To Proficiency and Beyond

"You Make Me Want to be a Better Sport Psychologist”
--Paraphrased from *As Good as it Gets*

For those of you unfamiliar with this movie, Jack Nicholson gets to deliver one of Hollywood's better lines when, after having completely humiliated his dinner date, (played by Helen Hunt), he is given one last chance to convince her not to stomp out of the restaurant in a fury. He thinks... (the audience bates its breath... will he blow it again?) ...and then wins her over, at least for the moment, with the gem, “You make me want to be a better man.”

This sentiment, slightly amended, is one that I would like for us all to embrace -- the idea that we all want to (and thus can) be better sport psychologists. For some, “being better” might mean getting additional training in a particular mental training technique or consulting a colleague about some ethical dilemma. For others, it might be a broader concept, such as making sure that I am minimally proficient before hanging out my sport psychology shingle. This belief in individual self-improvement has underpinned my determination to revisit our Division’s proficiency and take it from the aspirational to the behavioral—from being words on paper to actions that every psychology professional can take to raise their personal bars of competence, and with that, elevate our field’s professionalism.

A Bit of Proficiency History

But first, let me back up and provide a little history and context about the proficiency itself. Several years ago, the executive board of Division 47 decided that it was important to establish the field of sport and exercise psychology as a unique proficiency area within the larger field of psychology. Hardy folk from our division shepherded our Division’s petition through the multiyear APA approval process and as a result of their efforts, sport psychology was designated in 2003 one of APA’s six recognized proficiency areas. If you have not already done so, please take a look at the proficiency in its entirety at: http://www.apa.org/crsp/parchive/sportpsych.html.

The proficiency is organized into four areas:
1. Specialized knowledge required for the proficiency
2. Persons and groups served by the proficiency
3. Problems and challenges addressed by the proficiency
4. How the proficiency is practiced

In their discussion of the problems and challenges of our field (area #4), the authors of the proficiency state that one of its goals was to “assist current psychologists and those in training who are interested in the field, in obtaining proper training and experience to practice sport psychology. As a recognized proficiency within psychology, the Sport Psychology proficiency provides a model for appropriate training in the field.”

From Proficiency to Practicing Better Sport Psychology

Unfortunately, it takes more than proficiency status to effect meaningful change in individuals or our profession. So my main presidential initiative this year is to build upon this hard-won document and begin to flesh out ways for Division 47 members and non-members alike who have a stake in our field to discover workable paths toward personal proficiency.

My efforts to this end have been improved and extended by the efforts of Division 47’s ad hoc proficiency committee whose members include Chris Carr, Ed Acevedo, Ed Etzel, Diane Finley, Kate Hays, and Penny McCullagh. The committee has helped to organize my thinking on
this matter in several key areas. First, we clarified the importance of this endeavor: to help well-intentioned psychology professionals make educated choices about how they go about becoming proficient in sport psychology without undue burden. Second, we focused on the concept of “without undue burden.” It is clear that we need to be pragmatic as to the burden we place on professionals seeking to become proficient without sacrificing the integrity of the requisite content and process inherent to achieving proficiency in applied sport psychology. Third, we brainstormed the possible paths to proficiency, acknowledging that there will be several, including the possibility of a proficiency exam and varieties of educational choices. Fourth, we re-emphasized the basic importance of education as our bedrock competency builder.

Within the concept of education, key points include:

1. **Promoting the proficiency.** Hint: this newsletter column is exhibit A, but we are putting the proficiency document on prominent display on the website, in our newsletters, in publications about our division, and at the annual conference, with the idea that knowledge of the proficiency in and of itself is a critical first step toward gaining proficiency.

2. **Continuing education.** This concept spans our efforts to get out the word on the proficiency itself as well as sport and exercise psychology in general. We are continuing to develop online course options as part of Penny McCullagh’s presidential initiatives as well as CE courses to be offered at next year’s conference.

3. **Promoting the field.** While the proficiency is a well-hidden Division 47 document, the answer to “what is sport and exercise psychology?” remains equally hard to discern from within the psychology community. We will be actively seeking ways to promote our field to psychologists and the general public, while informing potential practitioners about responsible paths to sport psychology competence along the way.

We realize that we cannot accomplish all of these goals ourselves without assistance. With this in mind, we have also approached like-minded organizations such as the Association for Applied Sport Psychology to see how our efforts to establish proficiency action steps for practitioners could possibly dovetail with and add to their certification efforts. We are also exploring potential collaborations in terms of a proficiency examination.

I am energized by the possibilities before us, and am grateful to the hard work of the Division 47 Ad Hoc Proficiency committee. I invite you, too, to get involved in any of these efforts that appeal to you by emailing me at kirsten.peterson@usoc.org. At the very least, I hope that re-acquainting yourself with the Sport Psychology Proficiency will inspire you to take action to become a better sport psychologist or help make sport psychology a better field.

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**Division 47 2006-2007 Advertising and Insertion Schedule**

ESPNews is the official newsletter Division 47 (Exercise and Sport Psychology) of the American Psychological Association. ESPNews is published three times a year – Spring, Fall, and Summer – and has a circulation of about 1000 professional and student-affiliate members. The membership of Division 47 is diverse, representing academics and practitioners from both psychology and exercise science.

