

FORWARD AND ADDRESS CORRECTION

Association for the Advancement of Applied Sport Psychology

Fall 1995

Association Promotion

Vol. 10, No. 3

President's Message



Penny McCullagh

Happy 10th Anniversary!

The traditional symbol for a 10th anniversary is tin or aluminum, whereas the contemporary symbol is diamond jewelry. I would say we have achieved a beautiful sparkle and have moved into the contemporary era. As we approach adolescence, I am sure we will continue to experience some growing pains. However, we've come a long way and have much to be proud of in our heritage.

The AAASP Spirit and Leadership

The AAASP spirit continues to grow and by all accounts, as shown by some of the costumes at our Mardi Gras Ball, a lot of us have a lot of spirit! I was amazed as I emerged into the office of President, how many people approached me offering assistance, volunteering time or words of support. And what was so great — you really meant it. I also realize that some individuals want to get involved but aren't sure how to get into eventual leadership roles. There are many avenues, but perhaps the most direct is through our committee structure. Contact committee chairs and see

if they need any help. Be a productive committee member and perhaps move into a committee chair position. Do a great job at this and have no fear - you'll be asked to do more! Unfortunately, it appears that some individuals have the perception that the organization is run by a select few. This is not the case! For example, last year over **100** individuals served the organization by sitting on committees or on the Executive Board. We are and will continue to be a grass roots organization!

Talking about leadership - a big thanks goes to our four retiring board members - Al, Susan, Linda, and Jean - you were great to work with and also a lot of fun to be around. Thanks! Thanks to all our outgoing committee chairs - Deb from Diversity, David from Outreach, Britt from Continuing Ed, and Robin and Mo from International Relations as well as their committees.

1995-96

As I noted in my Presidential Address, we have a lot of initiatives on the table ranging from hors d'oeuvres to whet the appetite, main courses to fill our mission and tantalizing desserts to put a finishing touch on our goals. As such, our upcoming year is filled with numerous issues:

- continuing to promote the science/practitioner model and enhance integration through our grant program, the development committee and our annual conference
- moving into internationality with our 1996 Williamsburg Conference
- better communication with the NCAA by coordination of efforts of an AAASP Task Force and the Sport Psychology Council
- enhancement of our profession through improvement of our ethical

standards, better outreach and marketing efforts for our members especially certified consultants, enhanced sensitivity to diversity and continued student involvement — establishment of some long-term goals to enhance the effectiveness of our organization.

Communication

At the conference I heard suggestions from many of you. If you have concerns or feedback during the coming year, please contact me via e-mail at: AAASP@Colorado.Edu

I will look forward to your suggestions. At times during the conference, I perhaps looked a little stressed and overwhelmed by the apparent enormity of my new job - while I still am a little overwhelmed, I am honored to serve as President and make a pledge to have fun doing it. □

Mark Your Calendars

**1996 - Williamsburg, Virginia
October 16-20**

**1997 - San Diego, California
September 24-28**

In This Issue

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On the Desktop...

Given that I haven't left myself too much room to recognize those individuals who have made my job as Publications Director run smoothly, I had better get to the point. I would like to thank the membership of AAASP who elected me, as well as all the EB members with whom I served with over my three year appointment. It has been a wonderful learning experience for me.

My Associate Editors, Drs. Brustad, Kelley, and Whelan made my job easy. Thanks! The Technical Editors who made the day-to-day activities to generate the Newsletters easier deserve recognition: Beth Stark, Arianne Poindexter, and Eric Shankel. Finally, two graduate students who kept me under control when it was newsletter time--Stephen Dorigan and Kevin Stefanek--Thanks! Also, my department was supportive of my position with AAASP.

Although this position is demanding, at times, the opportunity to serve AAASP has been a worthwhile experience. It was great being on the "cutting edge" of sport psychology as a profession. Members should get involved with this organization at any level they can.

In closing, I hope my staff and I provided you--the membership--with informative topics and, at times, controversial issues. Look forward to serving you and the organization in the future!

ABSTRACT BOOK AND BARREL BAG SALE

There are a limited number of Abstract Books and Barrel Bags with AAASP Logo for sale. They may be purchased for \$10.00 each plus \$2.50 postage by writing to:

Bill Straub
82 Sperry Lane
Lansing NY 14884

AAASP Membership

	N	%
Professional	458	53%
Student	410	47%
Honorary	3	1%
Females	382	44%
Males	489	56%
United States	736	85%
Australia	27	3%
United Kingdom	14	2%
Canada	68	8%
Japan	5	1%
Ireland	3	1%
New Zealand	3	1%
Norway	2	1%
Other:	13	2%

1994 AAASP Structure

President

Penny McCullagh

President-Elect

Maureen Weiss

Past President

Tara Scanlan

Secretary-Treasurer

Vikki Krane

Publications Director

Dale Pease

Health Psychology

John Heil

Intervention/Performance

Enhancement

John Salmela

Social Psychology

Neil Widmeyer

Student Representative

Christine Buntrock

Call for 1996 Research Grant Proposals

This will be the third year that AAASP has funds available to sponsor research grants. Preference will be given to proposals that:

- 1) clearly integrate material from at least two of the three sections of AAASP (Social Psychology, Health Psychology, Intervention/Performance Enhancement);
- 2) integrate research and applied practice; and/or,
- 3) require money to conduct a worthy project and funding resources are not available.

Budget requests can range from \$250 to \$5,000, but recognize that total funding for 1996 equals \$5,000. Applicants must have been a continuous member of AAASP for at least three years. If students do not meet this criteria, they should co-author the proposal with a professional member. Deadline for receipt of applications is **February 1, 1996**.

To receive application forms please contact:

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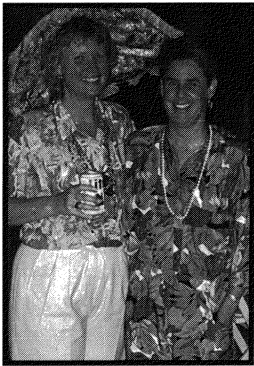
Eric M. Shankel
Boise State University

1995 Conference: A Review

New Orleans, 1995: What a Ball!

Maureen R. Weiss
President-Elect

The culture-rich, festive-filled city of New Orleans was the featured site for the 10th anniversary conference of AAASP.



Although exciting distractions existed at Bourbon Street, Café du Monde, and the Rock n' Bowl Club, it was clearly the conference program quarter, not the French Quarter, that was the rousing source of stimulation and

inspiration for the 500+ members who attended this year's conference. From the opening pre-conference workshops to the masked mardi gras ball (who can ever forget Jean Williams' Roaring 20's outfit!) responses were overwhelmingly in the positive on the conference organization, program quality, and social events assembled for the membership. Clearly, the numbers of AAASP endorsers keep growing and growing—and the sky is the limit for the future of AAASP achievements, impact on the field, and networking of professionals and students.

The 10th Anniversary program started on Tuesday with 3 filled-to-capacity pre-conference workshops, then proceeded to the traditional opening Coleman Griffith address on Wednesday evening given by John Silva, founder of AAASP and its first president. After yet another successful wine n' cheese reception (many people went with the "Hurricane" drink rather than wine!) where old and new friends networked and schmoozed, we were treated to an introspective look at AAASP via a Past - President's panel including: John Silva, Ron Smith, Bob Weinberg, Dan Gould, Larry Brawley, Michael Sachs, Charlie Hardy, and Jean Williams (a lineup certainly worthy of facing even the most feared

pitcher), who enlightened us with their reminiscence of issues faced and solutions provided in their years of leadership for the organization. This was a great idea and one that provided perspective on the organization's past, present, and future to both old and new members alike.

The mainstream program of keynotes, symposia, workshops, lectures, and posters commanded the majority of each day from Thursday through Sunday. This year, the program in general and lecture sessions (usually consisting of 5 to 7 12-minute presentations) were more deliberately organized around a central thematic topic (e.g., injury, cohesion, anxiety), rather than the previous mode of organizing sessions by the three AAASP areas of intervention, social, and health psychology. Based on both formal (i.e., written evaluations) and informal (i.e., solicited word of mouth evaluations), this was a great success and one that will be continued in the future.



Other highlights included: keynote lectures, all the workshops (several commented on the teaching sessions), opportunities for networking with professionals and students, and the overall AAASP spirit. Some areas identified as weaker ones were: keynote lectures, layout of the meeting area, quality of some posters, aspects of health psychology program, and lack of theoretically-driven practical sessions. A continuing problem is the low return rate of written conference evaluations, as only about 10% of those in attendance submitted their comments. A shorter form will be contained in the registration packet next year in an attempt to increase the return rate.

In addition to the 3 pre-conference workshops and 3 keynote lectures, there were 11 lecture sessions, 21 workshops, 16 symposia, 10 colloquia, 2 awards lectures (Dissertation and Dorothy V. Harris), over

100 posters, 3 sporting events (tennis, golf, run), and several other social activities. The commitment and enthusiasm evidenced by AAASP members in the form of submitting conference sessions, reviewing submissions, attending sessions, giving feedback to the Executive Board, and serving on committees are staggering in my opinion. The success and overall quality of this organization, and the conference in particular, have been and will continue to be power-driven by its members. Thanks to all of you who contributed in these ways to make the conference a success. Please do not hesitate to provide the Executive Board with additional feedback on suggestions for future conferences.

Our next stop is Williamsburg, Virginia on October 16-20, 1996, site of colonialism and early American history galore. The theme of the conference, the year of internationality, should also encourage you to reach out and specially invite your international friends and colleagues. Continue to submit your best work—whether it be in the form of workshops, symposia, or lectures—to our AAASP conference as we count on *you* to make each succeeding conference a resounding success for the field of sport and exercise psychology.

See you there! ☐



Awards, Recipients & Announcements

1995 DOROTHY V. HARRIS MEMORIAL AWARD

AAASP is proud to announce the recipient of the third Dorothy V. Harris Memorial Award. The Award acknowledges the distinguished contributions of Dot Harris to sport psychology by recognizing the efforts of an outstanding scholar/practitioner in the early stage of his/her scientific and/or professional career.

Vikki Krane

Anxiety and Stress:

Reflections of the Past and Visions for the Future

I am honored to be the recipient of the Dorothy Harris Award, and grateful that I had the opportunity to meet and be inspired by Dorothy Harris. She truly was a pioneer and has laid important ground work for me to be able to pursue my interests in sport psychology. I'd like to mention the people who have been integral in my development in sport psychology. I am fortunate to have been able to study with people who I consider to be at the top of our field: Jean Williams and Dan Gould. Their guidance and assistance is immeasurable, without it I would not have developed as I have in sport psychology. I'd also like to thank my family for their support.

It is interesting that I have been presented the Dorothy Harris Award at the 10th Anniversary Conference of AAASP. It was 10 years ago that I attended my first sport psychology conference at Jekyll Island and presented my thesis research. I feel like I have grown up, professionally, with AAASP. As my mentors were highly involved in AAASP leadership, many opportunities were provided for me also to become, and remain, involved. And it is a special honor to be recognized by the members of this organization.

The remainder of my talk is organized round two central themes: my reflections of the past and visions toward the future. My reflections of the past address my theory-to-practice approach to examining competitive anxiety while my visions toward the future address a practice-to-theory approach to examining stress in sport.

Reflections of the Past: Competitive Anxiety Research

My research on competitive anxiety began when the multidimensional theory of anxiety (Martens et al., 1990) was first emerging in the literature, which has served as the foundation for all of my research on competitive anxiety. I have tested various aspects of this theory and have shown that cognitive and somatic anxiety have different temporal patterns prior to competition (Krane & Williams, 1987), have different antecedents (Alexander & Krane, in press; Krane, Williams, & Feltz, 1992), and differentially relate to performance (Krane, 1990; Krane & Williams, 1994), supporting the validity of the multidimensional anxiety theory. However, as my research progressed, some important limitations of this theory became apparent and I began to focus on the catastrophe model of competitive anxiety. This model had strong intuitive appeal, but little empirical support in sport at the time I became interested in it. As I attempted to test this model, it became apparent that anxiety needed to be assessed throughout a competitive event. A brief measure of anxiety, that could be used in such a situation, had been developed, but not sufficiently validated. Thus, I conducted studies to test the validity of the Mental Readiness Form (a three item measure of anxiety and confidence) (Krane, 1994). Then I proceeded to test catastrophe model predictions by assessing anxiety immediately prior to softball batting performance throughout a tournament (Krane, Joyce, & Rafeld, 1994). This study provided some support for the catastrophe model, but left many unanswered questions. Presently, I am still investigating aspects of the catastrophe model.

Visions Toward the Future: A Critical Theory Approach to Stressors in Sport

Several sport psychologists have emphasized the need to consider issues related to the quality of life of athletes (Carron, 1993), promoting decency in sport and protecting the welfare of athletes (Singer, 1984), enhancing the social relevance and impact of sport, and contributing to ethical guidelines in sport (Vealey, 1994). Traditionally, sport psychologists have steered away from promoting values, instead focusing on a value-free approach to performance

enhancement. Yet contextual issues, such as sexism, racism, and heterosexism/homophobia, beg the need for our attention. Each of these social issues are common sources of stress for athletes, yet they are infrequently addressed in sport psychology. I consider each of these as ethical and contextual issues that need to be acted upon.

