

Exercise & Sport
Psychology Newsletter

Division 47 of the
American
Psychological
Association

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Fall 2012



President's Column

Trent A. Petrie, Ph.D.

University of North Texas

The theme of this column is transitions...with every Convention comes the transition to a new Executive Committee (EC); members who have served the Division during the last 2-3 years end their terms in office and the newly elected members join. Thank you to Drs. Jennifer Carter (past-president), Anthony Kontos (Program Chair), Karen Cogan (Council Representative), and Jack Watson (Member at Large), and Cassie Pasquariello (Student Representative) for their excellent service to the Division; they are stepping off the Executive Committee. Also, welcome to our newly elected (and appointed) members of the EC: Drs. Christine Selby (President-Elect), Anthony Kontos (Member at Large),

Kate Hays (Council Representative), Courtney Albinson and Jamie Shapiro (Program Chairs), and Michelle Garvin (Junior Student Representative); I am excited to have the opportunity to work with such a dynamic group. I also want to thank Dr. Steve Portenga, who will be stepping down as Newsletter Editor. He has served the Division well in this role and as Chair of the Practice Committee; his energy and vision will be missed.

Since the Convention when I assumed my role as President, I have been working on



President's Column, continued

organizing our committee structure and inviting new members to join. I have named new Chairs for the Practice (Dr. Michelle Joshua), Social Media (Dr. Laura Dipasquale), and Science (Dr. Amanda Visek) committees. They, and the other existing Chairs, have been soliciting involvement from you, our members, and I appreciate how many of you have stepped forward to be a part of what each committee is doing. As always, if you are not yet, but want to become, involved, please read each committee chair's report in the newsletter and then contact him/her to express your interest. Our committees will be working on interesting and important projects throughout the year, so your involvement would be mutually beneficial.

As I transition into my new role as President, one of my goals is to keep you informed as to what the EC is doing and what our purpose/focus/aims are for the upcoming year. To that end, I have been (and will be) using the Divisions Announcement Listserv to provide you with updates (e.g., appointments of new committee chairs, call for new committee members). Throughout this year, the EC will send you periodic messages about our work, new Division or APA initiatives, etc. In the near future, expect to hear from us about upcoming Division Awards, the vote concerning Ethnic Minority Psychological Associations having representation in the APA Council, the creation of a new Section (Performance Psychology) within the Division, and many others.

A major Divisional project this fall will be to conduct our member survey. Although planned for the summer, it will occur this fall under the guidance of President-Elect

Christine Selby and Secretary-Treasurer Doug Hanks. They have assembled a group of members to develop the survey, which will then be administered by APA's Division Services Office. So, when you receive the solicitation to participate, please take the small amount of time needed to provide us with your feedback. The information we collect from you will allow us to evaluate the current work of the Division and provide us with direction for our future goals. There are many important issues within our field, and we want your input for determining where our focus and energy should be directed.

I also have launched, with the able assistance of Dr. John Coumbe-Lilley (Chair, Membership Committee), the goal of increasing the Division's professional membership by 25% by the 2014 Convention. To that end, we have begun several initiatives that we believe will help us reach this goal, including outreach to sport and exercise psychologists within other professional organizations, such as AASP, who are not members of APA but can become Professional Affiliates of the Division (without joining APA) and by offering a free one-year trial membership for those APA members who have interests in our Division but have not yet joined. I am excited at the prospect of bringing in more psychologists into our division who are working in the field, but not yet affiliated with us professionally.

Again, I welcome comments, feedback, and suggestions from you about any of the issues I have raised or any that you would like us to address within the Division. I can be reached at Trent.Petrie@unt.edu and look forward to hearing from you.





President-Elect's Column

Christine L. B. Selby, Ph.D

Husson University

I was thrilled to learn that I had been elected to serve the Division for the next three years. I am fortunate to serve during a time when there is quite a bit to be addressed in the field and to serve on the Executive Committee with people I considered to be friends, colleagues and mentors. I look forward to working closely with the Division's leadership and hope to work with the leadership of other related organizations as we address the issues and concerns relevant to us all.

One of the things in motion that I think will serve the Division and its members well is a regular President's conference call. The intent is to ensure continuity from one President to the next thereby making sure that initiatives are continued and institutional memory is intact. President Trent Petrie, Past-President Gloria Balague and I have had a conference call to identify issues that require attention and follow through from the previous year, and to identify issues new issues that will likely need to be addressed in an ongoing way.

In addition to learning about the Division's active concerns I have been asked to co-chair a new

committee designed to ultimately allow members to voice concerns they may have about the Division. The "Membership Survey Committee" is co-chaired by me and Secretary/Treasurer Doug Hanks. We have been tasked by our current President to create a survey designed to assess the membership's opinions about the Division. Doug and I are finalizing the members of the committee and will shortly thereafter begin work on the survey itself. If there are particular areas you would like the survey to address and/or you would like to suggest specific questions, please let me know (selbyc@husson.edu) as soon as possible so we can consider your suggestions. As soon as the survey is finalized all members will be informed about how to access the survey. We hope you will take advantage of this opportunity to let us know what is going well and what isn't.

I look forward to serving you, the Division's members, and to being a part of the APA's organizational structure. Please feel free to contact me with questions, comments or concerns at selbyc@husson.edu.

