "section committees" in terms of groups that should provide information in the newsletter.

To order AAASP Abstracts...

1998 and 1999 abstracts are available @ \$12.00 ea., plus \$3.00 shipping and handling within North America or \$6.00 per item if outside North America.

Make checks payable to AAASP in U.S. funds, and mail to:

Dr. James Whelan
AAASP Secretary-Treasurer
Department of Psychology
The University of Memphis
Memphis, TN 38152-3230

Continuing Education Workshops

Registration Deadline: September 15 Postmark

AAASP is pleased to offer one six-hour and five three-hour Continuing Education Workshops. The six-hour workshop is divided into two parts and will be held Tuesday evening, October 17, 7-10pm and Wednesday, October 18, 9-Noon. The three-hour workshops will be offered on Tuesday evening, Wednesday morning and afternoon, and Thursday evening. Please refer to the specific schedule below. To receive AAASP or APA CEUs, you must attend the entire workshop. Most workshops are limited to 25-30 participants and registration will be processed in the order they are received. Due to the possibility of being closed out of your first choice, please rank order your willingness to attend the other workshops. If you are NOT interested in an alternative workshop, indicate your first choice only. It is important that you register early, to insure a space and avoid on-site increased registration fees, so take a moment to complete the form on page 20 and mail it TODAY!

See registration form if seeking APA Continuing Education Credit.

Six Hour Workshop

Workshop 1 – Mental Skills and Drills: An Applied Teaching Experience for Sport Professionals (Tues 7-10pm, Wed 9-Noon)

Leaders: Dan Gould, University of North Carolina - Greensboro, USA
Nicole Damarjian, University of North Carolina - Greensboro, USA
Russell Medbery, University of North Carolina - Greensboro, USA
Kristen Dieffenbach, University of North Carolina - Greensboro, USA
Yongchul Chung, University of North Carolina - Greensboro, USA
Larry Lauer, University of North Carolina - Greensboro, USA

Purpose and Objectives: This workshop is for applied sport psychology consultants who are interested in learning specific drills, exercises, and activities for developing psychological skills in athletes. The objective of this workshop is to teach mental skill drills and exercises that can be implemented during actual physical practice and in off-field/classroom situations. Activities, drills, and exercises for developing confidence, concentration/focus, motivation, group cohesion, and stress management will be discussed. Participants will spend the first part of the workshop learning about teaching mental skills via drills, exercises and activities that were created and implemented through research for the U.S. Tennis Association. The second part of this workshop will focus on experiential learning of drills, exercises, and activities using examples from a variety of sports (tennis, golf, soccer, and hockey).

Continuing Education Workshops

Three Hour Workshops

Workshop 2 – Facilitating Life Skills and Mentoring Youth Through *First Tee* (Tues 7-10pm)

Leaders: Steven Danish, Virginia Commonwealth University, USA
Albert Petitpas, Springfield College, USA
Dedric Holmes, World Golf Foundation, USA
Rob Fazio, Virginia Commonwealth University, USA
Linda Petlichkoff, Boise State University, USA

Purpose and Objectives: *First Tee* is a national golf and life skills program for low-income youth and youth of color. Participating youth can become certified which gives them multiple opportunities including playing golf for free. As part of the certification system, these youth must demonstrate a competency in golf skills, rules, etiquette, life skills, and mentoring/community service. Participants in this workshop will learn the life skills and mentoring components of this program. Additionally, teaching participants how to get their students involved in these activities and conducting research on life skills training will be addressed. This workshop is designed for faculty or students who live or work at colleges or universities near a *First Tee* site (within 30 miles). To determine if you are near one of the 70 sites, check the Web at www.thefirsttee.com. Experience with golf is not required but preferred.

Workshop 3 – Integrated Rehabilitation Model: Combining Sport Psychology and Sports Medicine in Athletic Injury Rehabilitation (Wed 9-noon)

Leader: Frances Flint, York University, Canada

Purpose and Objectives: Much emphasis has been placed on the need for psychological as well as physical rehabilitation with injured athletes. The Integrated Rehabilitation Model (Flint, 1998) provides a framework for this integration by outlining aspects of the physical/physiological process of recovery, potential psychological interventions, and specific sport considerations. This Continuing Education workshop will use this model to help those working with injured athletes address the whole athlete during rehabilitation. Through group work, the participants in this workshop will gain insight into designing coordinated recovery programs. Of particular interest will be the timing of sport psychology interventions within the process of rehabilitation.

Continuing Education Workshops

Workshop 4 – Effective Team Building Strategies for Sport and Non-sport Organizations (Wed 1-4pm)

Leaders: R. Kelly Crace, Applied Psychology Resources, USA
Charles Hardy, Georgia Southern University, USA
Kevin Burke, Georgia Southern University, USA

Purpose and Objectives: Maximizing team effectiveness is a fundamental objective of most organizations. A team building model will be presented that has been successfully used with sport, business, academic, and service organizations. Intervention strategies will be discussed and experientially demonstrated by use of the “fishbowl” technique and case scenarios. The workshop is intended for professionals and students from sport science, psychology, and counseling fields of training.

Workshop 5 – Encouraging Coaches to Utilize Principles of Sport Psychology and Mental Skills Training in Their Daily Coaching Strategies (Wed 1-4pm)

Leader: Richard McGuire, University of Missouri, USA

Purpose and Objectives: The purpose of this workshop will be to instruct, encourage, and assist participants in building their own “construction model” for positive coaching, incorporating and utilizing key principles of sport psychology and mental skills training in their daily coaching strategies. “Winning kids with sport, rather than winning sport with kids” will be the philosophic foundation and orientation. Participants will be led and encouraged in creating their own “construction model” for positive coaching where the emphasis is on building kids up rather than a “destruction model” which tears kids down. Those actively engaged in coaching at any level, or those sport psychology professionals focused on educating coaches, will find this workshop interesting, informative, and encouraging.

Workshop 6 – Everything You Always Wanted to Know About Building a Successful Full-time Consulting Practice...But Were Too Afraid to Ask (Thurs 7-10pm)

Leader: Jim Taylor, Alpine/Taylor Consulting, USA

Purpose and Objectives: This Continuing Education workshop addresses one of the most significant concerns among graduate students and young professional in our field of, namely, how to build a successful full-time consulting practice in applied sport psychology. The

Continuing Education Workshops

tives: (1) to offer a realistic understanding of what it takes to be successful in applied sport psychology consulting; (2) to describe the personal and interpersonal qualities and professional skills that make consultants successful; (3) to detail specific steps that must be taken in order to establish credibility including academic degrees, professional and popular writing, and public speaking; (4) to provide a foundation of substantial issues that must be addressed in this process including developing a unique identity and creation of an intervention model; and (5) to address logistical concerns such as fee structure, brochures, web sites, and ethics and professionalism. These goals will be accomplished through didactic discussion of these issues, consideration of whether attendees have the requisite capabilities, illustrations of each phase of practice development, and detailed discussions of the real issues that determine success in applied sport psychology consulting.

Please register early to reserve a spot in the workshops you have chosen.
The registration form is on the following page.

The AAASP Publications Office is moving...

After July 15th, the new address will be:

Dr. Cynthia Pemberton
Southwest Missouri State University
College of Health and Human Services
901 S. National
Springfield, MO 65804

Until July 15th, you may continue to contact:

Gail Regan, Technical Editor
gregan@cctr.umkc.edu

Please copy this form and mail to Dr. Solomon at the address below.

CONTINUING EDUCATION REGISTRATION FORM

Registration Deadline: September 15 Postmark

Name: _____

Affiliation: _____

Mailing Address: _____

Work Phone: _____

FAX: _____

Home Phone: _____

E-Mail: _____

Sign up for workshops by noting a "1" for first choice, "2" for second choice, and "3" for third choice.

Six Hour Workshop:

_____ Workshop 1: Mental Skills and Drills: An Applied Teaching Experience for Sport Professionals
(Tues 7-10pm, Wed 9-Noon)

Three Hour Workshops:

_____ Workshop 2: Facilitating Life Skills and Mentoring Youth Through *First Tee* (Tues 7-10pm)

_____ Workshop 3: Integrated Rehabilitation Model: Combining Sport Psychology and Sports Medicine
in Athletic Training Rehabilitation (Wed 9-noon)

_____ Workshop 4: Effective Team Building Strategies for Sport and Non-Sport Organizations (Wed 1-4pm)

_____ Workshop 5: Encouraging Coaches to Utilize Principles of Sport Psychology and Mental Skills
Training in Their Daily Coaching Strategies (Wed 1-4pm)

_____ Workshop 6: Everything you Always Wanted to Know About Building a Successful Full-time
Consulting Practice...But Were Too Afraid to Ask (Thurs 7-10pm)

APA Continuing Education Credits: Participants of these workshops can be awarded 3 or 6 hours of Continuing Education Credit for each workshop, an offer made possible in cooperation with PsychoEducational Resources (PER). PER is approved by the American Psychological Association to offer continuing education for psychologists, and the APA-approved sponsor maintains responsibility for the program. PER is also an approved provider for the National Board of Certified Counselors. A charge of \$15 per workshop should be added below.