Sport psychologists typically have approached sport within the structural-functionalist framework, focusing on helping athletes perform and fit into the current system. This perspective emphasizes that sport is good, fair, and just, and that participation in sport will result in many positive benefits. However, Dewar and Horn (1992) point out the paradox within the traditional structural-functionalist perspective of sport: research in sport psychology has focused on the notion of "sport as neutral and unproblematic" (p. 19), yet, evidence shows that sport is based on the values of the dominant segment of society. As Dewar and Horn state, "The danger in this is that we will explain any differences in terms of 'problems' within those who are different and fail to ask what it is about the sport experience that may elicit such differential behaviors" (p. 20). Conversely, when applying critical theory, we begin to ask what's wrong with the system, and move away from traditional approaches to sport. A critical theory approach to sport provides the framework to address how sport contributes to social problems such as sexism, racism, and heterosexism.

A critical approach to sport leads me to ask the following question: Are we acting in the best interest of the athlete by helping her or him fit into the current sport system - that is, one in which some people are valued more than others and consequently, other people are marginalized. In other words, are we trying to fit a square peg into a round hole. Certainly we can teach athletes to be mentally tough. We can teach techniques to enhance their performances. We can also teach them how to cope with coaches and teammates who may be racist or homophobic. But is this really helpful for the athlete? It seems to me that we should be working toward changing the system to make discriminatory and marginalizing practices unacceptable. Critical theory is

one framework in which this can be addressed.

Critical theory (a) is largely concerned with issues of marginalization and empowerment (Rhode, 1995); (b) incorporates the values of the researcher into the research process (i.e., it is not value-free); and (c) seeks to emancipate individuals from domination (Habermas, 1973). I assume that one of the goals of applied sport psychology is to create a positive environment for participants of sport and physical activity. I would argue that such an environment would be accepting of all individuals, regardless of ethnicity, gender, race, sexual orientation, and other individual difference factors. Critical theory broadly suggests that to achieve this ideal, social change is needed. Through a critical theory approach to sport, which I strongly believe is needed, we can address the structure and context of sport participation - directly addressing issues such as racism, sexism, and heterosexism - and truly act in the best interests of the athletes with whom we work.

I'd like to get back to the point I made at the beginning of this talk: a practice-to-theory approach to sport psychology practice. I have been involved in qualitative research with lesbians in sport. I have employed a critical feminist perspective to guide my inquiry, yet it was my practical involvement that led to this research. Through my involvement in sport, it became apparent that any female in sport cannot evade the influence of homophobia. Whether one is a lesbian or not, the fear of being labeled and stereotyped as such is always present. Concerns from observations and consultations with female athletes eventually led to the development of a conceptual framework of lesbians in sport (Krane, 1995). This framework was derived from the literature on lesbians and homophobia (mostly in sociology, counseling, and psychology) and has been applied to sport. This framework, subsequently, has served as a guide to my current research with lesbians in sport which hopefully will lead to interventions, or social change, in sport.

There are many contextual issues in sport that can cause a great amount of stress on athletes. These issues arise in our consulting with athletes, but also need to be addressed in our research. While we should

continue to employ a theory-to-practice approach within sport psychology, a practice-to-theory approach is also necessary. It also is important for sport psychologists to critically evaluate sport environments and truly act in the best interests of the people with whom we consult. A critical theory approach to issues such as sexism, racism, and heterosexism provides the avenue to do so. This is my vision for the future.

CALL FOR 1996 DOROTHY V. HARRIS MEMORIAL AWARD NOMINATIONS

AAASP is pleased to accept nominations for the Dorothy V. Harris Memorial Award. The Award acknowledges the distinguished contributions of Dot Harris to sport psychology by recognizing the efforts of an AAASP scholar/practitioner in the early stage of his/her scientific and/or professional career. The Award may not always be given annually. When given, the Award consists of a plaque, \$200 research grant, and a waiver of the registration fee for the conference in which the award is announced. Also, the recipient gives a 20-30 minute presentation summarizing his/her research/applied activity during that conference.

The recipient of the Award must meet the following criteria:

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

Evidence for this 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.

AAASP members who feel qualified can nominate themselves and are encouraged to do so. In addition, AAASP members are encouraged to nominate qualified individuals for this award. The letter of nomination should be accompanied by three copies of the following:

1. an updated curriculum vitae;
2. a one-to-two page summary of the nominee's work; emphasizing the basic/applied importance of that work;
3. reprints of five publications;
4. a letter of recommendation concerning the nominee's qualifications for the award; and,
5. the names, addresses, telephone numbers of two additional individuals who would write letters of recommendation for the nominee if called upon to do so.

Address all questions and nominations to the President-Elect (Maureen Weiss), who shall chair the review committee. All nomination materials and recommendations must be received by **March 15, 1996**.

1995 DISSERTATION AWARD

Carl Hayashi

AAASP is proud to acknowledge the recipient of the AAASP Dissertation Award. The award recognizes excellence in doctoral dissertations conducted on a topic involving exercise and/or sport psychology.

The recipient of the 1995 Dissertation Award announced at the New Orleans Conference was Carl Hayashi. He was recognized for his dissertation titled, "Achievement motivation among Anglo and Hawaiian participants involved in physical activity: Goal orientations and social contextual factors." Dr. Hayashi received his Ph.D. in 1994 from the University of Oregon under the direction of Dr. Maureen Weiss. He is currently an assistant professor in the Department of HPER at Texas Tech University, Lubbock.

Dr. Hayashi's study focused on sources of motivation identified among western- (e.g., Anglo-American) and eastern-oriented (e.g., native Hawaiian, Anglos socialized in Hawaii) exercise participants. Study participants included 15 male weight

Awards ..., Continued from Page 5.

training participants, 5 in each of the groups named above.

Indepth interviews were conducted to determine: (a) achievement goal orientations (i.e., "how do you know when you are successful in weight training?"; and, (b) motivational climate of the weight room (i.e., "What is valued in the weight room?", "What is evaluated in the weight room?"). Goal orientations and motivational climate have been found to be crucial factors in explaining individuals effort and persistence in physical activity, and especially the likelihood of continued motivation in the future.

Results revealed both similarities and differences among the groups. Similarities included all participants identifying task (i.e., mastery of skills) and ego (i.e., desire for successful outcomes) goal orientations as important. Differences in goal orientations were primarily seen in the Hawaiian group, with these individuals also describing an interdependent goal orientation—one in which participants desire a reliance upon and interconnectedness with their fellow lifters. With regard to motivational climate, similarities in culture included identification of independent and cooperative goal/reward structures. The main difference came again for the Hawaiian group, with the identification of in-group pride as a major source of goals seen as valued in the weight room.

This study was important in extending previous literature that, to date, had been primarily the exclusive focus on Anglo groups. Dr. Hayashi is seeking to fill a "void in the field" (Duda & Allison, 1990) by testing the suitability of exercise psychology concepts and theories to other cultural groups.

CALL FOR DISSERTATION AWARD APPLICATIONS

Applicants for the Dissertation Award (assuming submissions met the standards set for the award) must meet the following guidelines:

1. complete a dissertation between 1/1/95 and 12/31/95 on a topic involving exercise and/or sport psychology;
2. membership in AAASP for the application year and year preceding application;
3. submit one copy of the entire

- dissertation and give copies of an abstract (title and content; three single spaced pages); and,
4. include a letter of support (two pages maximum) from the chairperson of the dissertation committee and a signed cover sheet (used by universities and signed by dissertation committee members indicating acceptance and completion of dissertation work) with the application.

Deadline for receipt of all material is **March 1, 1996.**

Address all questions and applications to the President-Elect (Maureen Weiss) who chairs the review committee. No committee members will have direct involvement with any of the dissertations. Initial screening consists of blind review of the abstracts; final screening adds the letter of support and an evaluation of the entire dissertation. The evaluation criteria equates to that used to review manuscripts for the *Journal of Applied Sport Psychology*.

ANNOUNCEMENT OF NEW FELLOWS

The Executive Board of AAASP is proud to announce that during 1995 the following members were granted Fellow status: **Shane Murphy and Linda Petlichkoff**. This recognition is considered a very special honor, expected to be awarded to fewer than 10% of all AAASP members. Fellow status demonstrates the pursuit of excellence in the field of sport psychology and commitment to the goal and long-range activities of AAASP. Only Fellows and Fellow Emeriti can vote on issues related to certification standards, ethical principles and professional standards.

CALL FOR FELLOW NOMINATIONS

Members desiring to become a Fellow shall meet the following criteria:

1. demonstrated high standards of professional development by committing directly to the goals and long-range activities of the Association as evidenced by activities such as presentations at Association conferences, member-

- ship on Association committees, contribution to Association publications, and significant contributions in the area of interventions in sport psychology;
2. a doctorate from an accredited institution in a field related to sport psychology;
3. been a member of the Association for at least three consecutive years;
4. made significant contributions to the scientific body of knowledge in sport psychology as evidenced by a distinguished record of publications; and,
5. received approval from the Fellow Review Committee.

We encourage members to nominate others for Fellow status or to nominate themselves if they feel qualified for this distinction. Send all nominations to the President-Elect (Maureen Weiss), who chairs a Fellow Review Committee comprised of the three Section Chairs. Dr. Maureen Weiss will forward the nominee a copy of the application materials.

Regardless of how an individual is nominated, the following application materials and references must be in the hands of Dr. Maureen Weiss by **March 15, 1996** for consideration in the 1996 review process: (a) four copies of a one-page completed application form (available from Dr. Weiss) and (b) four copies of the candidate's curriculum vitae.

In addition, the candidate should send Fellow Candidate Reference Forms to two members of the Association, at least one of whom should be a Fellow, in time for those individuals to return a recommendation by **March 15, 1996.**

To receive information on the Dorothy Harris and/or Dissertation Awards as well as Fellow nominations contact:

Dr. Maureen Weiss
AAASP President-Elect
1240 University of Oregon
Department of Exercise and
Movement Science
Eugene, OR 97403-1240
(503) 346-4108 (office)
(503) 346-2841 (fax)
E-mail: mrw@oregon.uoregon.edu

Smith College Receives Grant!

Nike has awarded Smith College \$81,475 over two years to underwrite two research fellows (students pursuing an MS which focuses on educating collegiate coaches for women's athletics). As part of the grant, research fellows will conduct three coaching symposiums (1 for volunteer coaches, 1 for junior high and high school coaches, and 1 for college coaches), run 10 sports days, and run two 1-week sessions of a sport/academic day camp for underserved youth. All of these programs focus on female sport participants.

Nike Research Fellowships. Two research fellowships are available for individuals interested in formulating and implementing projects related to sport participation, coaching practices, and the development of self-esteem in girls. Fellows will also pursue full-time study for a master's degree with a specialization in coaching women. Candidates should have an undergraduate academic record of high caliber with considerable undergraduate preparation in psychology, research methods and statistics. As well, individuals should have advanced skill and/or experience coaching/teaching two different sports. Stipends are \$8,450 and carry a full tuition waiver.

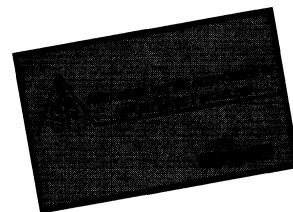
For application materials contact:

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Graduate Coordinator
Department of Exercise and
Sport Studies
Smith College
Scott Gymnasium
Northampton, MA 01063
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Australian Sport Psychology Scholar Award

Dr. Jean Williams (The University of Arizona) is the recipient of the 1996 Australian Sport Psychology Scholar Award. Dr. Mark Anshel, University of Wollongong, is the award's founder and coordinator. The award consists of a 6-week, all expenses paid, trip to Australia, where the scholar shares his or her knowledge and expertise through lectures to academic and community groups, planning and/or implementing research with Australian academics, and consulting with graduate students, academics, and coaches. The scholar visits all campuses that have co-sponsored the award. Participating institutions include: the University of Wollongong, Sydney University, the University of Western Sydney, the Australian Institute of Sport, the University of Canberra, Victoria University of Technology, South Australian Sports Institute (Adelaide), La Trobe University, the University of Queensland, the University of Southern Queensland, and the University of Western Australia. This unsolicited award is offered to a person who has exhibited a prolific research record in applied sport and/or exercise psychology, has made a significant contribution to the field, and has benefitted academics and practitioners in Australian sport and exercise psychology. Dr. Williams will visit Australia in September and October. While in Australia, Dr. Williams will present a keynote address at the annual conference of the Australian Psychological Society in Sydney. Dr. Williams is the third recipient of this award, previously accepted by Drs. Dan Gould (1994) and Robin Vealey (1995). □

AAASP Initiates Fund Raiser



AMERIVOX PHONE CARD

The Development Committee introduced AAASP's first fund-raiser, Amerivox pre-paid phone cards, at the New Orleans conference. We still have cards available so don't miss out on the opportunity.

SAVE 50% on long distance phone calls and SUPPORT AAASP at the same time!

