

## From the President ...

**Frank M. Webbe, Ph.D.**



*Life often appears to be very complicated, frequently to the point where one has difficulty establishing and differentiating priorities. Going on a multi-day backpacking trip is one way of understanding needs and priorities. Experiencing two major hurricanes within three weeks is another. In nature, away from civilization, and after hurricanes, I have*

*reached the same conclusion. The most important entity is water. You can get along without everything else – not in comfort or with great humor – but you get along. Being in circumstances where seemingly important things can actually be evaluated for criticality provides good lessons for the return to civilization. In my case, once I had water, food, then power, and then the ability to communicate electronically, I had already had the opportunity to examine and re-establish priorities – literally to determine what I could and could not address after losing several weeks to the comings and goings of storms and the repair and recovery afterwards. My students and classes took top honors. Thinking about Division 47 came next. A major reason for this was because my year of maximum commitment was already pared away by the storms, and I became very much aware of how little time I actually had. My thoughts strayed to contemplation of where the Division is now, where we might go, and who will take us there - hence, the title of this essay. The more subtle theme herein, however, is that much can be accomplished in one year when we all contribute.*

### State of the Division

Division 47 has 962 members. It is among the one-third smallest divisions in the APA but by no means the smallest. Over the past five years, our new members have kept pace with our retiring ones. Our student membership is also stable. The various papers, symposia, and invited addresses sponsored by the Division at the Hawaii convention were well attended, certainly better than at the SARS depleted Toronto convention, but also better than in Chicago in 2002. The visibility of the Division has increased as a result of the “Give-Away-athon Programs” organized at the recent conventions by Past-President, Judy Van Raalte. Even more events are planned for

Washington. The new proficiency in Sport Psychology that was shepherded through the APA governance structure by previous Past-President Kate Hays, education committee chair Bradley Hack, and the indefatigable Shane Murphy, serves as our blueprint for educating and attesting to the knowledge and skill capabilities of those who will practice in the Sport Psychology field. The actual mechanics of implementing the proficiency are now being planned and discussed. Division members who would like to participate in this exciting endeavor should contact me or education committee chair, Bradley Hack.

The standing committees of Division 47 include Education, Practice, Membership, Public Interest, and Science. All committees have openings for new members, not because there are not critical-mass numbers already, but because of the inclusive spirit of our Division. There always is room for one more. In the same spirit of the “Give-Away-athon” I am asking that each of you reflect on what you might do to enhance the

profession by contributing to the activities of the Division. I am not asking for a lifetime commitment – just one year. For example, in one year, working through the Education and Public Interest Committees, *You* could assist in creating a new informational brochure to augment our current library of publications. Contact Bradley Hack and Sam Maniar. In one year, working through the Membership Committee, *You* could contact members who resign to ascertain whether there might have been something that the Division could have done to better serve their interests. Contact me. In one year, *You* could contribute a book review to the Division Newsletter, ESPNews. Contact Bob Harmison. In one year, *You* could assist in establishing the electronic communication organ for continuing education that Dr. Penny McCullagh has described in her President-Elect’s column. Contact Penny and volunteer. In one year, *You* might help put together a supervisor’s network to support the proficiency. Contact Jack Watson. In one year, *You* might help put together with the Science Committee a bibliography of new areas of Sport Psychology research. Contact Shelley Wiechman.

We need all of your involvement to maintain the life and vitality of what is already among the liveliest of APA Divisions. How do you make a start? You can contact me, or Penny, or any member of the executive committee as listed on the back page of this publication. You can contact the committee chairs, whose names and contact information are listed in the blue box on this page. Your contribution can represent an ongoing activity, or can be novel, based upon your estimation of what the Division and the profession need.

### Committee Chairs

#### Education Committee

Bradley Hack, Ph.D.  
[hack@smootpsych.com](mailto:hack@smootpsych.com)

#### Science Committee

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#### Practice Committee

Jack C. Watson II, Ph.D.  
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#### Public Interest Committee

Sam Maniar, Ph.D.  
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#### Membership Committee

Frank M. Webbe, Ph.D.  
[webbe@fit.edu](mailto:webbe@fit.edu)

### What’s Inside ...

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## The President Elect Says ...

By Penny McCullagh, Ph.D.

I am delighted to have been elected to serve as the President-Elect of Division 47 of APA. I attended the annual APA meeting in beautiful Hawaii (and stayed for a week's vacation!) and as usual was stimulated by the varied programming at the convention. I was also pleased with the program put together by Chris Janelle and his committee. As a previous program chair for Division 47, I know the hard work that goes into producing such a program.

As I move into a leadership role in Division 47, I realize there is a lot I need to learn and be mentored on. However, I am excited about following in the footsteps of

Judy Van Raalte and Frank Webbe who I have asked to keep me in line. One thing that I would like to see happen is for the Executive Board to establish a Blackboard site so information can be easily accessed. Diane Finely and Frank Webbe have both expressed interest in making this happen so hopefully by the end of the year we can accomplish this goal. Secondly I have a major initiative that I hope to accomplish over my three year term in the Presidency. Much of this idea was fueled when I attended the annual meeting of the Association for the Advancement of Applied Sport Psychology (AAASP) in Minneapolis and had the chance to interact with many Division 47 members. (Unfortunately Frank was nailing down his roof from the storms in Florida). However, I did get a chance to chat with him on the phone. A major concern for Division 47 has been how to assist licensed psychologists to become competent in the sport sciences/ kinesiology. Thus, considerable effort was put forth by previous President Kate Hayes to develop a Proficiency in Sport Psychology. However, the mechanism for examining for such a proficiency is still in the future.

Another attempt to help this initiative has been to sponsor workshops either during the convention or pre-convention, and typically these have been well attended. However, there are still many psychologists who do not have direct access or do not attend the national convention. Thus, I would like to design on-line courses (either credit or CE – yet to be determined) that would allow access to top professionals in the field. I see this as an opportunity to cooperate with the Certification Committee of AAASP and develop courses that would target appropriate topics for psychologists who want to learn more about sport psychology. For example, I could identify top professionals who are Certified Consultants in AAASP who could develop the coursework in topics such as exercise physiology, biomechanics, sociology of sport, etc. Likewise, I could identify psychologists who would best be trained to deliver an ethics course. I have talked to a number of individuals who are enthusiastic about my proposal. I hope you are too. If you have any thoughts please contact me at pennymc@csuhayward.edu. I look forward to the challenge of serving in this office.

## APA Convention Coming to Washington, D.C.

August 18-August 21, 2005

APA's 2005 annual convention will be held in the capital city of Washington, D.C., and promises a great program in exercise and sport psychology. Division 47 is seeking proposals for substantive contributions in the fields of exercise and sport psychology as pertaining to research, practice, and professional development. Both APA members and non-members are invited to submit individual presentations, symposia, panel discussions, conversation hours, workshops, or Continuing Professional Education Workshops.

Deadline for submissions is 11:59 p.m. EST **Friday, December 3, 2004**. Proposals may be submitted electronically (and we encourage you to take advantage of the electronic submission process). For forms and further details for both electronic and traditional submissions, please visit:

<http://www.apa.org/convention05>

Questions? Contact Division 47 Program Chair:

David Conroy, Ph.D.  
The Pennsylvania State University  
david-conroy@psy.edu



# The Editor's Corner: A Hui Hou Kakou

Robert J. Harmison, Ph.D.



Greetings Division 47 members! I trust that all has been well with you since the last time I addressed you in the spring. Much has happened since my last column, most notably the 2005 APA Convention in beautiful Honolulu, Hawaii. A great time was had by all who attended, I'm sure. In fact, I was struck by how many people I ran into at the Convention who either arrived a week early or were planning to stay a week longer – so much so that I wondered at times if anyone even attended any of the sessions! Truth be told, I was quite impressed by the 30 or so folks that showed up at the last-day, last-hour symposium chaired by Kate Hays of which I was a part. OK...I do have to admit that two of the attendees were related to my wife. I also will admit that these two took me out for a day of play on the island during the Convention, so I am not so innocent either.

If all has gone well, you will be receiving this newsletter sometime toward the end of November. If so, then it appears that many of the kinks that interfered with my ability to get the newsletter to you in a timely fashion in the past have been worked out. If not, well, then it is back to the drawing board. With this newsletter, you are formally introduced to your new president, Frank Webbe. As you will see in his column, and I can attest after being around him for the past year, he is full of energy and ready to lead the Division in the best way he knows how. You also are formally introduced to Penny McCullagh, our President-Elect, who has a seemingly endless supply of energy.

For many of you, this is simply a re-introduction to Penny, as she has been actively involved in a number of sport-related professional organizations over the years. Please join me in welcoming Jennifer Carter, David Conroy, and Diane Finley as new members of the Executive Committee as well.

With this newsletter, I want to officially announce that Elizabeth Spievak of Bridgewater State College will be the newsletter's Associate Editor. She will be in charge of coordinating the books reviews and gathering professional news and announcements. Elizabeth can be contacted at [ESpievak@bridgew.edu](mailto:ESpievak@bridgew.edu). Be sure to check out her rite of passage, that is her book review in this newsletter. Welcome aboard Elizabeth! Hopefully, you will find the other articles contained in this issues informative and insightful as well.