Division 47 has gone viral!

Please follow us on our Social Networking sites to keep up with the Exercise and Sport Psychology Division of the American Psychological Association.

Linked In: APA Division 47 (our email is APADivision47@gmail.com)

Twitter: <http://twitter.com/#!/APADivision47>

Facebook: <http://www.facebook.com/APADivision47>

VOTE on the Ethnic Minority Psychological Association Amendment

The Division 47 Executive Committee (EC) and Public Interest (PI) Committee endorse APA's policies to increase diversity in membership and governance. In support of this priority, the Division 47 EC and PI Committee encourage our members to:

VOTE YES to PASS the proposed APA Bylaw amendment

This amendment will provide a voting seat on the APA Council of Representatives for each of the four National Ethnic Minority Psychological Associations (EMPA). The groups consist of the Asian American Psychological Association, Association of Black Psychologists, National Latina/o Psychological Association, and Society of Indian Psychologists.

Division 47's Leadership drew upon the following important and compelling information:

* The APA Council of Representatives was strongly in favor in its support of this amendment.

* The EMPAs' missions include the advancement of the science, practice, and

education in psychology, including the growing field of ethnic minority psychology.

* These EMPAs have already undergone rigorous governance review, comment, and deliberations in seeking seats on the APA Council of Representatives.

* The seats from the four EMPAs will be added to the current 162 seats on Council and will not affect the current structure of the apportionment balloting systems between the SPTA and Division seats.

The Division 47 EC and PI Committee would appreciate your consideration of this important Bylaw amendment and stress the importance of casting your vote in support of the Bylaws change. For more information contact Karen Cogan, Division 47 Council Representative or Kate Hays, Division 47 incoming Council Representative. We welcome any questions you might have on this initiative.

karen.cogan@usoc.org and
drhays@theperformingedge.com

Division 47 2011-2012 Advertising and Insertion Schedule

Div47News is the official newsletter 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 Trent Petrie, PhD.

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

Full Page	Half-Page	Quarter-Page
8.5 X 11 in.	8.5 X 5.5 in.	4.25 X 5.5 in.
\$600	\$350	\$200

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

2013 Annual Convention Call for Programs

Surfs up! Honolulu, here we come! Division 47 looks forward to another stimulating and engaging APA convention, occurring next year in Honolulu, Hawaii from July 31-August 4, 2013. For 2013, our Division theme is “Innovation in Sport, Exercise, and Performance Psychology: Technology, Diversity, and Lifespan Approaches.” We encourage members to submit symposia, papers, and posters along this theme, but continue to welcome all presentations contributing to the research and practice of sport and exercise psychology. Please note that the deadline for submitting proposals is earlier than in years past, November 20, 2012. APA Continuing Education Workshop Proposals should be submitted by November 5, 2012. Please submit all proposals via the APA Website: <http://apacustomout.apa.org/ConvCall>. We are hoping for our strongest convention attendance ever...submit your proposals soon!

Co-Program Chairs

Courtney Albinson, Ph.D. and Jamie Shapiro, Ph.D.

Student Representatives Column

Justine Chatterton & Michelle McAlarnen

University of North Texas

West Virginia University

Hello Division 47 Students!

We are excited for the opportunity to connect with students who are interested in Sport and Exercise Psychology. As your student representatives to the Executive Committee of Division 47 we would like to reach out to students and encourage you to get involved with the division. Please contact Justine (justinechatterton@my.unt.edu) or Michelle (mduplins@gwmail.gwu.edu) with any questions or comments about the information in this letter or anything regarding the division.

At this year's APA convention, Division 47 hosted some exciting student programming. During Speed Mentoring students were given the opportunity to sit down with professionals in the field to ask questions and get advice about a career in sport and exercise psychology. A big thanks to our speed mentors – Dr. Doug Hanks, Dr. Mark Aoyagi, Dr. Jennifer Carter, and Dr. Rick McGuire – for making this event a success and a continued student favorite! Students also participated in the annual Ray's Race 5K, which is hosted by Division 47. In addition to these events, the convention was a great place to meet other students and professionals and get up to date on current issues in sport and exercise psychology. We hope to see you next year in Hawaii!

Many of the Division 47 committees (e.g. Science, Education, Membership, Practice, and Public Interest) are looking for students to serve on them. If you are interested in joining a committee, please check out the website (<http://www.apadivisions.org/division-47/index.aspx>) and contact the committee chair. This is a great way to get involved, contribute, and meet professionals in the field.

Division 47 has recently branched out into the world of social media, which is another great opportunity

for students to get involved. Like us on facebook <http://www.facebook.com/APADivision47> and follow us on twitter <http://twitter.com/#!/APADivision47>. Headlines from the field of exercise and sport psychology are posted regularly and this is a great way to interact with other students and professionals alike.

Division 47 student reps have been working with the student reps from the Association of Applied Sport Psychology (AASP) to collaborate to better serve you, the future of sport and exercise psychology. Currently, we are working on creating a list of internship sites that offer training opportunities in sport and exercise psychology. When the list is complete, you will be able to access it on the Division 47 website.