COST \$30.00

You can request a promotional card which has 10 minutes of free calling time on it.. The cost is \$30.00 which includes: \$10.00 (one-time only activation fee), \$20.00 calling time (more can be added as you use it up), and 30 min. (approx. \$10.00) free calling time for signing up. You can automatically add more calling time if you have a credit card number on file with Amerivox.

BENEFITS

*AAASP receives a percentage of income based on the amount of calling you do with the card. The more you use the card, the more AAASP benefits and the more YOU save.

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*The Amerivox card makes a great holiday gift or stocking stuffer. Get one now!

For more information contact:

Karen Cogan
UNT Counseling & Testing
Center
P.O. Box 13487
Denton, TX 76203
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E-mail: cogan@dsa.unt.edu

MUSICIANS APPLY WITHIN

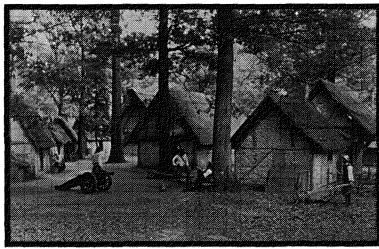
Do you have an interest in early American music? Now is the time to begin thinking about getting together in Williamsburg to play, sing, and maybe perform for our colleagues. For now, network through:

Kate F. Hays, Ph.D
The Performing Edge
21 Green St.
Concord, NH 03301
Phone: (603) 225-2985
Fax: (603) 224-8349

Williamsburg 1996 Program Starting To Take Shape Neil Widmeyer Senior Section Head

Yes we actually have some program presentations finalized already of the 1996 conference in Williamsburg! In the area of Health Psychology, we have a three part package consisting of (a) a keynote address, (b) a symposium and (c) a workshop. These presentations are devoted to identifying population health needs developing

population health programs, and monitoring population health trends. The keynote address which will describe findings on population-wide approaches to physical activity promotion will



be given by Nevelle Owen, Head of the School of Human Movement Sciences at Deakin University in Melbourne, Australia. In the symposium, Dr. Owen will be joined by Dr. David McQueen, Chief of the Behavioral Surveillance Board at the Centers for Disease Control in Atlanta, and Dr. David Russell who is director of the Life in New Zealand Activity and Health Research Unit at the University of Otago in New Zealand. The symposium will describe national surveys of health-related population behaviors. During workshop, AAASP members will get the opportunity to work through the process of designing a survey of the health-related behaviors. This hands on experience is designed to have participants learn (a) the politics of attracting support and funding, (b) how to select and assess population parameters, and (c) how to plan for and monitor subsequent population behavior change programs. This promises to be a very stimulating and informative package that will be beneficial to all AAASP members.

Another major presentation which has taken shape is a symposium organized by Dan Gould entitled "Sport and Exercise Psychology: A Global Perspective", For this event, Dan is assembling a team of top international players representing Australia, Korea, New Zealand, Norway, Russia,

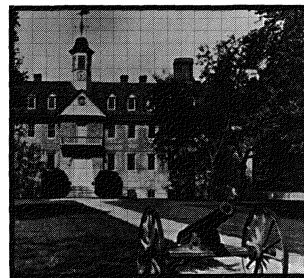
Spain, and the United Kingdom. Each of these invitees will address (a) the demographics and training of sport psychologists in their country, (b) the status of research, (c) the status of professional practice and (d) the knowledge and practices in their country that may facilitate developments in North America.

LATE FLASH

Our Coleman Griffith address will be presented by a most distinguished colleague, Dr. Lew Hardy, from Wales. Dr. Hardy is professor of Health and Human Performance in the School of Education at the

University College of North Wales in Bangor. As a leading performance enhancement researcher and highly experienced sport psychology consultant, Dr. Hardy epitomizes the scholar-practitioner model so core to AAASP.

While we are excited about having these five international presentations in place, we want to encourage all AAASP members to make submissions for this year's program.



This year we will again have all submissions go through the Senior Section Head (Neil Widmeyer) who will set out to organize lectures and posters around themes (e.g., injury rehabilitation, achievement, group dynamics, anxiety, etc.). We must warn you that because the mails to Canada are notoriously slow all submissions will have to be postmarked by February 23rd or arrive by overnight mail on March 1st. Given that 119 faxes had to be retyped this year, we will not accept faxes from North America. So please plan ahead. The programs at AAASP just keep on getting better. Let the trend continue! □

Hoop Dreams

The following are two brief reviews of the highly acclaimed documentary film *Hoop Dreams*. The first perceives the movie as an illustration of the negative aspects of sport. The second reviewer takes a more positive approach by providing sound ideas for how the film may be used as a springboard for class discussions.

Reviewer: John M. Noble
University of Colorado, Boulder

Director Steve James spent four years documenting the lives of two teenagers who loved to play basketball. The film provides such intriguing insights into the lives of Arthur Agee and William Gates that you feel like an embarrassed voyeur. James has dramatically captured the irony of two kids who are so powerful and talented physically, yet so powerless in directing their own, young lives. Early segments of the film depict two teens who dream of making the big time, but as the film progresses we see those dreams begin to collapse. Arthur returns to his inner-city public school from a powerhouse parochial school program and William never achieves the level of performance expected by his family and coaches. Furthermore, each realizes that he is being used by a system that expects commitment from them but fails to return it, and by a system that cares about their development as a basketball player but very little about their development as a person.

Hoop Dreams may have had a better chance of earning national film awards had it not been a documentary. But if Steve James had attempted to cast the characters in this film, he would not have found more authentic actors than those he had to work with in real life--Gates, Agee, their parents, families, coaches, and friends. Although *Hoop Dreams* would appear to be a sports movie, it is really a movie about life both on and off the basketball court. *Hoop Dreams* is about religion and drugs, teen pregnancy and gangs, racism and sexism, poverty and intimidation. *Hoop Dreams* is about winning and losing, but more about losing. More than anything, *Hoop Dreams* is about control and manipulation.

In a telling scene near the end of the movie, we see William in a final meeting

A NEW USOC--AAASP PARTNERSHIP

Olympic World opens to Interested Certified Consultants, AAASP

August, 1995

We are delighted to announce that the USOC Sport Psychology Advisory Group (SPAG) and the Executive Board of AAASP enthusiastically have agreed to a new and productive partnership: **AAASP will serve as the official certifying body for the USOC Sport Psychology Registry** (passed at the April, 1995 AAASP Executive Board Meeting with Sean McCann in attendance). This mutually beneficial partnership will increase the size and effectiveness of the USOC Registry, and provide new and exciting opportunities for AAASP Certified Consultants.

Criteria for Membership on the USOC Registry. As AAASP is the official certifying body for the USOC Registry, all new Registry members must attain and maintain AAASP Certified Consultant status, and accordingly, membership in AAASP. For ethical and legal reasons elaborated below, Registry members also are required to maintain membership in the American Psychological Association (APA).

Choices and Opportunities for AAASP Certified Consultants. Membership on the USOC Registry is completely optional for AAASP Certified Consultants. If Registry membership is not desired, then no further action is required. One remains a Certified Consultant but not a Registry member. If Registry membership is desired, then the Certified Consultant joins APA and follows the procedures stipulated below by AAASP and the USOC.

USOC's Clarification of the APA Membership Requirement. APA membership is a new requirement for all Registry members. The requirement was added as the only feasible mechanism to deal with potential ethical and legal problems among current Registry members. APA has legal experts and an excellent ethical education program to work with problems of professional misbehavior.

There should be no concern by qualified people regarding obtaining membership in the APA. Numerous sport psychologists with sport science/physical education degrees, rather than traditional psychology backgrounds can and do join APA. Moreover, if one has the credentials to achieve Certified Consultant status in AAASP, then

there should be no concern regarding APA membership. Finally, the President of APA's Division 47, has pledged support to help all sport psychologists obtain membership.

Finally, joining APA costs money, and this will be a hardship for some Registry applicants. It is the USOC's hope that AAASP Certified Consultants also will see the many benefits in joining APA and being part of the USOC Registry.

New USOC Sport Psychology Registry Procedures. Below are new procedures specific to the Registry and, while supported by AAASP, are internal to the the USOC and its administration of the Registry.

*The USOC has updated a number of elements of the Registry, including the application process, information included on the Registry, and some new requests of Registry members.

*All current Registry members, as well as any new applicants for the Registry, will need to fill out an application form. ***All AAASP Certified Consultants who are also members of APA, will meet criteria for acceptance on the Registry.***

*Included with the application will be an information sheet listing a number of items that the USOC Sport Psychology Advisory Group (SPAG) believes will help Olympic athletes and coaches in choosing sport psychologists. Our hope is that the Registry will become much more customer driven and customer oriented, by explaining the various skills of sport psychologists and providing information on the backgrounds of the Registry members.

*All Registry members will be asked to donate 10 hours of pro bono work with national team athletes annually, if requested to do so by a National Governing Body.

*"Senior Registry Members." As a mechanism to increase communication between Registry members and the USOC, and as a means of recognizing long-term efforts to serve the USOC's coach and athlete population, the USOC SPAG has created a category called Senior Member, USOC Sport Psychology Registry.

Senior members will have five years of professional experience, will be Registry members for at least one year, and will

submit three letters of reference from sports organizations in the Olympic Family (e.g., National Governing Bodies, Disabled Sports Organizations, and other USOC affiliated organizations). One of these organizations should be able to fill out a brief consultant evaluation form for the USOC Sport Psychology Program. We believe these steps will establish a data base that will be extremely helpful in describing the value of sport psychology services within the USOC.

In addition to the information gained by the USOC, the Senior Member status will recognize efforts of long time professionals, while encouraging younger Registry members to develop relationships with Olympic Family Clients.

A Final Word. We are delighted with this new partnership between the USOC and AAASP. Moreover, the cooperation between us, as well as the APA, shows that organizations can coordinate efforts productively, amicably, and for the greater good. The enhanced quality this combined effort brings to the delivery of sport psychology services, and the new opportunities it affords to AAASP members, are stunning.

Sean C. McCann
USOC

Tara K. Scanlan
AAASP

Winter Newsletter Deadline

*The deadline for submitting information to be included in the Winter Newsletter is **January 20, 1996.** Please send information to:*

Dale Pease
Publications Director
AAASP Editorial Office
Health & Human Performance
123 Melcher Gym
University of Houston
Houston, TX 77204-5331
(713) 743-9838

10th Annual Conference Tournament Results

FIFTH ANNUAL AAASP MASTERY RUN

The Fifth Annual AAASP Mastery Run was held on Saturday morning Sept. 30th, in hot, humid weather along the banks of the Mississippi River - a fine morning for a 5 kilometer (3.1 mile) run. The path was three loops out and back along what is called the River Walk. The run was filled with good performances and superb camaraderie for the 25 hearty souls (50 hearty soles!) who came out bright and early to run. A short course aided in faster than expected times.

The winners in the various categories were as follows:

Performance: Brendan Hackett came all the way from Dublin, Ireland to capture the men's crown in 15:44; Patricia Russell came all the way from Huntsville, TX (a bit closer) to not only win the women's crown in a time of 16:33 but finish second overall! Congratulations to both on fine performances.

Mastery: Gregg Tkachuk from Winnipeg, Canada, edged out Byoung Jun Kim, Greensboro, NC, in an exciting finish, coming within 9 seconds of his predicted time (Kim was only 12 seconds off). Laura Schneider, Ft. Worth, TX, was the first female in this category, 1:11 off her predicted time.

Team: Michael Sachs, Philadelphia, PA, and Kate Hays, Concord, NH, were only 4:51 off their predicted team time.

Visualization: Doug Asher, Tucson, AZ, was victorious in this category visualizing use of all his senses simultaneously in a harmonious fashion.

Excuses, excuses, excuses: A special mention goes to Rebecca Rogers, Denton,

TX, for her superb and creative performance in this category. Rebecca, enlisted the aid of David Letterman (spiritually, not literally) to come up with her:

Top Ten Excuses For Not Doing The Mastery Run

10. My Nikes don't match my AAASP name-tag.
9. Three words: Social Physique Anxiety.
8. I decided to swim the Mississippi instead.
7. I couldn't tear myself away from the slot machines.
6. I was working on my dissertation at the Café du Monde.
5. Two words: Live Orgy.
4. The anticipation of a large group running behind me in New Orleans triggers PTSD symptoms.
3. I was feeling kinda jumbo after eating all that gumbo.
2. One word: Hung-over.
1. I was afraid my major professor would grade me on my performance.

