"Reflections" from Beijing
By Christopher Carr Ph.D. - President

I have had the honor of being involved with Olympic athletes since the late 1980’s. Having the opportunity to spend my third year of doctoral study at the U.S. Olympic Training Center in Colorado Springs (as a clinical research assistant in Sport Psychology) truly “sealed the deal” in my pursuits as a psychologist in sports. And now, in my role as the USA Diving National Team Sport Psychologist, I spend 3-5 hours a week in preparing for my time with the team at the 2008 Summer Olympic Games in Beijing. During a recent 2-week trip to Beijing, China with our USA Diving Team to compete in the 2008 World Cup (the “test event” at the Olympic Venue, the “Water Cube”), I was impressed with the non-stop construction and “energy” of the Chinese as they continue preparations for the Summer Games. But during introspective moments (I keep a regular journal during my consultation travels), I realized that my single role with the USA Diving team may “parallel” the role that our discipline (exercise and sport psychology) has in the years ahead.

First and foremost, we must recognize that our division represents a unique and sophisticated knowledge-base that is applied to a unique and sophisticated consumer. This knowledge base, comprised of both disciplines of psychology and sport science, cannot (nor should not) be “minimized” as we self-assess our competencies to practice in this arena. I find that as we advance our discipline, we must attend to the ever-present academic research base that examines the role of psychological and psychosocial dynamics in the world of sport and exercise. I find it somewhat disturbing when athletes share with me their previous sport psychology “experiences”, which are nothing more than generic “team building” or “relaxation” exercises; our colleagues in the academic realm have contributed so much more in the relationships between composure skills and performance, as well as the “unique” dynamics in sport teams cohesion. To not have awareness or prepare oneself to understand what the academic community provides to those of us that practice is unwise. In fact, it may deter our consumers (athletes) from using our services and open the door to other disciplines that have even less knowledge (but represent a “new” approach). It is imperative that those of us that work in the “practice” realm remain ever vigilant to the academic contributions in the field of sport and exercise psychology. For example, on my plane flight from San Francisco to China I read the most recent sport psychology journals and found relevant information that I could apply in my team session while we were in Beijing preparing for the competition. Had I not even opened the journals, I would have not added to my knowledge base as an applied practitioner. I encourage all of us to remain open to learning and enhancing our own “toolbox” of skills to help our clients. Journals, books, workshops, and our own Division 47 program at the 2008 APA Convention are great resources to help us maintain our own professional development. It’s the least our clients can expect from us as professionals.

The second introspective parallel I want to address in this newsletter is related to respect and pride. There are some of us in this profession that have had the honor of being at a medals ceremony where an athlete we have consulted with has earned a medal at the highest level of competition. Do you remember the feeling you had when they played the national anthem and raised the flag? For myself, the sense of pride and satisfaction that I fulfilled my “role” with the athlete and/or team nearly bursts out of my chest. It is this sense of pride in what I “do” as a psychologist in sport that I hold dear to my heart. There is a phrase I have heard recently…”If you love your job, then you’ll never work another day in your life”. I’m not sure of the author, but it resonates within me. I can only hope that many of you experience this same sense of intrinsic value in the work you do as a sport psychologist. And if you are fortunate to have this internalized value in your work, then the respect of your work with clients/organizations must be of high value. That is, being respectful of our “consumers” should indicate that we are ever-aware of how the science of sport and exercise psychology can impact the practice of sport and exercise psychology. To me, this is what “respect” implies as it relates to our role as sport and exercise psychologists. In as much as I deeply respect the commitment, talent, dedication, sacrifice, and courage of the athletes that I work with…I must honor that respect by making sure I am the very best at what I do as a psychologist. To not “enhance my performance” would only demonstrate a lack of respect and pride in my role to assisting clients toward excellence.

So as I move on into the realm of “Past-President” (after the Convention), you will find that my energies will be focused into our Practice Committee and Practice Guidelines Task Force. I am committing myself to this arduous process of moving our
With the Olympics around the corner and the anticipation of supporting the achievements of our athletes, it’s easy to focus attention on what we, as sport psychologists, have to offer elite athletes and coaches. Additionally, I look forward to watching interviews with athletes and coaches who champion the benefits of utilizing the services of sport psychologists and of the critical importance of utilizing psychological skills in achieving peak performance. It is also professionally rewarding to have colleagues express interest in my work in response to exposure to our profession through events observed during the Olympics. And yet, I would like to propose that our expertise in sport and exercise psychology can have a significant impact not only on the athletes going to Beijing, but also, and maybe more importantly, for those staying home this summer.

The athletes staying home preparing for the London Olympics in 2012, the athletes participating in collegiate athletics, the athletes participating in interscholastic athletics, parents, coaches, and personal trainers can all benefit from our services. Furthermore, surgeons, musicians, dancers, and artists are often seeking our expertise. However, I’d like to add the physically inactive to this list of “partners” in appreciating and benefiting from a focus on the psychology of human movement. Dr. Robert Sallis, President of the American College of Sports Medicine, has stated unmistakably that “Physical inactivity is THE major health major public health problem of our time.”