For each issue of the newsletter, Division 47 will accept advertising from individuals, professional organizations, and businesses. For further inquiries about advertising or to place an advertisement with the division, please contact:

Randall Cockshott, Ph.D.
Editor, ESPNews
San Francisco Veteran Affairs’ Medical Center
4150 Clement Street, 127p
San Francisco, CA 94121
(415) 221-4810 x2544

Rates for placement of an advertisement in one issue of the newsletter are:

- Full Page (8 1/2 X 11 inches) $600
- Half-Page (8 1/2 X 5 1/2 inches) $350
- Quarter-Page (4 1/4 X 5 1/2 inches) $200

Payment for an advertisement is due at the time of ad submissions. Deadlines for advertisements are the same date as other newsletter submissions, which can be found on the back page of each previous newsletter.
Setting a Course...

President-Elect Column Division 47 Newsletter

Chris Carr, Ph.D., HSPP

It has now been a few months since I was informed that I was the new President-Elect of Division 47. Since that time, I have had Executive Committee meetings and conference calls, and numerous email/phone conversations with division members. One of the exciting aspects of this wonderful opportunity is the chance to “set a course” for Division 47 over the next few years. I am hopeful that in addition to our members that are involved with the division, we can attract many more members of APA to our ever-growing and unique field. Our Executive Committee and current President, Kirsten, have already begun discussions about how to enhance our uniqueness and visibility within APA and other divisions...in essence, letting people know “who” we are and “what” we do.

Creating and promoting a proficiency statement that clearly identifies the desired skills, competencies, and experiences that allows one to practice in sport and performance psychology is a clear goal of mine during my tenure as President of Division 47. On a daily basis, we are bombarded with “grand claims” of guaranteed athletic success...after all, sports is quite an enticing market. I believe it is the goal of our leadership in Division 47 to promote stronger community (APA membership, educational institutions, media) a more clear and professional description of the competencies and proficiencies that one must develop in order to practice in the field of sport and performance psychology. I have been involved in this field for over 18 years now, beginning with my experiences as a graduate assistant collegiate football coach, to developing a first-of-a-kind doctoral minor in sport psychology (kudos to Dr. Richard Cox), to spending one year as a clinical research assistant in sport psychology with Dr. Shane Murphy at the USOTC in Colorado Springs, to my first full-time Ph.D. position as the Psychologist for Athletics at Washington State University. Since then, I have only worked with athletes/performers, and for numerous collegiate athletic departments (including Ohio State, and currently Purdue and Indiana Universities). I spent 10 years and 2 Olympic Games with the U.S. Alpine Ski Team as their sport psychologist, and am currently working with USA Diving; in addition, I have consulted with NFL teams, a major league baseball team for 7 years, and am currently consulting with the Indiana Fever, a women’s professional team. And in spite of this vast array of experiences and immersion in this “world of sports,” I continue to learn and challenge my proficiencies on an almost daily basis. We never stop learning. Every client (athlete) that walks through my door, whether they are a high school athlete, a collegiate athlete, an Olympian, or a professional athlete...is a unique and complex history (past, present, and future). I feel blessed that I am given an opportunity to impact these lives on a daily basis. Yet, when they achieve greatness in their performance, I keep a clear and present perspective. That is, I (we) are one of many “support” systems that they have chosen to utilize; their success is but a mere product of their choices in pursuing elite performance. It is our duty to continue to develop our own competencies, skills, and knowledge about the work (e.g., interventions and therapy) that we do. I am hopeful that as our Division continues to promote, market, and develop our proficiency materials, we will continue to “reach out” to colleagues and professionals in APA that desire to expand their own competencies...and do it right.

Let’s look forward to our future and continue to encourage knowledge, sharing, and the practice of ethical and competent behaviors in the field of sport and performance psychology. Let’s share with colleagues and create opportunities to dialogue and discuss “best practices.” As I am discovering in my new position (Performance Psychology Program Coordinator in the Neuropsychology Department at the Indiana Neuroscience Institute/St. Vincent Hospital), we have plenty of opportunities to create evidence-based applied research into the efficacy of our interventions. As I am discovering daily, the world of neuropsychology/neuroscience is offering us new “avenues” to explore how the CNS impacts attention, focus, and other cognitive variables as it relates to athletic performance. These new opportunities, along with my daily practice in providing therapy and consultation to elite performers, creates an energy and passion that I hope we can share as a Division within APA.

In closing, I recently came across this quote by noted author James Michener...it truly reflects what I hope can become a “mission” for those of us that are blessed enough to make sport and performance psychology our career path. I look forward to leading our Division toward this goal...

“The master in the art of living makes little distinction between his work and his play, her labor and her leisure, his mind and his body, her information and her recreation, his love and his religion. She hardly knows which is which. He simply pursues his vision of excellence at whatever he does, leaving others to decide whether he is working or playing. To her she’s always doing both.”

Have a wonderful and happiest of holidays!!
From the Editor’s Desk:
No Fish Stories Here

It finally has happened. Perhaps it is true when people say you can’t avoid your destiny, perhaps mine was to function as an editor someday. Both my father and grandfather spent long spells in the sports departments at local newspapers. I can’t tell you the number of times I was asked by a store clerk or salesman if I was related to Maurice Cockshott, (my grandfather and favorite columnist of many a field and stream fan).

My father didn’t fall too far from the tree, demonstrating the gift with the pen as well. His writing skill was quickly identified in high school and he went off to study journalism. Years later, he was the sports editor of the Santa Maria Times following the beginning career of a coach at Hancock Junior College who later would go on to coach the Oakland Raiders and enter the Football Hall of Fame this year. Congratulations to you, John Madden!!! Now it appears it is my turn to write for a spell, I only hope to live up to the prior accomplishments of my forefathers.

