

# AAASP

## Association for the Advancement of Applied Sport Psychology

Summer 1993

Conference Issue

Vol. 8, No. 2

### President's Message

*Charles J. Hardy*

#### An Invitation

The 8th Annual Conference of the Association for the Advancement of Applied Sport Psychology will be held October 13-17, 1993 in Montreal, Quebec, Canada. Having just returned from our Executive Board meeting at the Le Meriden, our conference hotel, I assure you that the 1993 conference will provide you with experiences that you will not soon forget. This year's conference, co-hosted by the Societe Canadienne d'Apprestissage Psychomoteur et du Sport (SCAPPS), combines the excitement of one of the world's most enchanting cities with a program that revolves around the scientist/practitioner model. In addition to outstanding keynote addresses, the program offers workshops, symposia, lectures, and interactive communications. I am excited about the workshops being offered on mentoring, alternative careers, and ethics. As you look over the program, I hope you will share my opinion and find presentations that appeal to you. In addition, please be mindful that the Continuing Education Committee is in the process of developing three different programs for AAASP members to earn CEUs. The details of these offerings as well as additional conference information will be mailed under separate cover this summer. Finally, don't forget the many activities that are also part of an AAASP conference--the sporting tournaments, and, of course, our Saturday Night Theme Banquet. I hope you will join us in Montreal for a truly unique professional experience.

#### Reflections

"Now listen folks, if you want to slow dance, I'm not your man" (Perot, 1992). Regardless of your political affiliation, Mr. Perot's line describes my thoughts on the 1993 AAASP Executive Board experience. Management and leadership issues have been *identified and attacked* by EB members, committees, and task forces. While we must devote attention to the management aspects of the association, I am most impressed with the commitment to the 1993 Agenda: Leadership. Many of you have accepted the invitation to get involved and while the fruits of your labor may not be immediately apparent, I believe that we have set the course for AAASP to successfully negotiate the challenges that lie ahead.

#### Challenges

I remain optimistic that we can advance the field of sport psychology. However, we must negotiate numerous challenges such as adopting a code of ethics, marketing our certification program, developing effective continuing education programs, growth management through effective and realistic mentoring, expanding training opportunities as well as employment options. To accomplish this, we must be responsible, assertive, and receptive. AAASP has the structure and the resources to significantly impact the future of our field. If we maintain our enthusiasm and industriousness, the cornerstones of success (Wooden, 1988), I believe we have a bright future. We must also remember our distinctiveness (A<sup>3</sup>--association, advancement, applied), adopt a leadership posture, and produce products that advance the science and practice of sport psychology.

#### Thank You

In closing, I want to thank you for the opportunity to serve as your President. I have enjoyed working closely with many of you on both management and leadership issues that face our association and our field. You have given me your support, your energy, and friendship. For this I will always be grateful. I look forward to our paths crossing in Montreal!

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## 1993 AAASP Structure

<b>President-Elect</b> Jean M. Williams	<b>President</b> Charles J. Hardy	<b>Past-President</b> Michael Sachs
<b>Publications Director</b> Linda Petlichkoff	<b>Secretary-Treasurer</b> Kevin Burke	<b>Student Representative</b> Liz Hart
<b>Health Psychology</b> David Pargman	<b>Business Manager</b> Boodie McGinnis	<b>Social Psychology</b> Penny McCullagh
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<b>Health Psychology</b> Dave Kemler Andy Meyers John Heil Lydia Ievleva Lise Gauvin	<b>Performance/Enhancement</b> Karen Cogan Dave Yukelson Burt Giges Trisha Rivera Debbie Crews	<b>Social Psychology</b> Diane Wiese-Bjornstal Maureen Weiss Neil Widmeyer John Noble
<b>Fellow Review Committee</b> Jean Williams (Chair) Penny McCullagh David Pargman Al Petitpas	<b>Certification</b> Carole Oglesby (Chair) John Heil Susan Ziegler Bruce Hale Ken Ravizza	<b>Past Presidents' Council</b> John Silva Ronald Smith Robert Weinberg Larry Brawley Dan Gould Michael Sachs
<b>Continuing Education</b> Steven Danish (Chair) Britt Brewer Laura Finch Vikki Krane Kathy Kendall	<b>Dorothy Harris Memorial Award</b> Jean Williams (Chair) Peggy Richardson Bob Nideffer John Salmela	<b>Ethics</b> Andrew Meyers (Co-Chair) Dan Gould (Co-Chair) James Whelan Robin Vealey William Parhaln Edward Etzel Bonnie Berger Kirsten Peterson
	<b>Dissertation Award</b> Jean Williams (Chair) Maureen Weiss Dale Pease David Yukelson	

<b>Human Diversity</b> Debra Ballinger (Chair) Pat Beitel Michael Greenspan Joy Griffin Vikki Krane Josie Siffit	<b>Organization Outreach &amp; Education</b> Dave Yukelson (Chair) Ken Ravizza Jody Yambor Dave Cook Dana Lerner Stephen Long	<b>Accreditation</b> Evelyn Hall (Chair) Brad Hatfield Jerry Larsen Steve Heymen Bill Straub Dan Smith Liz Hart
	<b>Professional Development &amp; Mentoring</b> Judy Van Raalte (Chair) Liz Hart Jerry Larsen Chris Buntrock	

COMMITTEES

TASK FORCES

### On the Desktop...

The 1993 AAASP/SCAPPS conference program has been finalized and I hope you are marking your calendar to attend. Section chairs and the Student representative have assembled a most impressive program. Montreal is a great city to hold a conference; furthermore, convenience and diversity may best describe this city.

By now, I am sure you have reacted to the change in size of the Newsletter. I think it is for the better. Storage has been a problem both for members and the PD. Comments are welcomed!!!

Finally, I would like to remind the membership about several issues: (a) note the year on your address label--it indicates when your current membership expires (remember membership goes from Jan.-Dec.); (b) all membership inquires (address changes, too) should be addressed to Kevin Burke--he will inform me to send out newsletters to members who submitted dues late; and, (c) a new membership directory will be coming out in late July--check your label to make sure all information is correct.

Linda Petlichkoff

### AAASP Newsletter Staff

**Publications Director**  
*Linda Petlichkoff*  
Boise State University

**Associate Editors**  
*Robert Brustad*  
University of Colorado  
*Betty Kelley*  
Southern Illinois University  
*James Whalen*  
Memphis State University

**Technical Editors**  
*Beth A. Stark*  
*Stephen Dorigan*  
Boise State University

## Calendar of Events

### June 28 - July 2, 1993

Association for Humanistic Psychology Annual Conference, San Diego, CA. *Contact:* AHP (415) 346-7929

### August 20 - 24, 1993

American Psychological Association Annual Convention, Toronto, Ontario, Canada. *Contact:* APA Office (202) 336-6020

### November 18 - 21, 1993

Association for the Advancement of Behavior Therapy Annual Convention, Atlanta, GA. *Contact:* APA Office 1-800-685-AAAT.

### April 13 - 16, 1994

Society of Behavioral Medicine, Boston, MA. *Contact:* SBM (301) 251-2790.

### Change of Address

If you have changed your address or discover that we have an incorrect address for you, please inform the Secretary-Treasurer, Kevin L. Burke, 228 Anderson Hall, Department of Physical Education, Northern Illinois University, DeKalb, IL 60115-2854.

### Newsletter Deadline

The deadline for submitting information to be included in the Fall Newsletter is October 25, 1993. Please send information to the Publications Director, AAASP Editorial Office, Department of HPER, Boise State University, Boise, ID 83725.

# 1993 AAASP/SCAPPS Conference: An Invitation

**Michael L. Sachs, Ph.D.**  
**AAASP Past-President**

The AAASP/SCAPPS Annual Conference is taking shape and promises to be our biggest and best yet. This is the first time AAASP is co-hosting the conference with the Canadian Society for Psychomotor Learning and Sport Psychology (CSPLSP, or the French translation, SCAPPS). This is also the first time we are holding the conference outside the continental United States. Montreal is a vibrant, exciting, cosmopolitan city.

As you can see elsewhere in this issue of the newsletter, much has been accomplished to date:

**Program:** The program features quality, quantity, and diversity. Please check it to see the exciting sessions you'll have the opportunity to attend.

**Hotel:** Our hotel is a four star establishment, perfectly situated within the city. The cost is competitive with past rates in the U.S., and excellent considering the conference location. Hotel information is provided with a reservation form.

**Airline:** Information about our arrangements with U.S. Air, one of the top carriers into Montreal is included.

**Student Worker Lottery:** Something new this year. We are trying out a new system to select student workers for the conference. Please send in the form if you are interested.

Please note that the registration fees for this year are lower than last year's (Colorado Springs). We worked hard to keep costs down without cutting corners, and feel that we have been successful in doing so, particularly considering we will be having our conference in a major metropolitan area. We have special events planned, including a fun time at the Banquet, this year featuring a 50's/60's sock hop. Be sure to practice your dance moves this summer.

Other details remain to be finalized in the coming months. You will be receiving a large mailing this summer (end July/beginning August) with a reminder about the conference (as well as some additional information), along with other association material (ethics, guidelines, membership directory). This mailing will include information about continuing education workshops, special tour options/sightseeing in Montreal (for Wednesday, October 13th), etc. In the interim, if you have any questions, please do not hesitate to call either Michael Sachs, AAASP Conference Coordinator, at (215) 204-8718, Boodie McGinnis, AAASP Business Manager, at (607) 753-2221, or Luc Proteau, SCAPPS Conference Coordinator, at (514) 343-2039.

Those of you interested in double, triple, or quadruple occupancy, but who need roommates, please contact our informal roommate referral service. This worked well last year, and we will try it again this year. Please call either Michael or Boodie (see above phone numbers), and we will try to hook you up with others who might be looking for a roommate or have room. It's a good way to meet new people and to make friends.

This year's conference will be exciting, dynamic, and memorable. We look forward to seeing you in Montreal in October.