Registration Fees: (postmarked by September 15) You will receive confirmation of your CE registration by mail.

	Professional	Student
Six Hour Workshop:	\$75	\$45
Three Hour Workshop:	\$45	\$25

Amount Enclosed _____

Additional Fee if Requesting APA credit (\$15 per workshop)

Amount Enclosed _____

Total Payment _____

Please make checks payable to AAASP (US Funds) and mail to:

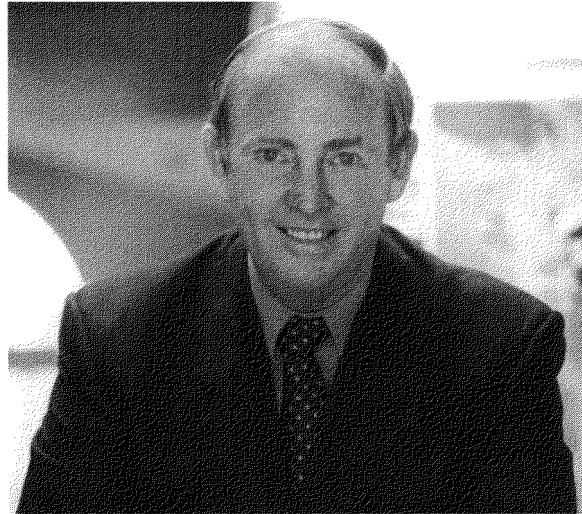
Gloria B. Solomon, Ph.D.
AAASP CE Chair
Department of Kinesiology
Texas Christian University
Fort Worth, TX 76129

CE Questions???
817-257-6866
817-257-7685
G.SOLOMON@TCU.EDU

Cancellation Policy: To receive refund for cancellation, a request must be made in writing to the CE Chair and received by October 1.

Coleman Griffith Lecture

**Wednesday,
October 18th
6:15-7:30 p.m.**



Dr. Robert M. Nideffer
**Keeping Score and the Future of Sport
Psychology**

Dr. Nideffer is a psychologist, and the founder of Enhanced Performance Systems, a company which develops psychological tools and provides psychological services to help individuals and organizations maximize their potential. Dr. Nideffer has been consulting with businesses, sport teams, and the military since 1976.

Dr. Nideffer received his B.S. degree in psychology from Lewis and Clark College in Oregon. He received his Ph.D. in clinical psychology from Vanderbilt University. He is professionally licensed and an ABPP Diplomate in clinical psychology.

For twelve years, Dr. Nideffer was a professor teaching psychological assessment to doctoral students, first at the University of Rochester, and then at the California School of Professional Psychology. While on the faculty at the University of Rochester, Dr. Nideffer established the psychology department's psycho-educational laboratory which provided performance enhancement and stress management services

to the Rochester community (including the Eastman School of Music, Eastman Kodak, Sybron, and Xerox corporations).

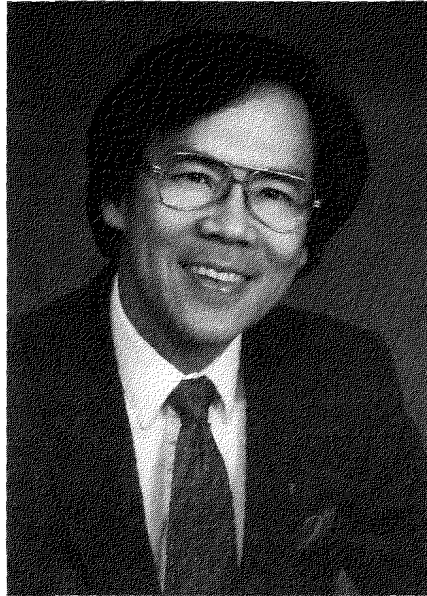
In 1976, Dr. Nideffer moved to San Diego. Since that time, he has traveled the world providing selection and screening, team building, executive coaching, and performance enhancement services to major corporations, sports organizations, and elite military groups. He was the psychologist for the U.S. Olympic track and field teams in 1984 and 1988. In 1992, Dr. Nideffer was named by his professional colleagues as one of the top ten sport psychologists in North America for the decade of the 1980's.

Dr. Nideffer is the author of the Test of Attentional and Interpersonal Style (TAIS), an assessment device used around the world for selection, screening, team building, and performance enhancement. He has published over 100 professional articles, and is the author of fifteen books including *The Inner*

Continued on page 26

Health Psychology

**Thursday,
October 19th
9:30 - 11:00 a.m.**



Dr. Richard M. Suinn
Psychological Interventions with
Heart Disease, Cancer, and Pain
Management

Richard M. Suinn, Ph.D., served last year as President of the American Psychological Association, the first Asian-American and the third ethnic minority to be elected in the 107 years of APA. After completing a B.A. at Ohio State University in 1955, he completed a Ph.D. in Psychology at Stanford University in 1959. He has held academic positions in psychology at the following institutions: Whitman College (1959-1964), Stanford School of Medicine (1964-1966), University of Hawaii (1966-1968), and Colorado State University from 1968 to retirement as emeritus professor in 1999.

Richard Suinn has authored over 150 articles, eight books and created five psychological tests. He has made over 90 invited addresses and has been a visiting professor at universities in China, Japan, Mexico

and Portugal. He is board certified by the American Board of Professional Psychology and now sits on the Board of Trustees of that organization. He is a Fellow of APA Divisions 12, 17, 38, 45, and 47, and has been awarded the APA Career Contribution to Education and Training Award. He has been a team psychologist for four USA Olympic teams, is a president of the Association for the Advancement of Behavior Therapy, and has been mayor of the city of Ft. Collins, Colorado.

Dr. Suinn spends his spare time being physically active. He skis fanatically in the winter, plays tennis exuberantly in the spring, fishes avidly in the summer, and depressingly waits for the winter in the fall.

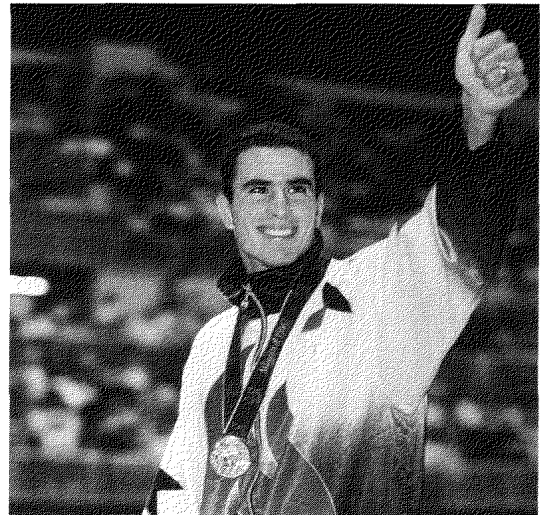
Continued on page 30

Intervention/ Performance Enhancement

***Friday,
October 20th
9:30 - 11:00 a.m.***



Left to right: John Molo, Doug Newburg, and Curt Tribble



Jeff Rouse

“Living a Life of Engagement: How Better Experiences Produce Better Outcomes”

This year, the performance enhancement keynote will be delivered by four speakers. The variety of their backgrounds, training, and experiences should lend itself to an interesting, multidisciplinary perspective of the concept of being engaged in life. The four presenters are: **John Molo, Doug Newburg, Ph.D., Curt Tribble, M.D., and Jeff Rouse.**

John Molo is a Grammy award-winning professional musician who has played with Bruce Hornsby and the Range, Mickey Hart and Planet Drum, Wynonna Judd, and The Other Ones (remaining members of The Grateful Dead).

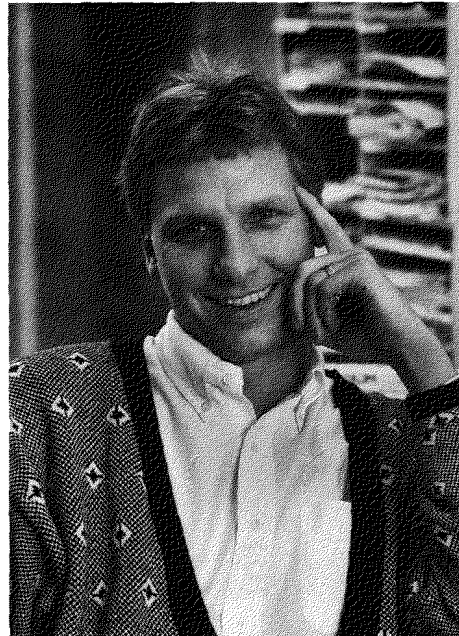
Doug Newburg completed a Ph.D. in sport psychology at the University of Virginia. He is currently the Director of Performance Education in the Department of Surgery at the University of Virginia School of Medicine. He is also the Program Director of Well 4 Life based in Phoenix, Arizona.