Let me now introduce myself to you as the new editor of ESPNews. Before doing so, I would like to acknowledge Robert Harmison, past editor of the newsletter. Robert has set the bar high. I can only hope to match what he has accomplished with the newsletter. I’m happy to be involved with the newsletter, returning to my roots if you will after spending the past several years conducting neuropsychological research related to Parkinson’s Disease. When I chose to put sport and exercise psychology to the side for some time I was initially uncertain of how my old skill set applied to neuropsychology. Now as I return to being involved with sport and exercise psychology, I find that my new skill set integrates well within our field. I want to echo Dr. Chris Carr’s comments because I think the field has much to be gained by developing valid and reliable neuropsychological measures of sport performance. I look forward with eager anticipation to see what types of evidence based interventions emerge from this integration.

The content of past newsletters has been exceptional. I don’t think you’ll find it terribly different from past newsletters, except for putting a more western or even

San Francisco Bay Area slant on things. I’d like to hear what you think we might be missing. Please send me an e-mail if you have ideas for submission topics. I can be reached at Randall.Cockshott@med.va.gov. While I’m on the topic, the internet provides for electronic delivery of the newsletter. With that in mind, please make sure that the Division has your correct e-mail address so that you can receive the newsletter hot off the server.

Finally, let me place a request out to any interested party who would like to serve as an Assistant Newsletter editor, with an assigned task of reviewing books and writing articles for the newsletter.

So as my father, the journalist, would say, that’s thirty.

Some day I’ll share with you the story about the “big” fish I caught with my grandfather.

Join the Division 47 Listserv Today

Division 47 has its own listserv for members and those interested in the field of exercise and sport psychology. The list is specifically for postings on issues, questions, information, and findings concerning research and professional practice issues in exercise and sport psychology.

To join the list and receive email posting from list members, send an email message to: listserv@lists.apa.org. Leave the subject line blank. In the body of the message type: “subscribe div47” and send the message. If you use a signature file with your message, please remember to remove it for this message. You will receive acknowledgement from Majordomo when your subscription has been approved. Subsequently, to send a message to the list, simply address your message to: div47@lists.apa.org. Please use care and consideration in your messages.

Currently, the Division 47 list administrator is Doug Hirschhorn, M.S.
To reach Doug, send an email to: dhirschhorn@bam-us.com
Open Call for Division 47 Student Representative Nominations

Each year a student-affiliate is selected to serve the division and be a liaison to the Executive Committee. The student-affiliate shall:

1) Attend the executive and business meetings of the division during the annual APA Convention, and if feasible, attend the mid-year meeting. He/she will provide a student-affiliate report regardless of whether he/she can attend the meetings.
2) Write a column in the spring and fall issues of the division’s newsletter.
3) Assist the President in the selection of the new student-affiliate.
4) Work with the program chair to plan a student meeting and/or student-affiliate sponsored presentation at the annual convention.
5) Act as a liaison between student members and the Executive Committee on ideas, problems, concerns and suggestions.
6) Sit on committees of the division and/or assist the committee chairperson in the selection of a student for the committee.
7) Perform any other job agreed upon by the division President and/or Executive Committee.

To apply please send (a) a narrative statement of interest in the position and (b) a current vita to Dr. Chris Carr, Division 47 President-Elect (see back of newsletter for mailing address). Dr. Carr, in consultation with the current co-student representatives, will select the new student co-representative. Announcement of the new student representative will be made at the APA Convention.

Division 47 Committees

Science Committee – Chair – Chris Janelle (cjmj@nfl.edu)
Determines creative ways to increase the identification of sport psychology as a science. Recommends Dissertation Award recipient and generates nominations for the Distinguished Contributions to Science and Research in Sport and Exercise Psychology.

Public Interest Committee – Chair – Sam Zizzi (szizzi@mail.wvu.edu)
Helps resolve issues of strong interest to the public (e.g., sport violence) and generates position statements. Coordinates the Giveaway-a-thon at the Convention and generates nominations for the Distinguished Contributions to Sport and Exercise Psychology in the Public Interest.

Education Committee – Chair – Ed Etzel (Edward.etzel@mail.wvu.edu)
Educates students, professionals, and the public on sport psychology issues. Generates nominations for the Distinguished Contribution to Education and Training Award.

Practice Committee – Chair – Marshall Mintz (CHAMP93@aol.com) Explores appropriate opportunities to provide services to organization and individuals. Generates nominations for the Bruce Ogilvie Award for Professional Practice.

Membership Committee – Chair – Frank Webbe (webbe@fit.edu)
Develops strategies to enhance our membership and liaison with the APA.

Division 47 Business Meeting

Treasurer’s Report – Current through June 2006
American Psychological Association Convention,
New Orleans LA August 2006

Assets:
Cash $14,177.65
Investments $31,601.11
Prepaid $360.00

Total $46,218.76

Income:
Dues $18120.00
Ad Sales $1650.00
Contributions $30.00
Interest $659.80

Total $20495.80
(Does Not include race related income)

Expenses: (numbers in parentheses indicate over budget)
Website $2000.00
Division Services $751.51
Newsletter $2439.92
Running Psychologists $250.00
(Marsh $3004.00 – to be returned after this year’s race)

Midwinter Meeting $3606.37
Division Lead. Conf. $443.73
Awards $1300.00
APA Keynote $500.00

Total $11291.53
($3004.00)
Call for Division 47 Fellow Applications

In addition to the guidelines of the American Psychological Association, consideration for Fellow status in Division 47 is based on:
1) significant contributions to exercise and sport psychology in scholarly activity and/or service, and 2) continuous membership in Division 47 for a 3-year period prior to nomination.

