Having returned from our invigorating Division 47 program (thanks to Jack Watson) at the APA Convention and watching the awesome performances by our Olympians supported by a number of our members, I am honored to be serving the membership of Division 47. As some of our members provided services to our teams in Beijing, we also had members at the APA Convention who were providing workshops to sports teams in the Boston area through our Giveaway-athon program (thanks Wendy Borlabi and Judy Van Raalte), presenting examples of applications for various exercise and sport populations, conducting scientific presentations, and conducting presentations that address professional issues important to practitioners in exercise and sport psychology. In addition, the Running Psychologists in our Division continued their 30 years of support in coordinating Ray’s Race (a 5 Km race and walk distance). This event was a highlight for the APA Convention with Bill Rodgers, 4-time Boston marathon winner 4-time New York City Marathon winner serving as the official starter of this year’s race (thanks to Cindy Searse-Monica). In addition, Bill Rodgers provided insight into elite performance, by participating in an interview for our well attended Steven R. Heyman Memorial Keynote invited address. This session, introduced by Ray Fowler, architect for the development of the Running Psychologists and former APA CEO, served to extend our conference program to the APA conference attendees at large.

Not surprisingly, our membership is experiencing moderate growth following the Olympic games. As a 12 year member of this Division and now the President, I am astutely aware of what our Division “offers” its members. Our conference program continues to be the highest quality professional association program for Exercise and Sport Psychologists. Furthermore, we have a website that has been overhauled recently (thanks to Kirsten Peterson) and presents a clear description of what we do for our membership. In addition, this newsletter provides current information about the activities of the Division and topics of interest to our members (thanks to Randall Cockshott).

Our Division also provides its membership a clear description of a model for appropriate training with its Proficiency in Sport Psychology. Possibly the most important contribution that we offer our members is a network for communication among experts and leaders in our field. This occurs through individual contacts and through our listserv (thanks to Doug Hirschorn).

Two additional division “service” activities that have been percolating for some time are the consideration of developing a compliment to the Proficiency in the form of Professional Practice Guidelines. At this time we have a task force examining the process of developing the guidelines’ statements that would include adequate documentation and provide clear examples of recommended professional practice (thanks to Chris Carr). In addition, with our goal of providing a product of significant value to the scientist/practitioner, and to provide our division members and the 148,000 APA members with a cutting edge scientific resource and outlet, the Executive Committee has been discussing with APA Publications the possibility of sponsoring a scientific journal (thanks to Penny McCullagh). We will be seeking your input on this decision, and, rest assured, we will approach this decision with a sense of great fiscal responsibility and conservativeness.

I have specifically extended my appreciation to a number of individuals throughout this article. Believe me I could go on and on thanking many more for their contributions. It is impossible for our Division to reach its goals without the support of many. I would like to invite each of you to consider how you might be able to assist our division in moving forward. There are numerous activities that can be enriched by the contribution of diverse ideas. Please consider volunteering for membership on one of our standing committees (Education Committee, Science Committee, Practice Committee, Public Interest Committee, Membership Committee), or contributing to one of the programs that have been presented in this article. Let’s work together to more effectively provide Exercise and Sport Psychology for All!
DIVISION 47  2008 - 2009  
ADVERTISING AND INSERTION SCHEDULE  

DIV47News is the official newsletter of Division 47 (Exercise and Sport Psychology) of the American Psychological Association. DIV47News 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, DIV47News  
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:

<table>
<thead>
<tr>
<th>Advertisement Type</th>
<th>Price</th>
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<tr>
<td>Full Page (8 1/2 X 11 inches)</td>
<td>$600</td>
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<td>Half-Page (8 1/2 X 5 1/2 inches)</td>
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<td>Quarter-Page (4 1/4 X 5 1/2 inches)</td>
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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.

Greetings Division 47. I am extremely excited about assuming the role of President-Elect of Division 47 and am looking forward to working with our great Executive Committee.

Boston was an enjoyable conference, with numerous excellent sessions and lots of superb networking. A highlight was meeting Bill Rodgers, of course, and getting passed by him (he even said a few kind words to me) during Ray’s Race.

Fall has arrived here in Philadelphia and the rhythm of the semester has settled in nicely. Lots on the plate for things to do under President Ed Acevedo’s leadership. I am trying to lay the groundwork, as well, for some efforts that I noted in my election statement, such as continuing work on the proficiency (we are due for renewal in 2010, so will follow up on the work of Chris Carr and Ed Acevedo and proceed from there), multicultural issues (perhaps coming up with a position paper on where we are and where we should be in terms of our cultural competence with an ethnically diverse population of exercisers, as well as parents and coaches), liaisons with other (to facilitate potential cooperative ventures between but also basic information sharing and networking), recommendations on supervision (a position paper, as well, on standards for supervision, especially for those of us not psychology departments), updating of our brochures (four that date back at least a decade and need some !), and other initiatives.

I allow me to ‘hit the ground running’ when we meet in next August. Of course, your input is always desired, so I welcome any questions/thoughts/comments/recommendations, and them to me at @temple.edu. Have a great fall semester!
Understand how culture influences sport psychology practice

*Cultural Sport Psychology* focuses on important cultural factors such as religion, gender, personal space, and social structure. As the first compilation on the topic of multicultural considerations in sport psychology, this text assists practitioners in creating strategies relative to the culture and context of their clients. *Cultural Sport Psychology* is certain to stimulate ongoing discourse and encourage increased focus on effective cultural sport psychology practice.

*Cultural Sport Psychology*
Robert Schinke, EdD, and Stephanie Hanrahan, PhD, Editors
©2009 • Hardback • 272 pp • ISBN 978-0-7360-7133-8
$45.00 ($49.95 CDN)

Address fundamental concerns and stimulate new research in youth physical activity

*Youth Physical Activity and Sedentary Behavior: Challenges and Solutions* considers current research about these issues across a range of personal factors as well as cultural and social influences. The text communicates the knowledge base on developmental, economic, psychological, and social factors related to physical activity and provides an overview of youth-specific approaches to addressing the problem of inactivity.