There are many great ways to take advantage of, and get involved in, Division 47. Students are encouraged to apply for the student dissertation award, serve as a student member on a Division 47 committee, attend the annual APA convention, and/or become a student editorial reviewer for the new Division 47 journal Sport, Exercise, and Performance Psychology. We are excited about these opportunities and encourage you to contact us with questions and interest. We look forward to your involvement in Division 47 and are here to support you in navigating your professional development in Exercise and Sport Psychology. Please email us to get more involved.

Sincerely,

Justine and Michelle

APA Council of Representatives Report

Karen Cogan, Ph.D.

United States Olympic Committee

This summer was a truly exciting time with the Olympics in London and APA in Orlando, all at the same time. I had the privilege of supporting Team USA, and it was fantastic to see so many sport psychologists from other countries involved with their teams. It was a positive comment on the progress within our profession. Unfortunately, the trip to London meant that I missed APA this year. A special thanks to Heather Ciesielski and Kate Hays for attending the Council meetings in my place and providing insights into Council's many actions.

This will be my last report as Division 47 Council Representative as I enter the last two months of my second term. It has been an honor to represent Division 47 on Council for the last 6 years, and I will miss the opportunity to work for our Division in this way. You will be in capable hands with the incoming Council Rep, Kate Hays, who brings with her years of experience from a variety of roles on Council in the past. Kate and I have worked together closely over the past 2 months, as I am concluding my tenure and she prepares to begin hers, to coordinate our efforts on some of the important issues facing Council at this time. It has been wonderful to have two of us working toward the same goals as we make the transition. You as Division members are getting two for the price of one!

Telepsychology Guidelines

One issue that has been a priority for me is the development of Telepsychology Guidelines. Because our profession involves travel with athletes to competitions and

distance consulting, the development of these guidelines is very relevant to our division. Although this was not a primary focus of this Council meeting, I have spent considerable time providing input to APA and reviewing proposed guidelines. If anyone has comments or suggestions about how we can best conduct distance consultations or about the proposed guidelines, please contact me.

Below are highlights from the recent Council Meeting in Orlando.

Ethnic Minority Psychological Association Voting Seats on Council

One of the issues that received considerable attention at the August Council meeting was the seating of Ethnic Minority Psychological Association (EMPA) representatives as voting members of Council. While this issue has been brought to a full membership vote twice before, in 2007 and 2008, it was narrowly defeated both times. Kate and I (along with many other Council members) believe it is due to lack of knowledge about this amendment and low voting percentages of the APA membership. We want to get the word out to Division 47 and encourage you to review the issue in the sidebar in this newsletter and emails we will be sending so that you can make an informed choice. AND VOTE!

Internship Funding

In another important decision, Council approved \$3 million to increase the number of accredited internship slots over the next 3 years. There is a growing imbalance between

the number of psychology graduate students who need a clinical internship to complete their degree requirements and the availability of those internships. This funding stimulus package will increase the number of accredited internship positions and is expected to help as many as 150 programs move from non-APA accredited to accredited status. 520 new accredited internship positions are expected over the next three years. The typical maximum grant to an individual program will not exceed \$20,000. Funding will be available starting this fall through an application process.

Good Governance Project

APA's Good Governance Project Team (GGP) is tasked with ensuring that APA's governance structure is appropriate for the challenges psychology faces in the 21st century. The current system is often criticized for being slow, cumbersome and unable to respond to rapidly changing circumstances, such as new legislation in Congress.

With input from members and governance groups, the GGP team has developed a plan to create a simpler and more flexible governance system that would allow for more direct member input and be more strategically focused. At its August meeting, the GGP team asked the council to consider the degree of change needed to meet those goals, whether through incremental change, moderate change or a "clean-slate" approach. In a show of overwhelming support for a new system, the

council voted 135 to 22 for bolder change, moving toward the moderate change and clean-slate end of the continuum. The GGP team will now work on how these changes are to be implemented. The GGP team will solicit further council input at its next meeting in February and throughout the spring. Final approval for the new governance plan is expected next August.

For a copy of the GGP report to the council, the approved motion and the chart outlining the three scenarios, go to www.apa.org/about/governance/good-governance. If you have questions or ideas, contact APA Executive Director of Governance Affairs Nancy Gordon Moore, PhD, MBA, at nmoore@apa.org.

In further action, the council:

Adopted a resolution designed to increase the public and allied health professionals' awareness of psychotherapy's effectiveness in reducing people's need for other health services and in improving long-term health.

Received the report of the Presidential Task Force on Educational Disparities.

Approved the creation of APA's first open methods, open-data, open-access journal -- Archives of Scientific Psychology. The publication will be APA's first fee-based journal. According to APA Publisher Gary Vandenbos, PhD, it will allow APA to gain valuable

experience in the growing fee-based, open-access publishing environment.

Approved the 2012 class of APA Fellows. A total of 109 members were elected to Fellow status in recognition of their contributions to psychology.

Approved funding for representatives of the four ethnic-minority psychological associations (EMPAs) to continue to attend APA council meetings as delegates/observers.

Approved funding for an APA task force that will study the trafficking of women and girls.

Approved the 2013 budget revenue forecast of \$108 million. APA Chief Financial Officer Archie Turner reported that the association's financial position is strong. Licensing revenue from APA's databases continues to be the largest component of APA revenue budget.

As always there are some important issues facing our profession, and APA is making some potentially historical changes. It feels as if am leaving in the middle of some meaningful projects, but I know Kate will be "on it" and continue this work as she takes over for our Division. Thank you for the opportunity to serve as Council Representative!