The Fellows Committee is chaired by the Division 47 Past-President, who currently is Dr. Penny McCullagh. If you are interested in becoming a Fellow, or would like to nominate someone whom you believe has earned that honor, then please contact Penny for more information. His contact information can be found on the back of the newsletter.

The executive committee would like to recognize the division's fellows, professionals who have made significant contributions to the field of exercise and sport psychology. Congratulations!!

Robert B. Ammons  Irene M. Deitch  Daniel S. Kirschenbaum  William P. Morgan  Ronald E. Smith
Mark Anshel  Deborah L. Feltz  Daniel M. Landers  Cyril C. O'Brien  Frank L. Smoll
Michael J. Asken  Raymond D. Fowler  Frank L. Landy  Bruce C. O'Givie  Robert J. Sonstroem
Britton Brewer  Diane L. Gill  Michael J. Mahoney  William Parham  Charles D. Spielberger
Robert W. Christina  Ruth Hall  Jerry R. May  Al Pettitpas  Judy L. Van Raalte
Robert Colligan  Lenore W. Harmon  Penny McCullagh  John S. Raglin  Frank Webbe
Thomas R. Collingwood  Kate F. Hays  Shane Murphy  Arthur Resnichoff  Robert S. Weinberg
Steven J. Danish  John Heil  Andrew W. Myers  Robert N. Singer  Arno F. Wittig

For more information on becoming a fellow of Div. 47, please contact Penny McCullagh at: pmcculla@csuhayward.edu

Professional News

Workshops and Conferences
The National Multicultural Conference and Summit will take place January 24-26, 2007 in Seattle, Washington at the Sheraton Seattle Hotel. This year’s theme is titled: The Psychology of Multiple Identities: Finding Empowerment in the Face of Oppression.

The North and Southwest Sport & Exercise Psychology Symposium will be held February 16-17 at the University of Utah. The student-centered meeting allows young professionals to present current research, discuss research proposals, and network with each other and leading professionals in the field. Keynote Speakers are Drs. Keith Henschens and Ken Ravizza.

The AASP Southeast Regional Conference will be hosted by UNC Greensboro on February 16-17 2007.

Books

Taylor & Francis has released Managing Performance Stress by David Pargman, an easy-to-use reference work for athletes, musicians, dancers and actors as well as those who devise and conduct their training programs.

News and Announcements
The University of Denver Graduate School of Professional Psychology is proud to offer a new Master’s degree in Sport & Performance Psychology. This degree is intended for individuals in the sport, performing arts, or mental health fields that want to develop their ability to improve the performance and lives of those with whom they work. The program provides the necessary training for an individual to become a competent sport and performance psychologist with the completion of a psychology doctoral program. Students in the Master’s program are encouraged to continue their training at DU by applying to the PsyD program. For more information, visit: www.du.edu/gspp/sports.htm or call (303) 871-3873.
Executive Board Meeting August 11, 2006
New Orleans LA by Diane Finley, Ph.D. –
Secretary/Treasurer

In attendance: Ed Acevedo, Chris Carr, Jennifer Carter, Randall
Cockshott, Karen Cogan, Ed Etzel, Diane Finley, Dan Leidl,
Penny McCullagh, Kirsten Peterson, Suanne Shocket, William
Parham, Jack Watson, Frank Webbe

McCullagh called the meeting to order at 10:03 a.m. She reminded
those in attendance that only elected members vote. Peterson
moved to approve January minutes. Acevedo seconded. Motion
passed unanimously. McCullagh commended Conroy on the
program. McCullagh thanked Bob Harmison for his work on the
newsletter.

Finley presented proposed budget and asked for input over the next
months before the MW winter. She recommended keeping the
membership rates the same. The Board approved no dues increase.

Peterson discussed the proficiency issue. APA has approved a
proficiency in sport psychology. The next issue is how to test the
proficiency. There are some financial issues related to the testing.
Peterson is working with the Education Committee to develop
testing processes. This will also be one of Carr’s initiatives.
McCullagh noted that our 5 year review was approved.

McCullagh presented an update on the issue of D47 adopting or
creating our own journal. Peterson, Carr and McCullagh will look
at the APA survey and have them sent out. Leidl and Finley will
also be on the committee.

McCullagh gave an update on the CE ideas. She proposed D47
being a clearinghouse for sport psychology online classes. D47
would evaluate them as being content appropriate and then forward
their suggestions to AAASP who would approve courses. If
developed and approved, short courses would become part of APA
continuing education and they would track course completion.
APA will take care of bookkeeping for the short version of CE
courses.

McCullagh will be in charge of the Nominating Committee. Open
offices: Member at Large, Secretary/Treasurer, President Elect.

Committee Reports

Practice – Jack Watson
The committee is working with Divisions 13 and 42 to develop
more information about how members can learn to develop
practices. Peterson announced that the supervision brochure has
passed all APA benchmarks and can be used for publicity and
informational purposes. AAASP is using it as is ISSP. It is also
available via the D47 website.

Public Interest – Jen Carter
The Giveaway-athon was not conducted in the traditional fashion
due to logistical challenges associated with the still recovering
City of New Orleans.

Science – Diane Finley
The Board approved the new process for selection of the
dissertation award. The Board approved $100 plus paying the
winner’s first year membership in APA for dissertation award
winners

Education Committee – Ed Etzel
The Committee is still looking for members who would be active.
They are working on a PowerPoint sport psychology template
presentation for high school teachers.