Curt Tribble is a Professor and Thoracic-Cardiovascular surgeon at the University of Virginia School of Medicine. He directs the Heart and Lung Transplant program at the University of Virginia Medical Center. Dr. Tribble also serves as Director of Student Clerkship, and has won numerous teaching awards at the university.

Jeff Rouse is a three-time Olympic gold medal winner and served as the Olympic Swim Team Captain in 1996. He held the world record in the 100-meter backstroke for eight years, and was ranked #1 in the world for ten years. He currently works as an educational speaker.

Social Psychology

**Saturday,
October 21st
9:30 - 11:00 a.m.**



Dr. Richard Ryan
**Vital Research: Intrinsic and Extrinsic Motivations
for Sport, Exercise and Other Health-Related Behaviors**

Richard M. Ryan is a Professor of Psychology and Psychiatry at the University of Rochester. He is a clinical psychologist, consultant and researcher. Ryan is best known for his work on Self-determination Theory, a broad-based and practical theory of human motivation that deals with how social contexts affect people's intrinsic motivation and their internalization of the motivation for new behaviors and values. Recently he has also been investigating the dynamics of subjective vitality, and how physical and psychological events impact upon personal energy. Ryan is the author of numerous articles in both theoretical and applied areas, including the topics of motivation in health care, sport and exercise, education, work, eating disorders, and parenting among other foci. Finally, Dr. Ryan has a private practice as a psychotherapist and

organizational consultant, and, as an informative avocation, he coaches youth soccer.

Motivation is a central problem in the promotion of sport and exercise. In this talk, Dr. Ryan will discuss factors that undermine and facilitate motivation for sport, exercise and health-related behaviors, and present recent research on the dynamics of both intrinsic and extrinsic motives in the domain of physical activity. Specifically, he will illustrate how support versus thwarting of psychological needs regarding competence, autonomy and relatedness plays a critical role in the maintenance of physical activity over time, and, more generally, in promoting personal well being, subjective vitality, and health.

The Dorothy V. Harris Memorial Award

Dorothy V. Harris was a world-renowned educational sport psychologist. She taught and coordinated the graduate studies program at Pennsylvania State University, served as president of the North American Society for the Psychology of Sport and Physical Activity (NASPSPA), was a member of the Managing Council of the International Society of Sport Psychology (ISSP), ISSP treasurer, and editor of the ISSP newsletter. Dr. Harris contributed to many books, edited five, and wrote two. Her first book is titled, Involvement in Sport: A Somatopsychic Rationale for Physical Activity, and the second, co-authored with her sister, Bette, is The Athlete's Guide to Sports Psychology: Mental Skills for Physical People. Following a sabbatical at the Olympic Training Center in 1980, she continued her work with members of Olympic and U.S. national teams.

The Dorothy V. Harris Memorial Award is given each year to the scholar/practitioner who meets the following criteria:

- 1) Has received a doctoral degree no more than seven years prior to nomination;
- 2) has made significant contributions to AAASP through presentations, publications, or involvement on committees; and
- 3) has demonstrated a record of scholarship that clearly established the individual as a leading scholar/practitioner when compared to a group of people at a similar state in their academic careers.

Evidence for that national/international distinction might include the innovation of the person's work, the impact the work has on the field of sport psychology, or the importance the work has in an applied setting. In all cases, the collected works of the individual should exhibit quality contributions that are both theoretical and practical and that have been subjected to the critical review of established scholars/practitioners in the individual's area of expertise. The award recipient gives a 20-30 minute presentation summarizing his/her research/applied activity during the next AAASP conference.

This year's recipient is **Dr. Bradley Cardinal of Oregon State University**. His presentation is titled, "*Setting the Stage for Physical Activity Behavior Change, Promotion, and Retention (CPR) Research, Theory, and Practice.*" The presentation will be at 12:15 on Friday, October 20th.

The recipient of the 1999 Dorothy Harris Memorial Award, **Dr. Frank Perna of West Virginia University**, will also present "*Life at the Intersection of the Sport and Psychological Sciences: The Pros and Cons of Going Deep*" during the 12:15-1:15 hour on Friday, October 20th.

Please plan to honor these two colleagues by attending this session and listening to examples of their fine work.

Coleman Griffith Lecture

Continued from page 21

Athlete, How to Put Anxiety Behind You, Attentional Control Training, The Ethics and Practice of Applied Sport Psychology, Psyched to Win, and an interactive multi-media self-help CD-ROM titled Focus for Success.

Overview of Dr. Nideffer's lecture:

Athletes improve their performance because they keep score. They have an objective way of measuring progress and/or success. Feedback about performance provides them with motivation and with the information they need to improve. Isn't keeping score every bit as important to the sport psychologist? Shouldn't we be constantly evaluating and improving the services we provide? Where does the science of sport psychology fit into the practice of sport psychology for you? In this talk, Dr. Nideffer will explain his perspective on how these two pieces of the puzzle fit together. He will also share his vision of the future as he sees the science and art of sport psychology developing world-wide, for both the practitioner and the consumer.

The Fall newsletter

Submission Deadline is October 30, 2000

Features, photos, and articles
should be sent to:

Dr. Cynthia Pemberton
Interim Dean of the College of Health and Human
Services
Southwest Missouri State University
901 S. National
Springfield, MO 65804

2000 Dissertation Award

Mi-Sook Kim of San Francisco State University is the recipient of this year's Dissertation Award. She completed her dissertation under the direction of Dr. Joan Duda, while at Purdue University. Her award will be presented at 2:45 on Friday, October 20th in the Hermitage C Ballroom. She will also present her dissertation at that time as part of the scheduled symposium.

Plan to attend, and hear about the "*Relationship of Achievement-Related Dispositions, Cognitions and the Motivational Climate to Cognitive Appraisals, Coping Strategies and Their Effectiveness in Sport.*"

2000 Thesis Award

Dawn Lewis of Michigan State University is the 2000 Thesis Award recipient. Her thesis, "*Cognitive and Emotional Processes During Rehabilitation of Severe Athletic Injuries*" was completed under the direction of Dr. Martha Ewing. Her award will be presented during the 12:15-1:15 hour on Friday, October 20th, which also includes the two Dorothy Harris Award presentations.

Congratulations to all AAASP award winners from the AAASP membership!

AAASP ONLINE WEB MAP

Over 65 web pages of AAASP and sport psychology information at your fingertips anytime you need it! Please visit the 'What's New' section of the website for frequent updates. Website questions and suggestions should be directed to the webmaster at:
webmaster@aaasponline.org

Home Page: www.aaasponline.org

- What's New, Join, Renew Your Membership, Find a Consultant, Intervention / Performance Enhancement, Social Psychology, Health Psychology

What is Sport Psychology?: www.aaasponline.org/wisp.html

- Answers to frequently asked questions about sport psychology

Member Services: www.aaasponline.org/member.asp

- Renew Your Membership, Become a New Member, Offline Registration, Edit Your Personal Profile, Consultant Finder, Member Directory, Certification Criteria and Forms, Awards, Ethical Standards and Guidelines

Conference: www.aaasponline.org/confer.html

- Conference Submissions, Conference Program, Hotel and Travel Information, and much more!

Governance: www.aaasponline.org/govern.html

- Executive Board, Certification Committee, Past President's Council, AAASP Fellows

Students: www.aaasponline.org/student.html

- Student Features, Regional Representatives, Regional Conferences

Publications: www.aaasponline.org/public.html

- JASP, Newsletter, Constitution, Directory of Graduate Programs

Links: www.aaasponline.org/links.html

- Associations, Conferences, Media, Online Journals, Organized Sport, Jobs

Contact Us: www.aaasponline.org/contact.html

- List of contacts by topic of interest

Legal and Copyright Information: www.aaasponline.org/legal.html

The Student Section

It's time to celebrate 15 years of AAASP excellence at the 2000 conference in Nashville, Tennessee! The conference this year will provide a number of student-oriented sessions, so please check out our website www.aaasponline.org to stay up to date with the conference schedule and current issues for the organization.

Thursday October 19th is the date to remember if you want to become more involved in the future development of the organization and the profession of sport psychology. If you are a student member who would like to sign up to become a regional representative or help out with a student project, please attend the Open Student Meeting (12-1 p.m.). The Open Student Meeting will also provide a panel of the following executive board members: Secretary/Treasurer Dr. James Whelan, Publications Director Dr. Cynthia Pemberton, and our Webmaster Wade Gilbert to answer questions related to current student issues. After discussing student-oriented issues, you are encouraged to get involved with the future of AAASP and attend the Realignment Business Meeting (5:45-7:15 p.m.). This meeting is scheduled so that students and professionals may discuss the proposed organizational realignment of AAASP.