The finishers, with apologies for any misspellings:

Place	Time	Finisher
1	15:44	Brendan Hackett
2	16:33	Patricia Russell
3	16:53	Chris Schoen
4	17:05	Dominick Lacouara
5	17:31	Lisa Herman
6	17:47	Winston Purkiss
7	18:12	Eric Cooley
8	18:30	Jennifer Lang
9	19:23	John Noble
10	19:48	Byoung Jun Kim
11	19:51	Gregg Tkachuk
12	21:19	Laura Schneider
13	21:28	Julia Collins
14	21:55	Michael Greenberg
15	22:03	Nancy Diehl
16	22:32	Michael Sachs
17	22:32	Paul Salitsky
18	23:59	Richard Cox
19	24:05	Camilla Clark
20	24:11	Anne Garcia
21	24:15	Courtney Johnson
22	26:19	Kate Hays
23	26:56	Anne Cutler
24	29:21	Jerry Larson
25	29:32	Jim Millhouse

GOLF RESULTS

Closest to Hole

Deb Ballinger
Larry Elmers

Longest Drive

Linda Petlichoff
Jack Watson

1st Place Team

Matt Blume
Sandy Gordon
Jack Watson
Rob Smith

An extra note of special thanks to Mike Diorka and his staff from the Department of Recreation at Tulane University, who helped us out with general logistical issues, timing the race and providing refreshments. Thanks!

Thanks for your support! See you next year in Williamsburg for the 6th annual AAASP Mastery Run - we'll make it a historical occasion next year!

TENNIS TOURNAMENT

The 1995 AAASP Tennis Tournament not only had a full draw but also a fantastic field of competitors. Twenty-four took part in the "Pelican Brief" tournament at the Tulane Courts (one of our more chauvinistic participants thought first prize was Julia Robert's briefs).

Individuals were paired with each player on their court for 16-point games. After the three combinations competed, players rotated to other courts. Some two and a half

hours later when the dust settled, there were three women in a virtual tie, Ann Thomas, Judy Van Raalte (2nd year in a row) and Mary Walling. Very close behind was Brenda Burgess. After a year's hiatus, our two most senior (in terms of experience, not age) competitors Batman (Kevin) Burke and Robin (Robert) Weinberg came back to re-establish their one-two ranking among the men.

Congratulations to all. Thanks to Lance Green for arranging the courts and to Maria Newton for driving her van.

Unfortunately, we had to disappoint several individuals who showed up at the last minute wanting to play. Therefore, don't forget to book early for next year. Anyone wishing to administer a questionnaire must have approval of their Office of Human Research.

AAASP Fall EB Meeting: The Minutes

AAASP Minutes September 25-26, 1995

Monday, September 25

Board Members Present: Tara Scanlan, President; Penny McCullagh, President-Elect; Jean Williams, Past President; John Heil, Health Psychology Chair; Vikki Krane, Secretary-Treasurer; Al Petitpas, Intervention/Performance Enhancement Chair; Linda Petlichkoff, Publications Director; Susan Walter, Student Representative; Neil Widmeyer, Social Psychology Chair. Bill Straub, Business Manager was also present.

1. Call to Order. The meeting was called to order at 5:00 p.m. by Scanlan who welcomed all EB members to New Orleans and thanked them for their timely report submissions and their excellent work.

2. President's Report. Scanlan discussed the current state of AAASP interactions with other sport psychology organizations. She was pleased to report that interfacing with NASPSPA, NATA, ISSP has occurred. At this time, no official interaction has occurred with ACSM. Also, we now are up to date with the IRS and have our correct tax number. Thank you to Bill Straub for his efforts on this!!

Issues concerning AAASP insurance were discussed. It was reiterated that we have insurance that covers EB members and any one who is working on behalf of AAASP. However, the insurance does not cover individual consulting. Currently, Straub is having our insurance reevaluated. It also was noted that we cannot use USOC legal services, as we had hoped, because addressing issues related to consulting is not their area of expertise (they focus more on things like use of USOC name and logo). Sean McCaan is looking into this further and is trying to find out what APA can do for us. Overall, the consensus of EB members was that AAASP needs to look into options for insurance coverage (e.g., our current insurance company, other companies, APA, etc.). Additionally, Heil suggested that we may want to look into having an insurance policy tailored for CCs. We would not purchase the insurance, but have an appropriate policy that members could purchase individually. Some

CCs may believe that they are covered by AAASP, and we need to educate them about what AAASP does and does not cover.

3. AAASP-USOC Partnership.

Scanlan updated the EB members about the AAASP-USOC partnership. AAASP will continue to process CC, AAASP as we have been. The AAASP Secretary-Treasurer will provide the USOC with an up-to-date list of CC, AAASP who have paid their membership and CC dues. This list will be sent to the USOC shortly after the February 1 deadline for membership and CC dues, and then every two months the USOC will be sent an updated list. The USOC will ascertain whether Registry applicants are members of APA. It was reiterated that CC dues are to be paid annually. If a CC does not pay dues for a particular year, that person must pay the previously owed dues as well as the next year's dues. Also discussed was USOC compensation to AAASP to pay for the increase in our workload (e.g., need to double check if dues are paid, send information to the USOC). Scanlan clarified that CCs already on the USOC Registry should not have to pay the additional processing fee. The EB members also discussed the need to provide some sort of CC, AAASP identification (e.g., a card). Krane will look into developing some sort of identification card for CC, AAASP.

Board Decision: A fee of \$15 per CC will be charged. This fee will be paid to the USOC, who then will submit an annual payment to AAASP. This money will be used to cover the costs of processing the CC, AAASP information. There will be a one year pilot test of this process and at the end of the year AAASP will assess the income/outflow ratio.

Much discussion ensued as to whether AAASP should pursue cost sharing with the APA and USOC for the CC brochures we are in the process of producing.

Board Decision: Since the certification brochure states AAASP policies, we will not seek cost sharing for this publication with the APA and USOC. However, in the future, we should consider cost-sharing for brochures with other organizations on a brochure-by-brochure basis.

4. Ethics Committee Report.

Scanlan expressed accolades to this committee; they are 2 years ahead of schedule!

Since the Ethics Report was just received, EB members had not had time to read and consider it. Scanlan will create a subcommittee to review their report. The committee would like recertification guidelines to be voted on by the Fellows at the 1996 conference.

5. Certification Committee Report.

The committee submitted new forms (Role of CC; Verification Form; Supervision Form, Recertification Form) for review by the EB. Several editorial changes were suggested. It was suggested that we have an attorney check out all forms before we send them out to AAASP members. Again, it was suggested that we consider what APA may be able to do for us.

ACTION: Heil will look into obtaining legal counsel for AAASP concerning these issues. He will check into standard options for getting legal counsel, pro bono work, etc.

6. Publications Director Report.

Petlichkoff stated that the transfer of the *Graduate Program Directory (4th ed.)* to FIT greatly reduced the work-load of the Publications Director, which was quite helpful. She also reported that Dale Pease, in-coming Publications Director, will visit Boise in November and work closely with Petlichkoff through the transition of the office. The final duties of Petlichkoff will be (a) the membership directory, which is scheduled to be mailed with the Fall Newsletter, and (b) the Fall Newsletter. Pease will begin his duties with the Call for Abstracts and 1996 conference information mailing.

Petlichkoff also reported that her bulk mailing permit expires about 2-3 weeks before her final mailings. She is looking into how to cope with this. She also noted that Pease needs to look into the mailing procedures at his university; if he needs to go off campus, he will need to purchase three 1-year bulk mailing permits for 1st and 3rd class mail (Petlichkoff was able to purchase each at \$75). Whenever a particular mailing does not have a specific deadline date, 3rd class mail should be used (this saves AAASP a lot of money). The Call for Abstracts, however, should be sent by first class mail.

ACTION: Pease will select new Associate Editors; the current Associate

EB Minutes, Continued on Next Page.

EB Minutes, Continued from Page 11.

Editors are rotating off of the staff. The new people will serve in this capacity for the next three years.

The EB considered the Certification Brochure. Many editorial suggestions were made, and further discussion ensued about some conceptual issues (e.g., use of the term "sport psychologist," the special training needed to be a "sport" psychologist, CC dues, and individual liability insurance).

Board Decision: An alphabetical listing, by state, of all members will be included in the membership directory to assist those using it to find sport psychology assistance.

7. Adjournment. The EB adjourned at 8:45 p.m.

Tuesday, September 26

8. Call to Order. The meeting was called to order at 8:30 a.m. by Scanlan.

9. Student Representative's Report. Walter handed out the Regional Student Representative's job description and application that she developed. Discussion ensued about the activities of the Student Regional Representatives. It was agreed that the Regional Representative position provides an important opportunity for student involvement, and may help groom students for the future leadership positions in AAASP.

10. Certification Issue. Heil brought up the issue of whether CCs should have a vote on issues related to certification. Scanlan pointed out that the AAASP Constitution states that Fellows vote on these issues. Heil then proposed that Fellows and CCs vote on all certification issues. Williams provided a historical perspective of why the Fellows were selected to vote on certification issues. The EB discussed suggestions for including the CCs in the decision making process on certification issues.

Board Decision: An Advisory Board, consisting of CCs, to discuss certification issues will be developed.

ACTION: Heil and McCullagh will create a study group to develop and consider options for including the CCs in the consideration of issues regarding certification.

Other issues related to certification were addressed at this time: (1) The issue of people with a Master's degree being

certified was brought up and the EB concurred that this has already been addressed by several different committees and EB subcommittees—all of which decided that a Master's degree was not sufficient to meet AAASP certification standards. (2) The issue of accreditation was discussed. This is a hot topic among student members, a faction of which want AAASP to reconsider the issue. Scanlan provided the historical context of this issue: it previously had been addressed by a committee, then the EB. Each suggested that it is not in the best interest of AAASP to pursue accreditation at this time. Further, it was noted that APA currently is reevaluating the effectiveness of its accreditation program.

11. President-Elect's Report.

McCullagh noted that Chairs for all committees have been selected. She also suggested that we need to consider reconvening the Mentoring Committee which was disestablished until the Tracking Committee completed its study (which is almost done). Scanlan also reiterated that McCullagh, and all future Presidents, should have a three to five year plan in mind when generating nominations for EB positions. Often people are asked to run for a position, but the timing is not good, yet they are interested in being considered in the future. There needs to be a record of individuals who will be interested in leadership positions in the future (and when they will be available)

12. Work Groups. (1) Organizational Outreach (Petlichkoff, Petitpas, and Widmeyer): This group discussed the current status of the brochures. (2) Graduate Tracking (Williams, Heil, Krane, and Walter): They reviewed the committee report. Krane, Heil, and Walter agreed to act as a subcommittee to review the final draft of the report which needs to incorporate the comments/suggestions of the committee and the qualitative data. Walter will provide a discussion of the data from a student perspective (due to Williams in two weeks).

Board Decision: Committee reports are to become technical reports, and will become part of the AAASP archives. The EB will review committee documents and recommend an appropriate outlet (e.g., journal, newsletter, remain technical report).

Petlichkoff stated that she would like

feedback on the "What is Sport Psychology" Brochure and noted major changes that were made in the recent draft. Scanlan stated that the Certification brochure was our top priority, then this brochure will be completed. She also stated that these brochures are major and important contributions to AAASP and thanked all of the individuals who were involved.

ACTION: McCullagh, Krane, and Petitpas will review the revision of the "What is Sport Psychology" brochure.

13. Diversity Committee Report. It was noted that the CE workshop by the diversity committee did not fill and was canceled. The EB felt this was unfortunate and spent considerable time discussing additional avenues for disseminating their message (e.g., an educational column in the Newsletter; integrating diversity issues into content within other sessions). EB members acknowledged that the impact of this committee is being seen (e.g., more conference programs are addressing diversity issues).

The EB members also discussed the submitted Human Diversity Mission Statement. It was agreed that the EB needed clarification and input from the committee before any action can be taken concerning the statement.

14. 1997 Conference Report.

McCullagh reported that the conference will be held at the Catamaran Hotel in San Diego, September 24-28, 1997. The banquet dinner will be on a cruise. McCullagh has a list of suggestions for negotiating and seeking conference sites that will be helpful for future President-Elects. She also suggested that in the future, we may want to consider having an outside group do the conference planning and negotiating. It was noted that Human Kinetics now provides this service. McCullagh will look into what is available from HKP.

15. Past President's Report.

Williams reported that the 1995 conference has the largest registration ever. So far, pre-registration is almost as high as the full conference registration in 1994. Williams also discussed the journal supplement for abstracts. Several concerns with procedures were noted as were suggestions to improve the process. It was acknowledged that this was an easy process once the abstracts were in the correct format. In the future, we do not need disk copies of the abstracts as long

as the authors use the correct format. In the Call for Abstracts, it should be stated that abstracts will be returned if they are not in the correct format. Also, it needs to be clarified that the long abstracts should be in a larger font (12 point) than the short abstracts (10 point). The issue of faxed abstracts was addressed at the spring EB meeting and further discussed here.

Board Decisions: (1) We will continue to use the journal supplement for conference abstracts. (2) The following process was agreed upon for abstract reviews: When abstracts first come in all professional issues are to be classified together, obvious themes will be clustered and developed (Widmeyer, as Senior Section Head, will do this), and non-thematic abstracts will be sent to the obvious section head for review. (3) All abstracts are to be postmarked by February 23, 1996 or be faxed no later than February 23rd (only from outside North America). A separate paragraph for our international guests, describing this process, needs to be added to the abstract instructions. (4) It was agreed also that we will not make any editorial changes in abstracts due to poor English in international submissions.