Membership – Webbe
The Committee worked with APA to update member records. One
Fellows application is ready. An Old Fellows application is being
prepared for Dick Suinn.

Website:
Peterson noted there is outdated information on the website.
Webbe recommended a Board member go through the site
quarterly. The incoming Member at Large (Frank Perna) will be
responsible for this task.

Running Psychologists: Suanne Shocket
Ray’s Race is in Audubon Park. About 65 people preregistered.
McCullagh commended Shocket on the RP newsletter. Peterson
commended Shocket on getting the race going.

Students: Dan Leidl
McCullagh welcomed the new junior Student Representative, Dan
Leidl. They are working on some flyers to advertise the student
committee.

Meeting adjourned at 12:10 p.m.
Self-efficacy Theory and the Self-regulation of Exercise Behavior
Jennifer Woodgate, Ph.D. 2005 Division 47 Dissertation Award Recipient

Why are people unable to adhere to an exercise program? Adhering to an exercise program is complex, and exercisers struggle with a variety of challenges that require self-regulation (e.g., making time, learning skills, changing behaviour). Bandura (1995b) has deemed the assessment of self-regulatory efficacy to manage the regular performance of health behaviours (e.g., exercise) essential. Despite this recommendation, few components of self-regulation have been examined in the exercise and self-efficacy research to date (McAuley & Mihalko, 1998). Furthermore, major reviews of the exercise-related self-efficacy literature have demonstrated that task self-efficacy has been the predominant operationalization of the self-efficacy construct, and barriers self-efficacy has been the most prevalent operationalization of self-regulatory efficacy (Culos-Reed, Gynesik, & Brawley, 2001; McAuley & Mihalko, 1998). However, self-regulation of behaviour involves more than managing barriers and overcoming their limitations (Barone, Maddux, & Snyder, 1997; Brawley, 2005; Ducharme & Brawley, 1995). In order to examine other aspects of self-regulatory efficacy, self-efficacy theory was used as the underpinning for the three studies in this dissertation (Bandura, 1986, 1997). Study One: Expanding the Operationalization of Self-regulatory Efficacy to Predict Exercise Behavior

In Study One an expanded operationalization of exercise-related self-regulatory efficacy was investigated. The construction of various self-regulatory efficacy indices was informed by self-regulation frameworks (Barone et al., 1997; Baumeister et al., 1994). These indices as well as barriers efficacy were used to prospectively predict self-reported exercise behaviour among adult exercisers (N=167). The hierarchical multiple regression analysis indicated that the expanded self-regulatory efficacy variables (i.e., scheduling, relapse prevention, goal-setting self-efficacy) explained a significant amount of variance in exercise behaviour. In addition, barriers efficacy also contributed significant, but modest, variance to the model. These results underscore McAuley and Mihalko’s (1998) recommendation that multiple measures of self-efficacy should be used to examine exercise behaviour. The findings also emphasize that a focus solely on barriers as the indicant of self-regulatory efficacy in exercise may be overlooking other aspects of the construct that contribute to prediction.

Study Two: Investigating Moderators of the Self-regulatory Efficacy – Exercise Relationship

Study Two extended the descriptive findings of the first study and addressed a recognized research need (Dzewaltowski, 1994; McAuley & Blissmer, 2000; McAuley et al., 2001). Specifically, this study examined the possibility of individual differences (i.e., optimism, consideration of future consequences) influencing the relationship between self-regulatory efficacy and exercise behaviour among adult exercisers (N=259). Results indicated that participants higher in optimism reported significantly greater self-regulatory efficacy and exercise intentions for intensity than did those lower in optimism. In addition, participants higher in consideration of future consequences (CFC) reported greater self-regulatory efficacy and exercise attendance than participants with moderate CFC. Finally, CFC significantly moderated the influence of various indices self-regulatory efficacy on subsequent exercise attendance.

Study Three: The Acute Manipulation of Self-regulatory Efficacy among Cardiac Rehabilitation Participants

Whereas the first two studies examined the predictive relationship between self-regulatory efficacy and exercise behaviour, Study Three focused upon the influence of sources of self-regulatory efficacy in strengthening efficacy beliefs. Using self-efficacy theory, Study Three focused upon the influence of sources of self-regulatory efficacy in strengthening efficacy beliefs. A randomized, controlled design was utilized to examine the effects of an acute manipulation of self-efficacy information in changing self-regulatory efficacy among cardiac rehabilitation exercise program participants (N = 54). The study used a 2 (message condition) by 2 (time) design in which cardiac rehabilitation program participants were randomly assigned to conditions. Utilizing a written message employing the self-efficacy sources of verbal persuasion and vicarious experiences, self-regulatory efficacy for the scheduling of independent exercise was targeted within an “efficacy enhancing” condition. This condition was compared to an “information control” message of other information relevant to cardiac rehabilitation participants. As hypothesized, the efficacy-enhancing condition exhibited increased scheduling self-efficacy compared to the control condition. As well, exercise-related cognitions (i.e., intentions for frequency, action plans, behavioural commitment to learning about independent exercise) were superior for the efficacy-enhancing condition participants compared to their control condition counterparts.
Contributions to Science