Minutes of the APA Division 47 (Exercise and Sport Psychology) Executive Committee Meeting

APA Annual Convention

August 2-3, 2012

Executive Committee Members present for the meeting included: Trent Petrie (President-Elect), Jennifer Carter (Past-President), Jack Watson (Member-at-Large), Mark Aoyagi (Member-at-Large), Doug Hanks (Secretary-Treasurer), Anthony Kontos (Program Chair), Heather Ciesielski (President, Running Psychologists), Cassie Pasquariello (Student Representative), and Justine Chatterton (Student Representative).

Gloria Balague, (President), Steve Portenga (Newsletter Editor), and Karen Cogan (Council Representative) were absent.

President-Elect Trent Petrie called the meeting to order at 4:46 pm EST.

August 2, 2012

Executive Committee (EC) Members were introduced. Trent Petrie thanked the EC for coming to Orlando early to allow more time at the Convention for the EC meeting.

Trent Petrie shared that Gloria Balague was not able to attend the Convention due to a family emergency, and that she had requested that he facilitate the meeting. Dr. Balague's Presidential Address was cancelled.

Steve Portenga and Karen Cogan were not able to attend the Convention due to job responsibilities related to the 2012 Summer Olympic Games.

Give-Away-Athon

Trent Petrie announced that the Give-Away-Athon for the 2012 APA Convention had been cancelled. A discussion ensued regarding the history of the Give-Away-Athon and whether the program should continue to be offered in the future.

Proficiency

Jennifer Carter was again acknowledged for her hard work in shepherding the Proficiency in Sport Psychology through the APA renewal process. Jack Watson shared that the Association for Applied Sport

Psychology (AASP) has formed a task force to study its current certification process. Discussion occurred and focused on whether Division 47 could become more involved in the task force or provide a liaison to the AASP task force. Jack Watson, the current AASP President-Elect, indicated that he would explore the possibility of an invitation to Division 47.

Social Media

Jennifer Carter updated the EC on Division 47 social media activities. Given the time and energy that has been needed to initiate and maintain a Division 47 social media presence, a discussion occurred as to whether the Division 47 social media activities should require a sub-committee or committee to monitor and maintain it. An initial proposal for the formation of a Social Media Committee was discussed and tentatively approved. It was agreed that the creation of the Social Media Committee needed the approval of the Division 47 President, Gloria Balague. Trent Petrie indicated that he would follow-up with Gloria Balague.

APA47 Website

Mark Aoyagi reported that the website was functioning smoothly. Discussion ensued regarding whether the website was "user friendly."

Motion made by Trent Petrie that the Senior Member-at-Large responsibilities be changed to include the moderation of the Division 47 listserv. Motion seconded by Doug Hanks. Motion passed unanimously, 6-0.

2012 Program Report

Anthony Kontos, Program Chair, briefly reviewed the Division 47 Program for the 2012 Convention. The EC commended Kontos for his work in putting together another excellent program in 2012. Clarification of Junior and Senior Program Chairs responsibilities were discussed.

Journal Report

Jeff Martin provided a report on the activities of the journal that was summarized by Trent Petrie. The report indicated that: 1) there is a 75-85% rejection rate; 2) turn over for journal submissions is 3-4 months which is considered excellent; and 3) a journal impact number cannot be calculated until the journal has been published for 3 years.

Student Representative Report

Cassie Pasquariello and Justine Chatterton indicated that they are continuing to work to give graduate students the opportunity to review journal submissions. They requested that student-specific information be obtained when the member survey is initiated. The student representatives reported that there has been increased collaboration with AASP student representatives. Discussion occurred about expectations and financial considerations for incoming EC members and attendance at the Convention.

Miscellaneous

Committee reports will be forwarded to EC members via email.

The Council Representative report was not available at the meeting.

Meeting was adjourned at 7:09 pm EST.

August 3, 2012

President-Elect Trent Petrie called the meeting to order at 9:05 am EST.

Junior and Senior Program Chairs

Courtney Albinson (Senior Program Chair) and Jamie Shapiro (Junior Program Chair) were introduced to the Division 47 EC.

Secretary-Treasurer Report

Doug Hanks reviewed the Division's current financial status and gave a brief overview of the Secretary/Treasurer's report to be given later in the Convention at the Business Meeting. Hanks indicated that the Division was within its budget. He requested that time be set aside during the EC's next conference call to discuss the 2013 budget.

Mid-Winter Meeting

Trent Petrie suggested and elicited discussion concerning increasing the length of the 2013 Mid-Winter meeting in order to have two full working days. Discussion also occurred about who should attend the meeting given the increase in the number of EC members. Petrie will work with the Secretary-Treasurer and study the estimated cost of the Mid-Winter meeting in light of the 2013 budget.

Ray's Race/Running Psychologists

Heather Ciesielski, President, Running Psychologists, reported Division Services was no longer providing assistance with the race and were requiring that they rent an exhibitor booth for registration and packet pick-up. This had substantially increased the cost of putting on this year's race. Ciesielski requested support from Division 47 to advocate with Division Services for a change that was less expensive. Ciesielski reported that nine sponsors had been secured with three of the sponsors being new ones. She indicated that she was very pleased with the race organizer for the Orlando race and anticipated a successful 2012 race.

