As I write this column, it is once again snowing heavily here in Colorado, reminding me that (a) just because spring is a fast-approaching date on the calendar, it doesn't mean that mother nature is listening, and (b) there is something in the metaphor of a blizzard when it comes to trying to move forward on our “Paths to Proficiency” initiatives. You have to leave early if you want to get somewhere on time, and make sure to keep shoveling the paths already created even as you navigate new ones.

Paths to Proficiency: Our Proficiency Ad Hoc Committee developed several great ideas and processes to move the APA-approved sport psychology proficiency (see http://www.apa.org/crsppp/archsportpsych.html) from an aspirational document to a “destination document” with defined educational and informational paths leading to it. Here are some of our early exciting outcomes.

1. We hope to post to the division web site in the next few months a self-help document that lists online courses and educational resources for psychologists interested in learning more about sport psychology.

2. An article about Division 47 and our work on the proficiency was published in the March APA Monitor. We thank Penny McCullagh for making this accomplishment possible.

3. A joint task force was created between Division 47 and the Association for Applied Sport Psychology (AASP) focusing on commonalities both organizations are grappling with regarding proficiency, certification, and creating avenues toward both ends. Ed Acevedo has been instrumental in advocating for and organizing this initiative. The task force lead is Diane Finley, and committee members come from both APA an AASP. We hope this task force will help our organizations work more closely together on these very important issues, and lead to insights in how we can achieve paths to proficiency and certification that are functional for both psychologists and sport science-based practitioners.

4. We recently submitted a report to APA’s Board of Educational Affairs recommending several ways in which APA could partner with Division 47 to move our proficiency education efforts forward.

5. Programming at the 2007 APA conference will focus on he ways in which psychologists can work toward increase proficiency in sport psychology.

So as we develop these many paths, I find one of my challenges is remembering to return to some of those already begun to keep shoveling them out and push back the snowbanks of distraction, frustration, or passivity. It is true that it sometimes takes more perspiration than inspiration to maintain momentum over time. As always if any of these initiatives strikes your fancy, feel free to contact me to get involved and keep the path clearing going.

Web site Redesign and Hosting Change: A division’s message is only as good as the ways in which it conveys that message. With that truism in mind, we have decided to begin a web site make-over so as to enhance its appearance and functionality. We have begun the change process by switching hosts--moving the web site from its location at North Texas State University to APA. We wish to acknowledge Trent Petrie and his staff of hard-working students who have developed the web site from its inception to its current form. Without their ongoing involvement, we would not be nearly as developed in terms of web site sophistication as we are today. The new address for our web site is www.apa47.org. Check it out!
One of my first memories of professional growth occurred when I was in my first post-master’s degree job as an inpatient substance abuse counselor. Our staff had a meeting to discuss some recent discharged patients, and one of my former patients had just returned for a recovery group meeting to discuss his longest period of sobriety he had experienced in over 20 years of addiction. When discussing his incredible “recovery” process, I became full of “myself” and began discussing how my interventions crafted this wonderful recovery. After the meeting, Walt (one of our senior staff) gently pulled me aside. In his kind (yet serious) manner, he gave me this piece of advice….”Chris, if you are going to take credit for every patient that maintains recovery, then you need to take credit for every patient that relapses.” Now I have been told I can be a bit stubborn and “hard-headed,” but when Walt shared those words, I got the message. Six years later I began my journey as a counseling sport psychologist. In my sixteen years of experience, I have not forgotten those words Walt spoke. What do I mean?

In the field of sport psychology, often we see the “testimonials” or advertised statements that claim how an individual sport psychologist/performance coach “…got John Doe his Olympic medal (or “…fill in the blank…”).” What would Walt say? Probably he would say, “If you are going to take credit for every athlete that medals/wins, then you also need to take credit for every athlete that fails/loses/doesn’t achieve their goal.” One of our greatest challenges as a field is to accurately reflect our “role” as sport psychologists/consultants. That is, do we actually “create” the change in our clients, or do we more accurately create an environment (e.g. therapeutic alliance) that allows our clients to adopt techniques and facilitate changes in their “mental game”. As a counseling psychologist, I was trained in therapeutic modalities and counseling techniques. Every client session was either audiotaped or videotaped; supervision of my sessions provided me wonderful feedback about my “role” in the therapeutic process. I believe that this basic training as a psychologist has helped me immensely in determining my “role” as an applied sport psychologist. And I believe that our “role” with athletes and elite performers is an essential and necessary role. Unfortunately, the world of sport has not entirely embraced our role in the enhancement of athlete performance and the psychological care of athletes (e.g. counseling issues with athletes). Could this be due to some of us claiming “credit” for the success of either an athlete or a team? There is no question that many of the sports administrators I have spoken with in many different levels of sport (in my past 16 years I’ve worked with NFL, MLB, and NGB’s) have negative or doubtful attitudes about “psychology” in sport. This is an area I hope we can impact through Division 47 over the next year or so…in a positive way!

Thus, Kirsten’s and my continual message of increasing the visibility of our proficiency document is essential to this mission (enhancing the view of “psychology” within elite sports). By creating an environment of proficient and competent providers of applied sport psychology, we enhance our overall image as “sport” psychologists.

As sports medicine continues to embrace the work of our colleagues in the areas of injury recovery, eating disorders, substance abuse, and therapy with athletes, we will continue to enhance our necessary role as part of a comprehensive sports medicine team. As our research in the area of applied sport psychology and assessment develops, we can add greatly to the academic literature and to the education of general managers and scouting directors that often rely on “personality” assessments to determine which player to select in a draft. So it remains my “mission” as President-Elect to make sure that our Division leads the field in “taking credit” for our role as competent and effective sport psychologists.
FROM THE EDITOR’S DESK:

THE TIMES THEY ARE A-CHANGING...