## **Attention Student Members. . .**

Want a special opportunity for networking **and** a chance to earn some money to help offset expenses associated with your attendance at the 1993 AAASP/SCAPPS conference?!?! If so, then read further...

For past AAASP conferences, student workers (registration desk, ticket-takers for reception and banquet, etc.) have been selected based essentially on their good fortune in being acquainted with either the conference chair or another member of the Executive Board. This year, in response to the number of students who stopped by the registration desk at the 1992 conference and asked, "How can I get to work here?," we are trying an experiment designed to increase the opportunity for student members (no matter whether they know a board member or not) to have the opportunity to work at the conference.

Student members who are interested in working at the conference are invited to "apply" to work by entering a lottery from which 10-12 students will be selected **at random**. To enter the lottery, student members must fill out and return the form on the next page by the date indicated. Please note that the form requests information about and a signature from a "sponsor." The sponsor must be a professional AAASP member, such as your advisor or another professional member with whom you are well acquainted. Membership for both student entrants and their sponsors will be checked, and sponsors may be contacted if any questions arise.

AAASP student workers are paid \$10 per hour (U.S. dollars) for each scheduled hour worked. Last year's workers averaged 4-10 hours each, based on both their individual preferences and the desk's scheduling needs. Besides a chance to earn money, working at the desk really does provide an opportunity to meet people that you might not otherwise have a chance to meet - it is a great way to network and to get to know your colleagues!

To enter the lottery and thereby apply to work at the conference, fill out and return the form on the next page. **Deadline for entries is August 15, 1993.** Following the drawing, all entrants will be notified of the results of the drawing by September 1, 1993. The "winners" will be contacted to determine individual scheduling preferences, and schedules will be developed with every attempt possible to accommodate stated preferences. Any questions about the lottery process may be directed to Boodie McGinnis, AAASP Business Manager, at 58 West Court St., Cortland, NY 13045, Tel. 607/753-2221 (O), Fax 607/753-5669, E-Mail - bitnet% mcginnisb@snycorva or in% mcginnisb@snycorva.cortland.edu.

*NOTE: This lottery is open only to AAASP student members. SCAPPS registration desk workers will be selected by SCAPPS through a separate process.*

## AAASP STUDENT WORKER LOTTERY ENTRY FORM

Please type or print legibly

You must be an AAASP student member to enter.

### STUDENT MEMBER INFORMATION:

NAME: \_\_\_\_\_

ADDRESS: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

PHONE: (W) \_\_\_\_\_

(H) \_\_\_\_\_

E-MAIL: \_\_\_\_\_

I confirm that I am a student member of AAASP. If my name is drawn, I will agree to serve as a worker at the 1993 AAASP/SCAPPS conference and will agree to show up and work during all hours for which I am scheduled. I understand that I will receive \$10 per hour, to be paid following the close of the conference, for all scheduled hours which I work.

SIGNATURE: \_\_\_\_\_

DATE: \_\_\_\_\_

### SPONSOR INFORMATION:

SPONSOR'S  
NAME: \_\_\_\_\_

SPONSOR'S INSTITUTION:  
\_\_\_\_\_

SPONSOR'S PHONE: (O) \_\_\_\_\_  
(H) \_\_\_\_\_

SPONSOR'S E-MAIL: \_\_\_\_\_

### SPONSOR VERIFICATION AND SIGNATURE:

I hereby confirm that I am an AAASP professional member and that I have known the above-listed student member for \_\_\_ years. To my knowledge, this student member is reliable, dependable, and trustworthy, and I recommend him/her as a capable student worker.

SIGNATURE: \_\_\_\_\_

DATE: \_\_\_\_\_

Send this Form by **August 15** to:

**Boodie McGinnis**  
**AAASP Business Manager**  
**58 West Cortland St.**  
**Cortland, NY 13045**  
**Fax 607/753-5669**

## Meet Your Members



**Britt Brewer**

Britt Brewer is an Assistant Professor in the Department of Psychology at Springfield College. He teaches undergraduate and graduate courses in abnormal psychology, developmental psychology, counseling, and psychopathology. Britt completed his M.A. and Ph.D. in Psychology at Arizona State University. He earned his B.A. in Psychology at the University of Washington. His current research focuses on psychological factors affecting the rehabilitation of athletic injuries and on self-identity in sport and exercise. He has published articles in journals such as *JSEP*, *TSP*, *JASP*, *RQES*, and *Motivation and Emotion*. Britt is a member of AAASP, APA, ISSP, and NASPSPA. He has served as a reviewer for *TSP*, *JSEP*, the *Personality and Social Psychology Bulletin*, and the *Australian Journal of Science and Medicine in Sport*. Britt has been a consultant to a number of college teams and individuals in sports such as cross-country, equestrian, lacrosse, tennis, plus track and field. He was recently appointed the Head Coach for the Men's Cross Country at Springfield College. Britt's personal interests include running (in between injuries), eating (large quantities), miniature golfing (around the world), and listening to music (especially, Mike Oldfield and Split Enz).

## ANNOUNCEMENT OF NEW TEXTS

Heil J. (Ed). Psychology of sport injury. Human Kinetics Publishers; Champaign, IL (Approx. 352 pp., \$45.00)

Pargman D. (Ed.) Psychological bases of sport injuries. Fitness Information Technology Publishers; Morgantown, WV (Approx. 316 pp., \$38.00).

Thompson, R.A. & Sherman, R.T. Helping athletes with eating disorders. Human Kinetics Publishers; Champaign, IL (Approx. 208 pp., \$25.00)

**1993 AAASP/SCAPPS ANNUAL CONFERENCE  
October 13-17, 1993, Montreal, Canada  
CONFERENCE REGISTRATION FORM**

Please Type or Print Legibly

NOTE: YOU MUST BE AN AAASP OR SCAPPS MEMBER TO REGISTER FOR THE FULL CONFERENCE

NAME: \_\_\_\_\_  
(Last Name) (First Name) (M. I.)

PREFERRED NAME FOR REGISTRATION BADGE: \_\_\_\_\_

INSTITUTION: \_\_\_\_\_

MAILING ADDRESS: \_\_\_\_\_  
 \_\_\_\_\_

TELEPHONE: (O) \_\_\_\_\_ FAX: \_\_\_\_\_

(H) \_\_\_\_\_ E-MAIL \_\_\_\_\_

PLEASE INDICATE YOUR MEMBERSHIP: \_\_\_AAASP \_\_\_SCAPPS

**CONFERENCE REGISTRATION AND EVENTS FEE**

(Includes entry to all sessions; name badge, program, and abstracts book; your choice of welcoming reception on Wed. OR Thurs.; refreshment breaks; banquet food and entertainment; and all speaker costs. One day registration does not include receptions or banquet. Individuals will be permitted to sign up for no more than two days at the one-day rate).

	<i>Amount (U.S. \$\$)</i>	<i>Amount (Can. \$\$)</i>	<i>Amount Enclosed</i>
<b>AAASP-SCAPPS SPORT PSYCHOLOGY REGISTRATION/EVENTS</b>			
Professional Early - Postmarked by September 15, 1993	\$175	\$215	_____
Professional Late - Postmarked after September 15, 1993	\$200	\$245	_____
Student Early - Postmarked by September 15, 1993	\$125	\$150	_____
Student Late - Postmarked after September 15, 1993	\$150	\$180	_____

**SCAPPS MOTOR LEARNING REGISTRATION/EVENTS (Thursday evening--Sunday only)**

Professional Early - Postmarked by September 15, 1993	n/a	\$150	_____
Professional Late - Postmarked after September 15, 1993	n/a	\$175	_____
Student Early - Postmarked by September 15, 1993	n/a	\$85	_____
Student Late - Postmarked after September 15, 1993	n/a	\$100	_____

**ONE DAY REGISTRATION (available to non-members only; limit of two days)**

Professional - Indicate which day(s) _____	\$60/day	\$75/day	_____
Student - Indicate which day(s) _____	\$35/day	\$45/day	_____

**SPOUSE/GUEST REGISTRATION**

\$70      \$85      \_\_\_\_\_

(Available to accompanying non-members only; includes name badge, refreshment breaks, one reception, and banquet ticket. Separate additional banquet and reception tickets will also be available for purchase on site for those wishing to attend only a specific function)

One Welcoming Reception is included in all above fees except daily fees.

**TOTAL AMOUNT ENCLOSED** \_\_\_\_\_

Please indicate your preference: \_\_\_Wednesday (AAASP Opening) \_\_\_Thursday (SCAPPS Opening)

**See Reverse for Mailing and Membership Information**

Choose appropriate address, fold, stamp, and send.

**AAASP MEMBERS**

*Mail registration form with check or money order (U.S. dollars) payable to AAASP  
by dates indicated to:*

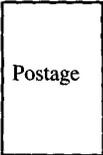
**Dr. Kevin L. Burke, Physical Education Department,  
232 Anderson Hall, Northern Illinois University, DeKalb, IL 60115 USA**  
*Inquiries about AAASP membership should also be addressed to Dr. Burke at this address.*

**SCAPPS MEMBERS**

*Mail registration form with check or money order (Canadian dollars) payable to SCAPPS  
by dates indicated to:*

**Dr. Luc Proteau, Dept. d'Education Physique,  
C.T. 6128, Succursale "A",  
Montreal, Quebec H3C 3J7 CANADA**  
*Inquiries about SCAPPS membership should also be addressed to Dr. Proteau at this address.*

-----  
**From:** \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_



**TO:**

-----

## Le MERIDIEN

### Conference Meeting Site and Host Hotel...

The 1993 AAASP/SCAPPS Conference will be held at Le Meridien, an elegant hotel offering ultra-modern European style and convenience, spacious conference facilities, and luxurious guest rooms. The 12-story hotel rises from the center of the Complexe Desjardins, a boutique-rich mall in the center of the plush section of the Underground City, and is located within easy walking distance of many of Montreal's famous sites, including Chinatown, Old Montreal, McGill University, and the Prince Arthur District. Facilities within the hotel include a full-service concierge desk and business center, three restaurants, piano bar, indoor pool, sauna, and whirlpool. Facilities within the Complexe Desjardins include cinemas, over 122 boutiques and shops, and a variety of restaurants. The hotel is located just across from the Place des Arts, and within walking distance of numerous other entertainment, food, and beverage opportunities.