Meeting was adjourned at 9:55 am EST.

Executive Committee Conference Call Meeting Minutes

APA Division 47 Executive Committee Conference Call Meeting
September 26, 2012

Trent Petrie began the conference call at 1:00 pm CST.

Agenda items included:

EMP Letter from division
Policy of Executive Committee nominations
Excel spreadsheet showing four-year membership
Division 47 Membership application
Committee reports from the 2012 APA Convention

Discussion ensued on each of the agenda items. Given the time constraints of the conference call, Trent Petrie requested to send out a follow-up email message with a description of five items requiring an EC vote. Those EC members on the conference call agreed to Petrie's request.

Conference call ended at 1:59 pm CST.

APA Division 47 Follow-up Email Vote
Sent to the Executive Committee, September 28, 2012

Discussed creating a policy to guide the process used for nominating individuals to the EC. The intention of the policy is to have a more open procedure that encourages more of the membership to be involved.

VOTE-1: I approve adopting the policy for nominating members for vacant EC positions.

As described in the letter and Q/A from the Division 47 Council Representative, APA will be having the broader membership vote on expanding the council of representatives for the ethnic minority psychological association. If we, as the EC, support this move, we will then communicate with Division 47 membership and encourage them to support the initiative. If we approve, the letter of support will go to the Public Interest committee for their input and support. If they support it as well, the letter will be modified to indicate that the "EC and the Division 47's Public Interest Committee" support the initiative.

VOTE-2: I support the Division endorsing the EMPA initiative and sending our letter of

endorsement to the division membership prior to the APA vote.

The EC discussed forwarding two bylaw issues to the membership for vote. The first issue concerns allowing student members the opportunity to vote for EC members (and their own representatives), except for Council Representative, which is an APA position. Given that student representatives are now nominated and voted on, we may want student members included in that process. The second issue concerns the creation of a Past-President's council, which will serve as an advisory board to the current presidents. This council can provide institutional history and serve the presidents as needed (e.g., be tasked with important projects). We also discussed having one member of the PP Council attend the midyear meeting. If approved by the EC, Trent Petrie will draft the proposal and get feedback from the EC before we put it forth to the membership.

VOTE-3: I approve a bylaw vote by the division's membership regarding student members being given the same right to vote on division matters as professional members (as allowed by APA).

VOTE-4: I approve a bylaw vote by the division's members regarding the creation of a Past-President's council to serve as an advisory board to the current presidents.

4. VOTE-5: I support raising the Associate Member dues to the same level as the Professional Member dues.

Trent Petrie requested that EC members send their vote (Yes or No) for each of these measures by 5:00 pm CST on Wednesday, October 3.

Follow-up Email Vote Results
Announced October 4, 2012

Issue 1 – passed 6-1
Issue 2 – passed 7-0
Issue 3 – passed 7-0
Issue 4 – passed 7-0
Issue 5 – passed 6-0

Public Interest Committee Report

Scott Goldman, Ph.D

University of Arizona

The Public Interest (PI) Committee explores appropriate opportunities to provide services to organizations and individuals (e.g., with the NCAA). Some of our goals include:

- To prepare guidelines for psychologists making public statements about athletes.
- To address youth sport issues - how Division 47 can help youth sport coaches and parents.
- Maintain and improve communication to the membership and the public through the Division's web site.
- Review and recommend printed materials that explain the Division's goals and present clearly the manifest content of Exercise and Sport Psychology.

Like in the classic rockumentary, "Spinal Tap," we aim to turn the knob to "11" because it is "one more." To illustrate this point, here are some brief descriptions of our most recent activities:

- Our committee members became monitors for the following APA Committees: Socio Economic Status (Bader); Women in Psychology (Hayes); Children, Youth, and Family (Blom); and Aging (Vieselmeyer)
- We created a flyer titled "How to be an informed consumer" which was distributed at an outreach workshop for parents and youth at the National

Coaching Conference and the NCAA coordinated by PI member Lindsey Blom.

- PI member Adam Shunk co-authored with Anthony Kontos and David Coppel a PI sponsored paper on concussions that is as an educational resource for psychologists about sports concussion and the psychological sequelae.
- We are in constant collaboration with the National Athletic Trainers Association (NATA). Our most recent collaboration was an article written by Jennifer Carter on eating disorders and athletes.

Though chaired by Scott Goldman, the true life force of this committee is its members. Our executive liaison is Gloria Balague. Our committee members include Adam Shunk, Wendy Borlabi, Julie Vieselmeyer, Christopher Bader, Lindsey Blom, Michelle Garvin, and Melissa Gollick. These individuals are bright, creative, and have the work ethic of the energizer bunny. We are always looking for individuals who share a passion for our field. Our only request is that you bring ideas to the meeting AND that you are willing to be active in making your ideas as well as other's come to fruition. If you are interested in joining, please contact our chairperson at goldman@arizona.edu.

Social Media Committee Report

Laura Dipasquale, Ph.D.