On Friday, you will have the opportunity to become better acquainted with students and professionals (5:30-7:00 p.m.) at the Program Fair. Immediately following the Program Fair, you may continue stimulating discussions with your peers out on the

courtyard at the Student Social. Together we can enjoy a pleasant October evening and free drinks!

On Saturday, a second business meeting (5:45-7:30 p.m.) is scheduled for other important organizational issues. Following the business meeting you are invited to join in on the celebration at the AAASP banquet.

Remember, as a student member you are the future of AAASP, and student involvement is key to the vitality of this organization. Please show your support by attending the national conference and become even more involved by attending and voting at the business meetings. If you have any questions related to current student issues or the upcoming national conference, please feel free to contact me directly at magyarti@pilot.msu.edu.

I look forward to seeing all of you at the conference October 18-22 in Nashville, Tennessee!

-Michelle Magyar

The Second Annual Program Fair Nashville, TN - Friday, October 20th

5:30-7:00 p.m. Plantation Lobby

Last year, we had over 100 attendees including more than 28 schools at the Program Fair. This year and in the future, we intend to further the development of the Program Fair.

Program Fair Objective: Our diverse field of Sport Psychology continues to grow. At the program Fair, presenters will be able to showcase their programs and prospective students will be able to shop around. This will also provide an opportunity for students and faculty to learn about new and established programs in our field.

Registration Information

In order to ensure that the Program Fair runs smoothly, the registration fee of \$25.00 **MUST** be paid at the time of registration.

Please make checks payable to AAASP. Each registered party will be provided with an assigned table to present their program.

By September 22, 2000, please send check and registration information to:

Robert J. Fazio, Life Skills Center, Virginia Commonwealth University
800 W. Franklin St. Richmond, VA 23284-2018

Please be proactive this year. No exceptions will be made.

Name of Affiliation: _____

Department of Program: _____

Presentation Chairperson: _____

Contact Information: Office () _____ Home () _____

E-mail: _____

If you have questions, please contact Rob Fazio, lifeskills8@email.msn.com.edu, (804) 828-9065, or Josh Avondoglio, jb8von@aol.com, (413) 748-3325.

Providing a prospective Student with the Opportunity to better understand your *PROGRAM* would only be *FAIR!*

Health Psychology Keynote

Dr. Richard Suinn

Continued from page 22

With his cognitive-behavioral approaches, Richard Suinn has addressed the gamut of the applications of sport and exercise psychology from the Olympic Games to the plight of those who struggle to hold onto life. We have much to learn from him in his brief visit in Nashville.

This keynote address will describe the exact methods found successful in these three areas of primary care: heart disease, cancer and pain management; and summarize their outcomes. The lecture concerns the matter of the contemporary use of his extensive background in cognitive-behavioral approaches, reported in psychology journals as early as 1972 in the context of elite athletic performance.

His creation, VMBR (Visuo-motor-behavior rehearsal) was one of the first cognitive-behavioral "packages" which yielded excellent results in applications with Olympic ski teams in the late 1960's and early 1970's.

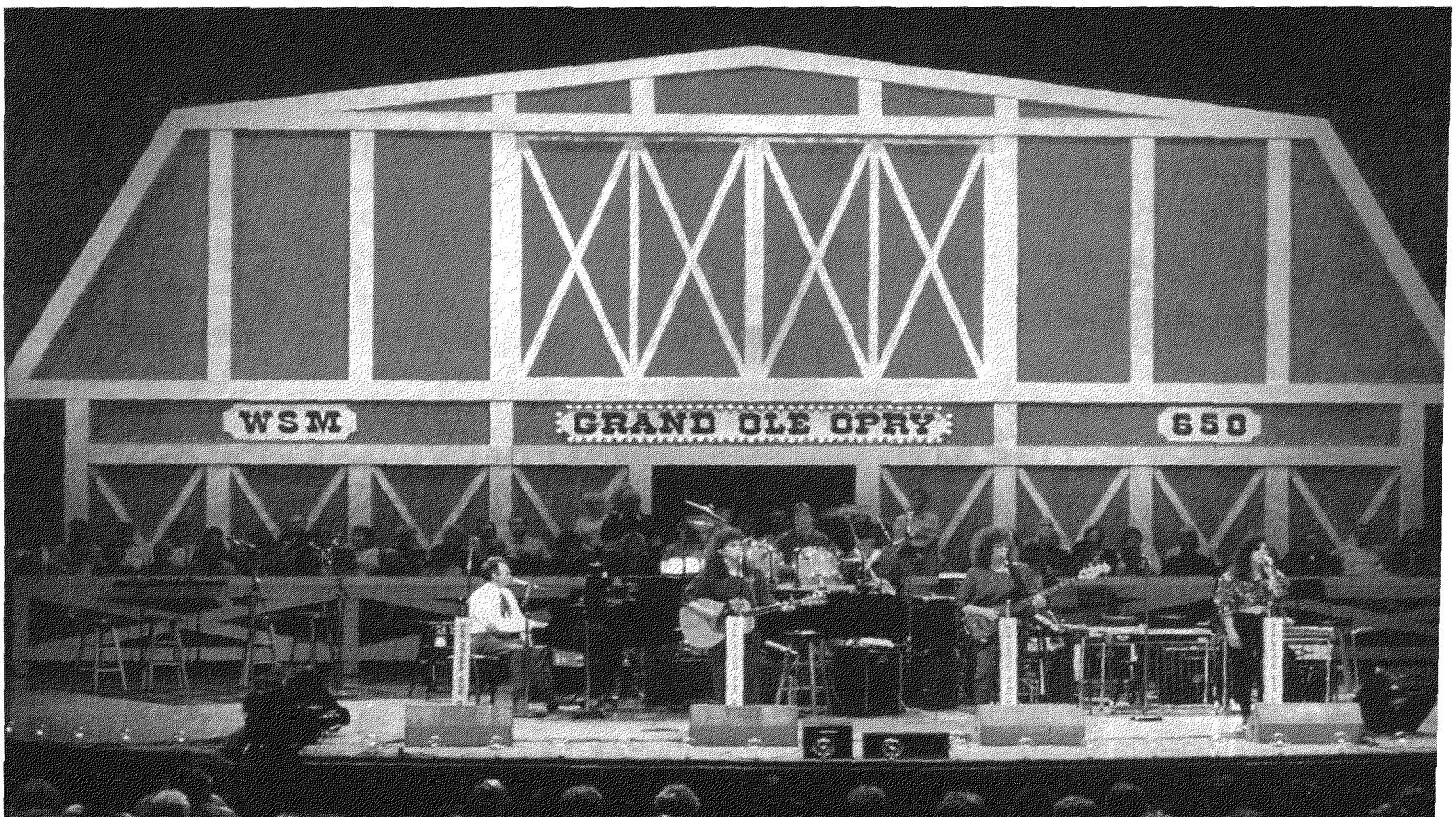
GRANT AWARDS

These research projects have been reviewed and funded by AAASP.

- Michelle Colman, Todd Loughead, & Albert Carron, "The effects of style of leadership and class cohesion on the adherence of elderly exercisers" (\$318)

- Christopher Janelle, Heather Hausenblas, & Peter Lang, "Seeing is believing: An attentional and affective examination of body image disturbance" (\$1,700)

- Jean Williams & Carrie Scherzer, "Tracking the training and careers of graduates of advanced degree programs in sport psychology, 1994-1999" (\$850)



Have you checked out Jack Lesyk's Developing Sport Psychology Within Your Clinical Practice: A Practical Guide for Mental Health Professionals yet? The publication is essentially a reference of how a practitioner can enter the field and what to expect once immersed in it.

Lesyk covers a broad range of topics. Not only is this a tremendous place to start, but also an excellent place to turn to. For all of us working in the field, it's a terrific reminder of the reasons that we were drawn to the field, as well as some of the basics. With the Olympics coming up in the next few months, what better time to ask... do you want to incorporate sport psychology into your daily life?

Starting off with a brief summary of how he got into the field, Lesyk quickly migrates into a discussion of self-reflection regarding professional goals. By bringing out the issues such as professional modalities, finances, location; the reader can't help but be forced to ask him or herself if this is something worth exploring based upon their lifestyle preferences. The author is clever in giving hints to many aspects of the field, without giving away all of the answers. Briefly discussing many of the dimensions that sport psychologists encounter, Lesyk gives previews and glimpses that inspire further exploration into more specific

Book Review
Developing Sport
Psychology within your
Clinical Practice: A
Practical Guide for
Mental Health
Professionals

by

Jack L. Lesyk

(1998) San Francisco,
CA: Josse-Basse.

Reviewed by:
Faye Weiner, M.Ed.

areas. For the individual wanting additional self-education, he provides specifics for further reference.