For this issue, I've decided to break from offering you a picture from my athletic past. For that one of you who is dying to see my next picture, you'll just have to wait. In the meantime, enjoy my surfing days as you bang your drums to the tune to that great 1970's American TV show, Hawaii 5-0. "Book 'em, Dano!"

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## Professional News and Announcements

### Workshops and Conferences

"Women and Sport: Before, During, and After Title IX," an interdisciplinary symposium celebrating the past, present, and future of women's sport, will take place February 2 - 6, 2005 at Bowling Green State University in Bowling Green, Ohio. Speakers will include Christine Brennan, Mariah Burton Nelson, and pre-Title IX athletes and coaches. For more information, go to [www.bgsu.edu/departments/wmst/womenandsport.htm](http://www.bgsu.edu/departments/wmst/womenandsport.htm) or contact Vikki Krane at [vkrane@bgnet.bgsu.edu](mailto:vkrane@bgnet.bgsu.edu).

The Centre for Studies in Sport and Exercise at Massey University is hosting a conference titled "Sport and Alcohol: Understanding the Mix" on February 8-10, 2005 in Palmerston North, New Zealand. The Conference will critically analyze and debate the relationship between New Zealand sport and alcohol, especially in relation to social, health, performance, and business issues. Speakers will include high-profile athletes, sports management personnel, and media personalities. For more information, go to [www.sport-alcohol.co.nz](http://www.sport-alcohol.co.nz).

The National Football Foundation Center for Youth Development through Sport at Springfield College is partnering with the Conference on Counseling Athletes to host a Summit on Positive Youth Development through Sport from March 18-21, 2005, in Springfield, Mass. Presenters will include Steve Danish, Dan Gould, Penny McCullagh, Shane Murphy, Linda Petlichkoff, Maureen Weiss, and representatives of the major sport fields, including the MLB, NBA, NCAA, NFL, NFF, PGA, and LPGA. Contact Kelly O'Brien, at 413-731-3408 or [nffcenter@spfldcol.edu](mailto:nffcenter@spfldcol.edu) or visit [www.youthsports Summit.org](http://www.youthsports Summit.org) for more information.

The Drake Group is sponsoring a conference titled "College Sport and the Academy: Getting Beyond the Problems and Finding Solutions" at the University of Missouri, St. Louis on March 31-April 1, 2005. Scholars from a variety of disciplines will examine issues related to the faculty role in college sport reform, college sport reform movements, and the roles of others in college sport reform. For more information about the Drake Group and/or the conference, go to [www.thedrakegroup.org](http://www.thedrakegroup.org).

### Books

Fitness Information Technology has published the 7th edition of the *Directory of Graduate Programs in Applied Sport Psychology* by Dr. Kevin Burke, Michael L. Sachs, and Cassandra P. Smisson. The *Directory* offers a wealth of information about 100+ graduate programs, career opportunities, online courses, certification requirements, and ethical issues in the very large world of sport psychology. Purchase information, including the regularly updated electronic version, can be obtained at [www.fitinfotech.com](http://www.fitinfotech.com).

# Dose-Response and Mechanistic Issues in the Strength Training and Affect Relationship

by Shawn M. Arent, Ph.D. -- 2002 APA Division 47 Dissertation Award Recipient



Despite the common belief that exercise provides for a “feel better” effect, the scientific community has shown reluctance to offer a resounding endorsement of this claim. Part of the reason for such reluctance may be the number of questions that remain

regarding the exact nature of the exercise/affect relationship, including mechanistic and dose-response issues. Furthermore, the available literature has primarily focused on the affective benefits of aerobic exercise. Much less attention has been given to the examination of effects of anaerobic exercise such as resistance training. Of the existing resistance training/affect studies, most have adopted what they consider to be the “established” definition of intensity by basing their protocol on the percentage of one-repetition maximum (1RM) that participants are lifting. However, when using percentage of 1RM as an indicator of intensity, the terms “low,” “moderate,” and “high” really only apply if the individual is doing one repetition, which was not the case in these studies.

The purpose of this dissertation was to examine the dose-response gradient of affective change by manipulating weight training intensity based on percentages of each individual’s 10 repetition maximum (10RM) while holding volume constant. A related purpose was to examine the role of the stress response, specifically the hypothalamic-pituitary-adrenal axis (HPA-axis) and the autonomic nervous system (ANS), as a contributing mechanism to affective changes following resistance exercise.

Based on the work of Chrousos and Gold (1992), Selye (1950), and Csikszentmihalyi (1982), and taking into account the proposed role of the HPA-axis and ANS in the affective response to exercise, it was hypothesized that there is a curvilinear relationship between resistance training intensity and post-exercise affective response due to activation of the general stress response. It was specifically predicted that moderate intensity resistance training, when appropriately defined, would produce the most beneficial changes in affect. In order to test this hypothesis, this study used a within-subjects design that employed three different resistance training protocols (40%, 70%, and 100% of 10RM) and a no-treatment control condition.

Thirty-one male and female undergraduate students completed all three exercise sessions, which consisted of 3 sets of 10 repetitions of each of six upper body exercises, and the control

condition. In order to assess activation of the HPA-axis, salivary cortisol samples were collected immediately before and after each condition, as well as at 30 and 60 minutes post-exercise. To assess ANS activation, heart rate (HR) was monitored for 5 minutes before each condition, throughout the condition, and for the entire 60-minute recovery period. Self-report measures of state anxiety, activation/deactivation (i.e., energy, tiredness, tension, & calmness), and positive and negative affect (PA & NA) were assessed immediately before and at 0-5, 15, 30, 45, and 60 minutes post-exercise. These assessment times were used in order to establish the time-course of stress-system activation and post-exercise affective response.

Area under the response curve (AUC) was calculated for each affective construct and then adjusted for baseline values ( $\Delta$ AUC) for repeated measures analyses. Polynomial trends were also assessed. As predicted, significant curvilinear trends were found for all affective constructs, with moderate intensity strength training producing the greatest improvements in anxiety, PA, NA, energy, tiredness, and calmness. High intensity training resulted in increased anxiety, NA, tiredness, and tension, and decreased energy and calmness. Similarly, low intensity exercise was generally ineffective in producing beneficial changes in affect, and typically no different than the control condition.

Significant time x condition interactions emerged for all affective measures. However, the time-course of change was not identical for each affective variable. High intensity training produced transient decrements in anxiety, NA, tension, and calmness before returning toward baseline values by 60 minutes post-exercise. However, deteriorations in PA and tiredness were more enduring. Anxiety, NA, tension, and calmness demonstrated continued improvement over the course of the recovery period with moderate intensity training. Some of these changes were quite large in magnitude. The improvements in PA, energy, and tiredness were more fleeting, but still remained above baseline levels over the duration of recovery and were generally better than effects seen in the other conditions. Although low intensity training did produce some transient improvements in affect, most notably for tiredness, tension, and calmness, these effects quickly subsided and returned to control condition levels by 60 minutes post-exercise. Furthermore, most of these effects were only small to moderate in magnitude.

As hypothesized, measures of autonomic activation were significant predictors of most changes in exercise-induced affect, particularly changes in “negative” affective constructs. The

demonstrated relationships were curvilinear in nature. These trends explained a considerable amount of variance in many affective constructs, most notably anxiety (27.3%). Cortisol secretion also provided predictive utility for exercise-induced affective changes, but the percent of variance accounted for was typically smaller than that accounted for by ANS measures and the relationships were linear in nature rather than curvilinear.

Analysis of  $\Delta$ AUC for each affective variable provided strong support for the prediction of a curvilinear dose-response relationship between intensity and post-exercise affective response. Furthermore, the patterns of results suggest that the time-course and magnitude of affective change following resistance exercise is dependent upon both the affective construct being assessed and the intensity of the exercise. In general, though, moderate intensity training produced the most pronounced and enduring beneficial changes.

In addition, HR and cortisol responses were significant predictors of changes in the “negative” affective constructs, suggesting that the ANS and HPA-axis are viable mechanisms underlying exercise-induced affective changes. The lack of predictive ability for “positive” affective construct changes suggests that other psychologically-based determinants may be serving as underlying mechanisms in the exercise/affect relationship. The results also suggest that once resistance exercise crosses an “intensity threshold” requiring activation of the HPA-axis, the experience is no longer optimal and may induce affective decrements.

As researchers continue to develop models of exercise adherence, the importance of post-exercise affect cannot be ignored. Previous research has indicated that whether or not participants continue to engage in structured exercise programs may be influenced by affective responses to initial exercise bouts. Based on the results of the current study, researchers and exercise leaders should consider intensity-related variables when designing studies and programs employing resistance training. In addition to the negative affective symptoms that accompany very high intensity strength training, the insufficient stimulation provided by low intensity training must also be recognized.

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Dr. Arent is an assistant professor in the Exercises Science and Sport Studies Department at Rutgers University, New Brunswick. He can be reached via e-mail at [smarent@rci.rutgers.edu](mailto:smarent@rci.rutgers.edu).

# The Road to Athens

by James (Jim) Bauman, Ph.D.