*Youth Physical Activity and Sedentary Behavior: Challenges and Solutions*
Alan L. Smith, PhD, and Stuart J. H. Biddle, PhD, Editors
$69.00 ($75.95 CDN)
**EDITOR'S COLUMN:**
Randall W. Cockshott, Ph.D.

**PUTTING A FACE TO THE NAME**
It has now been two years since I first assumed the position of newsletter editor. I have finally put a face to my name if you will by finally snapping a photo that could be used for this purpose. I’ll be the first to admit that I enjoy being behind the camera more than I do being in front of it. Just one of the reasons why I’m one to sit and watch the credits scroll at the end of a movie as a way of acknowledging all the work the goes on behind the scenes. In line with this, I would like to acknowledge the work of our now Past-past president Kirsten Peterson in directing the much needed update to the Division 47 website. I think it is clear now that websites are not a static medium, but rather a dynamic one that needs constant attention and upkeep.

The same can be said about the Division newsletter, in that it requires a constant flow of content that communicates not only the activities of the division, but also provokes thought on topics relevant to the application and practice of sport and exercise psychology. I’m hopeful that we have accomplished this in the current edition of the newsletter.

As always, the current issue contains columns by both the President and President-Elect, a post-Olympic report from Jim Bauman updating the membership on the activities during the Olympics in Beijing, a summary of APA Division 47 Dissertation Award Winner Kimberlee Bonura’s research, a call for submissions to the 2009 Convention in Toronto, a summary of race activities in Boston, as well as articles on confidentiality and accreditation. I’m pleased with the content we are able to offer the members of the division in the current issue, but more pleased with the contribution made by all the individuals behind the scenes responsible for the current edition. Thank you to those who have provided me with feedback over the past year as well as those who have contributed ideas for the newsletter. Please know that I value your comments and contributions to the newsletter, please keep them coming.

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**NEW MEMBER BENEFIT**

**APA Division 47 Members Now Receive Discounts on Human Kinetics Journals**

Human Kinetics (HK) is offering American Psychological Association (APA) Division 47 members special discounts on HK psychological journals. The specially discounted prices apply to the Journal of Sport & Exercise Psychology (JSEP), the Journal of Clinical Sport Psychology (JCSP), and The Sport Psychologist (TSP).

The discount amount is 20 percent across the three designated journals, beginning with 2009 prices which have gone into effect within the HK marketplace on June 1, 2008. The following table illustrates the 20 percent discount offer including extra charges for International subscribers to cover shipping costs.

Please contact Human Kinetics at 1-800-747-4457 or (http://www.humankinetics.com/) to order journals and receive this discount.

<table>
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<tr>
<th>HK Journal</th>
<th>Regular Price</th>
<th>APA U.S. Member</th>
<th>APA Int’l Member</th>
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<tr>
<td>JCSP (4 issues/year)</td>
<td>$63 U.S. $73 Int’l</td>
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<td>TSP (4 issues/year)</td>
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<tr>
<td>JSEP (6 issues/year)</td>
<td>$82 U.S. $97 Int’l</td>
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APA will return to Toronto Canada for the 117th Annual Convention. Dates are August 6-9, 2009. While that seems many months away, the time for planning submissions for the 2009 meeting is NOW! For 2009, Division 47’s theme will be “Expanding the Reach of Sport and Exercise Psychology.” We welcome submissions on traditional topics within the discipline but are really interested in submissions that show how sport and exercise psychology can be used with nontraditional populations and in nontraditional settings.

We need your best submissions in order to showcase our Division. Our programming time is limited so we want to present our best work. Because of the limited programming hours, we especially encourage poster submissions. Please note that if any work is not completed, the abstract should make the prospective nature of the study clear.


Who may submit:

Any APA member may submit a proposed program or presentation for consideration. It is not necessary to be a member of the division to which a proposal is submitted. Nonmembers may submit if an APA member is a coauthor or sponsors the proposal. Download the complete call for proposals here [http://www.apa.org/convention09/pdf/Call-For-Programs-2009.pdf](http://www.apa.org/convention09/pdf/Call-For-Programs-2009.pdf).

How to submit:

All proposals must be submitted via the APA online Call for Programs Web site. Only Internet Explorer 5.0+, Safari 2.0+, Netscape 7.0+, and Firefox 1.0+ are supported.

For individual proposals, you must enter all information from beginning to end, review your work, and then submit it.

For all other proposals, you must create a login ID and password through the APA Call for Programs Web site. One login ID can submit multiple symposia/other proposals. Your login ID will allow you to begin a symposium/other proposal, save your work as you complete each screen of data, and optionally return later to complete your proposal.

When you have submitted a proposal successfully, you will see a screen acknowledging your submission with a proposal ID. Please print that screen and save the proposal ID for future reference. If you do not receive a proposal ID at the end of your submission, please retry.