The fitness-conscious can work out on exercise equipment adjacent to the pool, or can obtain passes to a nearby fully-equipped YMCA/YWCA health club for \$6.55 (Canadian) per day. Runners and walkers will enjoy exploring the area on foot--running and walking maps will be available at the conference registration desk. The hotel also features "Le Meridien Golf" which uses "Par T Golf" simulators to give guests an opportunity to play five of the world's most prestigious golf courses without leaving the hotel.

Ground transportation to Le Meridien is available for about \$8.50 (Canadian) one way from Dorval Airport, \$12.00 (Canadian) one-way from Mirabel airport. Details about ground transportation options will be mailed with the summer conference informational mailing. Parking is available at Le Meridien for \$14.00 (Canadian) per day.

Le Meridien is offering AAASP/SCAPPS conference attendees the very special rates of \$99 (Canadian) single or double occupancy; \$114 (Canadian) triple occupancy; and \$129 (Canadian) quad occupancy. The room cost may seem high at first glance, but remember that the rate is listed in Canadian dollars - U.S. members should note that, based on the exchange rate at press time (\$1.24 Canadian = \$1.00 U.S.), the cost of a single/double occupancy room is only about \$80 per night. These rates represent a significant discount off regular rates, and really are a bargain for a first-class hotel in the heart of Montreal. Information about nearby low-budget options is being gathered and will be mailed with the conference summer mailing, but AAASP members are encouraged to stay at Le Meridien in order to take full advantage of the conference experience. Also, if a minimum of 125 rooms per night is booked at Le Meridien, there will be no charge to AAASP/SCAPPS for meeting rooms, substantially reducing costs to the two organizations.

For those wishing to arrive early and/or stay late, Le Meridien has agreed to extend the rates for two days before and two days after the conference, based on availability. Check-in time is 3:00 p.m.; check-out time is 12:00 noon.

Deadline for reservations at these special rates is September 14, 1993. The number of rooms available at the discounted rates is limited--quad rooms are especially limited--and requests for accommodations will be filled on a first-come, first-served basis until the room block is filled. Room blocks must be planned based on annual average of rooms reserved at previous conference sites; if attendance this year happens to be above average, then the block of rooms at Le Meridien might fill up early. Make your reservations as soon as possible to avoid being excluded from accommodations at these special conference rates.



### Official Conference Air Carrier...

## U.S. Air

Take advantage of the following special savings by booking with U.S. Air, the Official Air Carrier for the 1993 AAASP/SCAPPS Conference:\*

- 5% discount off all applicable published first class and discount fares for travel to Montreal from the Continental United States, Bahamas, Canada, and San Juan. This includes "super-saver" and most other promotional or discount fares;

- 10% discount off applicable unrestricted (non-promotional) coach fares with a 7-day advance purchase required.

These discounts are available for travel to/from Montreal between the dates of October 9-19, 1993, for the AAASP/SCAPPS Conference. In order to accommodate the personal preferences of individual travellers, U.S. Air will honor the conference discounts for tickets purchased directly from U.S. Air (by phone or at a U.S. Air airport counter), as well as for tickets purchased from the individual's preferred travel agent. This means that, unlike the previous two AAASP conferences, you do not have to book through a specific travel agency in order to take advantage of special savings.

U.S. Air serves over 210 cities in the United States and offers many direct and connecting flights into Montreal daily. You are encouraged to check on the availability of flights from your home airport; booking with U.S. Air offers not only savings to you but also will benefit AAASP, which will receive one complimentary ticket for every 50 tickets booked on U.S. Air. Such complimentary tickets can be used for future AAASP travel, resulting in savings to the organization.

In order to take advantage of the conference discounts, reservations must be made through the U.S. Air Meeting and Conventions Reservation Office at the number listed below. Call the number directly yourself, or, if booking through a travel agency or corporate/university travel department, give them the information below so that they may obtain the discount for you. The special discounts can only be guaranteed if reservations are made through the Meeting and Convention Reservation Office at the number below:

**For Reservations Call**  
**U.S. Air's Meeting and Conventions Reservation Office**  
**1-800-334-8644**  
**8:00 a.m. - 9:00 p.m.**  
**(Eastern Time)**

**Note: For best service, call between the hours indicated. The phone will be answered at other times by regular U.S. Air agents instead of special convention agents.**  
**Refer to GOLD FILE NO. 11120007**

\*At press time, negotiations were being made with Air Canada for travel within Canada. Information about booking with Air Canada will be mailed with the summer informational mailing. For information about booking with Air Canada prior to that time, contact Boodie McGinnis, AAASP Business Manager, at 607/753-2221 (fax 607/753-5669; e-mail - bitnet% mcginnisb@snycorva; in% mcginnisb@snycorva.cortland.edu).

AAASP/SCAPPS CONFERENCE - OCTOBER 13-17, 1993

Le MERIDIEN

HOTEL RESERVATION FORM

Please list name/address to which confirmation should be sent:

NAME: \_\_\_\_\_  
Last Name First Name Middle Initial

ADDRESS: \_\_\_\_\_  
Organization  
\_\_\_\_\_  
Street Address or Post Office Box  
\_\_\_\_\_  
City/State or Province/Zipcode or Postal Code Country

DAYTIME PHONE: \_\_\_\_\_

TYPE OF ROOM REQUESTED:

\_\_\_\_\_ Single or Double (\$99/night) \_\_\_\_\_ Triple (\$114/night) \_\_\_\_\_ Quad (\$129/night)

\_\_\_\_\_ Non-smoking Room Preferred

Note: Room rates listed are in CANADIAN dollars.  
Room rates listed do not include taxes.  
Federal tax of 7% and Provincial tax of 4% will be added.  
(Tax is refundable to U.S. citizens with submission of proper forms)

INDICATE YOUR ARRIVAL/DEPARTURE DATE, AS WELL AS INFORMATION ABOUT INDIVIDUALS WITH WHOM YOU WILL BE SHARING YOUR ROOM:

	Arrival Date	Departure Date
Person 1: _____	_____	_____
Person 2: _____	_____	_____
Person 3: _____	_____	_____
Person 4: _____	_____	_____

DEPOSIT:

Deposit of one night's room cost must be enclosed with hotel reservation. Please give credit card information below, or enclose check or money order in Canadian dollars or U.S. equivalent payable to Hotel Meridien Montreal. Deposit is refundable up to 72 hours prior to scheduled arrival.

Credit Card: Type: \_\_\_\_\_Mastercard \_\_\_\_\_ Visa \_\_\_\_\_ American Express \_\_\_\_\_ Diners Club \_\_\_\_\_ Discover

Card Number: \_\_\_\_\_ Exp. Date: \_\_\_\_\_

Signature: \_\_\_\_\_

Make your reservations early --The number of rooms available at these special rates is limited and requests for accomodations will be filled on a first-come, first-served basis. Reservation cutoff date is **September 14, 1993**. Special conference room rate is not guaranteed after that date.

Send Reservation Form with deposit or credit card information to:

Hotel Meridien Montreal  
ATTN: Reservations Desjardins  
Montreal, Quebec H5B 1E5  
Canada  
Tel.: 514/285-1450 Fax: 514/285-1243

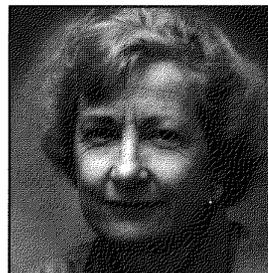
# 1993 AAASP/SCAPPS Conference

## Keynote Speakers: An Introduction

### Coleman R. Griffith Lecture

#### ***Applied Sport Psychology: Patent Pending?***

Carole A. Oglesby



Carole A. Oglesby is professor and former chair of the Department of Physical Education, Temple University, Philadelphia, PA. She completed a B.S. and M.S. at the University of California, Los Angeles, and her first Ph.D. at Purdue University; all degrees in Physical Education. Currently, she has only a dissertation remaining to earn a Ph.D. in Counseling Psychology at Temple University having completed the APA internship at the VA Medical Center, Coatesville PA, last year.

Dr. Oglesby was a national level softball player, competing in ASA National Championship tournaments in 1962, 1963, and 1965. She coached softball and gymnastics at Purdue University (1964-1969) and the University of Massachusetts (1972-1974) taking teams from both institutions to the College World Series in Omaha, Nebraska, and the Purdue Gymnastics team to the B flight of the first CIAW Women's Gymnastic Championship at Springfield College in 1965. She has maintained her participation in sport through distance running, jogging her way through 6 marathons, the latest being New York City, 1991.

More than most academic sport psychology consultants, she has maintained a direct connection to amateur and collegiate elite level sport throughout her career. She was the first President of the AIAW (the association for collegiate national women's events prior to NCAA involvement), representative to the US Collegiate Sports Council (World University Games, USA) from 1971-1991, and is currently on the Board of Directors of the US Olympic Committee. She was Chef de Mission for the USA Winter World University Games team traveling to Czechoslovakia, 1989. She has been President of the National Association for Girls and Women in

Sport (AAHPERD), is on the Sporting Chance for Girls, National Advisory Board for the Girl's Clubs of America, and is a Trustee of the Women's Sport Foundation.