Physical inactivity and poor diet are the second leading causes of preventable deaths (second only to cigarette smoking) in the United States. Obesity will likely shorten the average life span of 77.6 years by two to five years. This is a greater impact than cancer or heart disease; resulting in today's younger generation living shorter and less healthy lives than their parents for the first time in modern history. Of most concern in this obesity epidemic is the dramatic increase in childhood obesity. Furthermore, numerous recent studies on children clearly demonstrate the cognitive and behavioral benefits to physical activity. The financial cost of inactivity and poor diet is substantial. Medical costs attributed to inactivity in California were estimated at $29 billion in 2005. Overweight and obese Americans spend $93 billion in extra medical expenses a year.

American Medical Association President Ronald M. David, M.D., has stated that “Regular exercise can provide tremendous health benefits, but more than half of Americans don't get enough physical activity”. Interestingly, more children participate in youth sport programs today than ever before, yet as adults, physical activity patterns decline. How can exercise and sport psychologist help children, parents, coaches, physical educators and others address the challenge of increasing exercise motivation and physical activity in all populations? It seems to me that we have the knowledge and tools that can be utilized in conjunction with efforts by the American College of Sports Medicine and Centers for Disease Control to address this issue from a “behavior perspective”. Motivation for sport and the associated accolades is understandably high, and as sport psychologists we are valued for our contribution to facilitating peak performance. At this time, our society has a need for our knowledge of and expertise in physical activity motivation. I would argue that we have “athletes” young and old, skilled and unskilled that will be staying home this summer that can benefit greatly from our services. We can help foster the Olympian in all of us.
New journal for 2008

Mental Health and Physical Activity

EDITORS
Adrian Taylor, University of Exeter, UK
Guy Faulkner, University of Toronto, Canada

A new journal aimed at researchers and clinicians

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www.elsevier.com/locate/menpa
Spring is finally here and, if all went well, you received this newsletter by e-mail. In continued attempt to get the Division message out, I continue to look for simple, effective, and cost efficient ways of delivering to your internet portal. Does anyone else agree with me that getting you news via the internet doesn’t quite match up to the feeling of picking up the morning newspaper from the front door?

In my mind, spring is one of the better times of the year. So many wonderful events occur in the sporting world at this time. Baseball season kicks it off with spring training, and then the real thing begins in April. Of course, March Madness usually offers something that I feel offers no equal in terms of dramatic turns and finishes. The NBA season really hits high gear, from the standpoint of the part of the season that counts for anything--- in my opinion. Topping things off, there are the Masters and the Kentucky Derby and the Indy 500. Although, to a Californian, May seems more like a summer month than a spring one. In short, to me, spring seems to begin the process anew of delivering the thrill and excitement involved with sport.

This brings me to topics in this issue of the newsletter and going forward. As always, the spring issue highlights the candidates running for office within the division. It also highlights future events being planned for the APA convention in Boston, MA in August. Highlights of the program are described in the newsletter, and once again, from the preview, it looks like another great program. As always, your newsletter contains articles from our President and President-Elect. We are also happy to include information about the International Society for Sport Psychiatry, and present recommendations from the Women in Sport Group of the IOC Medical Commission on the Female Athlete Triad.

Looking forward to future issues of the newsletter, many are well aware that the Summer Olympics are just around the corner. These activities offer an opportunity to place a spotlight on the Division. We want to take advantage of this. We hope to showcase Divisional sport psychologists involved with the Olympics. Please contact me if you have submissions/ ideas for future newsletters.

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.
May is here, and school is getting ready to be out for the summer. I am sure that August will be upon us sooner than expected. I am confident in saying that Division 47 has a very exciting program planned for this year’s convention. The program is very broad, and packed with many varied and interesting topics. I am hopeful that the Division 47 program will help to bring friends together, foster interesting conversations and debates, and help drive the field of sport and exercise psychology forward. To help you find sessions of interest in Division 47, we will be distributing copies of the Division 47 program at division sponsored sessions on Thursday and Friday of the convention. However, to get you started thinking about the convention, here are a few highlights that you can look forward to:

1. Bill Rogers (4-time winner of the Boston Marathon) will be the starter for Ray’s Race on Saturday morning and will be giving the Steven R. Heyman Memorial Keynote entitled “A Champions Perspectives on the Mental Game in Elite Performance”

2. Dr. Shane Murphy (Western Connecticut State University) will receive this year’s Bruce Ogilvie Award for Professional Practice. His address is entitled “Reflections on the “Right Stuff” for a Sport Psychologist”

3. Dr. Steven Portenga and Dr. Mark Aoyagi (University of Denver) will lead a conversation hour related to “Accreditation Issues in Sport Psychology - An Initial Discussion”