Williams also proposed several suggestions to increase the efficiency of putting together the program in the future. Specifically, she suggested that a standard format be adopted for the font size and type, and times of annual events (e.g., breakfasts, committee meetings, mastery run, etc.). Williams will provide Widmeyer, McCullagh, and Scanlan with copies of the disk version of the current conference program and Scanlan will send Widmeyer information about the meeting rooms (room size and name) prior to EB meeting.

Audio-visual equipment needs and concerns were discussed at length. It was noted that although in the past we've been flexible with the needs of presenters, AV costs are increasing. No longer are AV needs negotiable items with hotels. Also, it becomes very complex for us to arrange to meet all of the AV equipment requests (e.g., VCRs and televisions).

Board Decision: In the future, presenters at the conference will have to supply their own equipment if they are not using an overhead or slide projector. However, due to the special needs of CE workshop presenters, their AV requests will be considered individually, and, if possible, accommo-

dated.

Williams noted that all conference sessions will be audio-taped this year. Many presenters did not return waiver forms, therefore, we have to find them and obtain signed waivers prior to their sessions. Typically, people who returned forms agreed to be taped. To ensure high quality tapes, presidens will need to remind presenters to speak into the microphone and repeat all questions from the audience.

Consideration also was given to the acceptance/rejection letters sent to people who submitted abstracts for review. A form letter indicating acceptance of a session was sent out by the Senior Section Head; this should occur within two weeks after the spring EB meeting. Letters indicating rejection of abstracts should go out at the same time, but from the individual Section Chairs.

Petitpas stated that he revised the Senior Section Head duties and gave Widmeyer a copy of these procedures and additional suggestions for the future. He also suggested that the Senior Section Head should delegate more daily activities to others on the review committee to help them prepare to become the Senior Section Head. In the future, the Past-President should not have to be involved with the submission/review process.

Concerning conference evaluation forms, Scanlan suggested including them in the Newsletter, but concern was voiced that this would not be a good use of space. It was decided that we would place the conference evaluation forms at the registration desk and interested parties could complete them there.

16. Social Psychology Chair's Report. Widmeyer noted that Shelley Weichman was the new student representative on this committee. A list of potential social psychology keynote speakers was reviewed and additional suggestions were sought.

17. Health Psychology Chair's Report. Heil reported that Neville Owen, Deakin University, Australia, will be the 1996 Health Keynote speaker, and a symposium with Owen, David McQueen (Center for Disease Control), and David Russell (University of Otago, New Zealand), will also be on the program. Widmeyer suggested that before the invited speakers come in for our conference, we

should try to tie them into speaking at US/Canadian universities. Heil also is working on promoting this conference and is trying to bring in several people interested in the health area. It was suggested that the Williamsburg conference be promoted to ACSM, medical societies, and sport medicine societies. Heil suggested that we should order extra Calls for Abstracts to accommodate the additional promotion of the conference.

18. Continuing Education Issues.

Concern was voiced that the number of people accepted into each workshop had increased; a larger group for the workshops may reduce the quality of the experience. Also, Heil proposed a half day symposium aimed specifically at high school coaches that would be co-sponsored by the Virginia High School League and Virginia Amateur Sports. Scanlan noted that there were some logistical concerns that needed to be considered (e.g., size of the group of coaches and space availability). Scanlan and Heil will discuss this further at a later date.

19. 1996 Williamsburg Conference.

Scanlan described a variety of events being considered for the conference and noted that golf and tennis are expensive in Williamsburg. Also, much to our advantage, Frostberg State University will be having an international sport psychology symposium around the time of the AAASP conference. Hence, many international sport psychologists will already be in the area and we could invite them to AAASP.

20. International Committee-DIS.

Scanlan reiterated that an international guest does not have to be an invited speaker at the conference to be a Distinguished International Scholar (DIS), and vice versa, but when appropriate an individual can accomplish both. Discussion about the DIS description ensued. Some editorial comments were mentioned. More specifically, it was reiterated that DISs receive a one year honorary membership. The committee needs to review the vitae of two potential DISs. Because the committee is behind schedule, there was a slight deviation from the stated DIS selection procedures: rather than wait for the committee to propose DIS nominees to the EB, a subcommittee of the EB (the Fellow Review Committee--Sections Heads and President-Elect) will review the vitae of the potential nominees and provide conditional approval. Thus the

Fellow Review Committee will give advance approval, then the International Committee will make the final decision.

21. Development Committee

Report. Scanlan stated that Karen Cogan, Committee Chair, has done a phenomenal job getting this group organized and moving forward. Their first fund raiser is underway: the telephone card. This fund raiser does not cost AAASP anything; the only cost is to the members buying the card, who also receive the card benefits. It was noted that the phone rate is very good, but that users will not receive a statement every month (one can be purchased for \$3). Discussion ensued about whether EB members should use the card, but this was left open for further consideration at this time. Krane will look into purchasing the card for EB members for AAASP use.

Walter and Cogan have put together an informational booklet on grant writing tips, which includes suggested publications for grant sources and other helpful information. This was developed for use in a conference workshop. Additionally, issues concerning conference exhibitors were discussed.

22. Research Grants.

Widmeyer provided a handout that summarized all research grants awarded (1994-1995). He noted that Walter developed a form for evaluating grants that was helpful in the review process. Scanlan commented that applicants whose grants were rejected were told that they could request feedback (though no one asked for it). All feedback from the grant reviewers must be kept on file with the President. EB members also received Sandy Gordon's unsolicited abstract and results that were sent to AAASP. The grant summary provided exemplar feedback on research grant activities. Widmeyer will revise the criteria for grant proposals that is provided to applicants.

23. Secretary-Treasurer's Report.

Krane reported that AAASP will be listed in the *Physician and Sport Medicine* listing of Sport Medicine Groups. She also discussed the budget development and suggestions were made to increase our ability to record and track expenses and income.

Several additional issues were discussed including (a) implementing a late fee for CC dues, (b) considerations related to AAASP student employees, and (c) whether AAASP should accept Visa/Mastercard

payments for membership and conference registration for international members. Suggestions to help reduce AAASPs operating costs also were generated and discussed.

Board Decisions: (1) A late fee of \$10 will be assessed for CC dues received after February 1. (2) EB members who employ students for more than 600 hours a year should utilize their universities work study program for student workers when possible, and Krane will look into using 1099s and calling employees independent contractors. (3) AAASP will not accept credit card payments for membership and conference registration because of the added expense and work load.

24. NCAA—Update. Scanlan reported that the APA Division 47 has moved forward with communications with the NCAA concerning the role of sport psychologists on their own accord.

25. Adjournment. The EB adjourned for dinner from 9:00 p.m. to 11:00 p.m.

26. Reconvening of the EB. The EB reconvened at 11:00 p.m.

27. JASP Report. Scanlan reported that the transition of editor from Joan Duda to Bert Carron is complete and the new editorial board is in place except for a social psychology section editor.

ACTION: McCullagh will develop a rotation pattern for the Section Editor positions.

The EB discussed the gender balance of the journal editors; at this time, they are all males, and one position is still open. The importance of considering the gender balance in this, and other leadership positions, was discussed at length. Williams noted that we need to be cognizant of past history (i.e., that AAASP was previously male dominated), but currently AAASP is aware of, and sensitive to this issue and tries to balance all leadership positions among people of different gender, training, etc.

Issues related to *JASP* finances were addressed: Krane will pay all *JASP* bills so that we do not have to address the currency exchange between Canada and the US. All bills will go to Carron for review, then he will forward them to Krane.

28. Business Meeting Agenda.

Scanlan noted that we will be on a tight schedule for the Business Meeting, but we want to adhere to the one hour time limit.

29. EB Meeting Expenses.

Widmeyer briefly addressed the expense to EB members of EB meetings. He noted that all expenses should be covered (i.e., it shouldn't cost individuals to be on the board). In the future we may look into increasing the per diem; however, at this time it does not seem necessary. It was agreed that we especially will ensure that all meals for the Student Representative are paid by AAASP.

30. Adjournment. The EB adjourned at 1:30 a.m.

Sunday, October 1, 1995

Board Members Present: Penny McCullagh, President; Tara Scanlan, Past President; Jean Williams, former Past-President; Maureen Weiss, President-Elect; Christine Buntrock, Student Representative; John Heil, Health Psychology Chair; Vikki Krane, Secretary-Treasurer; Dale Pease, Publications Director; Al Petitpas, former Intervention/Performance Enhancement Chair; Linda Petlichkoff, former Publications Director; Susan Walter, former Student Representative; Neil Widmeyer, Social Psychology Chair. Bill Straub, Business Manager, was also present.

1. Call to Order. The meeting was called to order at 8:30 a.m. by McCullagh who welcomed all new EB members, and thanked Jean Williams for her remarkable work pulling together this conference.

2. Work groups. The following groups of people met: (1) former and new EB members (transition issues); (2) Section Heads and the Student Representative (conference abstract review procedures); (3) the Presidents (transition issues), and (4) McCullagh, Weiss, and Krane (budget issue).

3. President's Report. McCullagh handed out an updated policy manual to all EB members and then discussed nominees for future EB positions.

4. NCAA Issue Update. McCullagh reported that the NCAA was the primary topic at Sport Psychology Council meeting which focused on two primary issues: (1) that a sport psychologist who meets with athletes on the playing field is considered a coach and (2) a sport psychologist cannot work with professional and college athletes at the same time. The Sport Psychology Council is putting together a task force to address this issue.

5. Committee Updates. McCullagh reported that the International Committee approved one DIS. Laura Finch, Continuing Education Chair, will need to address: (a) the suggestion by some members to have CE workshops in the evenings during conference, (b) reconsideration of the size of CE workshop, and (c) when a decision should be made concerning the cancellation of workshops. Mike Sachs, Diversity Committee Chair, was charged to try to integrate diversity issues into other workshops at the conference. The Ethics Committee (Gould and Meyers, Co-Chairs) is going to make revisions to the recertification proposal within the next two weeks. Rich Gordin, Certification Committee Chair, requested that the CC meeting not be held at 7:00 a.m. Sunday morning as few CCs are able to attend. The Outreach Committee does not have a Chair yet. Other new committee members were noted: Shelly Weichman, Cindy Pemberton will join the Social Psychology Committee; Wes Sime will join the Health Psychology Committee; and, Diane Gill will be the Social Psychology Section Editor for *JASP*.

6. New Business. Heil requested two ad hoc committees to be added in Health Psychology. First, he requested a subcommittee to present an agenda for working more closely with athletic trainers. Heil and McCullagh will further discuss this issue later. Second, Heil requested a subcommittee to develop a proposal on sport critical incident debriefing services (for interventions following fatal and catastrophic incidents). It was suggested that this issue needed to be further developed; Heil was encouraged to put together a proposal and bring it back to the EB at the next meeting.

7. England Internship Program. Scanlan summarized her discussion with Dave Collins who wants to set up opportunities for people to gain internship experience in England with the ultimate goal being to have reciprocal certification and opportunities. The EB concurred that this would be a positive experience for students and professionals.

8. EB Reminder. McCullagh reminded EB members that (a) the spring EB meeting is paid for by AAASP, but requested that individuals seek inexpensive flights if possible, and (b) in the fall, AAASP pays expenses specific to the EB meeting only.

9. Budgetary Issues. McCullagh noted that we need to have greater accountability on all AAASP check books and accounts (i.e., Publications Office, *JASP*, and Business Manager). People responsible for these accounts must provide receipts for all expenses and keep accurate record of account balances at all times. We need to develop procedures to reimburse ground travel for people coming to the EB meeting by car.

10. Publications Issues. Pease noted that (a) he wants to add an Associate Editor to cover international relations, (b) he will need money up front in order to do business at his university, and (c) he will be going to Boise to work with Petlichkoff on the transition of the office. Concerning the Certification Brochure, Petlichkoff is making editorial changes and then the EB and Certification Committee will be asked to provide feedback. The completion goal is November 1.

11. Old Business. McCullagh stated that we need to consider restructuring the EB because the work load is overwhelming. This needs to be discussed at the spring EB meeting; all EB members were requested to develop ideas and present them at spring EB meeting.

12. Issues Concerning Exhibitors. EB members discussed issues related to exhibitors and "unofficial exhibitors" (i.e., those people who did not pay an exhibitor fee but are selling materials). It was suggested that we consider have a full conference fee, and a one day fee for exhibitors. EB members also discussed whether exhibitors should pay registration fees.

Board Decision: (1) A note will be added to acceptance letters for conference sessions indicating that fliers or reference lists are appropriate as handouts during sessions and that if individuals would like to sell materials, to contact an EB member about the exhibitor's fee. (2) If an exhibitor is primarily a book vender, not attending sessions, she/he will not pay the registration fee. However, if the vender is a professional and will be attending sessions, then he/she will be charged for conference registration and the exhibitor fee.

13. Adjournment. The meeting was adjourned at 11:30 a.m. □

Video Review

Mental Readiness

Reviewer: Susan M. Walter
Michigan State University

USA Gymnastics has prepared a series of videotapes which address physical, mental, and nutritional aspects of gymnastics for coaches and parents of youth gymnasts. The video reviewed focuses on the motivational climate for optimal athlete development and can be viewed independently of the other videos. In this 20 minute video, parents and coaches of youth gymnasts (ages 5-15) are the target audience; however, the sound, systematic advice provided can be beneficial for parents and coaches of participants in any youth sport program. Dr. Joan Duda, sport psychology consultant for USA Gymnastics women's program, is the commentator and Mary Lou Retton provides anecdotal support.