Collectively, the series of studies in this dissertation support the tenets of self-efficacy theory in the exercise domain by focusing on the “crucial” concept of self-regulatory efficacy (Madux, 1995, p.382). Study One contributes to the self-efficacy literature by expanding the operationalization of exercise-related self-regulatory efficacy to collectively represent more components of self-regulation than examined in exercise to date. This addressed Bandura’s (1995, 1997) assertion that the concept of self-regulatory efficacy encompasses numerous self-regulatory skills. Study Two served to advance self-regulatory efficacy research beyond the level of basic description by examining potential trait-like moderators of its influence on exercise behavior. Study Three contributes to both science and practice by representing one of the first efforts to experimentally manipulate determinants of self-regulatory efficacy in order to enhance efficacy for independent exercise in the special population of cardiac rehabilitation participants. It supports the hypothesis that informational determinants (i.e., vicarious experience, verbal persuasion) can be acutely manipulated to increase self-regulatory efficacy among cardiac rehabilitation participants. This application to a special population broadens the empirical support for the manipulation of informational self-regulatory efficacy determinants and addresses recommendations for the study of self-efficacy as an important outcome of cardiac rehabilitation participation (Angove & Brawley, 2003; Berkhuysen, Nieuwland, Buunk, Sanderman, & Rispens, 1999).

Contributions to Practice

Given the non-adherence to regular exercise regimens (Dishman, 1994), the current findings may offer some future practical and research implications for exercise professionals and interventionists. Studies One and Two highlight the need for exercise professionals to extend the development of self-efficacy beyond the exercise prescription (e.g., duration, intensity) to promoting confidence to engage in the multi-faceted self-regulatory skills needed to self-manage exercise on a regular basis (e.g., goal-setting, scheduling exercise sessions, preventing relapses). A priority for exercise research that has been considered essential to advance the exercise-related self-efficacy research beyond description is the manipulation of processes hypothesized to lead to adherence and health outcomes (Baranowski, Anderson, & Carmack, 1998; Brawley, Rejeski, & King, 2003; Rejeski, Brawley, McAuley, & Rapp, 2000). The results of Study Three provide the potential benefit of translating research to practice by indicating that a strategy for manipulating sources of exercise-related self-regulatory efficacy information was successful.

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2006 APA Division 47 Dissertation Award


Application requirements are as follows: 1) a 1500 word abstract which includes a) Introduction, b) Review of Literature, c) Methodology/Statistics, d) Discussion, e) Contribution to Science and Practice; References should also be included but will not be counted toward the 1500-word limit. 2) the student applicant and/or his or her dissertation advisor must be a member of Division 47 at the time of application; 3) a letter of support from the applicant’s advisor confirming the completion of the dissertation and the degree by December 31, 2006, and express support for the research in question; and 4) applications must be postmarked by February 15, 2007. All materials should be mailed to: Chris Janelle, Ph.D., Department of Applied Physiology and Kinesiology, University of Florida, PO Box 118206, Gainesville, FL 32611.

Abstracts will be judged by a panel of professionals in exercise and sport psychology who are members of Division 47. The awardee(s) will be notified of their selection by March 13, 2007, so they can make plans to attend the 2007 APA Convention in San Francisco, CA August 17-20 to receive the award, which includes a plaque and a monetary gift, and present their research. If you have further questions, please contact Chris Janelle by email: cjanelle@hlp.ufl.edu.
Giveawayathon New Orleans 2006
by Judy L. Van Raalte

Driving out to the upper Ninth Ward in New Orleans one full year after hurricane Katrina was a shock. It wasn’t that any one house, block, or neighborhood looked that bad. Most still looked kind of cute even when abandoned or water damaged. It was the FEMA spray paint scrawled on the fronts of the houses—TFW and then the date—that indicated that the residents were gone and maybe not ever coming back. There was abandoned neighborhood after abandoned neighborhood. It went on for miles. The area of devastation, we learned, was greater than that of the island of Manhattan. As a northerner, I can better understand the scope of the destruction when I think of Manhattan and what it would take to rebuild if every structure was destroyed.

In keeping with the spirit of past Division 47 giveawayathons, members of Division 47 volunteered to contribute to the city in which the APA Annual Convention was held. Instead of providing free exercise and sport psychology services as has been done every year since 2003, this year’s giveawayathon involved joining with the other APA members and divisions to help rebuild New Orleans. When I say division members lent a hand, I literally mean lent a hand. Giveawayathoners helped Habitat for Humanity construct homes in the upper Ninth Ward.

A special giveawayathon mention should be given to Division 47 president, Kirsten Peterson, who managed to squeeze in time to volunteer amidst her busy convention schedule, and took on roofing tasks in the heat of August in New Orleans. While some volunteers labored away inside in the shade priming walls before painting in one of the 75 new homes in the “Musician’s Village,” Kirsten was carrying plywood up to a rooftop and then hammering it into place, probably thankful for her knowledge of mental skills to manage fear of heights. Kirsten said that her only regret about the experience was that she did not have more time to work rebuilding at the site.

The generosity of our Division 47 members is remarkable and I am glad to have had the chance to again be a part of the giveawayathon. It is already time to start planning for next year’s giveawayathon in San Francisco. If you have any contacts in the Bay Area with groups, teams, or individuals who would be interested in a free exercise and sport psychology presentation or if you are interested in serving as a presenter, please contact me at: jvanraaij@spfdcol.edu

Open Call for Division 47 Award Nominations

Distinguished Scientific and Research Contributions to Exercise and Sport Psychology

The Distinguished Scientific and Research Contribution Award is presented to candidates who have made distinguished theoretical or empirical contributions to basic research in sport and exercise psychology. For this award, nominators should include in the letter of nomination a statement addressing the following questions:

1) What are the general themes of the nominee’s major line(s) of research?
2) What are the important research findings usually attributed to the nominee?
3) To what extent have the nominee’s theoretical contributions generated research in the field?
4) What has been the significant and enduring influence of the nominee’s research? (i.e., what historical contribution has the nominee’s research made to the field?)
5) Compare the nominee with others in his/her field.
6) What influence has the nominee had on students and others in the same field of study? Where possible, please identify the nominee’s students by name.