As a full-time sport psychologist for the US Olympic Committee, I work on a daily basis with Olympic athletes. Leading up to the Athens Games, USOC sport psychologists align with National Governing Bodies (NGB) in a variety of ways to develop plans for identifying and providing sport psychology/performance services. These plans are coordinated with athletes, coaches, athletic medicine, and other sport science professionals. My affiliations for these Games were with track & field, swimming, and women's softball. It is difficult to capsule the months leading up to these Games, as well as the Games experience in a short form. So, I will briefly focus on my work with the US Women's Softball Team.

I was contacted by the Head Coach (Mike Candrea) two years before Athens. We discussed the player selection process, the proposed schedule for the next two years, my contact times to work with coaches and players, needs he had identified for the team, and his vision for this team in Athens and beyond. Coach Candrea was clear about creating a system that would emphasize concurrent personal, athletic, and group development with a goal of going beyond winning. He envisioned a system that would identify individual and team talent, raise skill levels, and foster a belief and attitude about being the dominant team around the world. My role was to assist with identifying and teaching cognitive skills, building a working concept of genuine teamwork, and creating a "new attitude" of truly expecting to be successful.

Beyond individual player sessions, teambuilding meetings, dealing with

"obstacles" (e.g. selection process, team versus replacement players, injuries, personal issues, travel schedules, and death/bereavement incidents), a creative approach to literally testing player commitment, teamwork, and mental stamina was needed. Over the past two years, I have developed a working relationship with the Navy Special Warfare School (NSWC). Each year, the NSWC conducts training for hundreds of individuals aspiring to be a Navy SEAL. However, only about 20% actually finish the program. Most individuals fail at this training because of their mental set (beliefs), rather than an inability to handle the physical requirements. In sport, we see a similar phenomena...athletes with great "hardware" (physical ability), but "software" packages (mental) that get in the way of "performing on demand."

The US Women's softball team trained for one day with the Navy SEALs. They were required to complete a rigorous obstacle course, paddle boats in the ocean, and work as a team to complete other required challenges. Because these challenges pushed them beyond their previously perceived physical and mental limits, they developed new perspectives of going beyond perceived limits. This experience and perspective was regularly reinforced over the next several months in preparing for Athens.

In Athens, this team set 18 new individual and team records, outscored their opponents 51-1, and won their third consecutive Olympic gold medal. Obviously, there are other variables that were part of this success, but the Navy SEAL experience was one that players identify as a key ingredient.

## Step Right Up: Place Your Ad in *ESPNews*

Division 47 2004-5  
Advertising and Insertion Schedule

*ESPNews* is the official newsletter Division 47 (Exercise and Sport Psychology) of the American Psychological Association. *ESPNews* is published three times a year – Spring, Summer, and Fall – and has a circulation of over 1,200 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:

Robert J. Harmison, Ph.D.  
Editor, *ESPNews*  
Chair, Sport-Exercise Psychology  
Argosy University/Phoenix  
2233 W. Dunlap Ave.  
Phoenix, AZ 85021  
(602) 216-2600, ext. 3107

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

Full Page (8 ½ X 11 inches)	\$600
Half-Page (8 ½ X 5 ½ inches)	\$350
Quarter-Page (4 ¼ X 5 ½ inches)	\$200

Payment for an advertisement is due at the time of ad submissions. Deadlines for advertisements are the same date as other newsletter submissions. That date can be found at the end of each newsletter.

## 2004 APA Division 47 Dissertation Award

Division 47 of the American Psychological Association invites the submission of applications for the 2004 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. The previous recipients of this award are John Raglin (1988), Debbie Crews and Diane Weise (1989), Karla Kubitz (1990), Cathy Lirgg (1991), Anthony Piparo (1992), Richard Albrecht (1993), Patricia Smith (1994), Gabrielle Reed (1995), Kathleen Martin (1996), Alan Smith (1997), Gregory Norman (1998), Claudio Nigg (1999), Rene Newcomer and Nicole Culos-Reed (2000), Roland Carlstedt (2001), Shawn Arent (2002), and Tracie Rogers (2003).

Application requirements are as follows: 1) a 1,500 word abstract which includes (a) Introduction, b) Review of Literature, c) Methodology/Statistics, d) Discussion, e) Contribution to Science and Practice; references should also be included but do not count toward the 1,500-word limit; 2) the student applicant and/or his or her dissertation advisor must be a member of Division 47 at the time of application; 3) a letter of support from the applicant's advisor confirming the completion of the dissertation and the degree by December 31, 2004, and it must express support for the research in question; and 4) applications must be postmarked by February 1, 2005. All materials should be mailed to: Shelley Wiechman, Ph.D., Harborview Medical Center, 325 Ninth Ave, Box 359740, Seattle, WA 98104.

Abstracts will be judged by a panel of professionals in exercise and sport psychology who are members of Division 47. The awardee(s) will be notified of their selection by mid-March so they can make plans to attend the 2005 APA Convention in Washington, D.C. to receive the award. The award includes a plaque, a monetary gift, and the opportunity to present their research. If you have further questions, please contact Dr. Shelley Wiechman at [wiechman@u.washington.edu](mailto:wiechman@u.washington.edu).

# Video Review: *COACH54* Blends Sport Psychology with Golf Instruction

*COACH54: Golf Fundamentals for the Future*

By Virtual Brands, 2004 (U.S. \$24.95, 60 minutes), <http://www.vbvideo.com/coach54.html>

Reviewed By: Thad R. Leffingwell, Ph.D., Assistant Professor, Oklahoma State University

*“COACH54: Golf Fundamentals for the Future”* on DVD is an introduction to the principles of the COACH54 systems of golf instruction. The 60-minute video is hosted by sport psychologist Al Petipas, and features golf instructors Lynn Marriott and Pia Nilsson. COACH54 refers to a focus on the golfer’s potential, with 54 signifying a perfect round of golf (18 birdies on a par-72 course). According to the DVD cover, the COACH54 system philosophy “encompasses the technical, mental, physical, emotional, and social aspects of the game.” The DVD consists of alternating moments between interviews of Marriott and Nilsson by Dr. Petipas and demonstrations of COACH54 teaching principles by the instructors.

Lynn Marriott provides the instruction for the first two clips. In clip one she demonstrates the principle of keeping one’s “attention on the intention.” This principle encourages coaching players to avoid being mechanics-bound and to focus instead upon playing the game.

Marriott instructs her student in the use of a pre-shot routine to create a “place you can think” (pre-address) and a “place you can play” (post-address through contact). She uses a creative teaching tool of a decision line a few feet behind the ball to help explain the principle. One aspect of this instruction that I found unusual was Ms. Marriott’s recommendation to not use ball flight or shot result as feedback for correct biomechanical execution, favoring instead self-observation and kinesthetic feedback during practice swings as the benchmark for feedback.

In the second clip, Marriott explains how to “set a playing focus” by instructing a student on the first tee just before he begins his round of golf. She helps him focus upon setting appropriate goals for the round by encouraging him to set controllable process goals to support outcome goals. She further recommends self-monitoring of process goals with a “process scorecard” using an example of having a positive visualization before each shot. This sound advice appears to likely be an effective way to get students to focus more on the process and less on the outcome (score).

In the third and fourth clips, Pia Nilsson takes over the instruction. First, she demonstrates how instructors can explore what students already know about a technique, using chipping as an example. She refuses to take “I don’t know anything” as an answer from her students and encourages her student to have more confidence in self-knowledge. Through open-ended questioning and encouragement, she successfully gets her student to capitalize on intuition and ideas perhaps borrowed from experience with other sport skills to guide decision about technique. Afterward Marriott and Nilsson explain that their coaching philosophy is “we coach to not be needed.”

In the final clip, Ms. Nilsson demonstrates how to coach players to have a more effective post-round evaluation. She encourages a

foursome to broaden their evaluation of their rounds from black-and-white simplistic accounts and try to think about the variety of aspects that contribute to a round (e.g., chipping, driving, mental game). She encourages the players to evaluate the aspects of their performance they were happiest with that day, those aspects that could use improvement, and how one might go about improving on those areas before the next round.

The primary target audience for the DVD is golf instructors who may want to incorporate the COACH54 principles into their teaching, but sport psychology consultants who work with golfers may also find the information useful. Throughout the video, Marriott and Nilsson demonstrate a student-centered approach to instruction by using open-ended questions and reflective listening. This approach has the apparent effect of improving the relationship with the student and increasing the student’s confidence in his or her own abilities to

coach themselves. Marriott advises golf instructors to “be curious and open” when working with students to explore their strengths and weaknesses. Nilsson also advises instructors to “walk the talk” and demonstrate the principles in their own behavior.

Overall, I found that the video included a number of useful ideas. The teaching techniques incorporated a number of well-known principles of applied sport psychology including self-monitoring, practice with feedback, and goal setting. This brief video leaves the viewer wanting more – while the techniques illustrated are useful, there is surely more to the COACH54 system, if it is truly a system that meets its stated goal of encompassing the technical, mental, physical, emotional, and social aspects of the game. Perhaps a multiple DVD expanded offering will be available in the future. On a final note, the DVD has professional polish, and the

chapter selection feature is especially well-suited for later review of specific instruction clips.

does throughout the book. Unfortunately, some of his pearls of wisdom about boys in sports get lost in long sections of uninterrupted text, which diffuses his message. Shorter chapters with clearly stated, even bulleted, points would attract more readers. Despite these limitations, *Really Winning* is an important contribution to understanding and working with boys in sports and in general.