Passport requirements:

U.S. citizens entering Canada and returning to the United States by air will need a U.S. passport. A U.S. passport or a U.S. passport card will be required for U.S. citizens traveling by land or sea. Citizens or permanent residents of other countries must have a valid passport and/or a valid visitor’s visa.
The purpose of this dissertation was to investigate yoga as a gentle form of exercise which can improve quality of life and psychological health across the lifespan, particularly during older adulthood. Currently, 17% of individuals over age 50, and 6% of individuals over age 65, have tried mind-body therapies (Wolsko et al., 2004), and 16.5% of yoga practitioners are age 54 or older (Saper et al., 2004). National survey data indicates that a large portion of mind-body therapy users implement these practices, at least in part, for the management of disorders, which are either psychological or psychosomatic (Wolsko et al.). Wolsko et al. estimated that at least 6 million Americans use mind-body therapies for the management of anxiety symptoms, and that at least 11 million Americans use mind-body therapies for the management of chronic back or neck pain. Among yoga practitioners, 63.7% reported implementing yoga techniques for wellness and preventative benefits; 47.9% reported implementing yoga techniques for the management of specific health conditions (Saper et al.). Because “people can participate in meditation without feeling they are patients” (Murray, 1982, p. 108), Murray suggested that individuals may use yoga and meditation techniques, rather than seek medical treatment for psychological distress. Because increasing portions of the older adult population are trying mind-body fitness practices such as yoga, and because yoga practitioners may use yoga to improve well-being, it is important to better understand how mind-body therapies, such as yoga, operate within the population of older adults.

DESIGN
Participants were recruited from two North Florida facilities. Facility A was a North Florida community activities facility for older adults. Facility B was a North Florida senior living community (non-assisted living). Across both locations, 98 individuals (ages 65 to 92; M = 77.04, SD = 7.28) were recruited; participants were predominantly female, retired, and married or widowed. Participants were randomly assigned to 3 groups: Chair Yoga, Chair Exercise, and no-treatment control group. Classes were held for 45-minute weekly sessions, over six weeks, and daily home practice was supported.

All participants were assessed pre-intervention, post-intervention, and at one-month follow-up for anger, anxiety, depression, well-being, general self-efficacy, and self-efficacy for daily living. Changes in these dimensions were assessed by the State-Trait Anger Expression Inventory, the State-Trait Anxiety Inventory, the Geriatric Depression Scale, Lawton’s PGC Morale Scale, the General Self-Efficacy Scale, and the Chronic Disease Self-Efficacy Scales. In addition, the Self-Control Schedule measured changes in participant perceptions of self-control. As well, state anger and state anxiety were assessed before and after the first, third, and fifth sessions.

RESULTS / DISCUSSION
Time by group interactions were significant for all trait variables. Yoga participants improved more than both exercise and control participants, in anger (ES = 1.01, 0.12, and 0.11 respectively, from pretest to posttest; and 0.89, -0.01, and 0.17 from pretest to follow-up), anxiety (ES = 0.58, 0.31, 0.18, and 0.89, 0.28, 0.27), depression (ES = 0.53, 0.07, 0.05, and 0.54, 0.01, 0.04), well-being (ES = 0.49, 0.36, 0.01, and 0.53, 0.28, -0.08), general self-efficacy (ES = 0.98, 0.35, -0.12, and 0.73, 0.43, -0.12), and self-efficacy for daily living (ES = 0.87, 0.35, 0.07, and 0.51, 0.24, 0.09). Changes in self-control predicted changes in psychological health, and self-control is proposed as a mechanism underlying the impact of yoga on psychological health. Yoga training can improve psychological well-being in older adults and therefore support overall health and well-being. Because yoga classes can be implemented in community-based settings to large numbers of individuals at low cost, they offer the potential of providing affordable preventative mental health care to large numbers of older adults, including older adults with dementia (Lindberg, 2006). Further, because yoga classes are free from the stigma of medical care (Murray, 1982), yoga may be particularly useful for older adults with cultural and personal beliefs that create resistance to medical treatment (i.e., fear of needing help or being perceived as weak). Elders may prefer mind-body strategies that are self-administered, and include both physical and cognitive elements, as they wish to remain involved in their self-care as long as possible (Yuen & Baime, 2006). Yoga may serve to complement the medical treatment, which an older adult may already be receiving. Because yoga can simultaneously provide gentle and effective physical exercise as well as teach increased emotional and cognitive control, it may be particularly well-suited to older adults. Older adults need physical exercise to maintain functionality and independence. Likewise, an increased capacity for self-regulation can help older adults maintain a sense of competence and self-sufficiency and promote quality of life.
REFERENCES


Kimberlee Bethany Bonura, Ph.D. receives the APA Division 47 Dissertation Award from President Ed Acevedo at the APA Convention in Boston, MA.
As we have progressed from the summer to the fall and the APA Convention in Boston has come and gone, it seems important to update everyone on a few changes.

First, we want to thank Dan Leidl for his valuable contributions to Division 47 as a student representative. Dan has worked hard for the past two years generating ideas to increase student involvement, helping with the new website and being a strong voice for the students in the division. With Dan’s departure, we are happy to welcome Sherry Schweighardt to the position of student representative. Sherry is a student of our new president-elect, Michael Sachs. Having them working together at Temple University will no doubt bring big ideas to the table!

The 2008 APA Convention in Boston brought several interesting opportunities to the Executive Committee’s attention. Several members of the committee were absent due to their roles with the Olympics and other obligations, however there was no shortage of ideas!

The Executive Committee once again affirmed its resolve to increase student involvement and build the student population of Division 47. In doing so, we are excited to announce the first annual student social to be held during the 2009 APA Convention in Toronto. Look for information about the social in the spring on the website and newsletter. In addition, Glenn and Sherry will be looking for more ways to increase student involvement through APAGS, the student science caucus, and increasing involvement in the Division 47 subcommittees. Feel free to contact Glenn or Sherry for more information or if you have thoughts for us to consider. We are proud to be your voice on the Executive Committee.

Thanks,
Glenn and Sherry

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**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. Michael Sachs, Division 47 President-Elect (see back of newsletter for mailing address). Dr. Sachs, 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.
WORKSHOPS AND CONFERENCES:

10TH 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 26-27, 2009, Friday and Saturday, at the Courtyard by Marriott, 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. The workshop will be conducted by Jack J. Lesyk, Ph.D., author of Developing Sport Psychology Within Your Clinical Practice. For additional information check the center’s website www.SportPsych.org or contact Dr. Lesyk at (216) 575-6175 or jjlesyk@SportPsych.org.