4. We will also have a number of other excellent member-initiated sessions including symposia entitled “Coping with Competitive Pressure – Coaches, Athletes and Actors” chaired by Dr. Carolyn Youren (Boston University), “Performance Psychology in the 21st Century – New Opportunities and Approaches” chaired by Dr. Linda Hamilton (NYC Ballet Medical Team), “Intervention Approaches to Reduce Alcohol Use Amongst Student Athletes” chaired by Dr. Luis Manzo (Polytechnic University), “Transformative Potential of Culturally Competent Sport Psychology Practices” chaired by Dr. Judy Daniels (University of Hawai’i at Manoa), and a workshop entitled “From Athlete to Leader - Lessons from Sport and Life” co-chaired by Glenn Pfenninger and Dr. Karen Cogan (University of North Texas).

The program will also include many other wonderful symposia, workshops, paper sessions and poster sessions dealing with interesting topics in sport and exercise psychology. The Program Committee (Steve Wininger, Steve Portenga, Sam Zizzi, Matthew Martens, Anthony Kontos, Mark Aoyagi, Diane Finley, Mike Johnson, Amanda Visek, and Kimberlee Bonura) and I invite you to join us for all of the exciting options on this year’s program. If you have any questions leading up to the convention, please feel free to contact me at (jack.watson@mail.wvu.edu).

I hope to see you in Boston.
CANDIDATE STATEMENT-
PRESIDENT ELECT

By
Diane Finley, Ph.D.

Biography: I am a Professor of Psychology at Prince George's Community College, a 35,000 student comprehensive community college near Washington DC. I am also an adjunct at University of Maryland University College where I chair the Research Methods course. 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 (Association for Applied Sport Psychology) certified, a National Certified Counselor and am license-eligible in Maryland. I recently served as Secretary-Treasurer of Division 47 and liaison to the Science Committee. I am currently Chair of the Membership Committee and also serve on the Practice Committee and the Proficiency Task Force. I recently chaired the joint AASP/D47 committee on certification and previously served on the Education and Public Relations Committees.

I am also active in Division 2 (Society for the Teaching of Psychology) 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 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 sport psychology consulting company.

Position Statement: It is a privilege to be nominated for President of Division 47 and a challenge to follow the excellent work of the current and past Presidents. During my three years as Secretary-Treasurer, I was fortunate to work with a talented Executive Board. I believe that experience will help me serve the Division as President. I believe my past service within Division 47 has allowed me to become familiar with the work of the Division and the job description of the President (per the Policy Manual). I believe I possess the skills and temperament demanded by the position.

I have gained insight into APA's governance structure during my work with Division 47 and with two other Divisions. Understanding the structure of APA is critical if we are to advance our proficiency. I would like to focus on two major tasks if elected. Our most important task is to continue the work of recent Division presidents designed to implement the proficiency, to extend recommendations for training and education, and to develop a means of assessing proficiency. It is time to move sport psychology to the level of specialty, to bring it on par with Industrial/Organization, Forensic and Family Psychology. This is a long-term process and it is critical that the incoming President maintain the focus and energy that has already been invested in this endeavor. My service on the Proficiency Task Force and as Chair of the Joint Certification/Proficiency Committee with the Association for Applied Sport Psychology (AASP) has prepared me to continue working on this issue.

My other major focus would be reaching out more to underserved populations. Building diversity in our profession begins with reaching out to a more diverse clientele. We do this with the giveawayathon but we need to make such service a year-round endeavor. Too often, we focus on the elite athlete or business person yet the skills we have cultivated have usefulness for many other people. These groups also have much to offer sport psychology.

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. The Division needs to continue to increase its involvement in APA. Many Division 47 members are also active in other Divisions but we have not maximized those connections. Strengthening those connections would help us educate other psychologists about what sport psychology is and it would help raise our profile within APA.

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.
Biography: Michael Sachs is a Professor in the Department of Kinesiology, College of Health Professions, Temple University, Philadelphia. He received his Ph.D. degree (sport psychology, 1980) from Florida State University, a Master's degree in general-experimental psychology (Hollins College, 1975), a second Master's degree in counseling psychology (Loyola College, 1989), and a bachelor's degree in psychology (Union College, NY, 1973). Prior to coming to Temple in 1989, he taught at the University of Quebec at Trois-Rivieres (1980-1983) and was a researcher at the University of Maryland at Baltimore (1983-1989). He is a licensed psychologist in Maryland.

He is associate editor of Psychology of Running, coeditor of Running as Therapy: An Integrated Approach, and coauthor of The Total Sports Experience for Kids: A Parents' Guide to Success in Youth Sports. He is coeditor of the Directory of Graduate Programs in Applied Sport Psychology, soon to come out in a ninth edition. He has written or coauthored numerous book chapters, academic articles, and articles in popular publications. He has more than 100 presentations at local, state, regional, national, and international conferences. His research interests focus upon exercise psychology, particularly motivation and adherence, excercise, exercise addiction, and the psychology of running.