University of North Texas

The Social Media Committee is the newest committee of Division 47. It was initiated last year by the creative efforts of the former Past President Dr. Jen Carter and was officially turned into a committee at the APA Convention in Orlando. I am excited to serve as the chair of the committee and we have a wonderful group of dedicated members who have helped to get the committee off of the ground. The committee will use social media to increase awareness of Division 47 and sport, exercise, and performance psychology. We

also hope to serve as a forum for members to network and share ideas about the field. The committee will be posting information on our social media pages about APA, the division, and topics of interest to members. We encourage you to like us on Facebook (APA Division 47) or follow us on Twitter @APADivision47.

If you have any questions, please feel free to contact me at dipasqualel@hotmail.com.

Practice Committee Report

Michelle Joshua, Ph.D.

Fou

Given the new faces on this committee this year and no shortage of ideas from Division 47 leadership and other committee chairs, we are in the midst of prioritizing our areas of focus for the upcoming year.

One of our major efforts will be forwarding the work of the previous committee - fleshing out what it means to be proficient in the practice of sport psychology to move towards developing specific competencies for calling oneself a sport psychologist. In addition, we will help to clarify APA's position on telepsychology as it may relate to the work and training of our members. Given the speed at which technology offers a host of exciting new ways to interact with

and benefit our clients, we need to make sure we are up to date in our understanding about issues related to technological competence, confidentiality, and practicing within one's jurisdiction, to name a few. Furthermore, the committee has also been charged with making suggestions for improving the utility of Division 47's website by updating website content and resources of particular interest to members.

And of course, the committee is open to your ideas - what are the most important issues to you in your practice? If you have any interest in becoming more involved or sharing your comments, please don't hesitate to contact me: michelle@drmjoshua.com.

Science Committee Report

Amanda J. Visek, PhD

The George Washington University

Aloha! I am excited to serve the Division 47 membership as the new, incoming Chair for the Science Committee. The purpose of the Science Committee is to increase the identification of sport psychology as a science to APA colleagues, students, and the public. Indeed, student research is often under-recognized, particularly at the national level. Thus, one of our first orders of business is to highlight the advances in sport psychology theory and applied knowledge by our student members for their significant and innovative dissertation research. We invite nominees to submit an abstract of their research and other supporting materials for review by December 31st, 2012. The recipient of the award is provided a monetary stipend, in addition to a waived registration free for the upcoming APA Annual Convention in Honolulu, Hawaii, as

well as the opportunity to present her or his research among conference attendees. The Science Committee looks forward to highlighting the achievements of our members in their research as well as playing an integral role in the blind review of abstract submissions for the APA Annual Convention. We are committed to developing and implementing innovative ways of communicating these advances and providing resources specifically for the Division 47 membership as well as the larger APA. A committee's strength is in both its leadership and the active contributions of its members. If you are interested in getting involved in our committee or have creative ways you would like to the Science Committee actively engaged in, please contact me. Mahalo!

Membership Committee Report

John Coumbe-Lilley, Ph.D

University of Chicago-Illinois

Membership activity since the annual meeting in Florida this year has been brisk. The membership goal is to grow the total membership of our division 20% by the 2014 APA Annual Convention. To achieve these goals we are collaborating with the Social Media Committee to advance online membership efforts and working to develop better integration of members that are APA Div 47 and AASP members. A work in progress is to develop a better face to face outreach approach by using regional and national conferences as a means of gathering members to engage with Div 47 initiatives. These areas of development go on above our regular contact with member's ranges from networking them to other members, answering their questions about the field and providing organizational information.

Committee Recruitment

We are recruiting 2-3 members to strengthen the Membership Committee. The role would entail 1-2 hours per week to help grow and develop membership engagement and retention and participate in conference calls every 4-6 weeks.

Membership Retention Feedback

Retaining members is a key aspect of the Division's membership effort. We would like to learn how the Membership Committee can help members be retained. Tell us how members could be retained by the Division, give us an idea and think about joining the committee to improve our retention efforts.

For more information, please [email Dr. Coumbe-Lilley](mailto:email.Dr.Coumbe-Lilley)

Education Committee Report

Ed Etzel, Ph.D.

West Virginia University

The EC has reenergized with new members and some new charges from President Petrie. The committee would like to thank ex-President Balague for her support over the past year. She was instrumental in encouraging various activities to include an examination of graduate training in sport psychology in North America and elsewhere. In a nutshell, we learned:

- Program/course work descriptions and detail vary
- There are many MA/MS programs, but there are relatively few doctoral programs
- Some programs appear to only be 'specializations' and 'certificates' of study
- Approximately 10-15% appear to be Ed.D. programs and PsyDs
- Program 'homes' vary from a very few in psychology departments to many programs in Kinesiology and sport science.
- Several online programs exist
- Program duration varies; 4-6 years on average
- Practica/internships and their description vary; some programs provided considerable detail on these; some do not do so
- Some internships merely focus on GTA and RA work vs. applied and/or clinical work

Recently, the Chair has responded to inquiries about how to become a sport psychologist. These inquiries come from psychologists who wish to retrain/respecialize. Some have been asked by agencies to begin to do this general type of work for, as example, for a group practice or hospital/sports medicine center. The Proficiency is a useful model to refer interested colleagues to. That model seems to provide a good way to self-assess one's competencies. See <http://www.apadivisions.org/division-47/about/resources/what-is.aspx> for Proficiency information. Selected electronic updates are received from the APA Education Directorate. One APA offering in the future that some members may have an interest in is the [“APA Professional Development Training Institute”](#) which will be held April 11-12 in Washington, DC. Our committee is always in search of some motivated new members. We welcome one or more new student members; we currently have one graduate student. Please encourage any prospective EC members my way at edward.etzel@mail.wvu.edu. Have a great fall and early winter! - Ed Etzel, Education Chair