BOOKS AND VIDEOS
Author Ed Tseng shows you how to apply the strategies of the greatest athletes in history to all areas of life in his new book, Game. Set. Life. – Peak Performance for Sports and Life (136 pp., paperback $15.00). Tseng is an internationally known peak performance expert, tennis teaching pro (Pro of the Year USTA/NJD 2005), and motivational speaker who has helped thousands of people win more…in sports and life. The book is available at www.amazon.com.

Virtual Brands is pleased to announce the release of two new videos, “Mental Skills for Equestrian Athletes” featuring Dr. Rico Schuijers, an internationally recognized expert in sport psychology who well known for his work with elite equestrians, and “Keys to Effective Sport Psychology Consulting” featuring Kenneth Ravizza, Ph.D. who shares the philosophy, tips, and techniques that have helped to make him one of the most sought after applied sport psychology consultants. The videos are available for purchase at http://www.vbvideo.com/.

NEWS AND ANNOUNCEMENTS
The American Board of Sport Psychology is pleased to announce its 4th Annual Summer Tuition-Based 2009 Intern/Trainingship and Visiting Fellowship Programs in New York City. Interested students, graduates, researchers, practitioners and coaches should contact rcarlstedt@americanboardofsportpsychology.org for more information.

GIVEAWAY-ATHON 2008
The 5th annual sport psychology giveaway-athon showcased a broad range of participants. Collaboration between local coaches and sport psychologists, giveaway-athon volunteers, and athletes resulted in the largest giveaway-athon (in terms of number of attendees) to date.

Joe Tranchita from Waltham Track Club organized a large group of runners (ranging in age from youth athletes to masters competitors and including coaches) for a presentation by Dr. Steve Portenga at the Waltham Government Center auditorium.

Andy Crane directed the sport psychology giveaway-athon team to his colleague Ananth Pandian, who arranged for presentations at Tenacity Summer Tennis and Reading Program sites. In 2007, Tenacity's free seven-week program served 4,600 Boston youth at 30 neighborhood sites providing tennis and structured reading sessions designed to keep children’s minds and bodies active over the summer so they are ready for school. It was a win-win opportunity for the sport psychology giveaway-athon be a part of this outstanding program. Giveaway-athon presenters at Tenacity sites included Kim Cochrane, Aaron Dennis, Stephanie Habif, Katie Kilty, and Carolyn Youren.

Adam Naylor was instrumental in facilitating presentations for other giveaway-athon presentations. Thanks also to Amy Baltzell and John McCarthy who identified several giveaway-athon présenter in the Boston area.

Plans are already underway for the 2009 giveaway-athon in Toronto. Please contact Wendy Borlabi at borlabwn@jmu.edu if you are interested in presenting and/or can facilitate contact between presenters and potential giveaway-athon attendees.
Standard 4.01 of the ethics code of the American Psychological Association charges psychologists to “take reasonable precautions to protect confidential material… while recognizing that the extent and limits of confidentiality may be regulated by law” (APA, 2002). Failure to properly attend to confidential information risks damaging, what Koocher and Keith-Spiegel (1998) have called, the “cornerstone of the helping relationship” (p. 115) and also risks legal troubles. As noted by Behnke (2005), confidentiality is clearly a “core value” of the profession.

Psychologists in all specialty areas frequently identify confidentiality as a primary source of ethical dilemmas (Behnke, 2004). Sport psychologists can find themselves in situations that make maintaining confidentiality difficult as some individuals within the athletic community may not possess a working knowledge of confidentiality standards. Potentially difficult situations that are specific to the practice of sport psychology include working in non-traditional service settings (e.g., athletic training rooms, practice settings, weight rooms, etc.) and with non-traditional third parties (e.g., coaches, athletic administrators, etc.). Nonetheless, all psychologists remain charged to practice ethically.

Because the APA ethics code (2002) was composed with traditional service delivery models in mind, no clear direction is given for sport psychologists. However, while the ethics code was never meant to provide definitive answers to all possible scenarios (Barnett, Behnke, Rosenthal, & Koocher, 2007), the introduction does offer two guidelines for dealing with non-traditional situations. First, it notes that the Standards are written in broad terms and allows that “the application of an Ethical Standard may vary depending on the context” (APA, 2002, p. 1061). Second, the Standards allow for consideration of other materials and guidelines from other organizations, ones own conscience, as well as consultation with others in the field when considering how to practice ethically in non-traditional situations.

When examining how to best maintain confidentiality within athletic settings, several issues bear consideration. Each of these easily warrants extensive discussion on their own, but due to space restrictions, we will only briefly touch upon them. The first is clarification of who is the client (e.g, the administration, the coach, the parent[s], or the athlete) with all parties involved at the beginning of the consultation. Another important issue involves the application of informed consent. Per Moore (2003), “this document is a contract delineating the roles and responsibilities of both the professional and the client, and it defines what, why, how, when, and where services will be provided” (p. 603). Finally, with the first two issues in mind, how are boundaries applied? As Gardner (2001) notes, “the team psychologist is confronted on a regular basis with issues of boundaries and professional behavior unlike any seen in the traditional day-to-day practice of professional psychology” (p. 37). While no “one strategy-fits-all” approach exists, a place to start is to “think about the ethical issues unique to sport psychology consultation and the possible options for their successful resolution before being confronted with them” (Stainback, Moncier, & Taylor, 2007, p. 324) along with a review of the resources cited here.

References


The XXIX Olympic Games in Beijing, China were nothing short of spectacular. As a result of the money and manpower that China invested in the venues, the Olympic Village, and dealing with anticipated air quality and transportation problems the outcome was simply amazing. Hosting future Games that could be comparable to these will be difficult to match. Separate from China’s extravaganza, the increasing cost of hosting an international event of this size will simply require new hosting countries to be great hosts, rather than try to top the efforts of past Games.