He is a Fellow of Division 47, and received the Distinguished Professional Contributions Award in Education and Training from Division 47 in 2005. He is a Fellow of the Association for Applied Sport Psychology (AASP), a Certified Consultant, AASP, and served as AASP's President (1991-92). He enjoys exercising, particularly running, and reading.

Position Statement: It is an honor to be nominated for the position of President of Division 47. As exercise and sport psychology reaches young adulthood, it is indeed a fantastic time for our field. I am truly excited about the opportunities that are present. Division 47 has had many superb Presidents, and I hope to follow in their tradition of facilitating the integration of theory, research, and practice.

I am a professor of exercise and sport psychology in the Department of Kinesiology at Temple University and have a wide variety of experiences that provide an excellent base for success as a potential Division 47 President.

I see us taking numerous steps. First, much work has been accomplished in successfully developing a proficiency within sport psychology (in 2003, but coming up for renewal in 2010, so we must prepare for that process), and identifying competencies we should possess. Although AASP has a Certified Consultant program, we need a framework for exercise and sport psychologists. APA’s structure makes an exam/certification problematic, but this should not stop us from identifying proficiencies/competencies we feel we should possess. This work should be completed.

Second, while the populations with whom we work are often diverse, our profession appears to be lagging behind in our diversity. In attending our conferences I see only a very small percentage of persons of color. We must reach out to these constituencies, through efforts with HBCUs (Historically Black Colleges and Universities), as well as other avenues, such as connections with APAGS or groups within the Public Interest Directorate. Our efforts must encompass the diversity of members of our profession and the multicultural training our members receive. Developing a DVD on “What is Exercise and Sport Psychology?,” distributing this widely to Psi Chi chapters (especially at HBCUs), as well as in downloadable format (my students tell me downloading music, course lectures, etc., to their I-Pods is the way to go these days :-) may facilitate education of students/psychologists about our field and entice some who might not really know what we do to check us out. Distributing the Directory of Graduate Programs in Applied Sport Psychology (9th edition to be published this fall) to such programs may also be educational.

Third, we have had great success with programs that “give away” sport psychology, often in conjunction with our annual conferences. This kind of program should be expanded, especially to youth in underprivileged/underserved areas.

Fourth, I am a big believer in networking. I would continue our work with the Sport Psychology Council (a group of sport psychology associations I helped form almost 15 years ago, now headed by Dr. Kate Hays). Additional connections with other APA committees will facilitate these interactions. I would appoint Division 47 liaisons with other APA divisions to inform these divisions about our work/interests, find out what they are doing, and check on ways we can collaborate. I pledge to work hard to meet your needs, working with your Executive Board to further the research/applied missions of exercise and sport psychology.
Biography: Nicki Moore, Ph.D. was introduced to sport psychology in 1992 as an athlete learning its daily application from her coach, Dr. Rick McGuire at the University of Missouri. She respected how he impacted the lives of others; and over time, she became committed to making an impact through sport in her own career.

Initially, Nicki was more invested as an athlete than in her major, Secondary Social Studies Education. However, she graduated with athletic eligibility remaining, and while continuing her athletic career, she pursued masters and doctoral degrees in Counseling Psychology, with concentrations in College Student Development and Sport Psychology, respectively.

Gradually, her passion developed for sport psychology and counseling athletes. She began to imagine the vast possibilities for this relatively new and somewhat undefined field. And then, she met her friend, sport psychology mentor and partner, Dr. Bill Moore. Even though Bill was trained in sport sciences (not counseling), they found and have cultivated a mutual appreciation for one another’s training and experience. Through the past eight years, they have collaborated in many ways, including marriage, parenthood and two sport and performance psychology consultancies, Trust-It Golf, and Moore Performance Consulting.

In 2004, the University of Oklahoma hired Nicki to develop a psychological services program for student-athletes. Four years later, she continues to direct the program featuring three APA-accredited predoctoral interns, a full-time post-doc, a sport psychology consultant, and two graduate assistants. This team provides roughly 800 sessions per year, works with nearly every varsity team, and leads innovative programs in assessment and new student orientation.

Position Statement:

It is an exciting time to lead in the field of sport psychology, and I am enthusiastic about the possibility of doing so as your APA Division 47 Member-At-Large. I have been a member of APA & Division 47 for a decade, and I hope now to become a more involved participant within our organization.

I have invested much of the past five years building a career, which has revolved around providing counseling and sport psychology services, supervising, and developing a program. Over time, I have confronted many of the challenges and questions so many of us face in this field, such as, “How can I make a living in sport psychology?” “Do I have what it takes to help this coach keep his team focused and fighting at this point in the season? If I do, what is it? If I don’t, whom do I call upon for help?” And, “What is my future in this field? Athletics Administration? Private practice? Business?”