Call for Nominations for the Dissertation Award

Division 47 of the American Psychological Association invites the submission of applications for the annual 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:

1. Membership in Division 47; that is, the student applicant and/or his or her dissertation advisor must be a member of Division 47 at the time of application
2. The name and contact information of the applicant's advisor
3. A 1500-word abstract of the research, which includes:
 - a) Introduction
 - b) Review of Literature
 - c) Methodology/Statistics
 - d) Discussion
 - e) Contribution to Science and Practice

Note. References should also be included in the application requirements above, but will not be counted toward the 1500-word limit):

4. Proof of confirmation of the completion of the dissertation and the degree by December 31, 2012.

Applications must be sent electronically as a single-PDF file to:

Amanda J. Visek, PhD, CC-AASP, NCC
Chair, Science Committee, APA-Division 47
avisek@email.gwu.edu

Deadline: Applications must be submitted by midnight CST on December 31st, 2012.

Abstracts will be judged (blind review) 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 in March 2013 so plans can be made to attend APA's annual convention to receive the award (which includes a plaque and a monetary gift) and to present their research. The 2013 APA Annual Convention will be held in Honolulu, Hawaii, July 31st-Aug 4th, 2013.

Further information can be obtained from the Division 47 website at: <http://www.apa47.org/aboutDisAward.php>

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.

Invitation to Join in the Development of a Performance Psychology Section within the Division

Over the past number of years, there has been increasing interest in what is referred to as “Performance Psychology”. The following activities/events—as examples—support this perspective:

- Courses and workshops being taught within universities and as free-standing offerings;
- Symposia and workshops at national and international conferences;
- The development of Division 47's own journal, titled *Sport, Exercise, & Performance Psychology*;
- Professionals' self-description and students' interest;
- Various models of the relationship between sport psychology and performance psychology
- A Division 47 Position Paper;
- Professional articles and books, the most recent being Murphy's (ed.) 775 page tome, *The Oxford Handbook of Sport and Performance Psychology*.

So, we are wondering if it is time to create a Section of Division 47 on Performance Psychology. Such a section could bring together people with interest and expertise to assist in (for example):

- Developing collective definitions and models regarding training and practice in performance psychology
- Creating a sense of community
- Developing the field more broadly and intentionally, and
- Identifying resources and needs

The bylaws for Division 47 indicate that a new Section can be created when 5% of members, associates, and/or affiliates present a petition to that effect (along with a set of proposed bylaws). Note that you need not be a member of APA in order to become a member, associate, or affiliate of Division 47 (although it is strongly encouraged), so if you are interested in promoting performance psychology through a Div. 47 section please join and add to our discussion.

If you are interested in contributing to the creation of (and being a part of) a Performance Psychology, please contact Dr. Kate Hays @ drhays@theperformingedge.com.

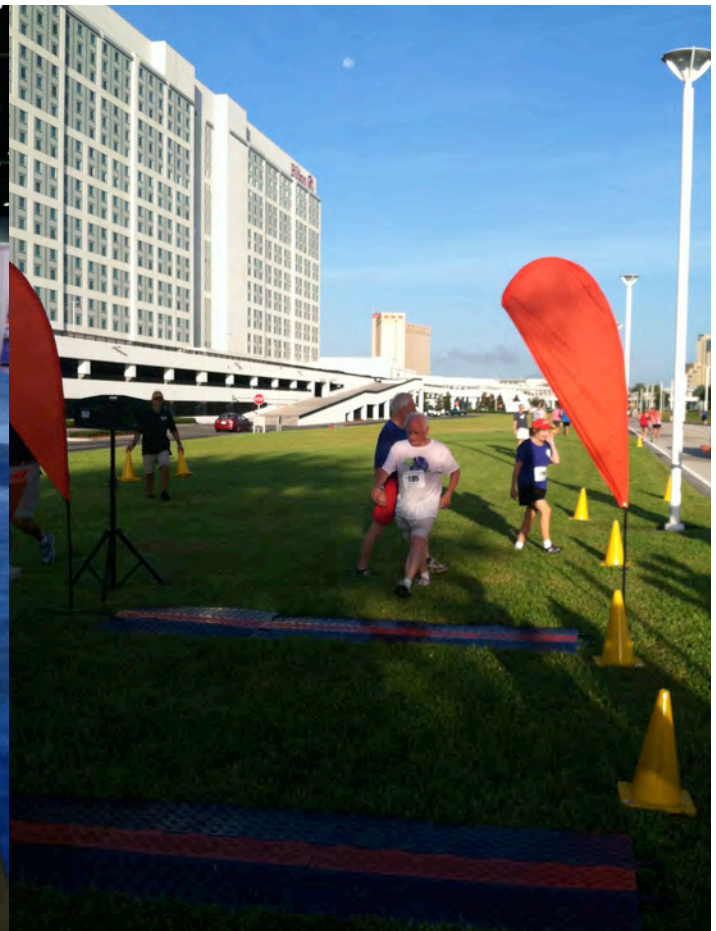
Running Psychologists Presents: 34th Annual Ray's Race 5K Run and Walk "Run in the Sun!"