## *About the Contributor:*

Dr. Thad Leffingwell is a clinical psychologist and assistant professor at Oklahoma State University. In addition to being trained as a sport psychologist, Dr. Leffingwell has been a competitive golfer and is an experienced golf instructor.



**This brief video leaves the viewer wanting more ... there is surely more to the COACH54 system, if it is truly a system that meets its stated goal of encompassing the technical, mental, physical, emotional, and social aspects of the game.**

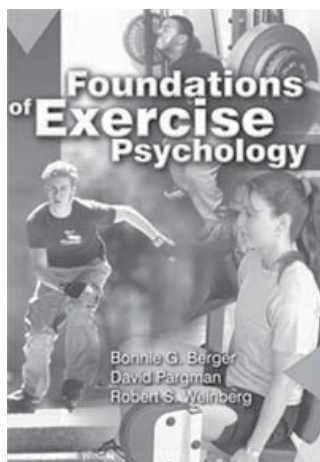
# Book Review: An Advanced Overview

*Foundations of Exercise Psychology*

By B.G. Berger, D. Pargman, and R.S. Weinberg

Published by Fitness Information Technology: Morgantown, WV (ISBN 1-885693-34-6, 389 pp.)

Reviewed by Elizabeth R. Spievak, Ph.D., Assistant Professor, Department of Psychology, Bridgewater State College, Bridgewater, MA



*Foundations of Exercise Psychology* lives up to its name as an introduction to the field, particularly as an applied and outcome-focused discipline. Its stated target audience is “upper level undergraduate students and graduate students” and the book is a high-level overview text. The organization, section labels and defined terms are almost deceptively simple, while the discussions of models and research are less comprehensive, and contain complex language and terms that are more challenging. The book is divided into five sections:

introduction, lifestyle, motivation,

specific populations and practical applications. Each chapter opens with a list of objectives and ends with a summary, a list of key terms and review questions.

The two chapters included in the first section (Introduction and Key Concepts) are easy to read and do a good job of defining exercise and introducing the field of exercise psychology, including the history of the field, the professional organizations, and applied work. There is brief coverage of the importance of research in Chapter 2.

Eight chapters comprise Section B (Exercise and Quality of Life). Chapters 3 through 8 cover well-being, self-concept/self-esteem, mood and stress and their relationship to sport. The most common models are introduced and briefly described in the text and in informational boxes. Examples of scales for measuring quality of life outcomes are scattered throughout and there are brief discussions of scale development and the choice of scales.

Chapter 9 addresses personality and opens with a brief history of personality theory, including a case-study box that describes how each theoretical camp might evaluate a sample behavior. The chapter covers many different measures of personality attributes and contains concise summaries of common research findings. The link to quality of life is not as clear as in the earlier chapters and the tone is a bit different, but it is an interesting and informative read.

Chapter 10 covers injury and the early pages do a good job of integrating the material covered in the previous seven chapters with prevention and intervention. The cognitive coverage is so brief and awkwardly connected to injury that it might best be removed entirely or rewritten to complement the section on help for the injured, including cognitive appraisal, imagery and pain management.

Section C (Motivation to Exercise) includes six chapters and begins with coverage of the universal theories of behavior and their application to sport and exercise. Next, the correlates of motivated exercise and avoidance are summarized and strategies for increasing motivation are introduced. Personal meaning in exercise is covered in a purely descriptive, but enlightening, chapter. Chapter 15, on peaking in exercise, covers the topic well in relatively few pages and methods of research are mentioned. Although there is little

explanation about why (and for whom) particular strategies or meanings are individually relevant, attentive readers who approach the book sequentially will be able to link this information with previous chapters.

Chapter 16 covers eating disorders, substance abuse and exercise dependence. The chapter opens with brief descriptions of common eating disorders and the prevalence of the problem in sport. There is a discussion of factors found to be correlated with eating disorders (although they are presented as predispositions and contributors), assessment, prevention, and referral issues. The pages on substance abuse also cover prevalence, prevention, assessment and factors labeled as causes. Exercise addiction is briefly described in the final pages.

Section D focuses on special populations and includes a chapter on gender differences, one on children and one on exercise and aging. These chapters connect much of the material from previous chapters (including motivation, well-being, eating disorders, etc.) to the specific topic.

The final section (Practical Considerations) also incorporates information from earlier chapters. Chapter 20 on types of activities and Chapter 21 on optimal training frequency and intensity, are focused on balancing the physical and psychological benefits of exercise. The applied nature of the chapters would be useful to aspiring personal trainers or physical therapists who may have to help a client find an activity that fits and find a reason to make exercise a priority.

One criticism of the book is its lack of visual appeal. The figures and tables are cluttered and, at times, more distracting than salient. The text appears crowded on the page and the information boxes that contain case studies and applications are difficult to read because of the compressed spacing and font style. The black and white photos appear dated and staged (as opposed to capturing action and activity).

This is not a book for students who have had only an introductory course in psychology. The model descriptions are often vague and the terminology within them is left largely to the reader to interpret. Explanation and elaboration from a knowledgeable instructor would be required for students to get the most out of this book.

There is no supplementary material for instructors. Chapter outlines, lecture ideas and testing materials, would be useful, but since students typically expect a course in exercise or sport to be an interactive one, suggested activities for in and outside the classroom and a list of related films or videos would be an excellent addition.

Most important to this reviewer is that there is not enough attention to research and research methodology. Research is cited and the outcomes described, but methods are given only the briefest mention, and only sporadically. Terms such as reliability and validity are used without definition or explanation. The correlation/causation issue is not discussed, either as a general problem or with regard to its particular relevance to exercise research. The issue is actually muddled by ambiguous writing and the use of terms such as “predisposition” and “contributor” for factors better described as correlates.

Overall, this book is a good alternative for students and instructors who already have a solid background in psychological theory research and are interested in the application to exercise and sport.

# Council of Representatives Report

July 28 & 30, 2004

By Council Representative William D. Parham, Ph.D., ABPP

The Council of Representatives (COR) of the APA convened for two half-days during the recent annual convention in Honolulu, Hawaii. The overall climate of the meetings was collegial and pleasant and much was accomplished. One of the more salient outcomes of the meeting was the announcement that the Association is doing well financially. There is a probable surplus for 2004 of \$735,5000 and a surplus of \$160,800 for the 2005 Preliminary budget. The Financial Forecast for 2005-2007, a document outlining operating budget, capital expenditures, investments, real estate cash flow, etc., also looks favorable and was approved. The dues amounts and schedules were adjusted. There will be a \$6.00 dues increase for members and a \$1.00 dues increase for students during the 2005 year. The complete dues schedule for Associates (4 steps) and members (8 steps) can be shared upon request. In addition to the news of the Association's financial strength, these meetings produced other noteworthy outcomes. The Board of Directors found that the petition for a new APA division, Society for Human-Animal Studies, conformed to the technical requirements of APA Bylaws so approved the distribution of the petition to existing divisions and COR for comment. The Board voted to recommend that Council adopt (which they subsequently did) the *Resolution on Sexual Orientation and Marriage* (APA believes that it is unfair and discriminatory to deny same-sex couples access to civil marriage and to all its attendant benefits, rights and privileges) and the *Resolution on Sexual Orientation, Parents and Children* (APA opposes discrimination based on sexual orientation in matters of adoption child custody and visitation, foster care and reproductive health services). The COR voted to adopt the *Resolution on Sexual Orientation and Military Service* (APA reaffirms its opposition to discrimination based on sexual orientation), the *Resolution of Outpatient Civil Commitment* (psychologists should continue to promote and engage in development of evidence-based clinical methods for determining risk and dangerousness), the Resolution on Bullying Among Children and Youth (integrate bullying prevention into its violence prevention activities). The COR voted to continue to support the program designed to enhance diversity representation across the APA governance system. Related, the COR voted to approve the funding of the establishment of a 5-member Task Force on Diversity in Course Content, Publications and Training Programs. Also, the COR voted to approve one meeting of a 7-member Task Force to address the concerns raised by COR members regarding the report of the APA Delegation to the World Conference Against Racism. Finally, on Friday afternoon, current and former members of the Committee of Women (CWP) performed a "Storming of Council" a reenactment of the October 4, 1970 event whereby 10 women, members of the Association of Women in Psychology walked into APA Council meeting demanding the right to speak and present their 53 *Resolution and Motions Regarding the Status of Women*. Dr. Diane Halpern presented the group, including 2 original "stormers" with a Presidential Citation commemorating the event. Reminder, the 2005 annual convention of APA will convene in Washington, D.C.