My own questions faintly echo the questions we face together as a field such as, “How do we bolster the legitimacy of sport psychology as a science and practice?” “How do we ensure consistency of service and well-being of clients in the field of sport psychology?” And, “How will the future of this field take shape, being made up of such diverse individuals with widely varying training experiences addressing an increasingly broad clientele?”

In answering my own questions, I have repeatedly looked within, around, and outside of myself in order to formulate the best answers for my own life and career. I believe in the field of sport psychology, we must do the same to arrive at an answer for which our world will benefit.

As your Member-At-Large, I would represent Division 47’s membership through service on various committees, I would participate and lead various projects, and I would learn more about our organization to enrich my service to it. The qualifications I offer emerge from my experience in our field and from my character. However, traditional points of interest may include the following: I have research interests in motivation, team dynamics and program development and evaluation. In addition to directing the Psychological Resources for OU Student-Athletes program, I coordinate strategic planning for the OU Athletics Department. I have served on the AASP Ethics Committee for three years, on the N4A GLBT Concerns Committee for two years, and have received several professional awards. My greatest assets for this position include: sincerity, desire and ability to collaborate, and having a fair amount of courage.

I am glad to finally be “stepping-up to the plate,” in one of our field’s primary professional organizations. It feels good to give this a shot, and I commit my best effort to you if I am chosen for this role.
Biography: Steve Portenga, Ph.D. is a Clinical Assistant Professor in the Sport & Performance Psychology Program at the University of Denver (DU). He also works for DU’s Division of Athletics and Recreation as their Director of Sport Psychology. He earned his M.S. in Exercise and Sport Science from the University of Utah and his Ph.D. in Counseling Psychology from the University of Missouri-Columbia. Previously, Portenga was interim director of DU’s Sport & Performance Psychology Program, where he was responsible for designing all aspects of the new program, such as the curriculum and supervised practicum experiences. He is a licensed psychologist in Colorado.

As Director of Sport Psychology, he provides sport psychology 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 has served as a sport psychology consultant to university athletic departments since 1997. Additionally, Portenga serves on the executive committee overseeing sport psychology services for USA Track & Field. In this role he provides coaches education and travels internationally with National Teams. In this role he provides coaches education and travels internationally with National Teams. Portenga has made over 40 national and international conference presentations focusing primarily on coaching and team development, injury, and professional issues in sport psychology (training models, mentoring, supervision, ethics, accreditation, and certification). Portenga was the first recipient of the Student Practitioner Award for excellence in applied sport psychology presented by AASP. Portenga is also a member of ACSM, ISSP, and AASP.

Position Statement: I’m excited to be nominated for a position in the Division 47 Executive Committee at such an exciting time for the field of Exercise and Sport Psychology. After years of high hopes and little progress, there seems to be a resurging interest in our field both practically and academically. From an applied standpoint, there are growing numbers of practitioners developing formal connections with NCAA athletic departments. A number of these have contracted for full-time services (e.g., Arizona, Denver, Kansas, Oklahoma, and Virginia Tech). Academically there are a growing number of psychology departments that have formally integrated exercise and sport psychology training within their curriculum. While this change in momentum is very heartening, we must continue to address professional issues in our field to maintain growth. It is to this end that I would like to offer my services to the division in order to help ease the “growing pains” Chris Carr alluded to in the Fall Newsletter.

Since starting a graduate program, I have had the opportunity to talk to prospective students and currently licensed psychologists looking to move into the area of sport psychology. I have been exposed to a tremendous level of frustration on the part of these folks. There are many well intentioned people out there who want to become competent practitioners, yet are unsure how to achieve this goal. Although they gave training in sport psychology a good faith effort, some end up practicing a bit beyond their competency as they did not have a clear sense of what the field entailed or what they needed to do to appropriately gain competency. While there will always be people who look for short-cuts, I want to help Division 47 clarify the pathways to proficiency and practice guidelines for those who are intent on being the best practitioner they can become.

For me, developing a new Master’s program from the ground up was an interesting, exciting, rewarding, and frustrating task. I was initially thrilled to be given a clean slate from our dean. I could be responsible for creating all aspects of the program as I saw fit. Then reality set in. I could not find clear proposals or guidelines for sport psychology graduate programs. To address this, I had to use the APA accreditation guidelines as a base and creatively integrate what I believed to be best for our students, the field, and future clients. I would like to draw on this experience to start the process of putting together clear graduate study guidelines for students and for psychology programs looking to develop sport psychology tracks.

As someone who has both an exercise science degree and a psychology degree and works both as an academic and as a practitioner, I feel I bring a balanced and open perspective to the committee. 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.
Many of the members of the APA’s Division 47 might not be familiar with the International Society for Sport Psychiatry (ISSP) or Sport Psychiatry. Sport Psychiatry is the application of the biopsychosocial model and a developmental perspective to the emotional and behavioral problems that athletes present. These problems may include anxiety, depression, eating disorders, substance abuse, and personality disorders, among others. In treating athletes’ problems, sport psychiatrists utilize psychotropic medications and psychotherapeutic techniques based on the best clinical evidence. In order to provide appropriate and effective use of the treatment modalities, they need to have a specialized understanding of the athlete’s subjective experience and lifestyle (Robert Burton, 2006 AASP submission).