Randall W. Cockshott, Ph.D. – Newsletter Editor

As Bob Dylan’s famous song suggests one constant in life is change, and we are better off trying to swim with the change rather than sinking like a stone. We as profession and a division are constantly experiencing change. One change that is occurring is a switch from a printed version of the newsletter to an electronic version of the newsletter. Increasing financial costs of producing the newsletter are a main reason for the change. Rolling with the change however has its benefits. This change will help us increase the speed by which the newsletter can be delivered to the membership. It also offers the potential to increase the amount of content we as a Division can include in our newsletters. This change is also environmentally friendly, as we will no longer be needlessly printing newsletters that many have already read online. Most importantly this change will help us reduce one of the largest expenses the Division currently encounters, and allow us to redirect these funds to other needs.

Moving from future changes in the method by which we will deliver our message through our newsletter, we move to the constant change within the Executive Board. This issue highlights candidates for the office of President-Elect, Secretary/Treasurer, and Member-at-Large. Please be sure to vote when your ballot arrives in the mail. This issue also provides a glimpse of the division’s program at the APA convention in San Francisco this year. You will also find updates from the Practice and Science Committees in this issue.

Turning to an online medium, I want to also highlight changes in the Divisions listserv policy. The Division 47 Executive Board voted to amend our listserv mission and policy. Effective immediately:

The purpose of the APA Division 47 Exercise and Sport Psychology listserv is for collegial and respectful discussion about issues congruent with the mission of the Division. We will no longer accept commercial postings, i.e., advertisements for products and services. A mechanism for posting such advertisements will be created for our web site and listserv members will be informed of the specifics of those procedures when they are finalized. We appreciate your anticipated cooperation and adherence to these revised policies. If you have any questions about these policies, please contact Kirsten Peterson or Jesse Raben, APA Associate General Counsel at jraben@apa.org.

Finally, the division is working with a few potential web site designers to help bring us into new levels of functionality in terms of communicating the message of exercise and sport psychology. Division 47 is on the lookout for a tech-savvy division member who would be interested in being our official liaison with APA on all matters web site related. If you at all interested or intrigued by this possibility, please contact Kirsten Peterson.

DIVISION 47 2006-2007
ADVERTISING AND INSERTION SCHEDULE

ESPNews is the official newsletter of 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.

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CANDIDATE STATEMENT – PRESIDENT ELECT
EDMUND ACEVEDO, PH.D

BIOGRAPHY: Ed Acevedo, Ph.D., is Professor and Chair in the Health and Human Performance Department at Virginia Commonwealth University. He earned his B.S. in Physical Education with a minor in psychology from Springfield College (1983), his M.A. from the University of Maryland in Exercise Physiology (1985), and his Ph.D. in Sport and Exercise Psychology from the University of North Carolina at Greensboro (1989). He has taught courses in sport and exercise psychology, psychobiology of physical activity, and exercise physiology. Ed’s work has been primarily focused in teaching and research with a major interest in the psychobiology of human performance. Ed has served as a reviewer for 11 different journals in exercise and sport psychology, psychobiology, and exercise physiology. He has authored or co-authored more than 30 book chapters and articles in refereed journals. He is coauthor with Panteleimon Ekkekakis of an edited text entitled, “The Psychobiology of Physical Activity” (2006), and he has presented over 70 papers at national and international conferences. Most recently, his research interests have been focused on the psychobiology of stress during physical activity. He has been an active member in APA for 10 years and has served as Member-at-Large for Division 47. In addition, he has served as Association for Applied Sport Psychology (AASP) Certification Review as Committee Chair. He is a Certified Consultant, AASP, and has consulted with athletes and coaches at the professional, collegiate, and youth sport levels. He is also a Fellow of the American College of Sports Medicine.

Position Statement
It is an honor to be nominated for an opportunity to serve as President of Division 47, APA. My interest in serving as President for Division 47 is fostered by my commitment to enhancing the public visibility of the professional practice of applied sport and exercise psychology and of the exciting scientific evidence that supports this professional practice. Enhancing public visibility starts with ensuring that what we have to offer the public is of significant value. My agenda in this regard is on conference programming to ensure an environment of scientific inclusion and appreciation for diverse research questions and methodologies that facilitate cross-fertilization. Specifically our conference program could regularly include a session on new and innovative inquiry into human performance. Next, to promote the agenda of the whole within APA, we would continue to enhance our connections to APA’s political and administrative structure. Matching our Division committee structure to the committee structure of APA has provided a direct avenue for connecting with the great benefits and services that are provided by APA to each division. To promote this reciprocal relationship, our contributions can include proactive representation of exercise and sport psychology. For example, when the media presents stories about parental violence on the playing field, gay athletes in the locker room, lack of exercise motivation, or psychological benefits of exercise, our division should provide APA with a public educational response, thus promoting our expertise through APA to the public. The final and most important connection is with the public. This component of our mission has been well served by the development of promotional and educational brochures, specific programs, such as our Givaway-athon, and our Proficiency in Exercise and Sport Psychology. Our ultimate responsibility is to present to the public a clear depiction of what we have to offer, the public. A collective, collaborative effort on the part of a broad group of interested individuals and groups with very similar objectives is critical to our effectiveness. We can work together to promote a critical mass of competent practitioners by developing and promoting options for practitioners to demonstrate proficiency in exercise and sport psychology (i.e., online coursework, workshops, conference attendance and CEs, degree program alternatives, practical experience, and certification, etc.). Finding ways to work together on similar goals is beneficial for all, and most importantly, for the public.