These Olympic Games saw a new emphasis in providing sport psychology services to Olympic athletes. All five of the USOC Sport Psychologists (Sean McCann, Kirsten Peterson, Peter Haberl, Ross Flowers, and Jim Bauman) were connected to twelve different National Governing Bodies. Psychologists were also embedded with Diving (Chris Carr), Taekwondo (Karen Cogan), and rowing (Marshal Mintz). Additionally, our international counterparts representing more than ten different countries were assisting their athletes at the Games. Clearly, sport psychology is becoming identified as a key ingredient to successful performances at these highly competitive events.

Concurrent with this growth of sport psychology at international competitions, we have learned from previous Games, as well as these in Beijing, that there is a more identifiable skill set that goes with being able to provide quality services leading up to and at the Games. This set includes understanding the sport specific preparation, periodized training, peaking for performance, recovery, injury issues, coach-athlete relationships, and life circumstances that occur during the months, weeks, and days leading up to selection, the trials, and finally the Games. Even though there are other psychologists at the Games, work loads and schedules can often prevent regular consultation and one often operates in somewhat of an autonomous “rural mental health” mode. That being said, both sport specific and clinical skills are pre-requisite to an “on the run” modality.

The more quality time a sport psychologist can spend with athletes, coaches, and support staff the more keenly aware one becomes of the unique issues that evolve with a specific group of people who will spend a significant amount of time together… often under a media microscope and with increasing pressure to perform. Again, this means scheduling regular contacts, typically on the road, with the sport group you are working. As a psychologist on the road, you are faced with being incredibly adaptable, working long hours over long periods of time, facing potential ethical dilemmas, understanding how to deal with and then managing crisis situations, relationship difficulties, athletic success and lack of success, and an ongoing clear awareness of your role and how that can change over time and in light of what is evolving with the athletes.

The Olympic experience is a sun-up to sun-down assignment. The experience, in true life, is much different than what one sees on TV. Our back stage responsibilities provide a very unique opportunity to see and be involved in the show from nearly every other vantage point. The tears the TV viewers see of athletes on the medal stand often match the emotions of those who have watched and worked with those same athletes through many of the hard times it took to get to the podium or do a personal best without a podium at the Games. Although it is a ton of work, the experience of working an Olympic Games is just unmatched by anything else in the sport world.
August 16, 2008

Our excitement about running with world-famous runner Bill Rodgers helped us all to rise before the crack of dawn to meet the buses to our race site at Artesani Park for a 7 AM start. It was a very special occasion for our group, marking the 30th annual run of the APA event started by Ray Fowler in 1979.

We had some inspirational comments by Bill Rodgers and Ray Fowler before we started. We all enjoyed mingling with Bill, and he was happy to be running with us, and made us all feel very special. Bill is a wonderful person who loves to encourage runners of all ages and ability levels. Bill is the only runner who won the Boston Marathon and New York Marathon 4 times each, and the first to win both those races in the same year.

Bill reminded us of the supportive community of runners, where all abilities are equal. The winning is in the doing. Bill ran stride by stride with us pure mortals. He had no attitude of bravado – he was just “Boston Billy.” Bill signed autographs and chatted with everyone who wanted a chance to talk with him.

Our participants ranged in age from 8 years old (Ben Pendley) to 77 and 78 years old (Ray Fowler and Irene Deitch). Ray and Irene prove that if you continue running throughout your life, you are bound to look and feel much younger. Special lifetime achievement awards were given to our role models, Ray Fowler, Irene Deitch, and Art Aaronson.

Like last year, the winner of our race was 30-year old Gregory Benson of Milwaukee, with a time of 16:52. Mike Olson, age 37, of Altoona, WI, an Exhibitor at APA, again came in second place overall with a time of 17:17. Tomo Imamichi, age 35, of Hoboken, NJ, came in third place with a time of 18:05.

In the women’s division, Sarah Paciask, of Cambridge, MA, age 22, came in first with a time of 20:24. Diann Eley, age 55, of Toowomba, Australia, placed second with a time of 22:44 and close behind was our Running Psychologists’ Secretary-Treasurer, Janet Cain, of Sonoma, CA, with a time of 22:48. (Isn’t it great how the older women runners seem to get faster every year?).

In the Division 47 member category, Lee Cohen, Val Umphress, and Roger Moore came in 1st, 2nd and 3rd place respectively for the men, and Diann Eley, Janet Cain and Suanne Shocket placed 1st, 2nd, and 3rd for the women. In the student category, our female winner was Sarah Paciask, followed by Ashley Pietrefesa and Karin Ryan, and our male winner was Gregory Benson, followed by Tomo Imamichi and William Reyes.

The theme of our race this year was “Run Green,” our Kelly green shirts stood for Boston as well as environmental awareness. In line with being green, our prizes of beach towels and running caps were selected so that they could be used by the award winners rather than put on the shelf. We also encouraged runners to use reusable water bottles instead of throwaway plastic bottles. APA President Alan Kazdin endorsed our “running green” efforts, and he gave us encouragement in continuing this momentum.

We had lots of wonderful sponsors this year for our race including: APA, APA Insurance Trust, APA Divisions: 50 (addictions); 47 (Exercise and Sport Psychology); 20 (Adult Development and Aging); and 19 (Division of Military Psychology), Psi Chi, Worth Publishers, Wiley Blackwell, and our newest publisher and sponsor, Pearson. We are thrilled to have all these wonderful sponsors year after year. We want you to know how much we appreciate you and value your support.

Costs for running a race have increased dramatically, and we are looking for ways to find additional financial support in the future.

We had a pre-race pasta dinner at an Italian restaurant in Boston that was lots of fun. We had about 15 people who came to the dinner, despite the rain. For next year, we would like to try to coordinate the dinner with Division 47’s schedule, so that we can all hang out together.