Initially, a brief overview of sport psychology and the role of sport psychology consultants is provided. Duda emphasizes the importance of developing athletes who are both physically and emotionally healthy. The rest of the video addresses how best to structure sport to create a positive motivational climate, to help athletes get the most of their experience, to help athletes enjoy sport, and to keep athletes healthy. Specifically, Duda details how to build a positive atmosphere for youth sport athletes. Four areas are identified as being important for creating a positive atmosphere including fostering a positive body image, developing a strong self-esteem, emphasizing a sense of personal control, and emphasizing improvement and mastery. Retton draws on personal experience and adds her perspective for developing a positive sports environment where youth sport athletes can shine. Retton's comments are helpful; however, at times her responses do not always follow the material presented.

A strength of this video is the systematic approach in which each area identified as important to creating a positive atmosphere in youth sports is explored. Specific examples are provided for developing a youth sport environment which enables children to build a positive body image and strong self-esteem, to have a sense of personal control, and to experience mastery and improvement. An illustration of the

Video, Continued on Page 22.

AAASP Business Meeting: The Minutes

AAASP Business Meeting Saturday, September 30, 1995

1. Call to Order. The meeting was called to order at 5:00 p.m. by President Tara Scanlan.

2. Presidential Address.

3. New Business Meeting Format.

All EB reports will be in the Newsletter.

4. President's Remarks. Scanlan addressed the following: (a) Many of AAASP's major new projects are way ahead of schedule (e.g., development and internationality committees have begun projects, 1996 and 1997 conference sites have been selected). (b) The AAASP spirit is enormous; many people are making important contributions to AAASP, both formally (e.g., EB members, committee members, journal editors) and informally (e.g., providing helpful suggestions, volunteering assistance). Bill Straub has put an enormous amount of energy into AAASP.

Two new initiatives were introduced this year. (a) The International Relations Committee was established to launch AAASP prominently into the international arena. They have established a Distinguished International Scholar award, and we now have a formal rotation among the sections for an international speaker opportunity. (b) The Development Committee was established to help us, as an organization and as individual members, become better educated, connected, and positioned to attain federal and private funding. This committee already has begun educating the membership with a jointly sponsored conference session with the Student Representative, Susan Walter, on grant writing. They also have begun their first fund raiser for AAASP--the telephone card. Initial input on the phone cards came from Keith Henschen and Karen Cogan, Development Committee Chair, who formally organized the project.

Scanlan announced the 1996 conference will be held October 16-20, 1996 in Williamsburg at the Ft. Magruder Conference Center and described program highlights. She also stated that we have a new structure for reviewing abstracts. The Senior Section Head oversees the program

development and scheduling. Widmeyer will be Senior Section Head for the 1996 conference. He will receive all abstracts, organize them thematically, then send them out for review. There will be a visible influence of the International and Development themes. Heil already has organized three distinguished international guests to highlight the health psychology program: David Russell, University of Otago, New Zealand; Neville Owen, Deakin University, Australia (keynote speaker); and, David McQueen, Center for Disease Control. There will be a symposium with all three speakers and McQueen will conduct a workshop about grants and funding. Dan Gould has helped organize a panel on research and practice in sport psychology internationally; representatives from Russia, Spain, United Kingdom, and Australia will address innovations, controversies, and other current issues. Also, Lew Hardy (United Kingdom) will present on the relationship between research and practice.

5. New Fellows and Certified Consultants Announced. McCullagh announced that two new Fellows were selected: Shane Murphy and Linda Petlichkoff. The new Certified Consultants are: Joy Griffin, Sheila Ridley, Rob Stainback, Nathaniel Zinsser, Daniel Weigand, Eric Lasser, Jane Henderson, Judy Dale Goss, Sandra Foster, Rob Smith, Ed Acevedo, Seymour Porter, Heather Barber, and Emily Claspell.

6. Executive Board Election Results. The following people were voted into office: President-Elect--Maureen Weiss; Intervention/Performance Enhancement Chair--John Salmela; Publications Director--Dale Pease, and Student Representative--Christine Buntrock.

7. Changes in JASP Editorial Board. The outgoing leadership were recognized for their contributions to AAASP: Joan Duda, Editor, Lise Gauvin, Health Psychology Section Editor, Bob Weinberg, Intervention/Performance Enhancement Section Editor, and Bert Carron, Social Psychology Section Editor. The new editorial staff then was announced: Editor--Bert Carron, Health Psychology Section Editor--Kevin Spink, Intervention/Performance Enhancement Section Editors--Jim Taylor and Al Petitpas, and the Social

Psychology Section Editor--Diane Gill.

8. Recognition of Committee Chairs and Members. AAASP committee chairs were: International Relations--Robin Vealey who had to step down, Maureen Weiss filled in for her; Continuing Education--Britt Brewer; Development--Karen Cogan; Graduate Tracking--Mark Andersen and Jim Taylor; Diversity--Deb Ballinger; Organizational Outreach--Dave Yukelson; Certification--Rich Gordin; and Ethics--Andy Meyers and Dan Gould.

9. USOC-AAASP Partnership. Scanlan described that AAASP would become the certifying body for people who wanted to become members of the USOC Registry.

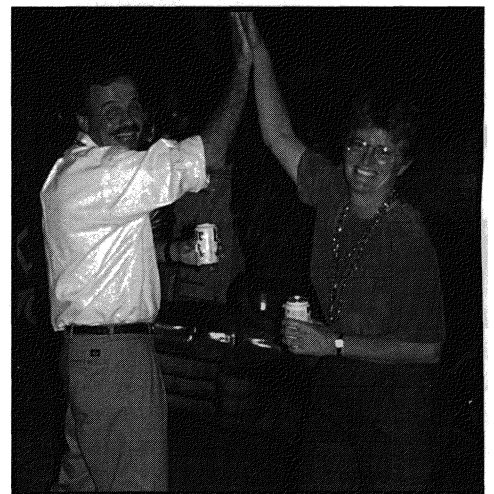
10. Recognition of Outgoing Executive Board Members. Scanlan presented plaques and voiced her appreciation to Linda Petlichkoff, Publications Director; Al Petitpas, Intervention/Performance Enhancement Chair; and, Susan Walter, Student Representative. (Jean Williams, Past President, was recognized at the Banquet).

11. New Business. Laura Finch, new Continuing Education Chair, announced that the Call for Proposals for CE workshops will be coming out in November.

12. Passing of the Gavel. Scanlan passed the presidential gavel to McCullagh.

13. Announcements. McCullagh announced that the 1997 conference site is San Diego, and the conference will be held September 24-28, at the Catamaran Resort on Mission Bay.

14. Adjournment. The meeting was adjourned at 6:30 p.m. □



Section & Committee Reports

Health Psychology

John Heil

I would like to thank the membership for its contribution to the successful 1995 conference in New Orleans. I look forward to your continued participation on the Health Psychology Section of next year's AAASP Conference in Williamsburg, Virginia. This past conference included some firsts: a mini conference (on injury); a symposium on performance enhancement intervention with disabled athletes (a neglected population) and an international perspectives presentation by Marit Sorsen of Norway (more to come in '96).

The internationality theme of the 1996 conference will be highlighted in the Health Psychology Section as AAASP brings a slate of distinguished international researchers to Williamsburg, VA. Presenters include: Dr. David McQueen, Chief, Behavioral Surveillance Branch, Center for Disease Control, Atlanta, GA; Professor Neville Owen, Head, School of Human Movement Sciences, Deakin University, Melbourne, VIC, Australia; and, Professor David Russell, Director, Life in New Zealand Activity & Health Research Unit, University of Otago, Dunedin, New Zealand.

They will collaborate for a series of programs on the role of social psychological theory in population-wide physical activity promotion.

Current Health Psychology Committee members include: T.C. North, T.C. North & Associates; Gloria Blalague, University of Illinois at Chicago Circle; Robert McGowan of University of Richmond; and, Wes Sime, University of Nebraska who is the newest committee member. Special thanks go to David Kemler, Southern Connecticut State University and student member Eileen Udry (now of the University of Oregon-congratulations!) who are rotating off the committee. A student member will be named to the committee subsequently.

I encourage you to share your issues and concerns with me or other members of the Health Psychology Committee. I also urge you to let your colleagues in health psychology take a look at the AAASP program offerings and encourage their involvement. This will help us build strength and diversity.

Social Psychology

Neil Widmeyer

We are referring to the social psychology program at the conference, not what took place on Bourbon Street! Again, the Social Psychology Section received over 80 submissions. While we only had two colloquia and two workshops we did offer seven symposia, 24 verbal presentations and over 40 posters. However, the success of the program was not based on quantity but rather on quality. This began with our keynote speaker, Dr. Roy Baumeister, who explained to us why people fail at self regulation. Symposia were not offered simply by "seasoned veterans" (a sport term that sounds better than "old timers") as was the case in the "Teaching of Sport Psychology" but also by "up and comers" (alias grad students) as was seen in "...socialization in the legitimization of aggressive behavior."

Our lecture presentations were organized into the themes of: "Anxiety," "Motivation," "Cohesion," "Perception of Self/Others/Situations" and "Socialization." To put these packages together some individuals were asked to forego their poster and give a 15-minute talk (Thanks, Vikki Krane, Steve Kozub and Kevin Spink for obliging). Likewise, we consciously set out to have posters on similar topics located in geographic proximity to each other. Both of these initiatives received a great deal of positive feedback.

While stalwarts Bob Brustad, Judy Van Raalte, and Sally White remain along with the Chair, Neil Widmeyer, we are losing two valued members of the Social Psychology Committee. Diane Wiese-Bjornstal has contributed in many ways and she will be greatly missed. Also departing is our student rep Kori Meyer who is graduating from the University of Colorado--Boulder. Kori is the first student in many years to serve on this committee for two consecutive years. A big thanks goes to Diane and Kori for all their work on behalf of AAASP. But there is some good news! We feel we have attracted two exceptional new committee members. Dr. Cynthia Pemberton, University of Missouri at Kansas City has already served AAASP in numerous ways. Cindy's background on teaching and research along with her strong work ethic and interest in AAASP makes her a great asset for our

committee. Also, we are excited about our new student rep, Shelley Wiechman, who is pursuing a doctoral degree at Washington. Shelley has made numerous presentations at AAASP and has been active in a variety of student activities in our organization. Cindy and Shelly welcome aboard.

Student Representative

Christine Buntrock

Hello from Texas. It was enjoyable to visit New Orleans as well as to catch up with many of you at the conference. Student attendance was excellent once again. I always enjoy seeing and meeting students with whom I wouldn't otherwise have the opportunity to talk. This year was no exception. Currently, I am beginning to assimilate my new position as Student Representative into my active life as a graduate student. So far it has been both challenging and exciting.

I wanted to take this opportunity to share with you the objectives that I would like to achieve during my tenure as Student Representative and what I've done to work toward them.

As part of my objective to facilitate communication among students interested in sport and exercise psychology, I have appointed regional student representatives, and have re-organized the regions that they will represent. The new regional student representatives and the states encompassed within their regions are as follows: Jeremy Boinstein (Northern CA); Tim Hamel & Jim Skelton (Southern CA); Tara Jaye Forest (UT, CO, AZ, NM); T.J. Filipowicz & Bob Harmison (TX, OK, KS, LA); Thad Leffingwill & Shelly Weichman (WA, MT, ND, SD, NE); Al Smith (OR, NV, ID, WY); Kevin Antshel & Robert Lindsey (KY, MO, TN, AR); Luis Manzo (WI, IA, IL, MN); Chis Janelle (FL, GA, AL, MS); Justine Reel (NC, SC); Doug Gardner (NY, VT, NH, ME, MA, CT, RI); Karin Allor (MI, IN, OH); Lois Butcher (VA, WV, PA, DE, MD, NJ); Natalie Durand-Bush & Guy Desjardins (Eastern Canada); Adrienne Toogood & Tracey Sewell (Western Canada). Currently the United Kingdom and Australia are not officially represented. Anyone who is interested in representing either of these regions, please contact me.

I view the regional student representa-

Section ... Continued on Next Page.

Section ..., Continued from Page 17.

tive positions as outreach positions. Their primary function is to facilitate communication between students and to encourage student involvement within the association. The regional student representatives have also been charged with contacting colleges and universities that may not be familiar with the field of sport psychology in general and AAASP in particular. The purpose of this is educative and informative.

To further facilitate communication between students within AAASP, Tara Jaye Forest has offered to work on the development of a student newsletter that would include information regarding upcoming conferences, job opportunities, internship opportunities, and other information pertinent to student issues within sport and exercise psychology and AAASP. We will be checking out the feasibility of this and will discuss this at the Spring EB Meeting.

Another objective to which I am strongly committed is developing conference sessions that would address professional and educational issues for students. Several excellent ideas for possible sessions for Williamsburg were generated during the meeting of all of the student representatives. As next year's conference in Williamsburg draws closer, I will develop student sessions related to job, internship, and other professional development concerns. Again, any ideas or input that you have will be considered and greatly appreciated.