As President of APA Division 47, I will serve on behalf of the members of the division, the executive committee, and most importantly the public at large. I will work to meet the demands and requirements of this position with high energy, focused organization, and commitment to excellence. I would greatly value the opportunity to work with you and the executive committee in making decisions that will continue our pursuit of helping others to help themselves to enhance their health and happiness through exercise and sport participation.
**Biography:** I am a Professor of Psychology at Prince George’s Community College, (DC) and am an adjunct at University of Maryland University College. Previously I taught at both the graduate and undergraduate levels. I received my B.A. from the College of Notre Dame, my M.A. from Louisiana State University and my Ph.D. from the University of Maryland College Park. I am AASP certified, a National Certified Counselor and am license-eligible in Maryland. I am currently Secretary-Treasurer of Division 47 and liaison to the Science Committee. I am on the Proficiency Task Force and will co-Chair the joint AASP/D47 committee on certification. I previously served on the Education and Public Relations Committees. I am active in Division 2 (Teaching) and in AASP. My research focuses on gender differences in spatial ability, cross-cultural attitudes towards sport participation, and teaching psychology. I have authored book chapters and over 40 presentations on these issues as well as on online learning. I am active in the teaching psychology community and am Past-President of the Council of Teachers of Undergraduate Psychology. In 2006 I received the Teaching Excellence Award from the Society for the Teaching of Psychology (Division 2). In addition to teaching, I have a small consulting company in which I work with individuals, companies and boards of directors. In my spare time, I can be found at the ballpark watching the Bowie Baysox, the AA affiliate of the Baltimore Orioles, or at Camden Yards watching some of the former Baysox play for the big leagues.

**Position Statement**

It is a privilege to be nominated for the position of President of Division 47 and a challenge to follow the current and past Presidents. Having served as Secretary-Treasurer for three years, I have been fortunate to work with a talented Executive Board. I believe that my experience as Secretary-Treasurer will help me serve the Division as President. I know the tasks of the President (per the Policy Manual) and I believe I possess the skills and temperament demanded by the position. I am honored by this opportunity to further serve Division 47 and the field of sport psychology.

I believe that our most important task for next year is to continue to work within APA to implement the proficiency passed in 2003. We need to extend recommendations for training and education as well as develop a means of assessing competence in sport psychology. This is an enormous task, not to be undertaken lightly, and one that has serious implications for the discipline. Work has begun on this task but it is work that demands continued effort. My service on the Proficiency Task Force and as co-Chair of the joint certification/proficiency committee with AASP has prepared me to continue working on this issue.

I would like the Division to continue to increase the visibility of sport psychology both within psychology and with the general public, beginning with increasing the number of Division 47 members on APA’s Media Referral Service. Our members should be the “go-to” contact not only for sport issues but also for matters such as childhood obesity.

I would like to see the Division reach out more to underserved populations. Building diversity in our profession begins with reaching out to a more diverse clientele. We do some of this with the giveaway-athon but need to make such service a year-round endeavor. Too often, we focus on the elite athlete yet the skills we have cultivated have usefulness for many other people. These groups also have much to offer sport psychology.

The Division needs to continue to increase its involvement in APA. Participation in the Education and Science Leadership Conferences would give us opportunities to network with other divisions and with APA staff. We have much in common with these divisions. Many Division 47 members are active in other Divisions but we have not maximized those connections. Doing so would help educate other psychologists about what sport psychology is and would help raise our profile within APA.

I believe that the Division must continue to build bridges to other sport psychology organizations and to minimize the differences between the groups. We have more commonalities than differences and the more united the field of sport psychology, the stronger we will appear to those outside of the field.

None of these tasks will be easy but Division 47 has an enormous pool of talent and if we tap that talent I am confident that we can achieve these goals and more. I would like to help the Division achieve these goals.
Dr. Granito is assistant professor of psychology in the Social Sciences and Human Services Department at Lorain County Community College. He also teaches social skills, violence prevention, and sportsmanship workshops for the Society for the Prevention of Violence. He obtained his M.A. in Consulting Psychology specializing in Sport Psychology from John F. Kennedy University, and his Ph.D. in Psychology from the Saybrook Graduate School. He is a member of the Division 47 Education Committee, chair of the Center for Teaching Excellence at LCCC, Co-Chairperson for the Intercollegiate Social Sciences and Humanities Association, Secretary of the Ohio Association of Two-Year Colleges, and board member of Psychology Teachers at Community Colleges (PT@CC) through the American Psychological Association. He has served Division 47 in the past as the National Student Representative, and served as a member of the Development Committee of the Association for the Advancement of Applied Sport Psychology. Dr. Granito has published articles in the professional literature within the field, and presented at sport psychology conferences throughout the country and abroad, including several APA conventions. In 2005, Dr. Granito was awarded Alumnus of the Year form the Graduate School of Professional Psychology at John F. Kennedy University for his contributions to the field of sport psychology and the community. He developed injured athlete support groups called the Performance Enhancement Groups (PEG) for injured athletes, and served as a facilitator for these groups at several universities. He also is a girl’s varsity basketball coach at the high school level.

**Position Statement**

It is an honor to be nominated for the Secretary/Treasurer position of Division 47. This is a great time to be involved with Division 47 and the field of sport psychology. I am very enthusiastic about the field and the direction of the division. The passage of the Sport Psychology Proficiency a couple of years ago, and the top priority given to this issue by current president Kirsten Peterson is going to create a world of opportunities for individuals to provide sport psychology skills, to shape current educational formats, and secure the well being of the populations we serve. Division 47 is now positioned itself to become a leader in establishing sport psychology competencies, and historically we may look back on this time period as a significant junction in the field. The impact the proficiency will have on the field of sport psychology will be contingent on the education of members of the division, and members of APA who have not been members in the past. Also, members of other organizations (e.g., AASP) are going to have questions about the proficiency. Continuing education will need to be established to train both members without a background in sport psychology and current students. This is a necessity to show others how to take advantage of this opportunity. The division will also need to educate the people who will be served by the proficiency such as athletes, coaches, parents, trainers, and administrators. In my position on the Division 47 executive committee, I will work toward this end.