## Open Call for Division 47 Award Nominations

### Distinguished Contributions to Education and Training in Exercise and Sport Psychology

This award recognizes a sport psychologist or training program, that over time, has consistently provided significant contributions to education and training in sport and exercise 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: 1) influence on educating and training students; 2) important research on education or training; 3) development of effective materials for instruction; 4) establishment of workshops, conferences, or networks of communication for education and training; 5) achievement and leadership in administration that facilitate education and training; and 6) 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 Judy Van Raalte who chairs the Awards Committee. Judy's contact information may be found on the back of the newsletter. All nominations must be received by December 31, 2004.

## Division 47 Listserv

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](mailto: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](mailto:div47@lists.apa.org). Please use care and consideration in your messages.

Currently, the Division 47 list administrator is Doug Hirschhorn, M.S. To reach Doug, send an email to: [dhirschhorn@bam-uscom](mailto:dhirschhorn@bam-uscom).

## Open Call for Student Representative

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. Penny McCullagh, President-Elect of Division 47 (see back of newsletter for mailing address). Dr. McCullagh, in consultation with the co-student representatives Amy Athey and Jessica Mohler, will select the new student co-representative. Announcement of the new student representative will be made at the APA Convention.

# Major Pressure: Surviving the US Open

By Dr. Roberta Isleib

The closest I've come to competing in a major golf tournament was the year I played in the top flight in our golf club's championship. To be honest, the comparison is a stretch.

You may know the drill—the golfer with the worst score in the qualifying round plays the defending champion. So in my first match, I faced the woman who'd annihilated her competition over the previous five years. I was a mental basket case—cannon fodder—headed back to the keg of beer on the clubhouse veranda after eleven quick holes.

My fifth murder mystery, featuring LPGA golfer Cassie Burdette, will take place at 2004 US Women's Open at Mt. Holyoke's golf course in Massachusetts. My childhood friend (now golf psychologist,) Dr. Joseph Parent, assured me that my encounter could be compared fairly to what professional golfers experience in a major. For Cassie's benefit, I wanted a better understanding of the professional's perspective. Why is there so much pressure in a major tournament? I wondered. And what sort of player would handle the stress well enough to trump the field?

Just for starters, watch how the USGA describes their event: "The most prestigious women's golf competition in the world features 156 of the best women golfers...competing for the most coveted title and honored place in women's golf history."

If that description didn't explain the players' jitters, add in the fact that no professional tournament had ever been held at the Orchards Golf Course. That meant none of the players were familiar with the devilish breaks in the Donald Ross-designed greens. And did I mention the \$560,000 cash prize? Or the automatic ten-year exemption that would accompany a win? That meant ten years that one player's name was placed automatically on the US Open player list. Ten years free of surviving knee-knocking qualifying rounds or hoping for special exemptions.

Next I went to the players for insight.

Annika Sorenstam, whose first career victory was the US Open at the Broadmoor in Colorado Springs in 1995, told the press why the tournament meant so much to her: "It's the biggest tournament in golf. Growing up in Sweden, practicing on the putting green, I always pretended I had a putt to win the US Open." She went on to win the Open again in 1996, but has been disappointed with

her performance since. "I had a good chance last year—at least to get in the playoff. I think about that tournament a lot, the second shot on 18. I was playing aggressive, going for the green." Sorenstam suspected that since her two Open victories in the mid-nineties, she wanted another win so badly that she got in her own way. She didn't plan to prepare differently for this Open than for any other event. "I'm trying to be more patient and think about it as just another tournament."

Dark horse 2003 winner Hilary Lunke admitted that the pressure rises in proportion to increases in the media attention, number of fans, prize money, and prestige. She intended to try to tune all that out while she was playing at the Orchards. "It will be just me and the golf course. I'll talk to myself. I'll look at the trees and the birds and try to have some fun with the other players. I'll tell myself it's just golf."

Paula Creamer, a 17-year-old amateur who placed second at the ShopRite LPGA Classic in June, talked about how that experience helped her mindset coming into the Open. "I believe in myself a little bit more. A couple of tournaments before it was more of me just being there, soaking it all in, and now I'm soaked in, and I'm ready to play some golf." Paula maintained that a major championship is always all about pars. "Coming into them, you have to think par is a good score, and that's hard when you're used to playing golf courses where you can make a lot of birdies."

How did the experts explain the added pressure?

Dr. Richard Keefe, clinical psychologist and author of *On the Sweet Spot*, said: "Winning the US Open changes your life." Promotional deals and appearance fees tally up to many times the actual prize money. In addition, the win is worth a ten-year exemption into future tournaments—nothing to sneeze at when you look at the stress experienced by even successful professional golfers in the tournament qualifying rounds. "That practical reality aside," said Keefe, "like Annika, most players have dreamed about winning the Open since childhood. They can't stop thinking about what it would be like to win. And that is exactly the worst mindset for good golf."

Don Gliha, PGA teaching professional and owner of the Connecticut Golf Academy in Manchester, CT, agreed. "People get used

to levels of pressure or distraction. As you go up the ladder, your game is disrupted until you get used to the new level. If you start thinking about how big this event is..." He

laughed. "You have to try to live in the present. And sports writers are always trying to drag you into the future."

Golf psychologist Joseph Parent, author of *Zen Golf*, believes that the greatest pressure is generated by the prestige or ego status involved with the US Open. "Hope and fear crescendo at the same time," said Parent. "Players hope to win the tournament and the benefits that come with it, while at the same time, they fear blowing the opportunity. The combination produces tension and stress."

So who would have the mental game to survive the pressure and take the prize home at the Orchards? Maybe a veteran like Annika Sorenstam who had been in this position before and had learned how to control her emotions. Perhaps a dark horse whose game suited the course and whose expectations were tempered. Maybe a teenage phenom who hadn't had enough time to put pressure on herself about what the win would mean.

Whatever the name, besides a reliable swing and a hot putter, I suspected the winner would probably be happy shooting for par. And she would have found a way to fend off sports media who wanted her to think ahead. She would keep her focus in the present, and let the meaning of the day sweep in later. She wouldn't stand over her last putt thinking: "this putt is to win the US Open." At least not until she heard it rattle in the jar.



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**NB:** 41-year-old Tour veteran Meg Mallon held off Annika Sorenstam to win the 2004 US Open. Roberta Isleib is still searching for her first club victory. Read more about her golf lover's mysteries at <http://www.robertaisleib.com>.



# Annual Running Psychologists'

## APA 5K Ray's Race

by Keith McConnell, President of the Running Psychologists



Kapiolani Park, Waikiki was the site of this year's Ray's Race named to honor Ray Fowler, former APA CEO and founder of the Running Psychologists. This was the 26<sup>th</sup> consecutive year that the Running Psychologists, an interest group within Division 47 (Exercise and Sport Psychology) have hosted a fun run at the annual APA conference. Bright and early on Saturday, July 31<sup>st</sup>, 250 runners and several walkers converged on the Park, located at the foot of Diamond Head, just a short jog from the major conference hotels. After pre-race instructions from Raul Boca, Race Director and head of BocaHawaii the race management firm putting on the race, a light and refreshing rain blessed the participants as they walked to the starting line. And then the showers stopped – and Boca's countdown began – 5, 4, 3, ....

But wait, before the race begins, let's go back in time and highlight some of the pre-race activities that helped make this year's Ray's Race the uplifting, inclusive and successful race that it was. Behind the scenes, past-president of the Running Psychologists, Frank Webbe, was mentoring the new president, Keith McConnell, to be sure that all the pre-race planning and preparation was proceeding smoothly. Meanwhile, Secretary-Treasurer, Suanne Shockett, was hard at work managing the budget and overseeing the registration process while benefiting from the support of her husband, Noah Nason who later played a key support role at the race itself. Repeat sponsors again gave their financial support: Division 47 (Exercise and Sport Psychology), APA, The Insurance Trust, and Psi Chi. By early Spring time, Boca had been hired, colorful, Hawaiian-themed t-shirts had been designed (with help from Lynn Lai Hung) and produced and the mouse-pad award plaques were ready to go. After that, it was just a matter of getting the word out to APA members about the race – and the running Psychologists' new list-serve helped with that task. Another key player in the race preparation was Keith Cooke at Division Services who assisted with many details and oversaw the actual on-site registration and support services that were critical to the publicity and smooth functioning during the final pre-race days.

As has become a tradition over the past several years, a "pasta feed" was held the night before the race – over 20 hungry racers came together for food, drink and fun at Pietro's, a local restaurant secured by our Honolulu "point man", Brian Goodyear, who had also been the postal recipient for our California produced t-shirts and awards. As you see, it took a lot of psychologists and their friends, to get ready for this annual conference highlight event.

..2,1 – GO. And off we went – one and three quarters loops around the park. Many of the runners felt the heat and humidity – and their deep breathing and finishing times showed it – but many others managed to speed to amazing finishes with the top three overall men completing the certified 5K course in less than 18 minutes and the top three women in 21 to 22 minutes. Check out the race results below for the times for all finishers noting the award winners who were acknowledged in 5-year age groups. Ray Fowler wore his usual number "1", and was in fine form as he crossed the finish line well ahead of many of his fellow runners. Our youngest runner was 10 year old Brendan Corvan who finished second in the under 25 group while our oldest runner was 83 year old Bill McKeachie, second in the 75+ age group. Boca and his team did an outstanding job of managing the race, providing tasty treats and liquids, and especially of tracking and reporting the results, even introducing runners to the high tech ankle bracelets which recorded our times as we crossed the finish line. Before the awards were given, another refreshing rain fell and over 50 random prizes were distributed thanks to many contributors including Worth Publishers, Virtual Brands videos (by Div. 47 Past President, Judy Van Raalte and husband, Britt Brewer), author Dr. Ayala Pines, Pietro's restaurant and Boca himself.