From the vantage point of a deep commitment to universal entitlement to the potential benefits of sport, Oglesby was an early advocate of applied sport psychology work. In 1979-80, as the second president of the Sport Psychology Academy (NASPE-AAHPERD), she saw the potential of this 2,000+ membership group of sport psychology professionals and interested teachers and coaches. She organized the Academy's first "Pre-National Convention Workshop;" an event notable enough to merit mention in the Coleman Griffith Lectures of John Silva, Robert Rotella, and Ken Ravizza. She has served AAASP in roles as member of the Social Psychology Steering Committee, chair of the Diversity Committee, and is current chair of the Certification Committee (she did not know if it was appropriate to mention her candidacy for the Adlai Stevenson Award due to her twice unsuccessful candidacy as AAASP President).

Dr. Oglesby's principle scholarly contributions have been in the development of the taxonomic area of gender and sport and, recently, in the application of psychology's family systems theory to sport teams. She has authored one book, co-authored five books/monographs, and has published over 30 articles or invited chapters in these areas. Her monographs prepared for UNESCO were published in four languages and distributed around the world. Women and sport: From myth to reality was published in French and English versions. She

has served on the editorial boards of *Quest*, *JASP*, *TSP* and the *McGill Journal of Education*. She has completed funded research for the National Ski Areas Association and two projects for the

Women's Educational Equity Act agency.

Dr. Oglesby has been recognized for highest awards by numerous organizations, most notably she is a recipient of the NAGWS Honor Fellow, the AIAW Award of Merit, and the first Women's Sport Foundation Billie Jean King Award. She received the AAHPERD Honor Award in 1990.

Her international work has also been aimed at opening access to personal empowerment through sport. She was one of the planners and architects of the NAGWS Latin American Project in which women from the host country and USA clinicians sponsored women in sports conferences in Mexico, Barbados, Curacao, Costa Rica, Guatemala, and Venezuela. She also assisted in the initiation of Women Sports Foundation style networks in Australia, New Zealand, England, and represented the USOC at a Women in Sport Development Conference under the auspices of the Olympic Committees of Asia. Late this summer she is slated to head a Citizen Ambassador Women in Sport Exchange to Russia and Byelorussia. Dr. Oglesby also served as a Disciplinary Committee reviewer for the Fulbright Exchange Program 1986-1991.

The title of her Coleman Griffith Memorial Lecture will be as follows: "Applied sport psychology: Patent pending?" The lecture will feature an exploration of the tension among constructs of ownership/control, earned and universal entitlement.

# Section Keynotes

## Intervention/Performance Enhancement



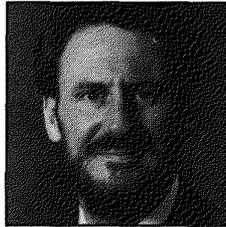
Terry Orlick

### **Personal Performance Enhancement in Life and Sport**

Terry Orlick is a professor and researcher at the University of Ottawa in the School of Human Kinetics, where he teaches courses in sport psychology, mental training, and intervention and consultation in sport. In 1992 he received the university's highest honor, the Award for Excellence in Teaching. He is a performance enhancement specialist who has worked extensively with the mental aspects of high level performance under high stress conditions. Over the past 20 years he has served as a consultant and has conducted research with hundreds of Olympic athletes, many Olympic and World Champions, performing artists, top classical musicians, high performance coaches, parents, surgeons, patients recovering from injuries and coping with life threatening illnesses, as well as military and aerospace personnel engaged in high stress missions. Dr. Orlick is the President of the International Society for Mental Training Excellence. His approach is very applied and he draws from a wealth of experience in addressing the real needs of individuals and organizations.

In most recent work, Terry has been immersed creating an innovative life-skills program for elementary school children. In addition to some 200 publications and articles, Terry Orlick has written 16 books including his most recent Free to Feel Great (1993), and the highly acclaimed In Pursuit of Excellence and Cooperative Sports and Games Book. His books have been translated into many languages and have sold over a million copies worldwide.

## Social Psychology



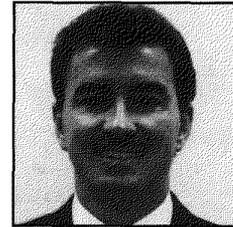
Dale H. Schunk

### **Self-Efficacy, Motivation, and Performance**

Dale H. Schunk, Professor of Educational Psychology at the University of North Carolina, Chapel Hill will be this year's keynote speaker. Dr. Schunk received his Ph.D. from Stanford University and served on the faculty at the University of Houston before moving to Chapel Hill. He is or has been an Editorial Board Member for numerous journals including: *Educational Psychologist*, *Journal of Adolescent Research*, *Journal of Educational Psychology*, *Journal of Experimental Education*, and *Journal of Learning Disabilities*. His professional memberships include the American Association for the Advancement of Science, the American Educational Research Association, the American Psychological Association, the Council for Exceptional Children as well as the Society for Research in Child Development. He has received such honors as: the Early Contribution Award from the Educational Psychological Division of APA, the Albert J. Harris Research Award from the International Reading Association, and is listed in a number of Who's Who anthologies. Dr. Schunk has published over 50 research articles, edited or authored three books in addition to numerous presentations.

He currently teaches courses in educational psychology, learning and motivation, and motivation and self-regulation. His research program is primarily directed toward exploring the effects of social and instructional factors on students' cognitive processes, as well as learning, self-regulation and motivation with special emphasis on the application of social cognitive learning theory. Dr. Schunk's recent work has

## Health Psychology



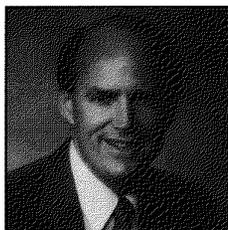
Rod K. Dishman

### **Adhering to Regular Exercise: Psychological Considerations**

Rod K. Dishman is Director of the Exercise Psychology Laboratory and Professor of Exercise Science at the University of Georgia in Athens where he advises Exercise Science graduate students studying behavioral and biopsychological aspects of exercise and physical activity. Dr. Dishman received his Ph.D. in sport psychology at the University of Wisconsin-Madison and has focused much of his research and writing on the mental health outcomes associated with physical activity and on behavioral determinants of habitual exercise. Dr. Dishman has authored/edited two books: Essentials of Fitness with Harold Falls and Ann Baylor, and Exercise Adherence: Its Impact on Public Health. He has authored 50 research articles dealing with the psychology of exercise and sport and serves on the editorial boards for several journals in behavioral medicine, psychology, and exercise science, including *Medicine and Science in Sports and Exercise*, *Exercise and Sport Sciences Reviews*, *Research Quarterly for Exercise and Sport*, *The Physician and Sportsmedicine*, and *Human Performance*. Dr. Dishman is a Fellow of the American College of Sports Medicine, the American Psychological Association, the American Psychological Society, and the American Academy of Physical Education and Kinesiology. He has also served as a consultant on exercise behavior to the National Institute of Mental Health, the Heart, Lung, and Blood Institute, the Study Section on Chronic Disease and Epidemiology of the National Institutes of Health, the National Centers for Disease Control, and the Sports Medicine Council for the United States Olympic Committee.

Continued on page 11

## Invited Student Symposium



**John Anderson**

### **Alternative Careers**

AAASP is pleased to announce that John Anderson, Ph.D. will be participating in the "Alternative Careers" invited student symposia and will hold two student workshops at the 1993 AAASP/SCAPPS Conference. Dr. Anderson is an internationally active consultant and speaker on the subjects of peak performance and motivation. He works with coaches and athletes at the professional, Olympic, collegiate and introductory levels of sport. In addition, he functions as a consultant for organizations on leadership development issues. Specifically, he helps individual and work-teams become consistent top performers.

Dr. Anderson has functioned as the Director of Leadership Development Programs for the Center for Creative Leadership (CCL) in Colorado Springs and currently is an adjunct faculty member with CCL. John is the founder and current President of the Center for Sports Psychology. The Center specializes in helping individuals and teams to develop and implement mental strategies that lead to consistent peak performances. He graduated from Allegheny College, received his Master of Science degree in Psychology from Syracuse University and, later, his Ph.D. in Counseling Psychology from the University of Southern California. Dr. Anderson completed a career with the United States Air Force, serving for 10 years as a faculty member at the U.S. Air Force Academy. He was a tenured Professor in the Department of Behavioral Sciences and Leadership and Director of the Counseling Center.

We welcome Dr. Anderson's expertise and experience in his alternative career and encourage your participation in his "93 AAASP/SCAPPS Conference" student workshops!

## **Mentoring On Mentoring: Finding the Right Match**

One of the invited student symposia for the upcoming conference will specifically address the mentoring process. This invited symposia is designed to aid both students and young faculty in their quest for guidance and experience as they prepare for their respective career goals. Professionals from a variety of areas within sport psychology will be represented on the panel, including applied research/consulting, traditional research, counseling psychology, clinical psychology and USOTC internships.

The panel will briefly address their roles as mentors, as well as reflect on their own experience as a mentee. The panelists will individually respond to general questions from the moderator. In addition, the audience will be encouraged to direct questions to the panel. Topics to be covered include finding a good "mentor-mentee match," the student/young faculty member's role in the mentoring relationship, and realistic expectations of your mentor's role in your career development and marketing.

In order to create a mutually beneficial program I am asking all members to pause for a moment and determine what questions and/or issues you have had or are currently experiencing as a mentor/mentee. Please send your questions and/or concerns to me (see address below). Receiving your input *before* the conference will enable us to determine the more common concerns and then integrate them into the program content. Thank you!

### **Send Your Mentor/Mentee questions, issues, and/or concerns to:**

Liz Hart  
506 N. Tremont Dr.  
Greensboro, NC 27403

### **Dale H. Schunk** Continued from page 10

focused on issues such as students' beliefs about their ability to exercise control over their own behavior; the effects of goal setting on children's self-efficacy; and, the effects of person variables such as goal setting and information processing and situation variables such as modeling, attributional feedback, and reward on self-efficacy and motivation. I have read a number of Dr. Schunk's articles, and urge you to do the same before the conference. The title of his talk is "Self-Efficacy, Motivation and Performance," and Dr. Maureen Weiss of the University of Oregon will serve as a reactor to his talk. I am sure we will all come away from his talk with some new and valuable ideas about motivation.