Next year’s race should be exciting, as APA will be meeting in Toronto. Let’s reach out to more runners from all over the world to join with us. We want to bring in more participants to make the competition even more fun. We are planning on having the race on Saturday morning, August 8, 2009. We need volunteers to help plan the race, and serve on our executive board in the future. Please let us know if you are interested. We welcome suggestions and ideas about how to make things even better. We want to get more graduate students involved. We will try to set up online and credit card registrations, if we can find an affordable way to do this. See you all in Toronto!
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<thead>
<tr>
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<th>Men’s Results</th>
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<th>Women’s Results</th>
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<tbody>
<tr>
<td>1</td>
<td>16:52 Gregory Benson</td>
<td>35</td>
<td>24:03 Sarah Pociask</td>
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<tr>
<td>2</td>
<td>17:17 Michael Olson</td>
<td>36</td>
<td>24:25 Diann Eley</td>
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<td>3</td>
<td>18:05 Tomo Imamichi</td>
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<td>24:36 Janet Cain</td>
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<td>4</td>
<td>18:21 Michael Waldo</td>
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<td>24:48 Rachel Nutter</td>
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<td>5</td>
<td>18:39 Lee Cohen</td>
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<td>24:57 Shelly McCarthy</td>
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<td>6</td>
<td>18:59 Val Umphress</td>
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<td>24:58 Suanne Shockey</td>
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<td>7</td>
<td>19:19 Roger Moore</td>
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<td>25:06 Ashley Pietrefesa</td>
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<td>8</td>
<td>19:37 Scott Romanka</td>
<td>42</td>
<td>25:09 Rebecca Kotlowski</td>
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<td>9</td>
<td>19:47 Ed Acevedo</td>
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<td>25:21 Susan Johnston</td>
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<td>10</td>
<td>20:19 John Billig</td>
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<td>25:27 Rosemary Adam-Terem</td>
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<td>12</td>
<td>20:52 Art Gillaspy</td>
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<td>26:33 Allison Paganelli</td>
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<td>13</td>
<td>20:56 Luis Manzo</td>
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<td>26:34 Brooke Butler</td>
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<td>14</td>
<td>21:11 Brian Pilgrim</td>
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<td>27:19 Karin Ryan</td>
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<td>21:25 David Pilon</td>
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<td>27:37 Jenna Jebsits</td>
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<td>21:30 Thomas Plante</td>
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<td>27:58 Amy Winingier</td>
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<td>17</td>
<td>21:36 Craig Rogers</td>
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<td>28:20 Laura Johnson</td>
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<td>18</td>
<td>21:38 Doug Hankey</td>
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<td>28:38 Jill Pynn</td>
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<td>21:40 Paul Arbisi</td>
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<td>28:46 Casey Ozaki</td>
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<td>21:41 John O’Brien</td>
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<td>29:30 Elizabeth Mullin</td>
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<td>21</td>
<td>22:06 William Reyes</td>
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<td>30:26 Rebecca Zaja</td>
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<td>22:15 Chris McCarthy</td>
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<td>22:29 Stephen Lally</td>
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<td>24</td>
<td>22:39 Christopher Erbes</td>
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<td>34:35 Jim McCown¹</td>
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<td>22:50 Kevin Lancer</td>
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<td>23:06 Kamil Kouzekanani</td>
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<td>23:08 Louis Nadelson</td>
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<td>57:23 Kati Hutchison</td>
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<td>34</td>
<td>23:58 Noah Nason</td>
<td>67*</td>
<td>42:16 Kirk Hutchins¹</td>
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<td></td>
<td>* 1st, 2nd, and 3rd place Racewalker</td>
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<td>* 1st, 2nd, and 3rd place Racewalker</td>
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In attendance: Ed Acevedo, Glenn Pfenninger, Diane Finley, Jack Watson, Randall Cockshott, Michael Sachs, Chris Janelle, Frank Perna.

Ed Acevedo called the meeting to order. He is filling for Chris Carr who was in Beijing for the Olympics. He announced that Diane Finley will serve as Program Director for the next 2 years. He also said that the new student representative will be Sherry Schweighardt from Temple University.

Will Schweitzer from APA journals spoke with the EB about the possibility of a APA journal. Acevedo will explore further and continue the discussion with EB members via email.

Minutes from the mid-winter meeting were approved.

Committee Reports:

Education Committee: Etzel attended the Educational Leadership Conference meeting this fall. He has asked the EB for a defined task. Michael Sachs presented his ideas for initiatives for his term. One task would include reviewing multicultural training in ESP. Others will include reviewing and updating division brochures.

Practice Committee: There are plans to continue to work on the Proficiency and Guidelines. An ad-hoc committee has been formed to work on those issues.

Public Interest: They have not been successful at contact the PI Directorate at APA. Acevedo suggested making sure contact information is accurate. The Giveawayathon featured 6 presentations this year. Finley suggested making stronger contacts with APA Media office. Perna suggested including more exercise psych related presentations.

Science Committee: The new chair is Jack Raglin. The Dissertation Award was given to Kimberlee Bonura.

The Division has received a proposal to give Division 47 members a 20% discount on Human Kinetics journals beginning in 2009. The IJSP has also given a proposal for a discount that is being explored. Frank Perna made a motion to accept the HK proposal. Chris Janelle seconded. The motion passed. A motion was made to go back to IJSP and have their proposal conform with HK’s proposal. Motion was made by Janelle, seconded by Perna and passed to accept the proposal if the recommended changes were agreed to by IJSP. If changes are not, any new proposal would be reconsidered at the mid-winter meeting.

Convention program – number of submissions has increased; this was the largest year on record. 76 submissions. We have 14 hours of substantive programming; we received 4 post hoc; for a total of 18%. Acceptance rate was 95%.