Our theme for the 34th Annual Ray's Race this year was "Run/Walk in the Sun," which is exactly what we did in beautiful Florida weather at the APA Convention in Orlando. We had a wonderful turnout of 140 people at the Hilton Orlando, and great support and race management from a local Orlando company, Laughing Rhino Events. Our overall winner this year was Zach Morgan, with a time of 16:19, which the race manager said was the fastest time he's had for one of his 5K runs so far! Coming in close behind him were our second and third place male runners, Christopher Raye and Michael Olson. For the women, our top female runner, Cindra Kamphoff, also came in at a very impressive time of 19:49, with Rachel Farr and Erin English following her in second and third place. We also had a tight competition for our walkers this year with Gilbert Sanders leading the men at a great pace of 39:18, followed by our speedy treasurer, Sy Gross, in second place and Barney Greenspan coming in third. Our first place female walker, Patsy George, came in at a quick 47:28, followed by Nancy Aiken, the new President-Elect of Running Psychologists, in second place and Yumi Furumoto in third place.

This year, Michael Sachs helped us create some new award categories, and we added a team award and a mastery award to the race as a "race pilot program." Our first place team this year was Erin Ring and Daniel Ayala, and for the mastery award (the runner or walker coming in closest to their estimated pace without using a watch), Robert Buri came in first place for the men and Lisa Fortuna took first place for the women. We had a great response this year to our new award categories and plan to continue them at our future races. Congratulations to all of our winners!!

I am pleased to announce that at our business meeting this year, Nancy Aiken was nominated and unanimously voted in as our new President-Elect. Welcome, Nancy! We are very excited to have you with us. I'd also like to say a very special thank you to the board members of Running Psychologists who are instrumental in putting this race on each year: Sy Gross, Suanne Shocket, Noah Nason, Michael Sachs, Frank Webbe, and our past-president, Lucinda Monica-Sears. We would also like to thank the many volunteers who helped us at the race and in the exhibit booth this year, and all of the race participants – we couldn't have done this race without you! Finally, a very big thank-you to Laughing Rhino Events for fantastic race management, and to our amazing sponsors: American Psychological Association, APAGS, Psi Chi, Wiley-Blackwell Publishing, Worth Publishers, 12 Palms Recovery Center, Argosy University, Division 47, Division 20, Division 39, and Pearson Publishers.

Ray's Race was named in honor of Dr. Ray Fowler, former APA CEO, and founder of the Running Psychologists in 1979. This race is a great way for runners and walkers of all ages and abilities to come together during the APA annual convention to promote physical fitness and well-being. Thanks to all of you who volunteered and/or participated in the race, and we hope to see you all in Honolulu!



Call for nominations for the Distinguished Contributions to Education and Training in Exercise and Sport Psychology Award

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.

Eligibility

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.

How To Apply

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

This must be sent to Past-President (Gloria Balague: gloriab@uic.edu) who chairs the Awards Committee. All nominations must be received by December 31st of the year before the award is presented.

Call for nominations for the Early Career Award

The Early Career Award honors an individual who has made substantial contributions to Sport, Exercise or Performance Psychology. The recipient must be a current member of Division 47, and have received his or her degree no more than 7 years prior to the award decision. Nominations must include the completed APA Division 47 ECP Award Biographical Sketch form and a letter of nomination noting the impact of the contribution to either the science or practice of SE&P Psychology generally and the nominee's involvement in Division 47 specifically. For Self-Nominations, which are encouraged, one additional letter of support is required.

The recipient of the Award is given a plaque and a cash prize of \$500. In addition, the recipient is invited to give a presentation at the Convention related to her or his contribution to the field.

Nominations must be received by December 31st of the year before the award is presented.

Only electronic submissions will be accepted and they must be sent to the Past President of Division 47 (For 2013 send to Dr. Gloria Balague email: gloriab@uic.edu)

Division 47 Executive Committee

2011-2012

President (2010-2013):

[Gloria Balague, PhD](#)

Clinical Assistant Professor
Department of Psychology
University of Illinois at Chicago
Telephone: (312) 996-8681

President-Elect (2011-2014):

[Trent A. Petrie, PhD](#)

Director, Center for Sport
Psychology
Professor, Department of
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Telephone: (940) 565-4718

Past-President (2009-2012):

[Jennifer E. Carter, PhD](#)

Counseling and Sport Psychologist
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Secretary/Treasurer:

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Director
Student Counseling Services
Auburn University
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Member-at-Large:

[Mark Aoyagi, PhD](#) (2012-2014)

Director
Sport & Performance Psychology
University of Denver
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Member-at-Large:

[Jack C. Watson II, PhD](#)

(2010-2012)
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Department of Sport Sciences
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University of Pittsburgh School of
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Newsletter Editor/Director of Publications:

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Psychology
Chair, Psychological Services
Subcommittee, USA Track & Field
Denver, CO
Telephone: (303) 960-5711

President, Running Psychologists:

[Heather A. Ciesielski, PhD](#)

Assistant Professor
Department of Pediatrics
Child Development Center
Medical College of Wisconsin
Telephone: (262) 432-6636

Deadline for submission of materials for the Summer 2013 issue is February 1, 2012.