### *Suggested Summer Readings:*

- Schunk, D.H. (1992). Theory and research on student perceptions in the classroom. In D.H. Schunk, & J.L. Meece (Eds.), Student perception in the classroom (pp. 3-23). Hillsdale, NJ: Lawrence Erlbaum Associates.
- Schunk, D.H. (1991). Goal setting and self-evaluation: A social cognitive perspective on self-regulation. In M.L. Maehr, & P.R. Pintrich (Eds.), Advances in motivation and achievement. Vol. 7: Goals and self-regulatory processes (pp. 85-113). Greenwich, CT: JAI Press.
- Schunk, D.H. (1991). Self-Efficacy and Academic Motivation. *Educational Psychologist*, 26, 207-231.
- Schunk, D.H., & Hanson, A.R. (1989). Self-modeling and children's cognitive skill learning. *Journal of Educational Psychology*, 81, 155-163.

# 1993 AAASP/SCAPPS Conference: The Program

\* Denotes organizer.

## MONDAY, OCTOBER 11

7:30 p.m. - 11:00 p.m. **EXECUTIVE BOARD MEETING**

## TUESDAY, OCTOBER 12

8:00 a.m. - 11:00 p.m. **EXECUTIVE BOARD MEETING**

7:00 p.m. - 10:00 p.m. **CONTINUING EDUCATION WORKSHOPS**

## WEDNESDAY, OCTOBER 13

8:30 a.m. - 12:30 p.m. **SPORT PSYCHOLOGY COUNCIL**

8:30 a.m. - 11:30 p.m. **CONTINUING EDUCATION WORKSHOPS**

Noon **GOLF AND TENNIS TOURNAMENTS**

7:30 p.m. - 8:30 p.m. **COLEMAN ROBERTS GRIFFITH LECTURE**

Carole A. Oglesby, Temple University

*Applied Sport Psychology: Patent Pending?*

8:30 p.m. - 10:00 p.m. **AAASP WINE AND CHEESE**

## THURSDAY, OCTOBER 14

8:00 - 8:30 a.m. **OPENING REMARKS**

8:30 - 10:00 **INTERVENTION/PERFORMANCE ENHANCEMENT  
KEYNOTE SPEAKER**

**Presider:** Al Petitpas

Terry Orlick, University of Ottawa

*Personal Performance Enhancement in Life Support*

10:15 - 11:00 **INTERVENTION/PERFORMANCE ENHANCEMENT  
COLLOQUIUM**

*An Analysis of the Current Practice of Applied Sport Psychology*

**Participant:** David L. Cook\*, University of Kansas

10:15 - Noon **INTERVENTION/PERFORMANCE ENHANCEMENT  
SYMPOSIUM**

*Issues and Implications in Professional Sport Consulting*

**Participants:** Cal Botterill\*, University of Manitoba; Harvey Dorfman, Oakland Athletics; James Loehr, Bolletieri Tennis Academy; Dick Coop, Professional Golf; Ken Ravizza, California State University at Fullerton; Wayne Halliwell, Vancouver Canucks

10:15 - 11:00 **SOCIAL PSYCHOLOGY COLLOQUIUM**

*Possible Selves: A Framework for Developing Sport Confidence*

**Organizer:** Merry Miller, Calgary, Canada

**Participant:** Patricia Smith

10:15 - Noon **HEALTH PSYCHOLOGY SYMPOSIUM**

*The Importance of Self-Esteem to Physical Activity and Other Health-Related Lifestyle Behaviours*

**Participants:** C. Hills, J. Hudec, K. Mummery, B. Whitmarsh, J. Stevenson, R. Sonstroem, and L. Wankel\*

11:00 - Noon **SOCIAL PSYCHOLOGY COLLOQUIUM**

*Racial Identity and Team Dynamics for Women: The Role of the Sport Psychologist*

**Organizer:** Ruth Hall

**Participant:** Carole Oglesby, Temple University

11:15 - Noon **INTERVENTION/PERFORMANCE ENHANCEMENT  
LECTURES**

*Assessing Supervisory Skills and Practices in Applied Sport Psychology*

**Participants:** Mark Andersen\*, University of Wyoming; Judy Van Raalte and Britt Brewer, Springfield College

*A Survey of Counseling Psychology Programs and Exercise/Sport Science Departments: Sport Psychology Issues and Training*

C. Edward Watkins and Trent Petrie\*, University of North Texas

Noon - 1:00 **Lunch Break**

**STUDENT MEETING** (Sandwich cart available outside meeting room)

1:00-2:30 **INVITED STUDENT SYMPOSIUM**

**Presiders:** Charlie Hardy, University of North Carolina at Chapel Hill; Jean Williams, University of Arizona

*Alternative Careers: Corporate and Medical Applications*

**Participants:** John Anderson, Center for Sports Psychology; John Heil, Lewis-Gale Clinic; Elizabeth Hart\*, University of North Carolina at Greensboro; David Yukelson, Penn State University

1:15 - 3:00 **INVITED SYMPOSIUM - ETHICS COMMITTEE**

*Ethical Beliefs and Behaviors in Applied Sport Psychology: The AAASP Ethics Survey*

**Participants:** Al Petitpas\*, Britton W. Brewer, Patricia M. Rivera, and Judy L. Van Raalte, Springfield College; James Whelan, Memphis State University

1:00 - 2:00 **SOCIAL PSYCHOLOGY COLLOQUIUM**

*Missing in Action: The Social Dimensions of Social Psychology Research*

**Participant:** Robert Brustad, University of Northern Colorado

1:30 - 3:15 **HEALTH PSYCHOLOGY SYMPOSIUM**

*HIV Infection and Sport: What We Know Determines What We Do*

**Participants:** Jane Henderson\*, John Abbott College; Catherine Hankins, McGill University; Julian Falutz, Montreal General Hospital; Vincent Lacroix, McGill University; Diane Sauers, University of South Florida

2:00 - 3:15 **SOCIAL PSYCHOLOGY SYMPOSIUM**

*Partnerships in Sports: Working with a Two Person System*

**Organizer:** Sean McCann, Olympic Training Center

**Participants:** David Coppel, Private Practice; Daniel Gould, University of North Carolina at Greensboro

3:30 - 4:30 **INTERVENTION/PERFORMANCE ENHANCEMENT LECTURES**

*Frequency, Intensity, and Perception of Competitive Trait Anxiety*

**Bill Allyson**, University of Virginia

*Athletic Pain Tolerance and Swimming Endurance: An Examination of A Cognitive-Behavioral Pain Management Program*

**Blair Whitmarsh\***, University of Alberta

*Evaluating the Psychological Skills Training Program: An Idiographic Approach*

**Barbara Bedker Meyer\***, University of Wisconsin-Milwaukee

3:30 - 5:00 **INTERVENTION/PERFORMANCE ENHANCEMENT WORKSHOP**

*Program Development for Athletes in Transition: Using a Workshop Format to Address Ongoing Developmental Issues*

**Participant:** Kelly Crace\*, College of William and Mary

3:30 - 5:00 **SOCIAL PSYCHOLOGY LECTURES**

*Gender Comparisons of Self-Efficacy Cognitions While Performing a Motor Task*

**Dale Pease, Stephen Kozub, and Brenda Burgess**, University of Houston

*Flow States in Elite-Level Athletes*

**Susan Jackson**, Melbourne, Australia

*Back to the Basics: Surveying Collegiate Athletes to Identify Effective Goal Setting Practices in Sport*

**Damon Burton**, University of Idaho; **Robert Weinberg**, Miami University; **David Yukelson**, Penn State University; **Daniel Weigand**, University of North Texas

*Motivational Orientation, Personality Correlates and Attitudes Toward Football in Collegiate Players*

**Christina Frederick**, University of Rochester

*An Investigation of the Utility of the Theory of Planned Behavior in the Prediction and Understanding of Training Behavior in the Adolescent Competitive Swimmer*

**W.K. Mummery**, Edmonton, Canada

*Post Fitness Test Affect: The Relationship Among Goal Discrepancy, Self-Efficacy, Performance, and General Affect in Female Soccer Players Over Time*

**Peter Crocker and Stacy Fyke**, University of Saskatchewan

3:30 - 4:15 **HEALTH PSYCHOLOGY COLLOQUIUM**

*To be a Martial Artist: Phenomenology of Self and Psychological Well-Being Among Traditional Karate-Ka*

**Participant:** Catherine F. Wingate, Monroe, CT

4:20 - 5:00 **HEALTH PSYCHOLOGY OPEN MEETING**

4:30 - 6:00 **INVITED SYMPOSIUM STUDENT SECTION**

*Mentoring on Mentoring: Finding the Right Match*

**President:** Penny McCullagh, University of Colorado at Boulder

**Participants:** Dan Gould and Elizabeth Hart\*, University of North Carolina at Greensboro; Maureen Weiss, University of Oregon; Steve Danish, Virginia Commonwealth University; Shawn McCann, United States Olympic Training Center; Chris Carr, Washington State University  
**Discussant:** Judy Van Raalte, Springfield College

6:00 - 8:00 **INVITED STUDENT WORKSHOP**

*Alternative Careers: Preparation Concerns*

**Organizer:** Elizabeth Hart, University of North Carolina at Greensboro  
**Workshop Leader:** John Anderson, Center for Sports Psychology

7:00 - 9:00 **SCAPPS Reception**

**FRIDAY, OCTOBER 15**

7:00 a.m. **Mastery Run**

7:00 a.m. **Past-Presidents' Breakfast**

8:30 - 10:00 **HEALTH PSYCHOLOGY KEYNOTE SPEAKER**

**President:** David Pargman, Florida State University

**Rod Dishman**, University of Georgia

*Adhering to Regular Exercise: Psychological Considerations*

10:15 - Noon **INVITED STUDENT WORKSHOP**

*Alternative Careers: Marketing Concerns*

**Organizer:** Elizabeth Hart, University of North Carolina at Greensboro  
**Workshop Leader:** John Anderson, Center for Sports Psychology