Division 47 has always had an eclectic mix among our members. We have professionals from psychology, sport sciences, and medicine. Additionally, the membership is made up of professionals who engage in research, consulting, clinical work, and teaching. It is important to make sure that the needs of all these individuals are being met. This is going to be more critical in the future because we may add members to the division who have come from diverse background. Members of the executive committee will need to be sensitive to this change in membership. I am excited to see how Division 47 and the American Psychological Association can inspire the lives of people, especially in challenging times. I believe my background in the governance of APA and in other organizations will help me with this position. I will continue the solid organization that has been provided by outgoing Secretary/Treasurer Diane Finley. It is great to see the changes our organization has made to the field of sport psychology. I would consider it an honor to try to continue these positive changes, and be more responsible for a more active role in the division.
Biography: Steve Portenga is the Director of Sport Psychology for the University of Denver Division of Athletics and Recreation. He provides sport psychology consulting services to all of DU’s 17 NCAA Division I athletic teams, individual student-athletes, and coaches. He teaches performance enhancement skills, counsels athletes, facilitates team development, and works with coaches to develop a positive team environment. Portenga is also the Interim Director of the newly formed Sport and Performance Psychology Program in the University’s Graduate School of Professional Psychology. He is a licensed psychologist in Colorado.

Portenga has served as a sport psychology consultant to university athletic departments since 1997. He has provided sport psychology services for USA Track & Field since 2005. In 2004, Portenga received the first Student Practitioner Award for excellence in applied sport psychology presented by the Association of Applied Sport Psychology. Portenga has made numerous national and international presentations on issues such as coaching and team development, injury, and training issues in sport psychology. Portenga is also a member of ACSM, ISSP, and AASP.

Prior to Denver, he was at the University of California, Davis, where he completed an APA Internship and a Post Doctoral Fellowship in sport psychology. After his undergraduate studies in engineering at the University of Michigan, Portenga coached alpine skiing for the Vail Development Team for 4 years. He then earned a M.S. in Exercise and Sport Science from the University of Utah and a Ph.D. in Counseling Psychology from the University of Missouri-Columbia.

Position Statement
In recent years it’s been wonderful seeing Division 47 become more active in taking the lead with respect to practice issues in the field of sport and exercise psychology. I am excited to be nominated for the Secretary/Treasurer position and have an opportunity to aid in this leadership. A vital component of leading is being able to create a vision of what a team can create if they work together. I hope other Division 47 members are as excited about the future I envision for our field as I am.

The emphasis of this vision is supporting, and augmenting, the goals of recent presidents of the division. The biggest goal, labeled “professionalism” in Chris Carr’s presidential position statement, includes the proficiency standards, ethical issues, and professional development standards. I have thoroughly enjoyed developing a new sport and performance psychology program this past year. However, in establishing a new program, I realized that there is not much guidance for curriculum design. If, as Kirsten Peterson stated in the Fall ESPnews, education is the bedrock of building competency, then the division should be proactive in describing the guidelines for the educational paths to proficiency. We should help the growth of the field by supporting the growth of comprehensive, standardized psychology based graduate programs.

An additional agenda item includes exploring proficiency examination. From past projects, I am familiar with the National Commission for Certifying Agencies standards with regard to professional certifications, which would help this endeavor. This is a crucial undertaking, as my experience with four university athletic departments leads me to believe that administrators and coaches want sport psychology services, but have no way of easily knowing who has adequate qualifications.

To better position the proficiency within the field of psychology, it is imperative that we continue to reach out to others in APA. With the popularity and exposure of positive psychology, sport psychology should be positioned similarly, as focusing on the “positive” is inherent in our work!

Another presidential initiative I am excited about is the possibility of a division 47 journal focused on professional practice issues. As a member of division 13, I have found the Consulting Psychology Journal: Practice and Research to be informative to my work. I find it very practical and believe it could be a start for developing this new journal.

I would like to continue Diane Finley’s work of streamlining the financial processes and making this position easier for whoever comes next. This task is critical for our future, especially as we look to increase revenue through initiatives such as CE’s and online courses.

Lastly, I believe it is important that the division take a stronger stand on the issue of diversity. We should continue to actively recruit talented students to the field and improve their retention. I have experienced the challenges of developing a multicultural, inclusive recruiting plan directing DU’s MA program, and would like to see these efforts initiated on a larger scale.
Biography: Christopher Janelle is Associate Professor in the Department of Applied Physiology and Kinesiology, and the Director of the Performance Psychology Laboratory at the University of Florida. He earned his B.A. in psychology from Miami University (Ohio: 1991), his M.S. in sport psychology from Springfield College (1993), and his Ph.D. in sport and exercise psychology from the University of Florida (1997). Chris serves as Section Editor for the International Journal of Sport and Exercise Psychology, and Research Quarterly for Exercise and Sport. He also serves as a reviewer for the other major journals in the field, and sits on four editorial boards, including the Journal of Sport & Exercise Psychology. He has authored over 50 book chapters and articles in refereed journals. He also co-edited the Handbook of Sport Psychology, and he has presented over 60 papers at professional meetings worldwide. His research efforts are directed toward understanding the influence of emotion on the thoughts and behaviors of participants in motor performance and exercise/health settings, and he is currently funded by the National Institute of Mental Health (NIMH) for his work in these areas. Topics of interest include basic understanding of emotion and movement as related to performance expertise, as well as the role of attentional biases in the perpetuation of anxiety and movement disorders.