To be considered for the award, the individual must be a current member of Division 47. A letter of nomination outlining specific contributions, a current vita, and the names, addresses, e-mails, and phone numbers of three sport psychologists familiar with the nominee’s work must be sent to the Past-President who chairs the Awards Committee. All nominations must be received by December 31st.
The student presence in Division 47 is slowly growing, and both Trent and Dan are eager to see more students become actively engaged. The following is a brief summary of what's been going on and what lies ahead.

This past summer Dan Leidl joined Trent DeVore in serving as your student representatives to the executive committee. Already, Dan has been a tremendous addition and together they are working hard to assist with the current initiative to enhance student involvement within Division 47. Dan is currently a doctoral student in Sport and Exercise Psychology at West Virginia University, and hopes to see growth in student participation within Division 47 and the APA during his two year tenure.

While we are always interested in hearing from students as to how the Division can expand and grow, we are currently engaged in two initiatives and are putting out a call for additional student involvement and support. Dan and Trent are interested in supporting the growth of exercise and sport psychology as a discipline, and encourage you to take an active and supportive role in the process.

1. In speaking with gradPSYCH, the APA's graduate student magazine, interesting stories pertaining to research are generally welcomed. If you are engaged in graduate level research that is off-beat, noteworthy, or groundbreaking in some capacity, please contact Dan or Trent. They will be happy to pass the stories of your research on to gradPSYCH, which may very well publish a write-up regarding your work. Such a write-up will not only fair you well, but it will also prove to educate the general psychology community about the findings and efforts of those in the sport and exercise psychology field.

2. With the 2007 APA convention being held in San Francisco, we are both excited to attend. We had a small, but strong turnout in New Orleans this year and are hoping to increase attendance for 2007 by starting to get the word out early. If you are planning to be at the convention in August, Trent and Dan would certainly like to hear from you, in an effort to gauge interest in such events as a student social or a meet and greet with current exercise and sport psychology professionals. The great thing about our division is the willingness of current professionals to take the time to talk with students about the field, and the opportunity to get an insiders view of what valuable work they are currently undertaking. Dan and Trent would like to facilitate this process and ensure that you, the students, are getting the most out of your division membership. Additionally, we are also interested in hearing your thoughts regarding topics you would like to see addressed at the convention. Given your interests, we would be happy to share your thoughts with the executive committee in an effort to meet your requests.

We would like to hear from you, as our efforts to enhance student involvement are sincere. We need to further develop the dialogue between students in exercise and sport psychology and the APA, and we encourage you to take an active role. Please feel free to contact us at the e-mail addresses up top, and we look forward to speaking with you more soon.
An empirically informed and integrated approach to sport psychology

Clinical Sport Psychology will provide readers with an assortment of tools to use in evaluating and working with athletes. The text addresses a range of athletes' issues in an informed and integrated approach to sport psychology. Rather than focusing on one problem area, one modality of intervention, or one aspect of professional practice, Clinical Sport Psychology blends grounded theory and sound research with effective assessment and intervention practices, presenting empirically informed intervention guidelines specific to various needs of athletes.

Clinical Sport Psychology contains the following features:

- A thorough explanation of the Mindfulness-Acceptance-Commitment (MAC) approach to enhancement of sport performance
- A detailed examination of the empirical support for traditional procedures in sport psychology
- A detailed and practical understanding of the Integrative Model of Athletic Performance (IMAP), which integrates clinical and sport science
- A firm understanding of the Multilevel Classification System for Sport Psychology (MCS-SP), a model to classify the wide range of athletes' issues
- A clear organizational structure from theory through intervention, including special considerations

With 30 years of ongoing practical experience with professional athletes, the authors present an integrated and holistic approach to clinical sport psychology, guiding readers in understanding, effectively assessing, and appropriately intervening with athletic clientele.

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Update: Education Committee Report

Ed Etzel, Chairperson

In the past several months, the faces and personalities of our committee have significantly changed. For the reader's information, the current committee is made up of a great group of volunteers to include Vince Granito, Mary Jo Loughran, Luis Manzo, Matt Martens, Nicki Moore, Patrick Rufener, Jennie Susser, Carolyn Youren, and Ed Etzel, Chairperson. D47 President Kirsten Peterson has charged this group with several tasks. Consequently, the current Education Committee has been quite busy since the last year.

Overall, with guidance from the D47 executive committee, we have been engaged in the first major charge — that is, helping D47 promote our field. The tough question and challenge is how to do it? Here is what is in the hopper for later 2006-2007.

First, we are happy to be currently engaged in the development of an article for the early 2007 APA Monitor highlighting D47. While it is yet unclear what the exact content will be, it will likely focus on what D47 is about and some of the unique work selected members of our division are engaged in. Clearly this is great publicity for our rather small division. If you have suggestions about what and who to highlight, please send them my way at edward.etzel@mail.wvu.edu.

We have also been in communication with Emily Leary from APA’s Teachers of Psychology in Secondary Schools (TOPSS). We have sent forward a draft PowerPoint presentation about D47 and exercise and sport psychology for eventual distribution by TOPSS for use in high school psychology classes. By the way, TOPSS is looking for psychologists interested in visiting high school psychology classes to talk about their careers and experiences in psychology. If you might be interested in doing so in our area, log on to http://www.apa.org/ed/topss/homepage.html.