10:15 - 11:00 **SOCIAL PSYCHOLOGY COLLOQUIUM**

*Goal Setting and Performance in Sport and Exercise Settings: Findings, Issues and Applications*

**Participant:** Robert Weinberg, Miami University

## The Program

### 10:15 - 11:00 INTERVENTION/PERFORMANCE ENHANCEMENT COLLOQUIUM

*The Australian 1992 Olympic Sport Psychology Program: Intervention, Education or Both*

**Participant:** Jeffrey Bond\*, Australian Institute of Sport

### 10:15 - 11:15 HEALTH PSYCHOLOGY LECTURES

**Presider:** David Pargman, Florida State University

*Exercise, Mood States, and Immunity in Elite Swimmers During an Intensive 12 Week Training*

**C. Perry, P. Fricker, W. McDonald, and D. Pyne,** Australian Institute of Sport

*The Effects of Heavy Swim Training on Salivary Immunoglobulin-A: Implications for the Application of Relaxation Towards Enhanced Recovery*

**L. Ievleva and D. Pargman,** Florida State University

*Rehabilitation Exercise for Cancer Patients*

**J. Hall,** Temple University

### 11:00 - Noon INVITED ETHICS COMMITTEE SYMPOSIUM

*Professional Issues Influencing Ethical Behavioral Choices*

**Participants:** David Coppel, Private Practice, Seattle, WA; Thomas Hanson, Skidmore College; Elizabeth Hart, Physicians Health Plan of NC, Inc., Greensboro; Daniel Gould, University of North Carolina at Greensboro; Bob Rotella, University of Virginia

### 11:15 - Noon SOCIAL PSYCHOLOGY COLLOQUIUM

*Evaluating Determinants of and Support for Active Living Among Stay-At-Home Mothers in Rural Albertan Communities*

**Participant:** Tammy Horne, University of Alberta

### 11:15 - Noon INTERVENTION/PERFORMANCE ENHANCEMENT COLLOQUIUM

*Preparation of and Guidance for the Entering Sport Psychology Consultant*

**Participants:** M.A. Thompson\*, University of Texas at Arlington; J.P. Muczko, Louisiana Tech University

### Noon - 1:00 CROSS SECTIONAL SYMPOSIUM

*Selecting the Appropriate Applied Sport Psychology Graduate Program*

**Participants:** Kevin Burke, Northern Illinois University; Michael Sachs and Paul Salitsky, Temple University

### Noon - 1:00 Invited Panel—AAASP TASK FORCE ON HUMAN DIVERSITY

*Inclusion: Strategies for Creating Non-threatening and Supportive Environments for a Diverse Clientele*

**Participant:** Debra A. Ballinger, Chair, AAASP Task Force on Human Diversity

### Noon - 1:00 ROUNDTABLES—Sign up prior to conference with Penny McCullagh or at registration desk:

*Aggression in Sport*

**Participants:** Wayne Halliwell, University of Montreal; John Silva, University of North Carolina at Chapel Hill; Neil Widmeyer, University of Waterloo

*Motivation in Sport and Exercise*

**Participants:** Rod Dishman, University of Georgia; Joan Duda, Purdue University; Maureen Weiss, University of Oregon

*Burn-out In Coaches and Athletes*

**Participants:** Betty C. Kelley, Southern Illinois University; Dan Gould and Eileen Udry, University of North Carolina at Greensboro

### 1:00 - 2:00 HEALTH PSYCHOLOGY COLLOQUIUM

**Presider:** David Pargman, Florida State University

*The Usefulness of Social Cognitive Theory in Explaining Exercise Adherence*

**Presenter:** Gaston Gaudin

### 1:00 - 3:00 SOCIAL PSYCHOLOGY INVITED SYMPOSIUM

*Testing.....Testing.....Where is Sport Psychology?*

**Participants:** Tara Scanlan, University of California at Los Angeles; David Russell, University of Otago

### An Afternoon About Injury

### 1:00 - 2:15 INTERVENTION/PERFORMANCE ENHANCEMENT SYMPOSIUM

*Sport Psychology and the Injury Process*

**Participants:** Gretchen Kerr\*, University of Toronto; Lynda Mainwaring and Donna Krasnow, York University; Judy Goss, Olympic Athlete Career Centre

### 2:15 - 3:15 HEALTH PSYCHOLOGY COLLOQUIUM

**Presider:** John Heil, Lewis-Gale Clinic

*Returning Injured Athletes to Competition: What the Athletes Tell Us About Psychological Readiness*

**Presenter:** Frances Flint, York University

### 3:15 - 4:00 CROSS SECTIONAL LECTURES

**Presider:** David Kemler, University of Connecticut

*Life Stress and the Academic Performance of College Athletes*

**Trent A. Petrie,** University of North Texas; **Mark Andersen,** University of Wyoming; **Jean Williams,** University of Arizona

*The Stress and Injury Relationship: A Closer Look*

**Gretchen Kerr**, University of Toronto; **Judy Goss**, Olympic Athlete Career Centre

*The Association of Life-Stress and Cognitive Strategy with Symptoms, Immunosuppression, and Injury Among Olympic Athletes*

**Frank Perna** and **Sharon McDowell**, United States Olympic Committee

1:00 - 3:45 **INTERVENTION/PERFORMANCE ENHANCEMENT WORKSHOP***Contrasting Styles in Effective Consultation with Elite Athletes, Coaches, and Teams: An "In vivo" Analysis of the Consulting Process among Clinicians and Educators*

**Participants:** **Wes Sime\***, University of Nebraska; **Burt Gigas**, New Rochelle, NY; **Ken Ravizza**, California State University at Fullerton; **Keith Henschen**, University of Utah; **Ronald Smith**, University of Washington

2:30 - 4:00 **SOCIAL PSYCHOLOGY WORKSHOP***Race and Gender Messages: Learning from Growing Up*

**Participants:** **Jane Adair** and **Frances Johnston**, Temple University

3:00 - 4:00 **INVITED PRESENTATION ETHICS COMMITTEE***Toward an AAASP Ethics Casebook: Selected Ethics Cases*

**Participant:** **Edward Etzel\***, University of West Virginia

4:00 - 5:00 **AAASP DISSERTATION AWARD**5:00 - 7:00 **POSTERS**

1. *Conceptualization and Exploratory Analysis of the Social Support Survey-R Form*  
**Luis G. Manzo**, **Charles Hardy**, **Lawrence Rosenfeld**, and **Jack Richman**, University of North Carolina at Chapel Hill
2. *The Task and Ego Orientation in Sport Questionnaire: Further Analysis with Youth Sport Participants*  
**Mary Walling**, **Joan Duda**, and **M. Newton**, Purdue University; **Sally White**, Illinois State University
3. *Parents' Physical Activity Participation as a Role Model for Children's Physical Activity Participation*  
**E.A. Jambor** and **E.M. Weeks**, University of Houston
4. *Participation Motives Among Youth Soccer Participants: Similarities and Differences Across Divisions*  
**Eugene H. Wong**, University of Maine
5. *Competitive Trait Anxiety and Physical Self-Efficacy Among NCAA Division II Athletes*  
**Eugene H. Wong**, University of Maine
6. *Participation Motivation and Dropouts in High School Sport*  
**Ken P. Hodge**, University of Otago, New Zealand
7. *Goal Orientations and Preferences for Competence Information Sources*  
**Lavon Williams**, University of North Carolina at Greensboro
8. *The Relationship Between Goal Orientations and the Perceived Purpose of Sport Among Youths*  
**Sally A. White**, Illinois State University; **Joan L. Duda**, Purdue University
9. *The Relationship Among Self-Esteem, Social Physique Anxiety and Body-Esteem in Adolescent Elite Figure Skaters*  
**Jeffrey Martin**, **John Wirth**, and **Hermann Engels**, Wayne State University
10. *Examining the Factor Structure of the Social Physique Anxiety Scale*  
**Buffy Cramer-Hamann**, University of North Carolina at Chapel Hill
11. *Gender and Aggression in Sport: A Stereotype is Challenged*  
**Mark A. Thompson**, University of Texas, Arlington
12. *Social Support-Cohesion Relationship in Athletic Teams*  
**S.D. Hoar** and **W.N. Widmeyer**, University of Waterloo; **Charles Hardy**, University of North Carolina at Chapel Hill
13. *Describing and Explaining Gender Differences in the Cohesion of Athletic Teams*  
**Linda Glenday** and **W.N. Widmeyer**, University of Waterloo
14. *A Self-Esteem Intervention with Female Adolescent Athletes*  
**Susan Orgell**, Norwich, VT
15. *The Metaphysics of Quality and Coaches as Moral Agents: A Case for Research from a New Perspective and a Case in Point*  
**William Strean**, Windsor, Ontario
16. *Sources of Status in Sport Teams*  
**Shanthi Jacob** and **Albert V. Carron**, University of Western Ontario
17. *Motivation and Athlete-Coach Interaction*  
**Monica Fecchino**, Boston University; **Hedy Cyker**, University of North Carolina
18. *Perceptions of Group Cohesiveness: The Influence of Self-Handicapping*  
**Albert V. Carron**, University of Western Ontario; **Harry Prapavessis**, University of New England, Northern Rivers; **Robert Grove**, University of Western Australia
19. *The Group Size-Cohesion Relationship in Exercise Classes*  
**Albert V. Carron**, University of Western Ontario; **Kevin S. Spink**, University of Saskatchewan
20. *The Effect of the Coaches' Use of Humor on Female Volleyball Players' Evaluation of their Coaches*  
**Kevin L. Burke**, **Debbie Patterson**, and **Charles Nix**, Northern Illinois University
21. *Disordered Eating in Male Athletes and Non-athletes: Are There Differences?*  
**Trent Petrie** and **Kevin Walbrick**, University of North Texas
22. *A Comparison of Female Athletes and Non-athletes on Indices of Disordered Eating*  
**Trent Petrie** and **Courtney Johnson**, University of North Texas
23. *HIV/AIDS Related Attitudes and Behaviors of College Student Athletes*  
**B.P. Hunt** and **T.J. Pujol**, Northwestern State University; **J.P. Muczko** and **J.J. Lacina**, Louisiana Tech University
24. *The Relationship of Exercise Duration to Disordered Eating, Physical Self-esteem, and Beliefs About Attractiveness*  
**Annette Helmcamp** and **Trent Petrie**, University of North Texas
25. *The Role of Self-efficacy and Telic Dominance in Predicting Running Behavior*  
**S.C. Beatty** and **C.L. Pemberton**, University of Missouri at Kansas City
26. *Expectancies and Mood Alteration After Exercise*  
**Louis Parks**, The Graduate Center, City University of NY; **Bonnie Berger** and **David Owen**, Brooklyn College
27. *Variables Influencing Stated Willingness to Participate In Exercise in an Obese Population*  
**Selena Hoyos**, **Bernard Jensen**, **Burton Blau**, and **John McGuire**, University of Central Florida
28. *Benefits of Sport Psychology and Exercise in a Non-sport Setting*  
**Barry Copeland**, Syracuse University
29. *Effects of Acute Exercise on Positive and Negative States of Mind*  
**Steven Rider** and **Jean Williams**, University of Arizona
30. *Effects of Repression on the Psychological Benefits of Exercise*  
**Steven Rider** and **Jean Williams**, University of Arizona
31. *The Relationship Between Mental Skills and Enhanced Injury Rehabilitation*  
**Choeleen Loundagin**, Private Practice; **Leslee Fisher**, Pacific Lutheran University
32. *A Comparative Analysis of Cognitive Differences Among Female Elite and Non-Elite High School Field Hockey Players and High School Physical Education Class Non-Athletes*  
**L. Adams** and **D. Smith**, SUNY at Brockport