Position Statement
I am truly honored to be nominated for the position of Member-At-Large for APA Division 47. I have been a member of APA and Division 47 for more than a decade, and have actively presented at the annual conference since joining APA. APA Division 47 has always been a focal point for my professional service endeavors, and I am currently Chair of the Science Committee. I was fortunate to serve as student representative for Division 47 from 1997-1998, and then was a member of the Program Committee prior to serving as the Program Chairperson for the 2002 and 2003 conferences. In addition to membership in APA, I am also an active member of several other professional organizations including AAASP, NASPSPA, ISSP, the Association for Psychological Science (APS), and the Society for Psychophysiological Research (SPR).

According to the APA Division 47 policies and procedures, the duties of the members-at-large will be assigned by the president on behalf of the executive committee and the division. Historically, members at large have served as chairs of ad hoc committees, the membership committee, review of policies and procedures, review of the division web site, and photographer at division events at the annual convention. I believe my eclectic background in both sport and exercise psychology domains, and as a researcher, teacher, and consultant in these related fields, has prepared me well to wear whatever hat seems to fit (or might be bestowed by the organization). Indeed, the Member-at-Large position seems to have been created with such adaptability and flexibility in mind. I am a highly motivated and organized individual who will devote all available resources to completing projects in a timely manner. As may be obvious from my past experience, my passion for Division 47 in particular, along with a broad-based vested interest in seeing the field of sport and exercise psychology continue to responsibly grow, motivate my desire to continue to serve the organization. As we continue to face the challenges of balancing the various spheres of interest in the field, I sincerely appreciate the nomination for the Member-at-Large position, I feel I have the skills necessary to successfully fill this position should I be elected, and I sincerely thank you for your consideration.

JOIN THE DIVISION 47 LISTSERV TODAY

Division 47 has a 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.
CANDIDATE STATEMENT – MEMBER AT LARGE

SAM MANIAR, PH.D.

BIography: Sam Maniar, Ph.D., is a Sport Psychologist for Ohio State University Athletics / Sports Medicine Center. He also serves as a Performance Consultant for his own company, Optimal Performance Consulting.

Sam became interested in sport psychology in high school when he read Jerry Lynch’s book, The Total Runner and applied Lynch’s lessons to his own athletic performance. After completing his bachelor’s degree at Northwestern University, Sam obtained a master’s degree in Counseling with a minor in Sport Psychology from the University of Montana. While pursuing his degree, he served as a youth soccer club coach and a University of Montana assistant cross country & track coach. Maniar then completed a doctorate in Counseling Psychology with a specialization in Sport & Exercise Psychology at West Virginia University. Maniar finished his sport psychology training with an internship at Washington State University and a fellowship at Ohio State.

Sam has worked with youth, college, Olympic, and professional athletes and teams to enhance performance through psychological skills training. He also is a licensed psychologist and has experience counseling athletes from virtually every sport for issues ranging from depression to personality disorders. He is engaged in applied sport psychology research, currently investigating mental illness prevalence among university student-athletes. He served as the chair of an NCAA committee that authored NCAA-wide guidelines for the assessment, prevention, and treatment of depressed student-athletes; served as a reviewer for APA conference submissions; and presented multiple research findings at APA conventions. Maniar has been a member of APA since 1994.

Position Statement

I am flattered to be nominated for the Member-at-Large position. After serving as the Chair of the Division 47 Public Interest Committee for the past two years, I am excited about the possibility of working collaboratively with the Executive Board to further expand the field of exercise and sport psychology. I believe that my diverse background in applied sport psychology consultation, counseling, research, and teaching will represent many members of Division 47 and will aid me in being an effective Member-at-Large.

Although I have worked as a sport psychologist / sport consultant at four universities over the past 11 years, I feel that I have only begun to understand the application of psychological principles to sport and exercise. I have learned so much through my experiences, but our field is still relatively new and as a result I feel that we are just beginning to scratch the surface in understanding how to best apply these principles. Hearing from students and professionals representing the various academic majors and professions of our division, it’s apparent that our field is continuing to grow in leaps and bounds. Should I be elected, I plan to use my experience and knowledge to further Division 47’s holistic approach to sport and exercise psychology. In particular, I am eager to help Division 47 continue to promote our field by educating the public about the benefits of sport psychology and continuing my predecessors work at establishing proficiencies in the field. I am also passionate about my work with the NCAA regarding the assessment and treatment of student-athletes with depression, and I would like to work with APA and Division 47 to extend this work. Regardless of whether I am elected or not, I look forward to continuing my dialogue with students and professionals in our field.

I have no doubt that my passion for teaching, training, and performance enhancement will extend to my work as a Member at Large for Division 47. Therefore, I very much appreciate your consideration.

OPEN CALL FOR DIVISION 47 AWARD NOMINATIONS

Distinguished Contributions to Applied Exercise and Sport Psychology as a Professional Practice

This award recognizes outstanding service delivery in either of two areas. The award recognizes the sport psychologist who has:

1. provided leadership in changing the profession, its public image, and its public acceptance, or
2. conducted applied work, including assessment, consultation, instruction, and direct or indirect intervention, that contributes to the development of the profession. Significant contributions of work done in professional or public arenas as a sport psychologist at the national, state, and local level may be recognized.

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, emails, and phone numbers of three sport psychologists familiar with the nominee’s work must be sent to soon-to-be Past-President Kirsten Peterson who chairs the Awards Committee. Dr. Peterson’s contact information may be found on the back of the newsletter. All nominations must be received by December 31, 2007.
It may be hard to believe, but the 2007 APA Convention in San Francisco will be upon us before we know it. I am finding it hard to think of August being close, as today I have seen 7 inches of snow fall, with more coming. This year’s convention is sure to be one to remember. It is being held from August 17-20 (Friday-Monday). With the short timeframe of this convention, the programming is packed tight with many great options from a broad range of topics.