Perhaps the most pressing topic linked to the EC involves our “proficiency.” (See http://www.psyc.unc.edu/apadiv47/about_divprojects.html). As many members know, nearly three years ago, APA’s Council of Representatives approved a proficiency in sport psychology. This designation indicates that exercise and sport psychology is acknowledged to be a unique type of professional psychology practice. Interested psychologists often contact our President and/or yours truly about how to incorporate exercise and sport psychology into their practices. How to do so is often a difficult thing to do. Therefore, the EC and executive board are involved making APA members more aware of the proficiency. Efforts are underway to accessing information about the proficiency more prominent on the web site which will hopefully help professionals and students who are interested in our field.

Finally, the EC is engaged in examining paths other than the proficiency for professional development and recognition. Discussion is underway regarding the possibility of developing a “diplomate” American Board of Professional Psychology (ABPP) in exercise and sport psychology. The EC seeks member input on the pros and cons of this course. See http://www.abpp.org/ for information on ABPP.

The EC is further involved in discussion about crafting and offering continuing education options for professionals (e.g., at the APA convention, on-line, elsewhere). Finally, the EC is very interested in information from D47 members about any efforts they have been involved in to promote the field (e.g., state and regional psychological conference presentations). An initial request for such information on our listserv produced several activities of this nature. Keep us posted on your activities and suggestions associated with any of the above EC activities!
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Ray's Race 2006
APA Convention – New Orleans, LA
Suanne Shocket, Psy.D., President, Running Psychologists

The 28th running of the Ray’s Race themed “Run for Resilience” was held Saturday morning, August 12th in New Orleans’ Audubon Park. Registration at the convention increased our numbers to 100 by race day. The overall winners were Gregory Benson, age 28, first place, second place male finisher, 35 year old Mike Olson, and Masters runner Michael Waldo, age 52, third place. The two overall female winners were: first place Heidi Sickler, age 37, followed by second place Chris Morrison, age 35, and third place went to Emily Lena, age 26. Special recognition goes to our youngest runner, 9 year old Cade Fowler, grandson of Ray and Sandy Fowler, who placed second in the 24-and-under age group. Rumor has it that Cade has become serious about his training and has hired a coach, so watch for him to be seen past you in a future Ray’s Race. Congratulations also goes to our oldest runner, Irene Deitch, age 76, who finished first place in her age group in a time of 44:42. Special recognition also goes to our guests of honor, Ray (30:46) and Sandy (44:19) Fowler both of whom placed first in their respective age groups. Just as our youngest runners remind us where we once were, our oldest runners offer us a glimpse of what we can achieve in the future. Running Psychologists gives a hearty thank-you to our sponsors who provide the necessary support to purchase race management services, awards, refreshments, buses, permits and other services. Sponsors for the 2006 race include Psi Chi, APA Insurance Trust, APA Convention Services, Div. 2 (Teaching Psychology), Div. 19 (Military Psychology), Div. 38 (Health Psychology), Div. 39 (Psychoanalysis), Div. 47 (Exercise and Sport Psychology), Div 50 (Addictions) and Worth Books (who gave both money and raffle prizes). We are also very grateful to the exhibitors who generously donated books for the raffle. They include APA Books, Blackwell Publishing Inc., Da Capo Press, Guilford Publications Inc., Lawrence Erlbaum Associates, Inc., Oxford University Press, Thomson Wadsworth, Wiley Publishers and Worth Books. Further thanks go to my husband, Noah Nason, who created the race video that was on display at the Division Services booth. Watch for next year’s video in San Francisco. We are once again very grateful to the staff of Division Services who provided us with the same incredible support they do each year, with special thanks to Keith Cooke who also served as race video photographer, awards carrier and who is always ready to take charge when you need him. As promised, Running Psychologists was able to donate $1 of each registered runner’s entry fee to the New Orleans Habitat for Humanity. Additionally, several Running Psychologists offered to match that amount and sent in separate checks. If our treasury remains solvent, we would like to continue to support a worthy charity in our future host cities. I hope everyone enjoyed the race and hope to see you back next year in San Francisco. Please send any feedback about the race or suggestions for future races to sshocket@earthlink.net.

CALL FOR NOMINATIONS

2007 APA SUINN MINORITY ACHIEVEMENT AWARDS

GRADUATE PROGRAMS IN PSYCHOLOGY WITH DEMONSTRATED EXCELLENCE IN THE RECRUITMENT & RETENTION OF ETHNIC MINORITY STUDENTS

The Commission on Ethnic Minority Recruitment, Retention and Training (CEMRRAT2) Task Force is requesting that ethnic minority students nominate their doctoral programs in scientific (e.g., developmental, experimental, cognitive, social, psychobiology, etc.) or professional (e.g., clinical, counseling, school, etc.) psychology. The nominated programs should have demonstrated excellence in the recruitment, retention and graduation of ethnic minority students. Three Suinn Achievement Awards will be presented at the 115th Annual Convention of the American Psychological Association in San Francisco, August 17-20, 2007.

Please direct all inquiries and submit your nomination to Shannon Watts, via e-mail, fax, or mail using the information below. (Nominations by E-mails are strongly encouraged). Shannon Watts, Special Projects Manager, Office of Ethnic Minority Affairs, American Psychological Association, 750 First Street, NE Washington, DC 20002-4242, 202/336-6029 Voice, 202/336-6040 Fax, Email: swatts@apa.org