Among the topics discussed are arousal, attentional focus, motivation, self-talk, and emotional control. Are the topics spoken of within a sport context? Yes. The main purpose of this book appears to be how to work with athletes and how to incorporate athletic populations into an existing practice. Are they mentioned as general life skills? Are the two described interchangeably? Yes. Lesyk reminds the reader that many of the applications of sport psychology are applicable to the problems of non-athletes in the real world.

One of the primary strengths of this book is that Lesyk is quick to provide case studies for the majority of topics. Often provided for the ar-

reas of motivation anxiety, and imagery, his detailed examples help the reader to better comprehend the topic at hand, if not already well-versed. Systematically organized, the discussions progress through a pattern: summation of principles of topic, case study, treatment resolution. The stories are short, and they are simply stated, in a manner that is easy to comprehend.

Lesyk is quick to point out that the principles of sport psychology can be utilized within a generalized population in addition to athletes of all levels for a variety of reasons. Suggesting that exercise therapy can be applied as a means of reducing anxiety and depression, he conveys that such activity benefits everyone from the most reluctant participant to the most traditional athlete. He suggests that using sport psychology skills within a generalized population is quite practical, as most people feel comfortable with the sport parallel as applied to non-sport life. He speaks of the psychological benefits of sport as being quite profound for those that have traditionally been non-participants or recreational athletes, especially for people experiencing depression and anxiety. Approached as such, Lesyk reminds us that sport psychology is not only about the elite professional athlete.

It's obvious that the author in

Book Review continued

tended for his work to be read by a diverse population, ranging from the athlete to the trained clinician to the person just curious about the field. The book is packed with anecdotes of real client experiences to compliment the theory behind the skills. For the individual well-versed in DMSR IV-R and the non-fluent, Lesyk is eager to provide easy-to-understand case study illustrations of theory.

Lesyk has created an honest and comprehensive summary of what the field is actually like rather than an idealistic piece on how wonderful it is to work with athletes. He doesn't make the journey to a practice focused on athletes glamorous or quick, more of one needing patience and nurturance. Among the highlight of the book is the often implied idea that it takes a long time for any individual to develop a practice focused on athletes alone and a reminder that many practitioners have a full practice outside of athletics to compliment their work.

Although the book provides a laundry list of certifications and associations, I'm not sure that the novice reader would have a certainty about which contacts to prioritize. Is this helpful? By giving each reference balanced attention, Lesyk makes it necessary for the reader to further investigate the provided information. However, it could have been improved had a supplemental list of how to prioritize contacts and which areas should be initially contacted for the most accurate information. AAASP certification is highlighted, but would have been more effective if backed up with a more in-depth list of qualifications. The section would have been increasingly effective had it been supplemented with a list of front-running academic programs to check out, as well as how to evaluate such institutions.

Lesyk addressed an often ignored and important aspect of the field in his extensive thoughts on marketing. Starting with a discus-

About the Reviewer...

Faye Weiner, M.Ed., received her training from Springfield College's Athletic Counseling program. Currently consulting part-time as a Sports Counselor, she works primarily with college athletes from Boston area universities. Specializing in ice hockey and field hockey, her practice also includes local recreational athletes.

sion on how strange it seems to advertise for counseling services, he convincingly remarks that it is essential to create a word-of-mouth reputation in the industry. Not only does he discuss potential places to approach, but also specifics on how to introduce yourself to the organization in a way that would be attractive and non-threatening. I think that is probably the most useful part of the book for professionals already in the field, as it might advance current advertising by sparking your imagination.

The book's conclusion includes a copy of the Mental Skills Assessment form (MSAF). What makes this such a great asset to the work is that it's so often referenced throughout the book. Being able to see the scale makes the discussions more real and concrete.

Although the book is brilliantly written, it does have a few shortcomings, including the two quite serious omissions: eating disorders and team building. How could these topics be neglected?

The author fails to include more than a one-line reference to eating disorders and body dysmorphism or team cohesion. Addressing bulimia and anorexia is not only essential, but also a responsibility of anyone portraying the world of sports. Coaches and teammates often ignore the existence - we as professionals cannot.

Team cohesion is a factor in any sport requiring two or more individuals. It is something

that affects every team, yet isn't a component in the book. Team captains and coaches deal with the dynamic on a daily basis, regardless of the win-loss ratio or individual statistics, thus making cohesion among the priorities of team building. It is an essential aspect of working with athletes on a team and something that will often need to be addressed.

Additional material which could have increased the effectiveness of the book include a more lengthy discussion of the types of sport psychology currently being practiced. The attention given to this was minimal. Lesyk addresses two main inquiries: What were your first questions about the field: Where do I work and exactly what do I do? The material provided implies that everyone is working within a counseling setting, rather than having other options in research and teaching. Although an important function of sport psychologists, the field would have been more clearly represented by including some information regarding research and educational disciplines.

Despite all of the references to imagery as a teaching tool and foundation, Lesyk misses several important issues involved. Can everyone learn to use the technique? How long does it take to teach imagery? What types of problems are commonly encountered? As with any form of learning, people are able to adapt and interpret things at different speeds. Like anything else, some people would have been more inclined to use and manipulate mental images more quickly than others. Athletes and non-athletes alike are often utilizing the principles of mental rehearsal long before they are cognizant that they have adopted this form of skills (such as in the case of common daydreaming). Pointing out that the learning curve of individuals being introduced to imagery is quite broad would have strengthened the discussion.

Lesyk has created an impressive introduction to developing a practice in sport psychol-

ogy. Immediately after reading the book, I passed it on to an acquaintance that has a private practice focused in adolescent psychology who was curious about the field; his reaction thus far has been congruent with mine. Developing Sport Psychology Within Your Clinical Practice: A Practical Guide for Mental Health Professionals is an excellent resource for trained psychologists considering migrating into sports. Is it as effective of a resource for people already involved? Not as much so; using it as a grass roots basic would probably be the more effective application.

Give this book to someone you know. Know an athlete looking for a mental edge? Find a sports enthusiast that wants to turn his or her passion into a career. Share it with a colleague looking to add some dazzle to a monotonous practice. Just make sure that you don't keep it a secret...

If you are interested in extending your trip to Nashville and would like to see some of the non-commercial sites in the area, you may want to check these two books:

Hiking Tennessee Trails by Evan Means (1999, The Globe Pequot Press), or

Natural Wonders of Tennessee by Ardi Lawrence and H. Lea Lawrence (1994, Country Roads Press)

Griffin assesses the role of sports in children's lives as it relates to what he calls "the agenda of childhood," those central issues children and adolescents face while growing up. This stimulating 168-page book leads one not only to examine the impact of sports on children in general, but to reflect on his/her own experience with sports. Griffin emphasizes the impact of parental involvement with respect to children's direction, ethics and skills. This book will also prove interesting to non-parents, especially those who participated in high school or college athletics, and to coaches of young people.

The author is a member of the College of Education and Social Services faculty at the University of Vermont, and previously taught at the secondary level. Griffin's experience as an athlete centered on baseball, and his baseball career extended through college, the U.S. Army, and amateur leagues. Although not a coach, Griffin has had an interest in application of coaching strategies to the classroom.

The impetus for this book came from a letter Griffin received from a parent of two young children who had read an article of his, "Helping Athletes Excel in the Classroom and on the Field." (1991). The parent who corresponded with Griffin wrote about he and his wife having a difference of opinion as to the benefits of sports participa-

Book Review

Sport in the Lives of Children and Adolescents Success on the Field and in Life

by Robert S. Griffin

(1998) Wesport, CT:
Praeger Publishers.

Contact Praeger Publishers/
Greenwood Publishing Group
at 1-800-225-5800 or
www.greenwood.com.

Reviewed by:

Gail Regan, M.S., P.T.

tion for children. The letter contained a major question regarding whether sport experiences prove important to other achievements in school and in life.

Griffin set out to answer that question, plus others, including: Does sport contribute to good character development, does participation in sports enhance academic development, does sport keep kids in school and how can parents provide support for children with athletic interests? In answering these questions, Griffin examines sport in the schools, race and class in all levels of sport, research in sport psychology and sport sociology, and how the popular media greatly influence the lives of almost all children. Most of the author's comments about sports focus on organized athletics for children ages 6-18.

However, when discussing race and social class in sport, Griffin points out that involvement in sports as a spectator can reinforce social identity.

The book contains nine chapters. Following the introduction, chapters 2 and 3 are titled, *Sports and Growing Up*, and *Sports and Academics*, respectively. In chapter 2, the author sets out his definition of the agenda of childhood, which serves as a framework from which to examine the effects of sports. With respect to many items on the agenda such as, personal autonomy, self-concept, and gender identity, the author draws on his knowledge of child development. The early chapters set the tone of the book by exposing the reader to many personal opinions and beliefs of the author. Griffin believes that if a child is invested in sports to a high degree, it is important he/she be successful; he feels children develop positively when they are successful in confronting challenges. To that end, he affirms guidance of the child, at times, away from sport.