Besides the excellent location of the convention, I believe that we also have a great program to look forward to. This program will certainly stimulate a great deal of thought and debate, and hopefully allow us to meet with old and new friends and develop collaborative relationships to drive the field of exercise and sport psychology into the future. To help you find sessions that may interest you, we’ll be distributing copies of the Division 47 program at division-sponsored sessions on Friday and Saturday. Here are a few highlights that you can look forward to:

1. Dr. Richard L. Hilderbrand (United States Anti-Doping Agency) will be giving the Steven R. Heyman Memorial Keynote Lecture entitled “Deterring Elite Athlete Doping: Education, Testing, and Consequences”

2. Dr. Britton Brewer (Springfield College) will receive this year’s Exercise and Sport Psychology Science Award. His address will be entitled “Full-Cycle Psychology of Sport Injury Rehabilitation”

3. Dr. Matthew Martens (State University of New York at Albany) will chair an invited symposium which will include Dr. Tracy Olrich (Central Michigan University), Dr. Jack Darkes (University of South Florida), and Dr. Jason Kilmer (Evergreen State College). This symposium is titled “Understanding and Preventing Steroid Use and Abuse”

4. We also have a number of excellent member-initiated sessions. Highly-rated sessions include a workshop entitled “Changing Health Behaviors—Intersections of Exercise, Psychology, and Psychotherapy” co-chaired by Dr. Sam Zizzi (West Virginia University) and Dr. Kate Hays (The Performing Edge), and a Discussion entitled “Future of Sport Psychology Training-The Coexistence of Performance Enhancement and Clinical Psychology” will be co-chaired by Dr. Bill Parham (John F. Kennedy University) and Dr. Alette Coble-Temple (John F. Kennedy University). A symposium entitled “Performance Psychology in Action—Practical Applications Across Different Domains” will be chaired by Dr. Kate Hays (The Performing Edge).

There will also be many other wonderful symposia, workshops and paper sessions on interesting and important topics in exercise and sport psychology on the program for the 2007 APA Convention. The Program Committee (Lindsey Blom, Matthew Martens, Steven Wininger, and Sam Zizzi) and I invite you to join us for all of the Division’s programs. If you have any questions leading up to the convention, please feel free to contact me (jack.watson@mail.wvu.edu).

Hope to see you in San Francisco and start planning your submissions for Boston in 2008 – it promises to be a meeting to remember!
Workshops and Conferences

8th Annual Sport Psychology Professional Training Workshop
“Developing Your Knowledge, Skills, and Practice in Sport Psychology”, an intensive workshop, will be conducted by the Ohio Center for Sport Psychology, June 22-23, 2007, Friday and Saturday, at the Hampton Inn, Middleburg Hts., OH, a suburb of Cleveland. The program is designed for mental health and sport science professionals and students who are interested in starting or expanding practices in sport psychology. The workshop will be conducted by Jack J. Lesyk, Ph.D., author of Developing Sport Psychology Within Your Clinical Practice. For additional information contact Dr. Lesyk at (216) 575-6175 or jjlesyk@SportPsych.org.

The 23rd Annual Conference on Counseling Athletes will be held Saturday, June 16th, 2007 at The Sheraton Hotel in Springfield, Massachusetts and hosted by the Springfield College Athletic Counseling Program. The central theme of the 23rd Annual Conference on Counseling Athletes is mentoring.

Books and Journals
A new scholarly peer-reviewed, international journal called the “International Review of Sport and Exercise Psychology” is to be published early in 2008 by Routledge/Taylor and Francis.

Fitness Information Technology recently released the third edition of Psychological Bases of Sport Injuries edited by David Pargman.

News and Announcements
The American Board of Sport Psychology is offering tuition-based Visiting Fellowships and Internships in Evidence-Based Applied Sport Psychology in New York City from May to October 2007. Time periods range from one week to four months. For further information contact RCarlstedt@americanboardofsportpsychology.org

OPEN CALL FOR DIVISION 47 STUDENT REPRESENTATIVE NOMINATIONS
Each year, a student co-representative who is a student-affiliate of Division 47, is selected to serve the division and be a liaison to the Executive Committee. For this position, 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

For those student-affiliates who are interested in applying, please send (a) 1-2 page statement of interest in the position and (b) a current vita to Dr. Kirsten Peterson, Division 47 President-Elect (see back of newsletter for mailing address). Dr. Peterson, 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.

GIVEAWAYATHON SAN FRANCISCO 2007
by Judy L. Van Raalte

A sport psychology giveaway-athon is being planned during the annual convention of the American Psychological Association in San Francisco.

Needed:
1. Contacts with people (teams, coaches, sports camps, exercisers) who would be interested in attending a free sport psychology workshop.
2. Presenters who would be interested in going out into the community to present a free workshop.

Contact:
Please contact Judy VanRaalte at jvanraal@spfldcol.edu if you have any contacts in the area and/or are interested in presenting. The sport psychology giveaway-athon has been a smashing success since it began in 2003. We could really use your help to continue this event in 2007. Please contact Judy VanRaalte ASAP with any ideas that you have.
DiVision 47 Midwinter Meeting
January 21-22

Present: Kirsten Peterson, Chris Carr, Penny McCullagh, Diane Finley, Karen Cogan, Ed Acevedo, Frank Perna, Trent Devore, Susanne Shocket, Jack Watson, Randall Cockshott.

Committee Reports

Peterson reviewed her charge to the committees. Committees should connect with the appropriate directorate at APA. Carr and Peterson will discuss committee chairs when time for reappointment. The EB also is to review appointments to the committees.

Education – chaired by Ed Etzel, delivered by Ed Acevedo
They are working to complete the Powerpoint presentation for high school teachers. An article has been written for the ESPN newsletter. The committee is continuing to work on the proficiency and has contacted Bill Parham about an ABPP option.