As noted above, I would like to hear your comments, questions, or concerns so I can represent you best. I can be reached at the following: 225 Bryan #6, Denton, TX 76201, 817-898-0363 or e-mail: clb0002@jove.acs.unt.edu. I am looking forward to the upcoming year as student representative. I hope that you have a productive as well as enjoyable year.

Certification Committee

Richard Gordin

The Certification Committee met in New Orleans and reviewed candidates for certification as well as conducted other business. Two committee members completed their terms on the committee. We wish to thank Bruce Hale and Sue Ziegler for their valuable assistance and hard work. We were fortunate to find a new committee member in Trent Petrie. Our committee

received the go ahead on the new forms for supervised practicum hours. All new applicants for certification will now be required to submit documentation of these practicum hours on forms provided by the committee. All certified consultants automatically qualify as supervisors and others may supervise with the permission of the committee. Our next review period will occur in February. All new applicants should submit materials by February 1, 1996. Also all certified consultants will now pay the \$25 yearly dues along with the regular dues payments. The space for renewal will be identified on the same form. These forms will be sent to the membership by Vikki Krane.

Our committee looks forward to working together in the coming years to clarify this process for the membership. We feel that we are a user-friendly committee ready to assist all qualified professionals through this certification process. If you have any questions, please address them to me at:

Department of HPER
Utah State University
Logan, UT 84322-7000
E-mail: gordin@cc.usu.edu

Development Committee

Karen Cogan

\$\$...Money....Money....\$\$\$. Now that I have your attention, I can update you on the Development Committee's progress. Our work does involve MONEY so that first line is not just an empty attention-getter! The Development Committee continues to look for new and innovative ways to fund the types of training and experiences that will help AAASP and its members advance. I would like to thank Diane Gill, Jerry Larson, Sean McCann, John Noble, and Len Zaichkowsky for their assistance and input throughout the year!

We are making progress towards our two main charges: (1) to educate the AAASP membership in available funding avenues and (2) to generate funding for future AAASP programs (i.e., internships, research grants, invited conference speakers). Our first step in educating the membership was to co-sponsor a fellowship and grant-writing workshop at the New Orleans conference. Diane Gill and Linda Petlichkoff graciously agreed to share their knowledge and experience as successful

grant recipients. The workshop generated many ideas and dialogues related to grants and fellowships in sport psychology areas. Look for future MONEY-related workshops in Williamsburg.

Charge 2, generating funds, is a longer process, and we hope eventually to find corporate sponsors. In the short term, however, we are beginning with a fundraiser. We launched our first project, the Amerivox phone debit card, at the New Orleans conference. The Amerivox card is a prepaid phone card that can save the caller up to 50% on away-from-home long distance calls and at the same time generates an income for AAASP. This is a WIN-WIN situation for everyone. We still have some Amerivox cards, and I encourage anyone who is interested to contact me to learn more about the benefits of this program. Remember this is separate from your current long distance phone company. And you can earn free calling time if you refer someone to the program. You can't lose!

The Development Committee met in New Orleans to discuss a variety of current issues and future directions. First, we are working toward adopting a purpose statement to use when approaching funding agencies. Second, we discussed a clearer definition of the purpose of our committee and the types of goals we can hope to accomplish. Finally, we generated ideas for future invited conference speakers and identified possible funding sources to approach. We will continue to work towards increasing AAASP's visibility and developing relationships with organizations that might support our projects.

I look forward to hearing from any AAASP members who have ideas or input for the committee or who are aware of companies who might be interested in contributing MONEY to AAASP internships, research grants or a speaker's fund. Please contact:

Karen Cogan
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E-mail: cogan@dsa.unt.edu
Phone: (817) 565-4798
Fax: (817) 565-4376

Diversity Committee

Deb Ballinger

The recent conflict in Chechnya, and those in Bosnia and surrounding nations, offers us lessons in ethnicity which should not go unheeded. When the Soviet Union was abolished, so was control over the myriad of ethnic groups in the region. What followed was/is a series of major and minor revolutions among the republics who wanted self-rule. We, in North-America, tend to be narrowly focused on our definitions of ethnicity and multi-culturalism. Ethnicity is a far more diverse phenomenon than most of us realize. The endurance of ethnicity throughout Soviet rule should serve as an important reminder to us of the lingering identity of an ethnic community's characteristics and values. After the ruler left, the culture along with its norms, values, and characteristics, persists. Governments come and go--so do leaders--but the values continue undaunted.

"Diversity" can be an ambiguous and subjective term. It is not synonymous with multiculturalism. "Diversity manifests itself as and within a myriad of categories including: racial, ethnic, physical and mental ability, sexual preference, religion, socioeconomic class, age, and nationality. In addition to existing between populations, diversity exists within populations with segmentation of variations within a certain group of people" (Harris, VCU). Diversity is a strength. Accepting diversity is also a strength. **And diversity is a reality.** It is a part of every environment, professional, academic, societal, cultural, familial.

Diversity helps us counter myopic, exclusive, and biased thinking. It is our responsibility as professionals to become educated about facts about people, places and things that can reshape our perceptions of the world and one's attitudes. Failure to seek out such facts leads us to prejudicial thinking, and the putting up of barriers based upon stereotypes, and subtle nuances.

There are two major impediments to diverse thinking. The first is lack of education. The second is the failure to take the inherent risks of questioning the labels and stereotypes found in society around us. It is risky to dissent or take an opposing stance to majority opinion. It is easier to remain uneducated, and to accept the media presentations of various peoples.

The Human Diversity Committee of AAASP encourages AAASP members to start a new journey--to take risks to question stereotypes, and to become educated on facts about different ethnicity's, different communication styles, different ways of knowing. **You can begin this quest by attending workshops, or by reading books about diverse populations.** The quest can become a life journey--and one which will lead you to a prize far more valuable than the pot of gold at the end of the rainbow. It will lead you to the enjoyment of the rainbow, itself.

International Relations

Maureen Weiss

The International Relations Committee would first like to recognize and thank Robin Vealey for her leadership in launching the initiatives of this committee in the last year. The main goal of the committee, which was initially charged by Tara Scanlan, was to help launch AAASP into the international arena by: (a) broadening our networking with other countries and organizations; (b) establishing criteria for and nominating Distinguished International Scholars; and, (c) increasing international participation at the AAASP conferences. Members of the committee presently include Maureen Weiss (interim chair), Joan Duda, Glyn Roberts, Robert Singer, and Susan Jackson.

The committee moved forward in each of the three goals in this last year. First, a list of liaison organizations and individual contacts was compiled. This was accomplished through individual contact by members of the committee through their travels, correspondence by current international members to the committee, and solicitation of information from leaders in international organizations. We encourage international members of AAASP to apprise us of organizations and individuals who we should add to our growing list, and to serve as ambassadors in their own country for securing greater endorsement of AAASP and soliciting more members.

Criteria for the Distinguished International Scholar were developed and approved by the Executive Board at the 1995 spring board meeting. These criteria include: (a) the individual has made significant contributions to the scientific

body of knowledge in sport psychology as evidenced by a distinguished record of publications; (b) the individual has been recognized for his or her international impact on knowledge development and/or practical application in the field of sport psychology as evidenced by international publications and presentations (i.e., their work is known beyond their own country); and, (c) the individual has received approval from the AAASP Executive Board following selection by the International Relations Committee. Based on these criteria, the committee is pleased to announce that one international scholar has been selected for Distinguished recognition at this time and will be formally announced at the 1996 Williamsburg conference.

Finally, the goal of increasing international participation will be highlighted with the theme of "year of internationality" at the upcoming 1996 conference in Williamsburg, Virginia, organized by Past President Tara Scanlan. Some international speakers are being featured as well as symposia participants at this conference. Dr. Neville Owen of Australia, reknowned expert in behavioral epidemiology, will be the first keynote international speaker in 1996 for the Health Psychology area. Dr. Lew Hardy of Wales, eminent sport psychologist in the area of anxiety and performance, will be the Coleman Griffith Lecturer. Moreover, the committee is working with international members of AAASP to help promote the conference at their universities, in their communities, and in their countries. Finally, the International Relations Committee is initiating efforts with the Student Representative to encourage greater international student involvement in AAASP.

The International Relations Committee is excited about the potential impact of its work on increasing AAASP's visibility in the international scene. Any member who has ideas, feedback, or input in any way regarding the committee's goals is encouraged to e-mail Maureen Weiss at mrw@oregon.uoregon.edu. The committee will be more than happy to consider your ideas!

Organizational Outreach and Education

David Yukelson

In June, we submitted our completed 47 page manuscript entitled "Stress, Self-Esteem and the Intercollegiate Student-Athlete" for the NCAA Life Skills Program. The manuscript (that addresses various developmental issues student-athletes typically confront) has been distributed to NCAA member institutions throughout the country and is being used as a module for the Personal Development Component of the NCAA Life Skills Program. The project was initiated over two years ago, and we are very proud of its content. We have gotten very favorable reviews from the NCAA, thanks to all for your help and contributions. The EB reviewed the report at the Fall Meeting and is providing us with feedback so we can make revisions in next year's submission.

I wish I had more promising news with regard to NCAA rules and regulations as they pertain to sport psychologists working in intercollegiate athletic environments. For three years, our committee has worked very hard on opening up communication channels with the Legislative Office of the NCAA, attempting to educate them as to who we are, what we are all about, and ways we may be of service (e.g., strong proponents for Student-Athlete Welfare). Furthermore, I feel our committee has done an exemplary job educating our own constituency with convention workshops and a "Do's and Don'ts" handout that appeared in a AAASP Newsletter so we don't inadvertently put our institution in jeopardy of violating a NCAA rule or regulation.

It appears we have come full circle. After a very stimulating AAASP workshop in New Orleans on problems inherent in dealing with the NCAA, it seems the best course of action is continue to work within the rules and regulations set down by the NCAA, and for AAASP, in conjunction with the Executive Counsel of Sport Psychology Presidents, try to open up face to face dialogue with the Office of Legislative Services. There are still inconsistencies from institution to institution in rule interpretations. If your institution has a question regarding a particular interpreta-

tion, our advice is to be careful in the way you phrase your concerns. Once the NCAA makes a ruling, that ruling becomes binding. Hence, try and phrase things with a positive outcome in mind.

Finally, I will be stepping down as chair of the committee. I have served in this capacity since the committee's inception (1992) and I want to thank everyone involved who has taken part for their help, support and contributions (e.g., Ken Ravizza, Jodi Yambor, Dana Lerner, Al Petitpas, Christopher Carr, Sean McCann, Wayne Hurr, David Cook, and Dan Smith). Your time, input, concern, and effort has been greatly appreciated.

The EB is looking for new members to rotate into the committee. In particular, they are looking for individuals who have strong writing skills to help with the development of a new brochure for AAASP. If you have the time and interest, please contact our President, Penny McCullagh.

Business Manager

William Straub

Since our Spring Board Meeting In New Orleans, I have continued preparations for our Tenth Annual Conference and laid-the-ground-work for Williamsburg, Virginia in 1996. More specifically, I have made out catering and audiovisual lists, written press releases, printed badges, made housing reservations and performed other duties. The count down to New Orleans has begun! And until the conference, I will be completing all the many details so that (hopefully) everything will run smoothly during our stay in the 'Big Easy.' As you can imagine, attention to detail is a very important ingredient of successful planning. One has to follow-up and follow-up to make sure that every detail is covered. My checklist is in order and I will be using it during the months of August and September to finalize all arrangements. Very frankly, I am excited about New Orleans and I expect that we will have a great conference. After all, the program is attractive, the keynotes are good and the setting is very inviting!

Historic Williamsburg--1996. Plans for Williamsburg are progressing well! Thanks to the visit by Dr. Scanlan and her family in July, we have first-hand information about all the special events in the greater Williamsburg area. Currently, we are

deciding what attractions we would like to offer our members. Dr. Kelly Crace, a resident of Williamsburg, has been very helpful in making arrangements for golf, tennis and other special events. During the conference, be sure to visit The College of William & Mary's new state-of-the-art indoor tennis facility. The Fort Magruder Inn and Conference Center, our host site, is a beautiful setting with superb facilities and hospitality. Following New Orleans, we will step-up preparations for our Eleventh Annual Conference - "The Year of Internationality."

San Diego--1997. As president-elect, Dr. Penny McCullagh has done most of the work in obtaining a site for our 1997 conference. I have assisted with gathering information about accommodations, catering and AV cost, transportation and other details. One thing is certain - AAASP officers know how to select inviting environments for our annual meetings. The Catamaran, a lovely tropical-like resort on Mission Bay, is very much in keeping with the hospitality we experienced at Savannah, Montreal, Lake Tahoe, New Orleans, and Williamsburg.