Griffin views sports as an area that serves motivations of young people such as being part of social exchange, experiencing excitement, and personal challenge. One could argue with Griffin that self-referenced competence and mastering improvement of performance are motivating for children with a task-oriented goal perspective

(Elliott & Dweck, 1988; Nicholls, 1984). Griffin defines being successful in a sport as meeting the sport's standards, and goes on to give examples of success as judged by comparison with others' abilities. His views of success tend to have an ego involvement slant, although not termed as such in this chapter.

An interesting question posed in chapter 3 is, "Should students be denied sports eligibility because of poor grades?" When many parents and educators speak out in favor of tightening eligibility standards, the author boldly asserts that robbing a child of the benefits of an enjoyable activity is cruel. Another personal conviction set out here is that true students are those who seek more than what is assigned to them, and that sports involvement does not necessarily influence students to head in that direction. His notion of a true student is someone who learns independently, and is really in quest of knowledge rather than simply completing assignments and accumulating grades. Griffin contends that the nature of sports as fun and exciting may win attention of some children, and schoolwork will lose out. Having done my undergraduate work at a small liberal arts college where participation in athletics and a high level of academic performance are valued, I would argue that many of the athletic teams were (and are) comprised of people who became true learners prior to college entrance.

Chapter 4, *Does Sport Build Character?*, begins with Griffin's list of four traits of good character: responsibility, integrity, decency, and independence. The now familiar chicken-and-egg-type proposition is discussed here: Does sport participation help develop character or do people come to sports with self-confidence and a sense of enjoyment of the challenge to perform? There is an interesting discussion of several popular topics such as competition and cooperation, sports and conformity, and the notion that sports keeps kids out of trouble. Griffin brings up Bredemeir and Shields' (1993) concept of game reasoning, where egocentrism is valued and he

poses some questions intended to stimulate thoughts about the relation of sport and morality.

Chapter 5 deals with the prominence of sports in secondary schools. Many ideas presented here, while self-evident, are not often discussed within the school setting. Examples are that sports in public schools provide a vehicle of interest for childless taxpayers, and that sports programs can be satisfying for the adults in leadership capacities.

Chapter 6, *Girls in Sport*, is a comparison of boys' and girls' experiences in sports. Griffin draws upon several well-known sport sociologists' books here, and provides five interesting, personal narratives of girls active in high school sports. He cites the findings of the 1997 President's Council on Physical Fitness and Sport, and their report, *Physical Activity and Sport in the Lives of Girls*, criticizing its correlational evidence and speculative comments.

Coverage of the broad topics of social class, race and sports in chapter 7 is fairly brief. Griffin presents a realistic view of considering participation in sports as one contribution to personal success. Well-taken is the point that parents need to foster realistic career ambitions without squelching a child's hopes or dreams. In discussion of the perception of athletics as a "ticket" to college, the author steers the reader away from the issue of entrance to college and toward the issue of performance in college. He stresses the importance of athletes coming to college with the resources necessary to succeed academically.

Chapter 8, *What Makes Athletes Successful?* is divided into three categories: physical, characterological (personal), and mental. Griffin was thinking like an applied sport psychologist when he encouraged the reader to think about the generalization of attributes supporting achievement in sports to business and social arenas. The section regarding mental outlook follows the theme of task vs. ego orientation. Griffin goes more into depth here than earlier in

Book Review continued

the book with respect to these two basic orientations. He wisely points out that an individual's orientation may vary depending on the situation or that a person may be characterized by multiple motivations.

Much of the advice in chapter 8 is geared toward the parent who desires to foster athletic success in their child and is a perfect lead-in to the last chapter, *Parenting a Child in Sports*. The ninth chapter is admittedly, first a presentation of the author's beliefs about what constitutes good parenting in general. Seeing successful athletes as achievers, Griffin contrasts the achievers culture with the media and consumer culture of the U.S. The former cultural context provides athletes with support to develop as important, productive people; whereas the latter simply pushes that accumulating things can increase happiness.

Griffin admonishes parents to accept responsibility for being a vital force in the lives of their children. He feels that parents who justify less involvement because of other influences such as the media, peers, and adults in the school system are short-changing their children. In addition to parents, older children involved in sports, and of course, coaches, would benefit by reading this and reflecting on ideas discussed. In Griffin's quest to answer important questions about the effects of sports on the lives of young people, he has presented many findings from published research, as well as his own well-founded opinions formed over the years as an athlete and an educator.

He does have a tendency to be rather narrow in the number of sport sociologists and psychologists from whose work he draws; however, not wandering too broadly within those two fields lends to the cohesion and the brevity of this book. Much of the book consists of opinions of the author; but there is nothing deceptive in the way the opinions are clearly presented. The reliance on personal opinion is one feature distinguishing it from writings about similar topics by applied sport psychologists. In a way, the book is more

readable than some with multiple reference citations in the body of the work. Reference notes in chapter order appear at the end of the book. This book would be a good contrast to more formal peer-reviewed research in college classes preparing secondary and college educators, as well as coaches.

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Nicholls, J. (1984). *Achievement motivation: Conceptions of ability, subjective experience, task choice and performance*. *Psychological Review*, 91 (3), 328-346.

About the Reviewer...

Gail Regan is a physical therapist, working toward her interdisciplinary Ph.D. in education and psychology at the University of Missouri-Kansas City. She works in the AAASP Publication Office as a Technical Editor for Dr. Cynthia Pemberton.

Minutes of the 1999 Fall Meeting of the AAASP Executive Board

Attendance:

Robin Vealey (President)
Len Zaichkowsky (Past-President)
Andy Meyers (President-Elect)
Bob Brustad (Social Section Head)
Carole Oglesby (Health Section Head)
Trent Petrie (I/PE Section Head)
Cynthia Pemberton (Publications)
Justine Reel (Student Rep.)
Jim Whelan (Secretary/Treasurer)

Call to Order. Dr. Vealey called the meeting to order and welcoming Board Members and introduced agenda for the meeting.

Minutes. Pending minor changes the Board voted to unanimously accept the minutes of the Spring 1999 Executive Board meeting.

Conference Problem Solving. The web-based conference submission process was reviewed. Other issues under discussion included a different configuration of the keynotes, need for contracts with keynotes, and need to move the conference planning from the spring board meeting. It was decided that a conference Policy Manual was needed.

Dr. Whelan reported that conference pre-registration was 430 individuals (235 professional members, 194 student members, and 11 single-day registrants).

Secretary-Treasurer Report. Whelan reported that the Association continued to be financially healthy and that he planned to move the association finances to prospective budget for 2000. He reviewed the 1998 financial report to be presented at the Conference Business Meeting. In reference to the lower revenue for the 1998 conference, Dr. Whelan highlighted increased cost such as conference management, keynote speakers, and abstract book and lower revenue due to lower conference registration.

As for membership, Dr. Whelan reported that the number of members was likely to exceed the 1998 total by the end of the conference. He noted that membership growth continues despite a high rate of past year members who did renew. Whelan asked the board to consider a membership committee when discussing the reorganization plan.

Strategic Planning. Dr. Vealey provided an overview of the proposed strategic plan, including goals and objectives, and organization realignment. The organization plan calls for a nine-member Board. In place of the publication director and 3 section heads would be four divisions. The Science/Education Division would foster the empirically based knowledge of the field.

The Publications/Information Division would oversee information dissemination. Professional Standards Division would uphold standards. The Professional Development Division would focus on marketing and outreach. Other board assignments remained unchanged. Proposed time line for realignment was to institute changes by the Fall 2000 Board Meeting. This timeline includes proposing constitutional changes at the 2000 annual meeting.

Board discussed the need for an executive director and home office for any structure to operate effectively. It was proposed that a multi-year plan would be needed for such a move to ensure that the financing was available and role of this position was fully understood. Dr. Whelan recommended that board members return to the topic in the spring to develop a list of the functions that such a management contract would include.

Motion: Dr. Oglesby moved that the Board endorse the proposed restructuring plan that has four Division Directors (i.e., Science and Education, Publications/Information, Professional Standards, & Professional Development) replacing the Section Chairs and Publication Director. In addition, the board supports the two-year timetable for introducing the necessary constitutional amendments to the membership. Ms. Reel seconded this motion. Motion passed unanimously.

Board discussed specific goals and objectives in the strategic planning document. Proposed changes were discussed and Dr. Vealey agreed to integrate these changes into the strategic plan. Board members voiced clear support for the 3-year timeline proposed in the strategic plan.

Board Use of E-Mail. Board discussed the value of e-mail to facilitate Board and committee work throughout the year. There was agreement that e-mail communications were necessary, but members were concerned with appropriateness of e-mail voting on Board decisions.