Practice – chaired by Marshall Mintz, delivered by Kirsten Peterson
The committee has been reconstituted. They are working on their goals for 2007. Watson recommended having the Chair attend the Practice Directorate meetings at the convention. Perna recommended looking at the health and behavior code insurance reimbursements and getting information out about how to use these. Peterson also mentioned the APA web site where practitioners can create their own sites.

Public Interest – chaired by Sam Zizzi, presented by Frank Perna
They have a new contact at the Media Board and have gotten a list of members on the MRS. Finley recommended charging the committee with contacting everyone who is listed as a sport psych professional on the MRS asking them to join 47. The committee should also check about applications that have not been processed.

Science - chaired by Chris Janelle, presented by Diane Finley
They have established a working relationship with the Directorate. Criteria and judging procedures for the dissertation award were modified and will be instituted with this year’s competition. They solicited nominees for the Science award and presented those to the EB. They have a new proposal for a Council of PIs. The EB commended Janelle for this idea, recommended he goes forward with the proposal and think about an invited workshop for 2008.

Membership – chaired by Frank Webbe, presented by Kirsten Peterson
Materials sent to new members have been updated and a new email system for quick feedback has been established. Exit interviews for non-renewing members have been conducted. No real trends have emerged from this data.

Elections and Awards
Potential nominees for open offices – President-Elect, Member-at-Large and Secretary-Treasurer – were discussed. Nominees for Science Award were discussed. The EB voted to give the Award to Brit Brewer of Springfield College.

The EB decided to combine the Heyman lecture and the convention keynote this year. McCullagh reported on the Fellows applications. The EB would like to see the number of fellows increased.

Convention Program
Watson reported that the program is shaping up nicely. The number of submissions increased greatly this year – a 65% increase over last year. Acceptance rate was 63.5 The EB commended Watson for a great first year effort. Perna reported on preliminary plans for the giveaway-athon. Peterson stressed the need for it to occur this year. She asked the EB for contact names in San Francisco. Cockshott announced that the fall newsletter has been mailed. The EB commended Cockshott on the fall issue. Finley reported on the budget and presented the 2007 budget. The need to balance the budget and avoid dipping into reserves was discussed. The budget was approved.

Shocket reported on plans for Ray’s Race for the 2007 Convention. The RP budget was also discussed and approved. RP needs to use standard APA codes and format for budgeting.

Student Issues
Devore presented the student brochure. The EB commended the student representatives on the brochure.

Proficiency
Peterson reported on the Proficiency Ad Hoc Committee. The EB voted to join with AASP in an exploratory committee about this issue.

Listserv
The EB met with APA staff re: recent issues with the listserv and the issue of advertising. Jesse Raben from APA met with the EB to discuss policies re: advertisement of services. Commercial use is prohibited due to APA’s 501(c)(3) status.

The EB voted to change the following policy re: listserv posting: The purpose of the listserv is for discussion about issues congruent with the mission of the Division. No commercial postings are allowed such as advertisements for products and services. A mechanism for posting such advertisements will be created and members will be informed as the procedures are finalized.

Ed Acevedo, Penny McCullagh, and Kirsten Peterson were all happy after a successful Mid-Winter Meeting.
Ground breaking sport psychology texts from Human Kinetics

Bring sport psychology to life with an online study guide!

Foundations of Sport and Exercise Psychology, Fourth Edition, the new edition of the best-selling sport and exercise psychology book on the market, continues to provide a thorough introduction to the key concepts in the field. Written by internationally respected authors, it provides students and new practitioners with a comprehensive view of sport and exercise psychology, bridges the gap between research and practice, conveys principles of professional practice, and captures the excitement of the world of sport and exercise.

To further improve the total learning experience, the new edition features an online study guide that provides an interactive learning experience for students. The study guide is written to work directly with the text; mentions of the study guide appear in each chapter to encourage readers to take advantage of the study guide’s learning tools. Audio clips feature esteemed experts in the field discussing key course concepts that they have studied and refined during their professional careers. Video clips provide students with a realistic look at how sport psychologists interact and communicate with athletes to improve athletic experiences. This online study guide also features more than 90 individual and small-group learning activities that may be printed and handed in or e-mailed to instructors for assessment.

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Social psychology in sport has grown impressively in the last decade, but no single text has addressed all the important topics in the field—until now. Through the contributions of an international group of established scholars and creative young minds, Social Psychology in Sport offers readers a global perspective, a broad base of knowledge, and the latest thinking on topics such as social relationships, communication, coach leadership, team cohesion, motivation and motivational climate, audience effects, and morality.

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- addresses a broad range of topics from theoretical, empirical, and applied perspectives;
- delves into established areas of interest such as group dynamics and coach-athlete and peer relationships; and
- dissects emerging topics such as relational efficacy, passion, and cross-cultural issues.

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**PrACTICE COMMITTEE REPORT**

By Marshall Mintz, Ph.D.

The Division 47 practice committee has new leadership and members as we enter 2007. I, Marshall Mintz, am taking on the chairperson role as Jack Watson has moved on to chairing the program committee. New committee members include Leif Smith, Todd Kays, Eileen McCarthy-Sittig, and Mike Zito. We are not limited to our current membership and would welcome anyone interested in our cooperative effort to advance practice issues. In Division 47 or Division 42 (Independent Practice), the concerns of practicing applied psychology in any setting are more challenging than I can ever remember over the past 25 years. The paradox is that there are also more opportunities to practice applying our skills and knowledge. Some of the committee activities which are being developed include but are not limited to:

1. Collaboration with Div 13 & 42 re: assisting, promoting, and enhancing the work of Div 47 members practice efforts. In this regard, the Div 42 website and/or newsletter can be used to disseminate info.