To those runners who registered on-site and did not get a t-shirt due to the unexpectedly high number of participants, be patient – your t-shirt will be mailed to you. Likewise for those who earned age-group winner awards, your award plaques will be sent to you as soon as possible. All in all, the 2004 Ray's Race was a great success and a wonderful time was had by all. We look forward to next year's Ray's Race in Washington, D.C. Hope to see you there!



### Ray's Race Results

(For more results, check out page 13. For complete results, visit <http://www.timersplus.com/Runs/APA04.htm>.)



#### Top 10 Male Finishers

Place	Name	Time
1	TYLER NUGENT	17:17
2	JOHN NIEFELD	17:43
3	VAL UMPHRESS	17:51
4	KIRK LARSON	18:01
5	NICK GALLUCCI	18:56
6	IAN BIRKY	19:23
7	DAN ROBINSON	19:33
8	BRUCE COLDSMITH	19:36
9	CHARLEY BOWEN	19:42
10	JASON JOHANNESSEN	19:44

#### Top 10 Female Finishers

Place	Name	Time
1	NICI THOMAS	21:20
2	VALERIE VALLE	22:06
3	TREVI JENKINS	22:06
4	LARA RUSSELL	22:35
5	RISTINA REICHMUTH	22:44
6	CLARE REILLY	22:54
7	KIMBERLY BROOKS	22:57
8	CHRISTINA CAPUDILUP	23:14
9	MICHELE AMBURGEY	23:20
10	LISA SPANIERMAN	23:21



## University of Alabama-Birmingham Sports-Related Concussion Program

By Roland A. Carlstedt, Ph.D., Integrative Psychological Services of NYC

Although the University of Alabama-Birmingham Concussion Program is not your “classic” Sport Psychology laboratory it exemplifies an integrative and collaborative Applied Clinical Sport Psychology, with Neuropsychologists and other clinical professionals working with coaches and athletes to help protect and return athletes to competition after head injury. It also could serve as a repository for normative neurocognitive performance and functioning information on athletes in and outside the context of head injury.

According to the SPCP website, closed head injuries are not that infrequent with about 10% of athletes participating in contact sports experiencing concussions each season. Since the effects of head and repeated head injuries can be insidious and cumulative it is important that athletes have access to qualified neuropsychologists to determine the extent of a head injury, oversee rehabilitative efforts and make decisions as to when an athlete can return to practice or competition.

The SPCP program is extensive and proactive in its approach to athlete evaluation. It assesses the effects of concussions by

establishing baseline levels of neurocognitive functioning in athletes which can be highly variable. In the preseason an athlete’s memory, attention and mental and motor processing speed are tested. This results in benchmark values for these neuropsychological variables, which then can then used for comparative purposes should an athlete experience a concussion. Without knowledge of an athlete’s normative neurocognitive performance it is difficult to determine whether any deficits detected during post-injury testing are due to a concussion or to pre-existing factors.

The UAB-SPCP program is directed by Dr. Paul D. Blanton. He is also the Director of the section of Neuropsychology in the Division of Neurosurgery of the UAB-School of Medicine and oversees the neurocognitive evaluation of sports-related concussion to assist in determining when it is safe for an athlete to return to practice and competition following a concussion.

The UAB-Sports-Related Concussion program (UAB-SPCP) serves to remind us that Sport Psychology is a multifaceted discipline, with neuropsychological assessment and rehabilitation being an important part of competitive and intramural sport programs. For more information, visit <http://main.uab.edu/show.asp?durki=45212>.

### APA Division 47 Fellows

Robert Ammons  
Michael Asken  
Robert Colligan  
Thomas Collingwood  
Steven Danish  
Irene Deitch  
Deborah Feltz  
Raymond Fowler  
Diane Gill  
Ruth Hall  
Kate Hays  
Daniel Kirschenbaum  
Daniel Landers  
Frank Landy  
Michael Mahoney

Jerry May  
Penny McCullagh  
Andrew Meyers  
Bruce Ogilvie  
William Parham  
John Raglin  
Arthur Resnikoff  
Robert Singer  
Ronald Smith  
Frank Smoll  
Robert Sonstroem  
Charles Spielberger  
Judy Van Raalte  
Robert Weinberg  
Arno Wittig

Those APA Division 47 members who would like more information on how to apply for Fellow status in Division 47 can contact Past President Judy Van Raalte at [jvanraal@spfldcol.edu](mailto:jvanraal@spfldcol.edu).

### Call for Division 47 Fellow Applications

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

The Fellows Committee is chaired by the Division 47 immediate past-president who is currently Judy Van Raalte, Ph.D. If you are interested in becoming a Fellow, or would like to nominate someone whom you believe has earned that honor, then please contact Dr. Van Raalte for more information. Complete contact information can be found on the back of the newsletter.



# American Psychological Association Annual Convention

## Division 47 Executive Committee Meeting

July 29, 2004

Meeting was called to order at 3:02 p.m.

**Present:** Judy Van Raalte, President; Jennifer Carter, Member at Large; Frank Webbe, President Elect; Kate Hays, Past President; Amy Stapleton, Jessica Mohler, Co-Student Representative; Penny McCullagh, Incoming President Elect, Bradley Hack, outgoing Secretary –Treasurer, William Parham, Council of Representatives Member, Keith McConnell, President of Running Psychologists, Bob Harmison, Newsletter Editor, Diane Finley, incoming Secretary Treasurer.

### **Reports:**

#### **Council of Representatives**

Parham discussed the multicultural summit that is upcoming in Los Angeles in January 2005. He suggested that Division 47 members who have sport-related work with a multicultural emphasis submit programs for consideration. The registration deadline was extended to September 1, 2004. He directed members to the Summit website (<http://www.multiculturalsummit.com>) for more information.

Norm Anderson discussed the budget and is projecting a surplus. There was also talk about increasing dues and/or conference registration fees. Two reasons for the proposed increases are the increased need for technology for presentations and fees for guest speakers. There were 12000 registrants at the 2004 conference

#### **Convention:**

Van Raalte gave a report in Janelle's absence. Conference programming is running smoothly. McCullagh recommended that the Social Hour be scheduled early in the program next year and that it tie in with a keynote speaker. Hays requested that an announcement about the Awards Address be mentioned at any Division 47 session. Finley suggested that handouts with the Division 47 program be very available at all sessions. Harmison reported that newsletters were sent to Division Services.

#### **Newsletter:**

Harmison reported that the newsletter is going well. He apologized for the delay with the summer newsletter which was due to a delay in receiving mailing labels from APA. He had a graduate student who did the newsletter design and he has requested compensation for her continued services. She indicated that the design for all 3 newsletters took about 25 hours. Van Raalte asked Harmison to get 2 bids for design. Elizabeth Spievak is interested in working on the newsletter. Webbe and Van Raalte will appoint her as assistant editor with no promises of succession. Ms. Stapleton asked if it would be possible to have a student also work on the newsletter.

Harmison said it would be possible. Van Raalte thanked Harmison and commended him for the work he has done.

#### **Website:**

Van Raalte raised the issue of adding the membership list to the website. Finley asked about why the names would be listed. Hays replied that it would serve as a way for people to find sport psychologists in particular geographical areas. Discussion ensued. Webbe raised the issue of a members only directory and what the costs would be. Hack also raised concerns about such a directory being used as an implied referral service. Stapleton mentioned that it could be used by students searching for mentors and supervisors. Hays mentioned that it would be an added member benefit. She commended the website for its look and for the information. She asked that the website be updated with new committee members' names. Trent Petrie is overseeing the website. The listserv is functioning as intended.

#### **Treasurer's Report:**

Hack reported that the Division is on target with spending on most of the items. The newsletter will go over budget because last year's newsletter was billed this fiscal year. There is approximately \$4400 left in the budget for this year. Expected expenditures are \$3700. Expected remaining budget is \$700.00. McCullagh asked about the long-term reserves. \$33,000 is invested, per APA. Hays raised the issue of the money saved since the Council of Representatives is paying Parham's expenses.

#### **Policies and Procedures:**

Webbe reported that he has mailed the Policy Manual to everyone. Hack complimented Webbe on the Manual.

#### **Running Psychologists:**

McConnell reported that the race will occur on Saturday July 31 at 7 a.m. A local firm is handling the arrangements. Over 200 participants have registered. This race is a certified 5K. It is officially now called Ray's Race. The plaques this year are mousepads. He presented Webbe with one of the mousepad/plaques.

#### **Nominations:**

Next year the Division will elect president, one member at large and student representative. Van Raalte requested names for each of these offices. Van Raalte will do an informal survey of interest among potential candidates. Stapleton reported that they are trying to find some students who are interested in running for the student representative position. Van Raalte will email information about the Fellows application and she asked for us to identify potential Fellows. Hays suggested

creating a nominating committee for both the Executive Committee and Fellows.