The ISSP has been together since 1993, founded by Dr. Robert Burton and Dr. Dan Begel. (They are also the authors of the first textbook, “Sport Psychiatry: Theory and Practice.”) The organization is dedicated to improving sports participation and the experience of sport for general and mental health. We hold annual meetings at the American Psychiatric Association conference, along with a symposium on sports and mental health, and a scientific session. Our society reaches out to the media, coaches, and sports medicine. Members are active in their local communities giving lectures on sports and mental health issues. We have put out press releases, including one focused on the dangers of steroids and the need for league policies to focus on treatment.

The ISSP Board is looking forward to the American Psychiatric Association’s and our annual meeting in Washington, D.C. on May 4-5, 2008. On Sunday, May 4, 2008 from 2-5 pm, we will have our scientific session at a local hotel. On Monday, May 5, 2008 from 2-5 pm at the Convention Center room 147B, we will have or symposium on “Psychopharmacology and Athletes.” Several professional athletes will be sharing their personal experiences with working with a Sport Psychiatrist and being on a medication. The athletes always steal the show. It’s a very powerful session. If you can attend, you should. Recent meetings have included topics such as therapeutic use exemptions in sports and our work with USADA, live patient interviews as demonstrations of Sport Psychiatry, sexual orientation and sports, suicides in sports, substance use, ADHD, and many more.

Our website at www.TheISSP.com is new and improved. We list some of our members on the website. We hope to establish a member’s only bulletin board to facilitate communication amongst members. To increase the activity of members, we have established ten committees (with the chairperson) which members can serve on:

- **Child and Adolescent Division** (Ian Tofler)
- **Constitutional** (Tom Newmark)
- **Curriculum/Defining the Field of Sport Psychiatry** (Ira Glick)
- **Corporate Sponsorship** (Eva Ritvo)
- **Financial** (Todd Stull)
- **International** (Saul Marks)

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**Bruce Ogilvie Award Winner**

Congratulations to **Shane Murphy, Ph.D.**, winner of the 2008 Bruce Ogilvie Award for Professional Practice!!!

His award will be presented at the APA National Convention in Boston where he will present an address entitled

“Reflections on the “Right Stuff” for a Sport Psychologist”

Chris
NCAA National Offices—Indianapolis, IN—James Frank
Boardroom

In Attendance: Chris Carr; Karen Cogan; Lucinda Seares-Monica
(Running Psychologists) Chris Janelle; Jack Watson; Edmund
Acevedo; Randall Cockshott; Dan Leidl; Vincent Granito; Kirsten
Peterson (past president) phone call on Tuesday January 8, 2008

President Chris Carr called the meeting to order at 8:45 a.m.
Acevedo moved to accept the minutes from the EB meeting at
the San Francisco Conference, K. Cogan seconded. The minutes
were accepted without dissent.

Committee Reports

Education report—Ed Acevedo reported how a PowerPoint on
sport psychology was completed for TOPPS and is now available
on their website. The committee also had some conversations
about the sport psychology proficiency.

Membership committee - Chris Carr gave report on behalf of
Diane Finley, chair of the committee. Diane offered suggestions
to increase membership. The EB had a discussion about offering
free membership to the division if they inquire about the division.
Other divisions have found that 77% of the individuals join the
division the next year. The board decided to have Diane Finley
look into this process.

Science Committee: Chris Janelle said the committee has
established a working relationship with the executive and
associate executive directors of the science directorate. Chris
said he would be happy to serve as the liaison to the board, but
we need to find a new chair to this committee. Discussions were
held on the criteria for the dissertation award.

Ongoing Activities

Division name change—It is being proposed that we change
the name from “Exercise and Sport Psychology” to “Sport and
Exercise Psychology”. This came up because APA legal counsel
feared using the title ESPNewsletter for the division newsletter.
This is an issue because of the conflict with the television network.
We no longer use this name for our newsletter. However, the
EB discussed the pro’s and con’s of switching “Sport” and
“Exercise”.

Convention program— Watson reported that we had 76
submissions which are up 17.2% from last year. 68 submissions
were accepted (89.5%).

Newsletter—Randall gave us an update on the newsletter. We
have moved to an all online newsletter. He stated that we are
always looking for submissions for the newsletter

Treasurer’s Report—Vince gave us a breakdown of the budget as
of November, 2007. We have $10,203.29 in cash and $41,285.26
in short term investments, for a total of $51,488.55. Income
from dues comes to $15,472 with our projected figure of $18,000
which is $2,528 under our projection.