Motion: Dr. Whelan moved that e-mail was an acceptable medium for board communication about how to implement decisions voted on at board meetings, development of policy and procedures, polling for board members' opinions, and discussion of new initiatives. E-mail was not acceptable for official Board votes, such votes can only occur at Board meetings. Dr. Oglesby seconded the motion. Motion passed unanimously.

Health Psychology Section Reports. Dr. Oglesby presented a draft of a health section definition paper for review. Continued progress in the development of liaison APA Division of Health Psychology was noted. An AAASP representative was invited to attend the next Board meeting of this division. No funds are requested.

Motion: Dr. Brustad moved that Dr. Oglesby attend APA Division of Health Psychology Board meeting as the AAASP liaison.

Executive Board Minutes continued

Dr. Zaichkowsky seconded the motion. Motion passed unanimously.

Dick Suinn will be the Health Keynote at the 2000 conference.

Dr. Oglesby will conduct an evaluation of the 1999 conference program.

Social Psychology Section Report. Dr. Brustad's efforts were dedicated on Senior Section Head conference responsibilities. He supported need for a Policy Manual for managing conference programming. Policy issues discussed included procedure for handling cancellations, uniform procedures for raters, and contracts for keynotes,

Board also discussed possible changes to conference program. For the 2000 conference it was decided to ask those submitting to the program to assign the submission to a topic area rather than sections. This change will better facilitate scheduling sessions. It was agreed that the program committee would attempt to eliminate the need for the pre-board meeting conference planning committee meeting by the 2001. Program committee also discussed moving away from a keynote dedicated to each Section.

Motion: Dr. Petrie moved that at all future conference programs include a Coleman R. Griffith Lecture and two other Keynote speakers. These Keynotes do not necessarily need to represent the three sections of AAASP. Dr. Pemberton seconded the motion. Motion passed unanimously.

Intervention/Performance Enhancement Section Head Report. Dr Petrie reviewed this Section's contribution to the Conference and he described the committee's work. Dr Petrie also noted the benefits to the new format for the Abstract Book.

Dr. Petrie presented board with logo options and suggested having the membership vote on their preference.

Motion: Dr Oglesby moved to have the options for a new AAASP logo and the currently AAASP logo placed on the Association's Web Site and have the membership vote on the possible adoption of a new logo. Dr. Pemberton seconded the motion. Motion passed unanimously.

Publications Director Report. Dr. Pemberton reported on publication office activities. She expressed concerns about difficulties with using bulk mail, and the need to enforce length of candidate statements. She noted that changes to newsletter format should wait until the board can decide if the newsletter will be moved to the web site.

Certification Review Committee Report. Dr. Damon Burton's (Chair) report recommended revisions of the certification requirements. Issues to address include requirement for ethics course, amount of sport psychology coursework, practicum requirements, guidelines for judging alternative learning experi-

ences, and reconsideration of single level certification. Boards discussed these issues, plus the need for a more efficient certification review process and recognition of professionals with different training backgrounds. This Committee was asked to consider these issues and provide specific recommendations for changes.

Dr. Burton report the difficulties experienced with the Re-certification process.

Student Representative Report. Ms. Reel reported that 27 schools registered for the 1999 Program Fair to present their graduate curriculum to students. Board recognized Rob Fazio for his efforts in organizing this event. A \$25 fee was charged to cover cost of setting up the room for the fair.

Ms. Reel presented the revised procedure for the Student Conference Grants. There were 8 conferences in 1999, but not all were eligible to apply for a grant. Three conferences did receive AAASP funds. The Board asked that applicants submit a budget agreement not to purchase alcohol with Grant monies, and acknowledge AAASP support and the AAASP conference in advertisements.

Reel presented results of a survey of students who attended the Region Student Conferences. An extensive report of this survey will be presented elsewhere. In addition, the board discussed a Statement of Concerns drafted after the Southwest Regional Student Conference. This statement highlighted the interest in accreditation and career advancement. The board hoped that the Graduate Training Committee would consider and evaluate this statement as they continued to study these issues.

Ms. Reel presented the idea of students selling t-shirts at the conference. It was suggested that this project should be discussed again at the Spring 2000 Board meeting.

Journal Editor Report. Dr. Bob Weinberg's (Editor) report highlighted that the last two journal issues have included 50% foreign authors and that the editorial board now includes members who do not live in the US or Canada. Dr. Weinberg noted that the two issues for 2000 were already completed. He anticipates no increase in expenses for 2000. Detailed Journal report included information about journal submissions, review process, and Editorial office expenses. Board applauded Dr. Weinberg for his dedication, leadership and efforts as journal editor.

Weinberg requested \$200-\$300 for his editorial assistant to attend annual conference. This request was discussed, but no action was taken. Board noted the need for policy for student assistants to all association committees.

Continuing Education Report. Gloria Solomon's (Chair) report 13 proposals were submitted to 1999 CE committee. The CE committee accepted five proposals and four are being offered during the 1999 Conference. Pre-registration for the workshop has been typical. Solomon is also developing a CE Policy

Executive Board Minutes continued

manual.

Past-President Report. Dr. Zaichokowsky reviewed the success of the conference submission process, the conference registration plans and the details related to the opening reception and conference banquet.

President-Elect Report. Meyers reported the results of the Awards committees. Dr. Frank Perna was to receive the Dot Harris early Career Award. Dr. Perna will give an address at the 2000 Conference and receive the award at that time. Dr. Tom Graham received the Dissertation Award and would present his dissertation at the 1999 Conference. Dr. John Heil was approved as an AAASP Fellow.

Meyers also reported that the 2002 Conference site would be at the Doubletree Hotel at Reid Park in Tuscon, Arizona. Meyers suggested a process for future site selection. In particular he noted that advantages of planning three years in advance, the need to consider convenience and price when selecting sites, and advantage of changing to a 3- or 4-geographic region rotation.

Adjournment. Dr. Vealey adjourned the meeting until 8:30 A.M. Sunday. All unfinished business will be brought to the Sunday morning meeting of the Board.

26 September 1999

Attendance:

Andy Meyers (President)
Robin Vealey (Past-President)
Len Zaichkowsky (outgoing Past-President)
Joan Duda (President-Elect)
Carole Oglesby (Health Section Head)
Vicki Ebbeck (Social Section Head)
Trent Petrie (Intervention/PE Section Head)
Cynthia Pemberton (Publications)
Michelle Magyar (Student Rep.)
Jim Whelan (Secretary/Treasurer)

Meyers welcomed new board members Drs. Joan Duda (President-Elect), Vicki Ebbeck (Social Psychology Section Head), and Ms. Michelle Magyar (Student Representative).

Web Site Report. Mr. Leon Laroque, new Webmaster, discussed his responsibilities with the web site, and work of Standard Digital Assets. Board discussed the need for changes to the program submission process and to the completion of Phase II. Both projects were to be completed before December.

Board discussed the need for a web committee and asked that this committee report to Dr. Pemberton. This committee will develop policy of links to the web site, make recommendations about

AAASP working with other web sites, and establish policy for listing links for Certified Consultants. This committee will also be responsible for the aaasponline.org webmaster.

The web site's phase II includes completing membership renewals on-line. It was recommended that AAASP enter a contract with InternetSecure to process the credit card payments. Whelan reported that the fees for processing credit card on-line are approximately 5% of each transaction. This means a 2-3% increase in fees for credit card payment.

Motion: Dr. Petrie moved that AAASP should enter into a contract to have InternetSecure process AAASP on-line credit card billing. Dr. Pemberton seconded the motion. **Motion passed unanimously.**

Dues Increase. Board discussed that the cost of doing business is increasing yet the AAASP fees do not consider increases in cost of doing business. It was pointed out that all fee increases had to be planned and reasonable. Whelan pointed out that conference budget should be considered separately from operations and journal revenues.

Motion: Dr. Petrie moved that the annual dues increase for 2000, conference registration fee increase for 2001, and journal subscription increase in 2002. Dr. Oglesby seconded the motion. **Motion passed unanimously.**

Board discussed the increased costs that formed the basis for a dues increase. Whelan pointed out the student fees are lower than the association's average cost per member.

Motion: Dr. Petrie moved that starting for the 2000 membership year student annual dues be \$60 US and professional and affiliate annual fees will be \$100 US. Dr. Oglesby seconded the motion. **Motion passed unanimously.**

Journal Publisher. Dr. Vealey reviewed the three Journal publication proposals that were under consideration during the last Board meeting. Following board discussion, Dr. Vealey recommended no change in publishers for 2000. She also recommended that the Board revisit the issue once additional proposals are solicited.