#### **Students:**

Mohler is representing the Division with APAGS. There will be a student social on Saturday at 6:30 at the Tropics Bar. They will be doing a workshop at AAASP with the AAASP representative on training for students. McCullagh recommended having a Division 47 table at the Program Fair at AAASP. They will do a mailing. They would like to have a "Meet with the Professionals" at the 2005 convention.

#### **Fellows:**

Hays reported that Division 47 had 3 members approved for Fellow status. They will be voted on at the Council Meeting on July 30.

#### **Education:**

The Committee is continuing to work on the proficiency.

#### **Public Interest:**

The current chair, Scott Green, is not able to continue. Van Raalte will email for suggestions to take his place.

#### **Science Committee:**

Finley reported on the dissertation award. The number of applications was up this year. Shelley Wiechmann will work to clarify the instructions for next year.

#### **Professional Practice Committee:**

Van Raalte gave a report. The Committee is working on a Supervision Brochure and has requested feedback. Hays will receive the first Professional Practice Award, now named for Bruce Ogilvie.

#### **Membership Committee:**

Jack Lesyk has resigned as the Committee Chair. Webbe has asked that we look at the composition of the committee including more diverse members and student members. He indicated we are down 24 members from last year. Main reason for nonrenewal is change in interests.

#### **New Business:**

Ms. Stapleton requested signed books to donate to students as incentive. Brochures on the website need to be updated. The giveaway-athon has been a success. The *Monitor* is going to cover Dan Gould's talk at the University of Hawaii.

#### **Mid-Winter Meeting:**

Webbe will send an email with potential dates and sites.

Meeting was adjourned at 5:07 p.m.

# Ray's Race Results • Ray's Race Results • Ray's Race Results • Ray's Race Results

Place	Time	Pace	No.	Name	Div	Div	Place	Time	Pace	No.	Name	Div	Div
1	17:17	5:30	425	TYLER NUGENT	1	MOPEN	76	25:23	8:04	11	EDEL BLAKE	3	F30-34
2	17:43	5:38	246	JOHN NIEFELD	2	MOPEN	77	25:29	8:06	149	BRENDAN CORVAN	2	M01-24
3	17:51	5:40	106	VAL UMPHRESS	3	MOPEN	78	25:31	8:06	93	AMBER GETZ	3	F01-24
4	18:01	5:43	130	KIRK LARSON	1	M50-54	79	25:32	8:07	250	WILLIAM WARZAK	11	M50-54
5	18:56	6:01	44	NICK GALLUCCI	1	M45-49	80	25:40	8:09	57	ROBERT FOX	7	M55-59
6	19:23	6:09	217	IAN BIRKY	2	M50-54	81	25:41	8:10	49	SUANNE SHOCKET	3	F50-54
7	19:33	6:13	235	DAN ROBINSON	1	M30-34	82	25:43	8:10	420	KARI PETERSON	3	F25-29
8	19:36	6:14	100	BRUCE COLDSMITH	2	M45-49	83	25:54	8:14	165	KIM REITH	4	F35-39
9	19:42	6:16	84	CHARLEY BOWEN	1	M35-39	84	26:00	8:15	153	PATRICK SHROUT	12	M50-54
10	19:44	6:16	71	JASON JOHANNESSEN	1	M25-29	85	26:11	8:19	240	DANIEL TOMASULO	13	M50-54
11	19:47	6:17	213	JOSEPH SALWAN	3	M50-54	86	26:22	8:23	63	WHITNEY BOTSFORD	4	F01-24
12	19:48	6:18	135	ROBERT SUTTON	1	M55-59	87	26:22	8:23	69	ROCHELLE GLIDDEN	9	F40-44
13	20:28	6:30	78	REX CULP	2	M55-59	88	26:33	8:26	27	CALIKA CALDWELL	4	F30-34
14	20:29	6:31	3	MICHAEL FOY	2	M30-34	89	26:34	8:26	244	BRAD SHAFER	8	M30-34
15	20:30	6:31	139	CHRIS LEWIS	3	M45-49	90	26:34	8:26	137	STEVEN NORTON	7	M45-49
16	20:34	6:32	253	TING LEI	4	M45-49	91	26:36	8:27	127	BENJAMIN BENSEDON	9	M30-34
17	20:40	6:34	175	CHRISTOPHER VYE	1	M40-44	92	26:43	8:29	211	SHELLIA HOLTON	5	F30-34
18	20:52	6:38	248	VAN KRAUSS	3	M30-34	93	26:43	8:29	300	TROY BOOKER	3	M25-29
19	20:58	6:40	138	THOMAS CUMMINGS	4	M50-54	94	26:47	8:31	408	STEVE SANDAGE	8	M35-39
20	21:17	6:46	180	THOMAS DEMAIO	5	M50-54	95	26:49	8:31	112	JANET REMMINGTON	6	F30-34
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22	21:25	6:48	136	PAUL ARBISI	5	M45-49	97	27:00	8:35	221	RALPH ERBER	14	M50-54
23	21:36	6:52	236	DENNIS DONAT	6	M50-54	98	27:00	8:35	5	FRANK BAKER	7	M40-44
24	21:40	6:53	31	ROBERT BARTSCH	4	M30-34	99	27:08	8:37	402	PAUL BARTONE	15	M50-54
25	21:52	6:57	81	R BOONE	2	M35-39	100	27:12	8:38	178	WILBERT MCKEACHIE	1	M75-99
26	22:01	7:00	80	THOMAS PLANTE	2	M40-44	101	27:14	8:39	407	DANIELLE SANDAGE	5	F35-39
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29	22:18	7:05	205	WESLEY BLACK ELK	6	M45-49	104	27:20	8:41	58	ANDREA HENKEL	6	F35-39
30	22:22	7:06	67	JOHN O'BRIEN	3	M35-39	105	27:24	8:42	218	JEANNE BULGIN	9	F30-34
31	22:24	7:07	167	J. RANDY THOMAS	7	M50-54	106	27:27	8:43	422	TABBYE CHAVOUS	10	F30-34
32	22:35	7:11	95	LARA RUSSELL	1	F30-34	107	27:29	8:44	74	RICHELLE REYES	4	F25-29
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34	22:44	7:13	406	RISTINA REICHMUTH	2	F30-34	109	27:43	8:48	26	STANLEY BERMAN	16	M50-54
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39	23:14	7:23	111	CHRISTINA CAPUDILUP	1	F25-29	114	27:56	8:52	91	MIGUEL GALLARDO	10	M30-34
40	23:16	7:23	118	JOHN RUDISILL	3	M55-59	115	27:56	8:52	183	JENNIFER WALSH	5	F01-24
41	23:20	7:25	7	MICHELE AMBURGEY	2	F40-44	116	28:02	8:54	257	CHARLES CORLISS	8	M45-49
42	23:21	7:25	170	LISA SPANIERMAN	1	F35-39	117	28:05	8:55	144	RONALD DAVIS	4	M60-64
43	23:22	7:25	177	KAREN COGAN	3	F40-44	118	28:06	8:56	184	LUCINDA SEARES-MONI	1	F55-59
44	23:25	7:26	185	GARY DENNY	8	M50-54	119	28:14	8:58	194	MARLIN HOOVER	9	M55-59
45	23:28	7:27	163	JASELYN TRIHARDT	2	F25-29	120	28:17	8:59	182	AYAKO TOMIYAMA	6	F01-24
46	23:31	7:28	99	LARRY CHRISTENSEN	1	M60-64	121	28:22	9:01	56	ELIZABETH COLE	8	F35-39
47	23:49	7:34	418	JEREMY STEVENS	1	M01-24	122	28:27	9:02	88	MICHAEL LIND	3	M01-24
48	23:51	7:35	197	OMAR RAHMAN	6	M30-34	123	28:28	9:03	416	ELLEN HENDRIKSEN	6	F25-29
49	23:54	7:35	40	RAYMOND PENDLEY	4	M35-39	124	28:32	9:04	107	MARINA DORIAN	7	F25-29
50	23:55	7:36	72	MARY ZEMANSKY	1	F45-49	125	28:49	9:09	243	KATHLEEN INSEL	2	F55-59
51	24:05	7:39	131	SUSAN GANTT	1	F50-54	126	29:00	9:13	98	JOSHUA LOGAN	4	M25-29
52	24:06	7:39	116	MARGARET DIDDAMS	4	F40-44	127	29:01	9:13	134	TERI HEINES	9	F35-39
53	24:07	7:40	37	FRANK WEBBE	4	M55-59	128	29:03	9:14	411	KAMARIA BUSBY	7	F01-24
54	24:08	7:40	119	KEITH MCCONNELL	2	M60-64	129	29:07	9:15	1	RAYMOND FOWLER	1	M70-74
55	24:08	7:40	102	KENT WELSH	3	M60-64	130	29:16	9:18	103	MARY WELSH	5	F50-54
56	24:12	7:41	212	CHRIS KOCH	5	M35-39	131	29:21	9:19	152	RICK SCHNABLE	10	M55-59
57	24:18	7:43	410	CONNIE CHAN	2	F50-54	132	29:21	9:20	164	DIANE BERISH	8	F25-29
58	24:25	7:46	42	JUDY VAN RAALTE	2	F35-39	133	29:26	9:21	110	MARTIN WONG	2	M65-69
59	24:26	7:46	68	KANYA ZILLMER	2	F01-24	134	29:29	9:22	219	PATRICK MCGUFFIN	9	M45-49
60	24:30	7:47	419	MAGARET FUCHS	3	F35-39	135	29:42	9:26	171	ETHAN GOLOGOR	5	M60-64
61	24:30	7:47	73	SHANNON GOULD	2	M25-29	136	29:42	9:26	90	VIVIAN BUSH	10	F35-39
62	24:35	7:48	50	NOAH NASON	5	M55-59	137	29:43	9:26	199	DARYL KRONER	8	M40-44
63	24:39	7:50	426	LORIE OLAFSON	5	F40-44	138	29:54	9:30	434	HOLLY SWEET	3	F55-59
64	24:46	7:52	206	BRENT JONES	6	M35-39	139	30:00	9:32	409	AMANDA FLOYD	10	F40-44
65	24:48	7:53	105	STEPHEN LALLY	5	M40-44	140	30:01	9:32	108	JASON HANKER	4	M01-24
66	24:53	7:54	141	JOHN DYER	6	M40-44	141	30:14	9:36	82	SHOSHANNA LANDEN	9	F25-29
67	25:00	7:56	238	DANA BORN	6	F40-44	142	30:23	9:39	228	SCOTT GAST	11	M30-34
68	25:00	7:57	188	JAMES SCHIERBERT	9	M50-54	143	30:30	9:41	28	MARCIA STACHYRA	1	F60-64
69	25:02	7:57	233	JEFFREY CULLY	7	M30-34	144	30:33	9:42	83	SARAH SHOUSE	10	F25-29
70	25:04	7:58	86	MICHAEL MATTHEWS	10	M50-54	145	30:34	9:42	245	ROBERT CHRISTIANSEN	3	M65-69
71	25:05	7:58	148	DEBRA MOONEY	7	F40-44	146	30:35	9:43	234	JUAN RAPADAS	9	M40-44
72	25:13	8:01	85	GRETCHIN MATTHEWS	8	F40-44	147	30:36	9:43	115	KRISTEN BENDER	8	F01-24
73	25:16	8:02	10	ROBERT ELLIOTT	1	M65-69	148	30:43	9:46	258	DANIEL VAN INGER	5	M25-29
74	25:18	8:02	256	ROBERT MORGAN	7	M35-39	149	30:43	9:46	259	SARAH VAN INGER	11	F25-29
75	25:23	8:04	52	BRIAN GOODYEAR	6	M55-59	150	30:44	9:46	45	MAJOR LEE	6	M60-64