## The Program

33. *The Effect of Highlight Videos Upon the Game Performance of Intercollegiate Basketball Players*  
**David Templin** and **Ralph Vernacchia**, Western Washington University
34. *Training in Publication and Presentation Guidelines Among Sport Psychology Graduate Students*  
**B.D. Butki** and **M. Andersen**, University of Wyoming
35. *A Two Stage Evaluation of a Sport Psychology Internship*  
**Daniel Weigand** and **Peggy Richardson**, University of North Texas;  
**Robert Weinberg**, Miami University
36. *Computerized Sport Psychology Consulting - An Analysis of Consulting Experiences with Youth Baseball, Softball, and Teeball*  
**Kevin L. Burke**, Northern Illinois University
37. *Computer-Aided Analysis of Coaching Intervention: A Test of Intra- and Inter-Observer Reliability*  
**Kenneth More**, **Ian Franks**, **Tim McGarry**, and **Dave Partridge**  
University of British Columbia
38. *The Relationship of Hardiness and Mood Disturbances to Performance in Overtrained Swimmers*  
**Judy Dale Goss**, Canadian Olympic Association
39. *The Reported Use of Anabolic Steroids by High School Students*  
**M.S. O'Neil**, **W.M. Rogers**, and **R.J. Moriarty**, University of Windsor

### STUDENT INFORMAL SOCIAL (Time and Location TBA)

### SATURDAY, OCTOBER 16

7:00 - 8:00 **AAASP ETHICS COMMITTEE MEETING**

7:30 - 8:30 **INTERVENTION/PERFORMANCE ENHANCEMENT COMMITTEE - OPEN MEETING**

8:30 - 10:00 **SOCIAL PSYCHOLOGY KEYNOTE SPEAKER**

**President: Penny McCullagh**, University of Colorado

**Dale H. Schunk**, University of North Carolina at Chapel Hill

*Self-Efficacy, Motivation, and Performance*

10:15 - 11:15 **SOCIAL PSYCHOLOGY LECTURES – COACHING CONSIDERATIONS**

*Personal Investment in Coaching: Antecedents of Coaching Ideology, Behavior and Satisfaction*

**Robin Vealey**, **Heather Chabot**, **Susan Walter**, and **Lori Strait**, Miami University

*Analyzing Behaviors of Minor League Ice Hockey Coaches During Game Situations*

**Jean Côté**, University of Ottawa

*A Grounded Assessment of Coaching Development*

**John Salmela**, **Jean Draper**, **Denise Laplante**, and **Lucy Baxter**, University of Ottawa

*Assessing the Knowledge of Expert Gymnastic Coaches Who Work with Male and Female Athletes*

**Jean Côté**, **John Salmela**, and **Abderrahim Baria**, University of Ottawa;  
**Storm Russell**, CFLRI

10:15 - 11:45 **INTERVENTION/PERFORMANCE ENHANCEMENT SYMPOSIUM**

*Keeping the Mo' in Momentum Research: The Past, Present, and Future of Momentum in Sports*

**Participants: Jim Taylor\***, Aspen, CO; **Kevin Burke**, Northern Illinois University; **Robert Weinberg**, Miami University; **John Silva**, University of North Carolina at Chapel Hill

10:15 - Noon **HEALTH PSYCHOLOGY SYMPOSIUM - FATAL SPORT INJURY**

*Fatal Sport Injury: Managing the Aftermath*

**Participants: John Heil\***, Lewis-Gale Clinic; **Ralph Vernacchia\***, Western Washington University; **James Reardon**, Columbus Traumatic Stress Center; **Keith Henschen**, University of Utah

10:15 - Noon **INVITED SYMPOSIUM - ORGANIZATIONAL OUTREACH TASK FORCE**

*NCAA Legislation and the Practice of Applied Sport Psychology in an Intercollegiate Athletic Setting: An Update*

**Participants: Dave Yukelson\***, Penn State University; **Jodi Yambor**, Florida State University; **Dana Lerner**, University of Virginia; **Ken Ravizza**, California State University at Fullerton; **Dave Cook** and **S. Long**, University of Kansas

11:30 - 12:30 **SOCIAL PSYCHOLOGY SYMPOSIUM**

*Application of the Feminist Paradigm in Sport Psychology*

**Participants: Vikki Krane**, Bowling Green State University; **Diane Gill**, University of North Carolina at Greensboro

Noon - 1:00 **JASP Editorial Board Meeting**

Noon - 1:30 **SCAPPS Business Meeting**

### Qualitative Research Considerations

1:00 - 2:00 **INTERVENTION/PERFORMANCE ENHANCEMENT SYMPOSIUM**

*Assessing the Quality of Qualitative Research*

**Participants: Thomas Hanson\***, Skidmore College; **Doug Newburg**, University of Virginia

2:15 - 3:45 **SOCIAL PSYCHOLOGY WORKSHOP**

*The Nuts and Bolts of Naturalistic Research: How to Collect Qualitative Data*

**Organizer: William B. Streat**, Windsor, Canada

**Participant: Robert Eklund**

1:00 - 2:30 **HEALTH PSYCHOLOGY LECTURES**

**President: Lydia Ievleva**, Florida State University

*The Perspectives of Coaches and High School Female Athletes on Eating Disorders*

**Deborah Rhea**, University of Houston

*The Interrelation of Physical Activity and Other Health Related Lifestyle Behaviors*

**Leonard Wankel**, University of Alberta

*An Investigation of Adherence Motives in Committed Exercisers*

**John Craig Hudec**, University of Alberta

*An Investigation of the Utility of the Transtheoretical Model for the Understanding Exercise Behavior*

**Carol Hills**, University of Alberta

*The Stages and Processes of Exercise Behaviour Change*

**Trish Gorely, Sandy Gordon, and F. Bull**, University of Western Australia

*Self-Efficacy, Decision Making and Exercise Behaviour Change*

**Trish Gorely and Sandy Gordon**, University of Western Australia

### Forum on Cultural Diversity

#### 1:00 - 2:15 SOCIAL PSYCHOLOGY SYMPOSIUM

*Focus on Cultural Diversity: Teaching Models for Understanding Racism*

**Participants:** Jane Adair, Tina Sloan Green, and Erynestyne Adams, Temple University

**Discussant:** Carole Oglesby, Temple University

#### 2:15 - 3:45 HEALTH PSYCHOLOGY WORKSHOP

*Persuasive Communication, Motivation, and Performance: Impact on Minority Athletes*

**Participants:** Gilbert Smith\*, Elinor Smith\*, and Michael Sachs\*, Temple University

#### 2:00 - 3:30 INTERVENTION/PERFORMANCE ENHANCEMENT SYMPOSIUM

*Sport-based Life Skills Programs for Adolescents*

**Participants** Steven J. Danish\*, Susanna Owens, Kathy Kendall, and Douglas Jowdy, Virginia Commonwealth University

#### 3:45 - 5:15 POSTERS

1. *The Relevance of Cohesion in Co-Acting Teams*  
**Barry Copeland** and **William Straub**, Syracuse University
2. *Transitions: Making the Move from High School to College Athletics*  
**Andrew Silverstone** and **Christina Frederick**, University of Rochester
3. *Assessing Cohesion Russian Style*  
**Barry Copeland**, Syracuse University
4. *Team Cohesion and Performance in Basketball Games*  
**Fredrick G. Grieve, Christopher Hunter, Robyn Seemann, James Whelan,** and **Andrew Meyers**, Memphis State University
5. *Reduction of Competitive Trait Anxiety in Youth Sports: Effects of a Coach Training Intervention*  
**Nancy P. Barnett, Frank Smoll,** and **Ron Smith**, University of Washington
6. *Path Analysis Examining Pre- and Post-Competitive State Anxiety and*

*Confidence, Perceived Likelihood of Team Success and Volleyball Performance*

**Virginia Alexander** and **Vikki Krane**, Bowling Green State University

#### 7. *Social Loafing - The Effect of Goals*

**Kevin M. Antshel** and **Charles Hardy**, University of North Carolina at Chapel Hill; **Damon Burton**, University of Idaho; **Nanden Hichkad**, University of North Carolina