Kirsten Peterson reported on the website redesign and gave her
on considering the name change for the division. Nominations
for the Bruce Ogilvie Award for Professional Practice were
discussed.

Student membership report—Dan Leidl reported that the students
want to have the opportunity to communicate with each other
either with a specific space on the new website or through a
Google group. Students want a way to get more involved with
leadership with the division, possibly through the committee
format that is set up through the division.

Running Psychologist report—Cindy informed us of race plans
and provided us a detail for the race. Bill Rogers ($2500) will be
paid to start the race. The EB suggested switching the race day to
Saturday instead of Sunday.

Council Representative Report—Karen provided information on
the council issues. Specifically, they dealt with issues on resolution
on prohibition against torture, new fellows of the association
(145 new Fellows), new council seats for other groups, a dues
increase for membership ($9 for members and $1 for students),
the approval of the amendment to start on-line voting, and CEO
Norm Anderson’s reappointment.

Discussions on the Practice guidelines, proficiency, etc.: Chris
provided information on practice guidelines. He is restructuring
the Practice committee and developing a practice guideline
task force from this committee. He plans to have a conference
call with the practice committee in a couple of weeks, and then
shortly after that a conference call with the guideline’s task force.
They will be using the proficiency to help establish the practice
guidelines for exercise and sport psychology. His hope is to
have many of these things in place to present to membership by
the Toronto convention in August, 2009, and a published set of
guidelines by the APA conference in 2010.

Complete minutes can be obtained from the Secretary

Sincerely submitted,

Vincent J. Granito, Jr., Ph. D.
Division 47 Secretary/Treasurer
“Science may set limits to knowledge, but should not set limits to imagination.”
--Bertrand Russell

The science of exercise and sport psychology continues to advance through the pursuit of novel and important questions that are being answered through increasingly sophisticated research instrumentation, methodologies, and analyses. As evidenced by our convention programming and the high quality publications of our members, exercise and sport psychologist are doing excellent work that makes a difference! Despite our good science and scientists, recent discussions among Division 47 members and the Executive Committee have highlighted the fact that the respective factions who collectively compose the membership of the Division would benefit from increased exposure to the unique bodies of literature that form the scientific foundation of our field. Although there does not appear to be an immediate need for Division 47 to have its own journal, the division is entertaining possible alignments with existing journals so as to provide awareness of these journals as well as reductions in subscription prices for our members. Currently, collaborative agreements are being explored with all journals in the field, including our international journals. The feasibility of developing a journal specific to Division 47 remains a possibility and continues to be explored with APA. In addition to its involvement in the journal initiative, the science committee continues to explore ways to increase awareness of the fundability of our work among federal agencies. Any suggestions for how to engage relevant audiences in this discussion are welcome. I’ll conclude by thanking science committee members Sian Beilock (U. Chicago), Danielle Downs (Penn State), and Renee Newcomer Appaneal (UNCG) for their service on the committee. I have assumed the Member at Large role for the division so will be stepping down as science chair. I am very pleased that Dr. Jack Raglin has agreed to take over this position. As many of you know, Jack is a highly respected scholar with great ideas as to how to advance the scientific mission of the division, while bridging links with other organizations in our field. In closing, I look forward to continuing my service to the organization as a Member at Large and am grateful for the opportunity over the past few years to promote the excellent scientific work of our membership.

CONGRATULATIONS TO KIMBERLEE BONURA, PH.D.!

Kimberlee Bethany Bonura of Florida State University is the recipient of the 2007 APA Division 47 Dissertation Award. The title of her dissertation is “The Impact of Yoga on Psychological Health in Older Adults” and was completed under the supervision of Dr. Gershon Tenebaum. Look for a summary of Kimberlee’s dissertation in the Fall issue of the newsletter as well her presentation at the APA convention in Boston, MA.
WORKSHOPS AND CONFERENCES

The 24th Annual Conference on Counseling Athletes, "From the Pee Wees to the Pros: Working with Athletes of All Ages" will take place on Saturday, June 14th, at the Sheraton Hotel in Springfield, Mass. To attend or for more information, contact Kelly O'Brien at 413-731-3408 x102.

9th 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 20-21, 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. Psychologists can earn thirteen APA recognized C.E.U.’s. For additional information check the center’s website www.SportPsych.org or contact Dr. Lesyk at (216) 575-6175 or jlesyk@SportPsych.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 Committee.

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. Edmund Acevedo, Division 47 President-Elect (see back of newsletter for mailing address). Dr. Acevedo, 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.
An ad-hoc working group committee was commissioned from the Women in Sport Group of the IOC Medical Commission and focused on the Female Athlete Triad. Specifically, the group was brought together to “lessen athletes’ drive to achieve weight loss in their respective sports through extreme measures.” The recommendations to sport organizations that came from this one-day meeting can be found below. If anyone has interest in pursuing any of the research topics, please feel free too contact me as I would be glad to assist in any way that I can. Roberta Sherman, PhD, FAED, rsherman@indiana.edu

Body Composition and Performance Working Group Recommendations

The following recommendations are presented to ensure good health, optimal performance and safety in competition and training of all the athletes.