# APA Convention Highlights

By Kate Hays, Ph.D.

The APA Convention is always one of the highlights of my year. It's a great combination of substantive sport and exercise psychology programming, an opportunity to learn and integrate across many elements of psychology, the satisfaction of giving back to psychology (I'm on the Council of Representatives again, now representing Ontario), and the chance to hear and sometimes meet Really Famous psychologists. Then there's all the people stuff, too, whether it's at a social hour or poster session, a brief hallway wave or the opportunity to discuss new areas of research or practice. Sometimes, it's a chance to make or renew those deep, special, meaningful connections among colleagues.



Dan Gould, Ph.D., of the University of North Carolina at Greensboro, captures the audience during the Steven R. Heyman Memorial Address, "Professionalization of Youth Sports: Psychological Implications."



The Executive Committee meets to discuss burning issues at the convention. For a complete summary, refer to page 12 of this newsletter.

This year, it was all of these plus: Honolulu was spectacular. I kept thinking: this is the U.S.? Instead, the ambience was much more some unique mix of southern France and Caribbean island. The beauty and friendliness of the island and its people pervaded the Convention in a way I've not experienced at Conventions before-and added to the satisfaction of all the other elements. Although I didn't have much free time, I made the most of what I had, and got to do some initial boogie boarding-the waves were endlessly forgiving!-and enjoy some of the best snorkeling ever. Somehow, Washington, D.C. next summer won't quite be the same.



Keith McConnell, president of the Running Psychologists and organizer of Ray's Race, takes a breather to pose with current Division 47 president Frank Webbe on the steps of the Hawaii Convention Center.



Past-president Judy Van Raalte, Ph.D., of Springfield College, presents Kate Hays, Ph.D., of The Performing Edge, with the Bruce Ogilvie Award for Professional Practice.

# Second Annual Giveaway-athon Receives Rave Reviews

Division 47's second annual sport psychology giveaway-athon was held during the convention in Hawaii this summer. A number of Hawaiian contacts, some of who also became presenters, helped ease the challenges faced by mainlanders working in an unfamiliar culture. The second giveaway-athon reached nearly three times as many groups as the first event held in Toronto in 2003. Keynote speaker, Dan Gould, met with University of Hawaii coaches. Other presentations were made in a church, on the courts, and in boathouses. Elite athletes preparing for upcoming competitions, weekend warriors, exercisers, and coaches all benefited from the presentations. Presenters worked with coaches, paddlers runners, sailors, and tennis players.

Division 47 past-president Judy Van Raalte said that she was thrilled with the results of the second annual giveaway-athon event. "The local exercisers, athletes, and coaches seemed to really enjoy participating. I guess I wasn't surprised by the great reaction from all but I was pleased. It takes a lot of work to plan these events. Each presenter planned his or her own event with the help of strong local contact and assistance." Van Raalte was quick to mention the hard work put in by Emily Claspell



**Hawaii native Claudio Nigg presents an award to past-president Judy Van Raalte, Ph.D.**

and Claudio Nigg who both live in Hawaii. Other sport psychology giveaway-athon presenters included Britt Brewer, Roland Carlstedt, and Jessica Mohler.

Van Raalte said that the giveaway-athon was a win-win situation all the way around. Local coaches, exercisers, and athletes got to enjoy presentations such as "Mental preparation for enhancing your team's performance," and "Running out of your mind." They have new information about sport and exercise psychology that they can take and use right away. She also noted that the giveaway-athon presenters benefited, reporting that they enjoyed the local contact and the chance to work with and meet new people. New found interest in sport and exercise psychology may benefit local practitioners. Academics appreciated the community service and the chance to work with the other giveaway-athon presenters.

Van Raalte said that she hopes to involve even more people in Division 47's giveaway-athon in Washington, D.C. in 2005. Interested presenters or people with contacts in the DC area should contact her directly to start planning!



**Giveaway-athon presenter Emily Claspell is still smiling, even after all the hard work she put into coordinating the event.**

## Student Representatives' Report

By Amy B. Stapleton, M.S. and Jessica M. Mohler, M.A.

Since returning from the beautiful island of Oahu and attending the 2004 APA Convention, we have begun this year with excitement about student involvement in Division 47. We would like to take this opportunity to inform you not only of the APA Convention events but also encourage you to get involved in the division. In Hawaii, we had an opportunity to begin to meet students who are interested in getting involved and also enjoyed the student social while looking out at the beautiful beach at Waikiki. We were able to contribute to the sport psychology give-away-a-thon as Jessica met with sailing coaches from a local sailing club. Most importantly, we found support to put in motion initiatives for student recruitment and involvement.

One of our first initiatives this year includes increasing student membership in Division 47. In October, we attended the Association for the Advancement for Applied Sport Psychology (AAASP) conference in Minneapolis, Minnesota. As many of you know, AAASP has a large student membership consisting of psychology and sport science students. In addition to getting to know many of the psychology students at the conference, we had an information table at the graduate program fair. Matthew Ruiz won a book donated by Judy Van Raalte and Britt Brewer in the membership raffle. Many

other students were given information about joining APA and getting involved in the division. We look forward to working with many of you who expressed interest and taking you up on your offer to get involved in activities at the upcoming APA convention in Washington, D.C.

Yet, the bottom line is that we need your input and involvement!!! Our second initiative is to help the students' voice be heard. We challenge you to become involved. There are numerous ways of becoming an active member in the division. As we look to increase student members and their involvement, we are seeking students interested in working on division committees. Specifically, the membership committee is seeking a student representative. This is a great opportunity for students to have a voice about membership issues such as recruitment, retention, and member services. Furthermore, we welcome students who may be interested in the planning and organization of student activities at the 2005 APA convention. We are planning a student social and "Meet the Professionals" program at the convention. If you are interested in getting involved, please contact us at [athey@loyola.edu](mailto:athey@loyola.edu) (Amy Stapleton) or [jmohler@loyola.edu](mailto:jmohler@loyola.edu) (Jessica Mohler). We look forward to hearing from you and welcome your ideas.

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## **Deadline for Submission**

Deadline for submission of materials for the SPRING 2005 issue is **March 1, 2005**. Please send all items to: Robert J. Harmison, Ph.D., Program Chair, Sport-Exercise Psychology, Argosy University/Phoenix, 2233 W. Dunlap Ave., Phoenix, AZ 85021. You can also e-mail Dr. Harmison at rharmison@argosyu.edu.