Fellows: McCullagh could not get anyone to apply in time before the deadline. The Division wants to grow the number of Fellows.

Newsletter: response to online format has been good: newsletter is emailed as well as put on website. Acevedo complimented Cockshott on the quality. Cockshott went over planned articles for the Fall.

There are 134 runners registered for Running Psychologists. They have talked with Dr. Kazdin who will mention it in his talk today.

Steve Portenga reported on the Guidelines project.

Pfenninger discussed student issues. They would like to look at possibly having a student social next year as well as start a student forum.

Minutes Complied by Diane Finley, Ph.D. Forwarded by Division 47 Secretary/Treasurer: Vincent Granito, Ph.D.

Complete minutes can be obtained from the Secretary.
Division 47 of the American Psychological Association invites the submission of applications for the 2008 Dissertation Award. This award recognizes outstanding student research that has the greatest potential for making a significant contribution to the theoretical and applied knowledge base in exercise and sport psychology.

Application requirements are as follows: 1) a 1500 word abstract which includes (a) Introduction, b) Review of Literature, c) Methodology, d) Discussion, e) Contribution to Science and Practice; 2) the student applicant and/or his or her dissertation advisor must be a member of Division 47 at the time of application; 3) a letter of support from the applicant’s advisor confirming the completion of the dissertation and the degree by December 31, 2008, and it must express support for the research in question; and 4) applications must be postmarked by January 15, 2009. All materials should be mailed to:

Jack Raglin, Ph.D, Professor,
Department of Kinesiology
Indiana University, HPER building, Rm. 112i
Bloomington, IN 47405
Phone 812-855-1844
Fax 812-855-3196
E-mail raglinj@indiana.edu

Abstracts will be judged by a panel of professionals in exercise and sport psychology who are members of Division 47. The awardee(s) will be notified of their selection so they can make plans to attend the 2009 APA Convention in Toronto to receive the award. The award includes a plaque, a monetary gift, and the opportunity to present their research. Contact Dr. Raglin if you have further questions.

This award recognizes a sport psychologist or training program that over time has consistently provided significant contributions to education and training in Exercise and Sport Psychology. Alternatively, the award may recognize a sport psychologist or training program that has made a single major contribution to the field. The Awards Committee will consider a wide range of individuals/programs with differing accomplishments including those who make traditional contributions, provide innovations or who are involved in developmental phases of programs that influence education and training. Criteria for the award include:

• influence on educating and training students
• important research on education or training
• development of effective materials for instruction
• establishment of workshops, conferences, or networks of communication for education and training
• achievement and leadership in administration that facilitate education and training
• activity in professional organizations that promote excellence.

To be considered for the award, the individual must be a current member of Division 47. A letter of nomination outlining specific and consistently excellent 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 Past-President who chairs the Awards Committee. All nominations must be received by December 31st of the year before the award is presented.
Division 47 hosted a conversation hour at the recent annual conference in Boston on the topic of accreditation. This discussion explored what we need to consider in developing new programs or modifying existing programs with regards to current APA accreditation standards. The purpose of the conversation hour was to start the discussion regarding accreditation issues for sport psychology graduate training. We began by presenting an overview of the guiding principles of APA accreditation (www.apa.org/ed/accreditation). We then addressed the concerns and benefits of accreditation to different stakeholders: students, faculty, psychologists, and the public. Lastly, we focused our discussion on Domain B: Program Philosophy, Objectives, and Curriculum Plan. The result was a lively and informative discussion regarding the possibilities and challenges in this process. This article represents a summary of the issues discussed in the conversation hour.

Our conversation ranged from engaging at times to silent reflection, as participants realized that there are not easy answers to some of the questions we posed. Our first question was: What are the general and specific competencies for our field? Some of the suggestions are listed in Table 1. Missing in this paper is the lively discussion that followed each suggestion as the attendees sought to clarify and delimit each suggestion. People disagreed on some of the topics and on their relative importance. Part of the range of answers was due to the lack of consistency to a simple, yet fundamental, question: What is sport psychology? We feel this question persists because the field has allowed people to define sport psychology by who we work with as opposed to what we do. This situation is why we try to refer to our field as sport & performance psychology to transfer the uniqueness of our field from the “who” to the “what.”

The second question we posed was: What experiences are needed by students? The one answer that stood out beyond the previous discussion was the need for adequate supervised experiences. In particular, attendees thought that shadowing an experienced consultant was a vital experience due to the uniqueness and newness of our field. The importance of using supervision as a gate keeping function was also addressed. Many attendees thought that ethical challenges inherent in sport and performance psychology require a person of appropriate character and fitness (e.g., Johnson & Campbell, 2002).

In conclusion, several key issues related to graduate training in sport and performance psychology emerged from this conversation. First, specific competencies are needed to help programs, especially psychology departments, develop systematic and comprehensive training. Although the proficiency document helped give rise to sport and performance psychology as a specialty, it is not detailed enough to adequately aid in training.

Second, these plans should allow for incorporation into APA accredited programs, and focusing on competencies will ease this integration. We expect that many of the competencies will already be taught in a generalist curriculum. However, a significant number will require additional course work, and even more important, adequately supervised practicum experiences. We would encourage Division 47 to develop a training plan similar to Division 13 in addition to developing practice guidelines. Division 13 has a wonderful model for us to follow (APA, 2007). Sport and performance psychology shares many basic principles with...
consulting psychology. Attempts have already been made to “translate” this document to the sport and performance domain (Aoyagi & Portenga, 2008). Sean McCann’s suggestion in his AASP presidential address to follow the Boulder and Vail models of clinical psychology training for sport and performance psychology is an idea that we support.

Lastly, these plans allow us to end the divide between psychologists and sport scientists instead of merely healing it. We believe discussions regarding training should focus on future graduates instead of current practitioners. We feel the profession should spend more time talking about the training graduates receive in the year 2020. We believe it is time to put our collective knowledge towards the development of our field.