Motion: Dr. Petrie moved that Allen Press be retained as journal publisher for one year and that the Board reconsider proposals from other publishers at the next Board meeting. Dr. Pemberton seconded the motion. **Motion passed unanimously.**

Conference Abstracts. Some conference attendees were dissatisfied with the format for the conference abstracts. These members preferred the abstracts be included in a supplement of the Journal. Board revisited the rationale for this change. Publication in Journal-like format was 2-3 times more expensive. The

Executive Board Minutes continued

abstracts were not actually published abstracts because they were not distributed to all members and journal subscribers, just to those attending the conference. In addition, the timeline for getting the materials to the publisher prohibited an accurate supplemental publication in time for the conference. Finally, preliminary discussions with potential publishing houses suggest that there is little interest in including the abstracts as an additional journal issue.

Conference Program. Section heads discussed a number of issues related to the 2000 Conference. Issues reviewed included the number of keynotes (now 3 per year), the Distinguished International scholar as a biannual award, steps toward moving the program committee away from Executive Board, and eliminating 7 AM Committee meetings.

Keynotes contract will include invitations to attend entire conference (Wednesday night through Saturday night), airfare, and meals. If significant other accompanies speaker, AAASP will provide partner with day pass, reception ticket, and banquet ticket. AAASP will not pay for additional lodging or airfare. Drs. Oglesby and Petrie will develop a contract for speakers and work with conference management firm to provide arrangements for speakers. There is an annual pool of \$4000.00 for speaker honorarium.

Motion: Dr. Vealey moved that Dr. Meyers negotiate a one-year conference management contract with Centennial Conferences. Dr. Oglesby seconded the motion. Motion passed unanimously.

Adjournment. Dr. Petrie moved to adjourn this meeting of the Executive Board. Dr. Oglesby seconded the motion. Motion passed unanimously. Dr. Meyers adjourned the meeting.

Have you voted?...

Please:

- 1) Copy or cut out this form,
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- Rob Fazio
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Minutes of the 1999 Annual Business Meeting

25 September 1999

Call to Order. Dr. Vealey called the Annual Business Meeting to order at 6:30 P.M. The membership was welcomed and Executive Board members (the Board) were introduced.

Minutes. Dr. Ewing moved, Dr. Sachs seconded, that the minutes of the 1998 Business Meeting be accepted pending noted corrections. Motion passed by majority consent.

1998 Financial Report. Dr. Whelan presented the 1998 year-end financial report. There were no questions from the membership.

1998 Membership Report. Dr. Whelan presented the 1998 year-end membership report. Noted the decrease in total 1998 (n=979) membership compared to 1997 (n = 1020). Although AAASP continues to draw new members, an examination of the membership database suggests membership retention problems.

Awards. Dr. Meyers announced that recipient of the 1999 Dorothy V. Harris Memorial Award was Dr. Frank Perna and the recipient of the 1999 Distinguished International Scholar Award was Dr. Yuri Hanin. Dr. Thomas Graham received the 1999 Dissertation Award and Ms. Karen Collins received the 1999 Masters Thesis Award. Dr. John Heil was named as a new Fellow.

Dr. Vealey recognized the outgoing board members for their hard work and dedication to AAASP. Those leaving the board included Dr. Len Zaichkowsky, president; Bob Brustad, Social Psychology Section Chair; and Justine Reel, Student Representative.

Conference Sites. Dr. Meyers announced that the 2001 annual conference will be in Orlando, FL and the 2002 conference will be in Tuscon, AZ.

Program Fair. Dr. Vealey thanks Ms. Natalie Durand-Bush, Ms. Justine Reel and Mr. Rob Fazio for their hard work in developing and organizing the first ever "Program Fair." The objective of the Program Fair was to create a place within the conference where prospective students can interact with faculty and students from various graduate training programs. This year 30 programs participated, the session was well attended, and the feedback was positive.

President's Report. Dr. Vealey reviewed the past year's accomplishments. She highlighted the continued development of AAASP use of the web and the Board's focus on long-range strategic planning. She noted that the Strategic Plan was still under discussion and she encouraged the membership to provide feedback to Board members.

Constitutional Amendments. Dr. Vealey reported on the Board's position that the current organizational structure of AAASP and the Executive Board is incongruent with the efficient pursuit of the Association's missions. As part of the process of change, the Board presented the membership with 5 constitutional changes. The text of these changes appeared in the Summer 1999 Newsletter. The membership was reminded that a two-thirds vote is needed for an Amendment to the Constitution to pass.

Amendment 1 was the addition of Section 7 to Article VII. The addition of this Section was to provide the membership with a process to initiate Special Interest Groups (SIG).

Dr. Sachs moved to accept Amendment 1 as written in the Summer 1999 Newsletter. Dr. Danish seconded the motion. Discussion focused on interest in and viability of the SIGs. Some members question the reason why the SIGs needed to be included in the AAASP Constitution. 73 voted in favor of the amendment, 29 were opposed, and 15 abstained. The Amendment failed to pass.

Amendment 2 is a revision of two sections of Article II. These changes were proposed to more explicitly define the purpose of AAASP. These changes can be used to help restructure the organization and the Executive Board.

Dr. Sachs moved to accept Amendment 2 as it appeared in the 1999 Summer Newsletter. Dr. Scanlon seconded this motion.

Business Meeting Minutes continued

Brief discussion questioned particular word choices. No changes were proposed. 105 voted in favor of the amendment, 10 were opposed, and 4 abstained. The Amendment passed.

Amendment 3 is a revision to Article XI of the AAASP constitution. The purpose of this change was to clarify other organizations funding sources.

Dr. Dan Smith moved to accept Amendment 3 as it appeared in the 1999 Summer Newsletter. Dr. Sachs seconded this motion. Brief discussion about the particular revenue items were included in the amendment. 114 members voted in favor of the amendment, 3 were opposed, and no one abstained. The amendment passed.

Amendment 4 proposed changes to Article VI, Section 4. The objective was to open the voting process to include electronic voting using the web site and to give elected officers some preparation time prior to the conference.

Dr. Jim Taylor moved to accept Amendment 4 as it appeared in the 1999 Summer Newsletter with two modifications. The first modification was to replace the word "or" with the word "and" in the seventh sentence of the proposed Section 7. This change would mean that both electronic and paper balloting must be available to the membership. The second modification was remove from the ninth sentence the statement, "must be at least 30 days before the conference." Dr. Paul Salitsky seconded the motion. Discussion produced several concerns about changing the voting process and sentiments about changing the constitution. Dr. Silva moved to table the motion and a clear majority then voted to Table the motion to support the Amendment.

Amendment 5 proposed changes to Article XII sections 1 and 2. This proposal broadened and clarified who and how constitutional changes are initiated. It also moved the vote of constitutional amendments from the Conference Business Meeting to a mail or electronic voting procedure.

Dr. Petlichkoff moved to accept Amendment 5 as it appeared in the 1999 Summer Newsletter. Dr. Gill seconded the Motion. Dr. Danish moved that changes to the two sections of Article XII be considered separately. Dr. Richardson seconded this motion. Dr. Balague moved to accept the proposed changes to Article XII, Section One. Dr. Taylor seconded this motion. Dr. Sime moved to table the motion and Dr. Gill seconded. The motion carried by clear majority.

No other motions were made.

Elections. Dr. Vealey announced that Dr. Joan Duda was elected to the position of President-Elect. Dr. Vicki Ebbeck was elected Social Psychology Section Chair and Ms. Michelle Magyer was elected Student Representative. Dr. Vealey noted thanks to all who ran for office.

New Business. Dr. Scanlan asked for a straw vote on general support for the creation of Special Interest Groups. A clear majority of the attending members were in favor of this idea.

A member questioned the decision not to publish the conference abstracts as a special issue of the Journal of Applied Sport Psychology. Dr. Vealey pointed out that the abstracts were never distributed to subscribers as a special issue and, therefore, were not published abstracts. The abstracts were simply printed under the journal's banner and distributed to those attending the conference.

A student member asked the board to consider having only students vote in the election of the Student Representative to the Board. Dr. Vealey noted that the Board would consider this opinion at a future meeting.

Adjournment.

These minutes are submitted by:

James P. Whelan, Ph.D.
Secretary/Treasurer

1999 Membership Report

There were 1032 members for 1999. The following presents the membership by demographics.

...by Category and Sex

	Female	Male	Not Reported	Total
Professional	214	341	15	570
Student	241	204	16	461
Affiliate	1	0	0	1
Total	456	545	31	

...by Academic Training

	Professional	Student	Total
Psychology	295	233	528
Sport Sciences	247	174	421
Other	26	40	66
Not Reported	2	14	16

...by Country

Argentina	2	New Zealand	8
Armenia	0	Norway	4
Australia	25	Portugal	6
Belgium	1	Puerto Rico	2
Canada	102	Saudi Arabia	1
Chile	1	Singapore	4
Croatia	0	South Africa	2
Finland	0	South Korea	1
France	3	Spain	5
Germany	1	Sweden	1
Greece	3	Switzerland	1
Ireland	3	Taiwan	1
Israel	0	U. Arab	
Japan	10	Emirates	1
Korea	1	UK	37
Mexico	1	United States	803
		Not Reported	5

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