Goals. As for goals, I would like to help Dr. Williams run a very enjoyable and productive conference in New Orleans. It is fitting and proper that we would select this care-free, Southern city as the site for our Tenth Annual Meeting. I am hopeful that you will have a good time and learn something new about applied sport psychology. You will note that we have tightened-down our registration procedures so that we will be more efficient and effective during the registration process. Dr. Vikki Krane, Secretary-Treasurer, has been very helpful in the revision of registration procedures. We have developed a new On-Site Registration Form and revamped many other documents. Although I could cite many goals, the Business Manager's major job is to help the officers run the association. It has been a pleasure to work with departing board members Drs. Petitpas, Petlichkoff, Williams, as well as Susan Walter, our up-beat student representative. They are very competent and dedicated workers who have spent countless hours working to make AAASP one of the top professional organizations in the world. I am personally going to miss each one of them and I wish them well as they

Book Review

Leith, Larry M. (1994).

Foundations of Exercise and Mental Health

Reviewed by: *Kathleen Martin*
University of Waterloo

Dr. Larry Leith's recent book, Foundations of Exercise and Mental Health is proof positive that one cannot judge a book by its cover. This innocuous-looking volume is a handy summary and reference list of research examining the effects of exercise on depression, anxiety, self-concept/self-esteem, personality, and mood. It also includes a chapter on exercise prescription and the assessment of physical fitness.

Dr. Leith introduces his book by providing a brief overview of research examining the psychological benefits of exercise, and several hypotheses that have been advanced to explain this relationship. Specifically, the endorphin, monoamine, thermogenic, and distraction hypotheses are briefly summarized. The opponent-process model, self-efficacy theory, and cognitive dissonance are also presented as possible explanations of the exercise-mental health relationship. In the following five chapters, Dr. Leith examines the relationship between exercise and each of the above five psychological constructs. While the author places more emphasis on data summary than theory, he does refer back to these hypotheses and explores them in more detail as they relate to the specific relationship under consideration.

This book is well organized and straight-forward in its approach. Each chapter begins with an overview of the chapter's objectives, followed by a definition of the psychological construct under examination. As Dr. Leith maintains "that exercise has the potential to impact positively on the mental health of all individuals, not merely those who are clinically symptomatic (p. 5), he uses DSM criteria (Diagnostic and Statistical Manuals of Mental Disorders; American Psychiatric Association, 1980, 1987) to distinguish between clinical and non-clinical disorders. This distinction is helpful for the reader with limited knowledge of abnormal psychology, and emphasizes the conceptual difference between exercise as a form of therapy (treatment model) versus exercise as a form of health promotion (prevention model).

Dr. Leith describes traditional treatments—such as drug therapy, Gestalt therapy, and cognitive-behavior modification—that have been used to improve each of the psychological constructs, and then summarizes the literature examining the effects of exercise on the construct. Most of the studies cited are from the period prior to 1991, and Dr. Leith does an excellent job of organizing this vast body of literature. For example, in chapter five, "Exercise and Personality," the literature review is sub-divided according to the measure of personality that has been used (e.g., 16PF, MMPI, etc.), and the specific personality element that has been examined (e.g., anger, stability, etc.). This strategy provides the researcher and practitioner with hints as to which specific aspects of personality may be altered through exercise, and which strategies are best for identifying them.

Dr. Leith also reviews the impact of the following variables on the five psychological constructs: type of exercise, length of the exercise program, exercise intensity, exercise duration, and the importance of fitness gains. Studies that have used different levels of the independent variables (e.g., exercise durations less than 30 minutes, 30 minutes to an hour, greater than one hour, etc.) are cited, summarized, are synthesized into "Prescription Guidelines" which highlight specific recommendations for prescribing exercise for the psychological construct under consideration. This unique feature of Foundations of Exercise and Mental Health renders the book appropriate for practitioners and researchers seeking suggestions for intervention strategies.

A major strength of Dr. Leith's book, is that each chapter includes a summary table of all empirical research investigating the relationship at hand. This table categorizes each study according to its design (pre-experimental, quasi-experimental, experimental), participants, use of controls, whether fitness was demonstrated, psychological measurements used, and study outcome. Missing from the tables, however, is information on the type of exercise activity studied. Nonetheless, the tables provide snapshot views of research in the area, and are a useful resource for individuals beginning to research these topics.

As methodological weaknesses have been a major criticism of the exercise-mental health area of research, Dr. Leith considers several aspects of study design when summarizing and synthesizing research findings. He distinguishes between results garnered from healthy, asymptomatic subjects, versus special populations and clinically symptomatic subjects. He limits his conclusions based on the number of studies utilizing these samples, and the quality of the research carried out. It soon becomes apparent to the reader that "very few true experimental studies possessing good internal and external validity have been performed. For this reason, it is not possible to unequivocally infer a causal relationship between exercise and mental health" (p. 193). Throughout the book, specific research recommendations are made for remedying these problems and future directions are suggested for expanding our knowledge of the exercise-mental health relationship.

One weakness of this book, is that its references are primarily limited to research published prior to 1991. Thus, Dr. Leith's summaries don't take into account more recent conclusions about exercise and mental health that have been presented in publications such as Landers and Petruzzello (1994), Morgan (1994), and Seraganian (1993). However, for the reader who is looking for an overview of mental health and exercise research, Foundations of Exercise and Mental Health provides a well-organized summary. It should be considered an excellent initial resource for researchers planning to study the impact of exercise on various aspects of mental health, and for mental health practitioners seeking guidelines for exercise prescription. □

Job Market

Southern Illinois University at Edwardsville

The Department of Health, Recreation and Physical Education at Southern Illinois University at Edwardsville has been granted permission to search for an Assistant Professor, tenure track position in Physical Education with a starting date of August 14, 1996.

Job Description: Teach undergraduate and graduate classes; engage in research and scholarly activity; and, participate in University and community service. Other responsibilities include some advisement of students and professional involvement.

Qualifications: Doctoral degree in P.E. Preference will be given to candidates with expertise in exercise and sport psychology, motor learning, and measurement and evaluation who have a strong commitment to pedagogy. Consideration will be given to candidates who will complete the doctoral degree by the appointment date. To receive full consideration applications should be received by **December 31, 1995**.

Submit resume, graduate transcripts and the names of three persons who will provide letters of recommendation to:

Dr. John Baker
Chairperson Department of HRPE
Southern Illinois University--
Edwardsville
Campus Box 1126
Edwardsville, IL 62026-1126

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University of North Carolina-Chapel Hill

Assistant Professor Nine-Month. Tenure Track Position.

Job Description: Teach graduate courses in Sport Psychology, Social Issues in Sport and Motor Learning; teach undergraduate courses in Sport Psychology; advise masters student's research in sport psychology; assume departmental and university related responsibilities; and, work with specialization coordinator in the development of the program and service provision.

Qualifications: An earned doctorate in Exercise Science with a specialization in Sport Psychology, and Counseling; emphasis in intervention/performance enhancement and social psychology of sport; AAASP Certified or application currently submitted for certification; college/university teaching experience preferred; a record of scholarship and published research; and, data analysis skills and motor learning background.

To receive full consideration, applications should be postmarked by **January 15, 1996**. Please forward letter of application, complete vita, Ph.D. transcripts and four letters of reference to:

Dr. John M. Silva
Dept. of Physical Education, Exercise and Sport Science
203 Fetzer Gym, CB#8700
University of North Carolina-Chapel Hill
Chapel Hill, NC 27599-8700

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Staffordshire University

The burgeoning Division of Sport, Health and Exercise is seeking to increase its research and staff expertise through the appointment of a Professor/Reader whose specialist area relates to one or more of the subject disciplines within the broad field of study. The person appointed will have an established reputation in research at the national level and an ability to foster the research ability of colleagues in one or more of the specialisms relevant to Sport, Health and Exercise. He/she will be committed also to the provision of high quality teaching and learning experience at the undergraduate and postgraduate levels. A professorial post can be available to suitable individuals.

For appointment at Reader grade, the ideal candidate will possess the following: (i) A good research record in a subject area related to the Sport, Health and Exercise field of study. (ii) Continued active involvement in high quality personal research and a proven ability to foster and develop collaborative projects within and beyond the University. (iii) Potential to provide research leadership and to engage in the collective research effort of the Division of Sport, Health and Exercise (e.g., in seeking research funding, in promoting postgraduate training and the development of international links). (iv) An ability to contribute to the strategic development of the Division. (v) An ability to make a limited teaching contribution in appropriate areas at advanced undergraduate and postgraduate levels.

Professorial candidates will be distinguished by the excellent nature of their research record and evidence of current research leadership.

Application forms and further details are available from:

Personal Services (Appointments)
Staffordshire University
P.O. Box 662
College Road
Stoke-on-Trent
ST4 2XP
UNITED KINGDOM
Telephone: (44) (0) 1782 292

Executive Board Changes Renewal Date

Please be advised that Membership Renewals received after **February 1, 1996** will be assessed a \$25 late charge. This change was implemented to process membership forms before March 1 mailing of Winter Newsletter. **RENEW YOUR MEMBERSHIP NOW.** If the number on you address label reads 95, this will be the last newsletter you will receive until you renew your membership.

BRAVO BOARD

The 1994 AAASP Fall Newsletter, Vol. 9(3), featured a new column--*Job Market*. The purpose of the column was to inform members of the job market and is scheduled to be published annually in the Fall issue of the newsletter. A new feature this year is to congratulate those individuals who were appointed to the positions listed last fall.



Arizona State University

Betty C. Kelley, Ph.D.--Dr. Kelley received her Ph.D. from the University of North Carolina at Greensboro in 1990 under the direction of Dr. Diane Gill. Before coming to ASU, she was an Assistant Professor at Southern Illinois University at Carbondale from 1990-1994 and Central Missouri State University for 1994-1995. Dr. Kelley's primary research interests have concentrated on the development and testing of a theoretical model of stress and burnout.

Northern Illinois University

Curt L. Lox, Ph.D.--Dr. Lox received his Ph.D. in Exercise and Sport Psychology at the University of Illinois at Urbana-Champaign in 1994 under the direction of Dr. Edward McAuley. His primary research interests focus on the psychological and emotional antecedents and consequence of exercise behavior. Recent research has considered the role of exercise on the psychological/emotional states of individuals with HIV-1/AIDS and pregnant women.

Purdue University

Melissa Chase, Ph.D.--Dr. Chase received both her Master's and Doctorate from Michigan State University. She completed her Ph.D. in May, 1995 under the direction of Dr. Deborah Feltz. Dr. Chase's primary research interests are in the areas of self-efficacy and motivation. Specifically, sources of efficacy, relationship of efficacy expectations to motivation in physical activities using a developmental or life span approach

University of North Carolina - Greensboro

David L. Rudolph, Ph.D.--Dr. Rudolph received his Ph.D. from the University of Illinois at Urbana-Champaign in 1994 under the direction of Dr. Edward McAuley. Dr. Rudolph's research interests focus on the area of exercise and psychological health. Specifically, the physiological mechanisms underlying psychological changes associated with exercise.

University of Oregon

Eileen Udry, Ph.D.--Dr. Udry received her Ph.D. from the University of North Carolina at Greensboro under the direction of Dr. Daniel Gould. Dr. Udry's primary research interests are in the areas of psychology of injury, exercise adherence, as well as anxiety and burnout.

Texas A & M - Lubbock

Carl Hayashi, Ph.D.--Dr. Hayashi received his Ph.D. in 1994 from the University of Oregon under the direction of Dr. Maureen Weiss. Dr. Hayashi's area of interest focuses on cross-cultural research examining sources of motivation related to achievement goal orientations and motivational climate.

Washington State University

Jim Bowmen, Ph.D.--Dr. Bowmen received his Ph.D. in 1995 from Washington State University under the direction of Arreed Barabasz, Ph.D., ABPP. Dr. Bowmen has a full-time appointment in sport psychology with the WSU Athletic Department. Primary responsibilities focus on: individual, team, and support staff consultations. Coordinates the NCAA Life Skills Program.

If we missed you on the Bravo Board, please contact Dr. Dale Pease, Publications Director, AAASP Editorial Office, Health & Human Performance, University of Houston, Houston, TX 77204-5331

Fit Information Technology, Inc. Releases

Directory of Graduate Programs in Applied Sport Psychology (4th ed.)

AAASP is pleased to announce the release of the fourth edition of the *Directory of Graduate Programs in Applied Sport Psychology*. FIT, Inc. has taken on the responsibility of publishing and selling the *Directory of Graduate Programs in Applied Sport Psychology*. The Publications Director will no longer handle any aspect of the GPD. The Directory is completely revised and updated. It contains a wealth of information on over 100 master's and doctoral degree programs in the United States, Canada, Australia, Great Britain, and South Africa. Program information, financial assistance, and internships are reported for each college and university offering graduate education opportunities in sport psychology. The book also profiles the professional interests of program faculty, and outlines the unique features of each graduate program. New additions to the book include updated information on certification and licensure, ethical issues, career opportunities, and background readings. This is the ideal resource for individuals interested in pursuing graduate study an a career in sport or exercise psychology.

To order the Directory contact FIT, Inc. at 1-800-477-4348 (phone/fax). The cost of the Directory is \$19.00.* FIT, Inc. accepts VISA, AMEX, and MASTERCARD orders.

(\$16.00 for current AAASP members*)