References:


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**Treasurer’s Report**

By Vince Granito Secretary/Treasurer

**Division 47 Budget Report**

**Total Assets:** $40,460.43  
**Total Income:** $28,263.90  
**Total Expenses:** $19,294.97

**Expenses:**

- Division Services: $689.45
- Newsletter: $1312.50
- Website: $7100
- Running Psychologist: $250
- MW-Hotel: $1717.15
- MW-Air/travel: $2306.15
- MW-food: $1859.30
- Division leadership conference: $590.46
- Educational leadership conference: $299.85
- Student promotion: $61.00
- Convention food—social: $2009.11
- Awards: $1100.00

**Total:** $19,294.97
Greetings Everyone!

I want to thank Diane Finely for so willingly and competently filling in for me as Council Representative at APA in August. She did an excellent job representing our division in Boston while I was representing our division (so to speak) in Beijing at the Olympic Games. I rested easier while I was away knowing that my responsibilities were covered back home. This report is based on her notes from the Council meeting and outlines some of the activities occurring in APA over the past several months.

The resolution to provide seats on the Council of Representatives for the National Ethnic Minority Associations did not pass the vote by the membership. Several divisions have voted to support the resolution and developed initiatives to reach out and educate members about re-voting on this issue. The Division 47 Board has endorsed the amendment and encourages Division members to vote for it.

Given Division 47’s recent efforts to establish sport psychology as a proficiency, a Council item of particular interest was a Proposal to Change the way “proficiency” is defined. This change would mean that the Division would (1) be responsible for the oversight of the proficiency, (2) define an acceptable program of study, and (3) identify psychologists who are competent in that area. CRSPPP will engage in further study of the role, purpose and function of proficiencies in the taxonomy of psychology and provide updates as appropriate to the Bored of Directors.

APA has adopted a new mission statement as part of the strategic planning process that reads as follows: “The mission of the APA is to advance the creation, communication and application of psychological knowledge to benefit society and improve people's lives.”

Although the current budget year shows a deficit due to some changes in the real estate market and decreases in publication sales, overall APA is in good financial shape. Dues will increase $8 for professional members and $1 for students. These increases have been linked to the inflation index.

Here are a few other highlights:
- A Chief Diversity and Inclusion Officer position was approved. APA has initiated a search to fill this position.
- The website update is progressing and a preview was available at the convention.
- The Resolution on Transgender, Gender Identity and Gender Expression Non-Discrimination passed and is now APA policy.

I appreciate the opportunity to represent our Division at Council meetings and hope to be doing that more in person over the next year. Once again, thanks, Diane, for all your help!
Fellow status in the American Psychological Association is bestowed upon individuals who have made unusual and outstanding contributions to the field of psychology. (See www.apa.org/membership/fellows.html)

The minimum standards for Fellowship under the APA Bylaws are:

1) The completion of a doctoral degree in psychology or related field from regionally accredited institution
2) Prior membership as an APA Member for at least one year and being a Member of the division
3) Active engagement at the time of nomination in the advancement of psychology in any of its aspects;
4) Five years of acceptable professional experience subsequent to the granting of the doctoral degree;
5) Evidence of unusual and outstanding contribution or performance in the field of psychology; and
6) Nomination by one of the divisions in which member status is held.

In addition Division 47 requires:

1) Membership in Division 47 for a minimum of three years
2) Substantial contribution to the field of sport and exercise psychology

THE MOST DIFFICULT JUDGEMENT THAT MUST BE MADE IN CONNECTION WITH NOMINEES FOR FELLOWS STATUS IS TO DETERMINE WHETHER OR NOT THERE HAS BEEN “UNUSUAL AND OUTSTANDING CONTRIBUTION OR PERFORMANCE IN THE FIELD OF PSYCHOLOGY.”

Examples of the criteria that have been found helpful to the divisions and to the APA Membership Committee are given below

Number of publications, grade-level of an administrative position, academic rank or the number of public addresses or committee memberships are not automatic determiners. The contribution to the science or the profession of psychology should be original and, perhaps, also a contribution to society as a whole. What is most needed is information about the nominee’s contributions that will help the division and the APA Membership Committee, reach a fair and reasonable decision. Information offered by the endorser should explicate or expand upon information already available from other sources (e.g. a vitae), not simply repeat it. It is assumed that all evaluative statements will necessarily be positive.

These criteria are not intended to be exhaustive:

• The existence of relevant publications is not enough – they must report impressive work, have an impact upon others and have been refereed appropriately;
• The impact of innovations must be documented;
• Citation of the nominee’s work by others may be an important indicator of the impact of a contribution;
• Conducting and organizing workshops is not an automatic criterion, but frequent workshop leadership with positive evaluations and evidence of impact over time can be good evidence of contribution;
• Offices held in psychological associations, political and legislative activity and the like, while relevant, are rarely enough in themselves to prove contribution – endorsers must show impact beyond the local level;
• Accumulation of impact and performance over time must be demonstrated;
• Evidence of steady and continuing competence does not in itself meet the criterion of “outstanding and unusual.”

Achieving Fellow Status is an arduous process. It requires recommendation by three endorsers who are Fellows of APA. It requires a positive recommendation by the Division 47 Fellow Review Committee and the fellows on the Executive Committee. Finally the successful nominees are forwarded to the APA Fellow Review Committee who makes recommendation to the Board of Directors with final approval coming from the Council of Representatives. If you think you have the qualifications or know of someone you would like to recommend, contact Fellow Committee Chair, Michael Sachs, Ph.D. at msachs@temple.edu.
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Deadline for submission of materials for the Spring 2009 issue is March 1, 2009.
Please send all items to: Randall W. Cockshott, Ph.D.
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