2. Utilizing the APA practice directorate help center and public education campaign on mind/body health.

3. Identify, contact and develop programming for employers/corporations concerned about health promotion and illness prevention.

4. Mobilize Div 47 members to utilize and apply above resources to themselves or promote their practices.

5. Integration of Health behavior and assessment related CPT codes for Sport Psych practice related activities.

6. Sport Psychology Proficiency Exam or other continuing education standards.

7. Provide the members of this committee with an infusion of energy, support, and an opportunity for a synergism of ideas to improve ourselves professionally and personally.

8. Opening the discussion about distinguishing and elevating the practice of doctoral level applied sport psychology in the eyes of the consumer. Helping the consumer in making an educated choice among so many purporting to be expert in sport/performance applied psychology.

9. Provide a vehicle for disseminating practice activities of members for commercialization purposes and community awareness. We are generally lousy business people and somehow need to elevate this skill set within our membership.

Please email me (Champ93@aol.com) with any interest or concern related to practice activities, and I or other committee members will respond. Happy New Year!!!!

Marshall L. Mintz, Psy.D.

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**Science Committee Report**

By Chris Janelle, Ph.D.

“There is but one cause of human failure, and that is man’s lack of faith in his true self.” (William James)

Let me begin by thanking Sian Beilock (U. Chicago), Danielle Downs (Penn State U.), and Renee Newcomer Appaneal (UNCG) for continuing their service as members of the APA Division 47 Science Committee; as well as to Diane Finley for her liaison work to the EC on behalf of the committee.

Over the past year, the science committee has sought to enhance our working relationship with the APA Science Directorate. I believe we have been successful in doing so. Our research and researchers have been featured in APA publications, and the APA Science Directorate has developed a better understanding of the science of sport and exercise psychology after firsthand interaction with our Executive Committee at the annual conference.

An additional focal point for our committee, however, is to create a greater awareness of the importance of exercise and sport psychology research outside of the organization, thereby increasing its viability for extramural funding. Pursuant to this mission, I would like to establish an advisory board consisting of members of Division 47 who have been successful in securing extramural support for their research. This “Council of PI’s” will report to the Science Committee and will provide guidance concerning the means by which exercise and sport psychology researchers can increase their ability to compete for research dollars. Furthermore, they will be charged with providing recommendations for avenues through which we might influence federal funding prioritization for our unique and important research efforts. If you are interested in serving as a member of the Council, please contact me at your earliest convenience. I look forward to continuing my service to the organization as Science Committee chair and appreciate the opportunity to promote the excellent scientific work of our membership.
The 29th Annual APA “Ray’s Race and Walk” (Chrissy Field, San Francisco, 7AM)

Check here if first time participant or address has changed._____

APA Member_____ Student_____ Sponsor_____ Exhibitor_____ Psi Chi?_____  

NAME: ______________________________________________________________ 

ADDRESS: ___________________________________________________________

CITY: __________________________________   STATE: _____   ZIP: __________

EMAIL: _____________________________   TELEPHONE: ___________________   AGE ON 8/19/07_____

DOB:_______________   GENDER: _____   Walker?_____   SHIRT SIZE:   S    M    L     XL    XXL

Registration fee includes race entry, bus transportation to race site, t-shirt, refreshments, awards and raffle entry:  

Pre-registration:*   Regular entry:  $25; Students or Div. 47 members: $20.

Convention site registration: $30 (Note: No registration on race day).

If you are an APA member and wish to apply for Division 47 membership with this entry form, check below and remit the discounted entry fee ($20) plus the Division dues ($24 for members, $14 for associates, $10 for student affiliates). We will forward your application to APA for processing.

JOIN DIV. 47:  APA STATUS: Member_____ Fellow_____ Assoc_____ Stud. Affiliate_____ APA Member #_____

I assume all risks associated with running in this event including, but not limited to: falls, contact with other participants, the effects of the weather including high heat and/or humidity, traffic and the conditions of the road, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration f you accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release the Running Psychologists, Division 47 and the American Psychological Association, the City of San Francisco, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver. I grant permission to all of the foregoing to use any photographs, motion pictures and recording or any other record of this event for any legitimate purpose.

I HAVE READ THE ABOVE RELEASE AND UNDERSTAND THAT I AM ENTERING THIS EVENT AT MY OWN RISK.

Signature:_______________________________________   Date:_______________

•  PRE-REGISTRATION IS STRONGLY RECOMMENDED. T-shirts guaranteed only to those who have pre-registered.

Check, payable to: Running Psychologists, must be received by August 11th and sent to:  Ethan Gologor, Ph.D., RP  
Treasurer, 353 E. 78th St. Apt. 15A, NY, NY, 10021.

Questions? Email: puereternis@hotmail.com or sshocket@earthlink.net.

All further race information including maps, bus pickups from hotels, optional pasta party and award categories will be available at the Division Services Booth at the convention.

We will need 7 volunteers to help with the race. No experience is necessary. Volunteers receive a race t-shirt and refreshments. If you are not running/walking or are bringing a family member who isn’t in the race, please consider volunteering. To sign up to volunteer, contact sshocket@earthlink.net.
Division 47, Exercise & Sport Psychology, American Psychological Association
Randall W. Cockshott, Ph.D., Editor
San Francisco Veterans Affairs Medical Center
4150 Clement Street, 127p
San Francisco, CA 94121

Deadline for submission of materials for the Fall 2007 issue is October 1, 2007.
Please send all items to: Randall W. Cockshott, Ph.D. San Francisco Veteran’s Affairs Medical Center, 4150 Clement Street, Mail Stop 127p, San Francisco, CA 94121. You can also e-mail Dr. Cockshott at Randall.Cockshott@med.va.gov