1. Education:
   a) Provide information on Disordered Eating to all sport personnel
   b) Education with regards to proper nutrition and consequences of inadequate nutrition should be made available to all athletes and sport personnel
   c) Weight and nutrition decisions should only be made by health personnel

2. Hydration:
   It is recommended that all sport regulations ensure that athletes are well hydrated during training and competition. There is an awareness that too many athletes fail to maintain proper hydration. A sign of proper hydration is light coloured or clear urine. As little as 2% dehydration will impair performance.

3. Weight Category Sports:
   a) Harmonize the weight categories between the International Federations’ events and the Olympic Games.
   b) Ensure an adequate number of weight categories are provided, in order to prevent unhealthy weight loss.
   c) All weigh-ins must be done by the same gender as the athlete with attention to respect of the athlete’s privacy.

4. Aesthetic Sports:
   a) Judging of all aesthetic sports should be on quantifiable objective criteria, de-emphasizing subjective over impression.
   b) Concrete feedback on the objective performance analysis should be provided to athletes and coaches.

5. Nutrition/Disordered Eating and Body Composition:
   a) Eating disordered athletes should not compete until adequate emotional and physical health is restored. Training program should be modified to their health status.
   b) Until there is a more accurate measure for proper body composition, a healthy body mass index (BMI) and normal menstruation should be a guide for participation in competition and training.

6. Sport Attire:
   Sport attire regulations should consider the athlete’s comfort with the clothing required for participation, recognizing that some female athletes may feel uncomfortable if the uniform or costume is (too) revealing. Such feelings may lead to unhealthy attempts at weight loss. Particular attention should be paid to sports in which female athletes are wearing more revealing attire than males in the same sport. Such cases suggest that issues other than performance or the functional aspects of the uniform (i.e., appearance) are being considered in uniform selection.

7. Research:
   a) Identification for healthiest time of weigh in for weight classification
   b) Continue research for accurate measurement of body composition and its relationship to good health and optimal performance
   c) Special needs of the pre adolescent athlete have not been adequately scientifically evaluated with regards to the use of weight categories and competition. Further research is recommended
   d) Measurement of hydration
APA Division 47: Exercise and Sport Psychology

Presents

The 30th Annual Running Psychologists’
APA 5K Ray’s Race
With Olympian Runner Bill Rodgers, Winner of Boston and New York Marathons
Artesani Park
Boston, Massachusetts
Saturday, August 16, 2008 at 7:00 AM

Sponsors: American Psychological Association; APA Insurance Trust; Blackwell Publishing,
Pearson Assessments; Worth Books; Psi Chi; Divisions 47, 19, 20, & 50

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The 30th annual APA “Ray’s Race and Walk”                Artesani Park, Boston, August 16, 2008, 7AM

APA Member ____ Student ____ Sponsor ____ Exhibitor ____ Psi Chi ____

NAME : ______________________________________________________________________________

ADDRESS: ___________________________________________________________________________

CITY:  __________________________________    STATE: ____________________  ZIP:  __________

EMAIL:  ________________________________      TELEPHONE:  ______________________________

Age on 8/16/08:  ______       Date of Birth:   ___________     M__   F ___          Racewalker _____

Shirt Size:  S   M   L   XL    Check here if first-time participant ____  if address has changed _____

Registration fee includes race entry, bus to and from race; t-shirt, refreshments, awards & raffle entry.   Pre-Registration: Regular entry:  $25;  Students or Division 47 members, $20.  Convention site registration:  $30.  If you are an APA member and wish to apply for Division 47 membership with this entry, check below.  I wish to apply for Division 47 membership. ____

JOIN DIVISION 47:  APA Status:  Member ____ Fellow ____ Assoc ____

Student Affiliate __ APA Membership #__________

WAIVER:  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 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 of your 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 Department of Conservation and Recreation, the city of Boston, and TRACS, Inc., subcontractors, sponsors, and volunteers, and their respective representatives and successors, from any and all claims or liabilities of any kind arising out of my participation in the APA 5K Ray’s Race and Walk event on Saturday, August 16, 2008 at Artesani Park, 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:  ____________________

(Guardian must sign if applicant is under age 18)

• Pre-registration is strongly recommended. T-shirts guaranteed only to pre-registrants.

Check, payable to Running Psychologists, must be received by August 11, 2008
Send to:  Janet Cain, Ph. D., Treasurer, Running Psychologists; 935 Trancas St., 1-B, Napa, CA, 95476

Questions?  Email:  Lucinda Seares-Monica, Psy. D., psydmd@optonline.net  or  Janet Cain, Ph. D. at drjcain@earthlink.net.
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**Deadline for submission of materials for the Fall 2008 issue is October 1, 2008.**  
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@va.gov