#### 8. *A Within-Subjects Comparison of Competitive Anxiety and Affiliation Preferences Among Team and Individual Athletes and the Influence of Birth-Order*

**Kathleen A. Martin** and **Craig Hall**, University of Western Ontario

#### 9. *Football Players Perceptions of Motivational Climate and the Relationship with Satisfaction and Commitment to the Team*

**Vance Tammen**, University of Illinois

#### 10. *Coaching Skills/Competencies: A Developmental Model*

**Norm Chouinard** and **Sean Draper**, University of Ottawa

#### 11. *Categorization in Interpretative Qualitative Analysis*

**Sean Draper** and **John Salmela**, University of Ottawa

#### 12. *Mental Practice for Olympians*

**Steven Ungerleider**, Integrated Research; **Jacqueline Golding**, University of California at San Francisco

#### 13. *Metacognitive Knowledge and Expert-Novice Basketball Performance: A Preliminary Investigation*

**Jeffrey Toward**, McGill University

#### 14. *Performance Enhancement Strategies Employed by Professional Tennis Players*

**Charmaine DeFrancesco** and **Sammantha Simmons**, Florida International University; **Kevin Burke**, Northern Illinois University

#### 15. *"Pushing" and "Letting Go" Performance States: An Exploratory Study*

**Laura Schneider** and **Richard Fenker**, Texas Christian University

#### 16. *The Impact of Attentional Style Upon the Utilization of a Self-Talk Training Program to Improve Perceptual Motor Task Performance*

**Tova Rubin**, North Carolina A & T State University

#### 17. *The Effect of Two Intervention Programs on the Performance of Open Tasks of Elite Women Basketball Players*

**C. Savoy**, Dalhousie University; **P. Beitel**, University of Tennessee

#### 18. *The 10 Second Solution: The Impact of a Mental Training Program Implemented During the Time Between Rallies in Racquetball*

**R. Friesen, M. Mahon, C. Botterill, S. Holborn,** and **D. Johns**, University of Manitoba

#### 19. *Enhanced Performance and Self-Concept: Goal Difficulty and Feedback*

**Robert McGowan**, University of Richmond

#### 20. *The Effects of Goal Setting Techniques on Athletes' Goal Commitment, Certainty and Acceptance*

**D.G. Fairall** and **W.M. Rodgers**, University of Windsor

#### 21. *The Effects of Imagery on Competitive Anxiety of High School Wrestlers*

**L. Vandeburg** and **D. Smith**, SUNY at Brockport

#### 22. *The Effects of Relaxation and Imagery Training on Free Throw Shooting Accuracy: A Multiple Baseline Across Subjects Design*

**Bernard Jensen, Janet Golden, John McGuire,** and **Wayne Burroughs**, University of Central Florida

#### 23. *Internal and External Mental Imagery Perspective and Performance on Two Tasks*

**Martha Glisky** and **Jean Williams**, University of Arizona

#### 24. *A Study of the Beneficial Effects of Competitive Trait Anxiety: Perceptions in Both Practice and Competition*

**Kelly Nordell, Wes Sime,** and **Tom Wandzilak**, University of Nebraska

#### 25. *The Effects of Imagery Training upon the Accuracy of Baseball Pitchers: A Multiple Baseline Case Study of Four College Athletes*

**Douglas Dawson, Wes Sime,** and **Tom Wandzilak**, University of Nebraska

#### 26. *Imagery and the Transfer of Bicycle Ergometer Training to On-Ice Skating Speed*

**G.P. Kelly**, Malaspina College; **B.L. Howe**, University of Victoria

#### 27. *The Interrelationships Among Subjective Imagery Assessments and EEG Brain Maps*

## The Program

V.E. Wilson, E.I. Bird, G.E. Schwartz, and J. Williams; University of Arizona

28. *The Effectiveness of Mental Imagery and Personal Knowledge Training on Performance of Female Figure Skaters*  
Diane Mack, London, Ontario

5:30 - 8:00 **PRESIDENT'S LECTURE**

Charles Hardy, University of North Carolina at Chapel Hill

**AAASP BUSINESS MEETING**

**PRESIDENT'S LECTURE**

Jean Williams, University of Arizona

8:00 **BANQUET**

**SUNDAY, OCTOBER 17**

7:30 - 9:00 **Certified Consultants' Breakfast**

8:30 - 10:30 **HEALTH PSYCHOLOGY LECTURES**

**Presider: Lise Gauvin**, Concordia University

*The Nature of Outcome Expectations for Exercise in the Hierarchy of Physically Active Women's Everyday Pursuits*

Lise Gauvin and Ann O'Halloran, Concordia University; W.M. Rodgers, University of Windsor

*Connecting Behavioral Intentions, Leisure Time, Physical Activity and Exercise Behavior*

W.M. Rodgers, University of Windsor; Lise Gauvin and Ann O'Halloran, Concordia University

*The Development of Reliable Instruments for the Assessment of the Health Belief Model*

Daniel Weigand, Bert Hayslip, Jr., and Peggy Richardson, University of North Texas; Robert Weinberg, Miami University

*Development of the Child/Adolescent Exercise Log: A New Comprehensive and Efficient Self-Report Instrument*

Anne Garcia, Mary Ann Norton Broda, Cynthia Coviak, Alicia Bryant, and Nola Pender, University of Michigan

*Verification of Shorter Self-Motivation Inventories*

Christina Jackson and Kenneth Kambis, College of William and Mary; Charles Jackson, Old Dominion University

*Down-Sizing Mood States Assessments: When is Enough Enough?*

Charles Jackson, Old Dominion University; Kenneth Kambis and Christina Jackson, College of William and Mary

*Concerns About Weight and Use of Weight Control Methods Among High School Female Athletes*

Virginia Overdorf and Kathy Gill, William Paterson College

*Applying "Stage" Theory of Behavior Change to Exercise: A Replication and Extension*

Joe Willis, Benjamin Layne, Sandra Owen, G.O. McCalep, and Mary Beth Elliott, Georgia State University

8:30 - 10:00 **INTERVENTION/PERFORMANCE ENHANCEMENT WORKSHOP— COUNSELING WOMEN ATHLETES**

*Counseling Women Athletes: Issues and Strategies*

**Participants:** Karen Cogan\* and Trent Petrie, University of North Texas

8:30 - 10:30 **INTERVENTION/PERFORMANCE ENHANCEMENT SYMPOSIUM—CONFLICT OR COOPERATION**

*Conflict or Cooperation in Applied Sport Psychology: Bridging the Gap Between Sport Science and Psychology Trained Professionals*

**Participants:** Jim Taylor\*, Aspen, CO; Lou Makarowski, Pensacola, FL; Steve Brennan, Omaha, NE; Wes Sime, University of Nebraska

**Discussant:** Ken Ravizza, California State University at Fullerton

8:30 - 10:00 **INTERVENTION/PERFORMANCE ENHANCEMENT SYMPOSIUM—USE OF TECHNOLOGY**

*The Use of Technology to Enhance the Performance of Athletes*

**Participants:** Dan Smith\*, SUNY Brockport; Louis Csoka, USMA West Point; Evelyn Hall, University of Utah; William Straub, Sport Science International

10:00 - 11:30 **INTERVENTION/PERFORMANCE ENHANCEMENT WORKSHOP**

*Strategies for Using Video to Enhance Athletic Performance*

**Participant:** Bill Allyson\*, University of Virginia

10:15 - 11:15 **INTERVENTION/PERFORMANCE ENHANCEMENT WORKSHOP**

*A Mental Training Program for College Golfers*

**Participant:** Glen Albaugh\*, University of the Pacific

10:15 - 11:15 **SOCIAL PSYCHOLOGY COLLOQUIUM**

*Psychological Response of the Olympic Team Alternate*

**Participant:** Merry Miller, Calgary, Canada

10:45 - Noon **HEALTH PSYCHOLOGY SYMPOSIUM**

*Exercise Therapy in the Treatment of PTSD: Potential for Use With Selected Populations*

**Participants:** Lois Butcher\*, Temple University; John J. Guerin, Delta Psychological Associates; Kate F. Hays, The Performing Edge

# AAASP Spring EB Meeting: The Minutes

April 29 – May 2, 1993  
Montreal, Quebec, Canada

Thursday, April 29

**Board Members Present:** Charlie Hardy (President), Jean Williams (President-Elect), Michael Sachs (Past-President), Kevin Burke (Secretary-Treasurer), Linda Petlichkoff (Publications Director), David Pargman (Health Psychology Chair), Al Petitpas (Intervention/Performance Enhancement Chair), Penny McCullagh (Social Psychology Chair), and Elizabeth Hart (Student Representative).

**1. Call to Order.** The meeting was called to order at 8:30 p.m. by Hardy who welcomed all Executive Board members and the Business Manager to Montreal.

**2. President's Report.** Hardy expressed his pleasure with the work that has been performed so far this year. He stated that AAASP is in Phase II of the developmental process. With this phase, management and leadership functions must be effectively integrated. Hardy expressed his special gratitude toward all Executive Board, Committee, and Task Force members. Hardy discussed and focused on the following "challenge areas:"

- a. *economic impact*—many issues such as dues, financial considerations, academic budget reductions, etc.;
- b. *secondary tension*—disciplinary parochialism; research-practice schism; and the generation gap;
- c. *leadership pool*—increase the leadership pool for AAASP offices;
- d. *organizational image and assertiveness*—AAASP must assert and present itself in a professional manner; and,
- e. *growth management*—Will the market support our growth? What is AAASP's role in this process?

Hardy presented the Board with documents dealing with "long range planning" and the "leadership pool" for further discussion on Sunday. Hardy shared an abstract that supports the interaction of counseling and physical education in sport psychology.

**3. Constitution.** Petlichkoff led the discussion on necessary changes in the constitution. The Board went over several proposed changes in the constitution to be

voted on at the conference. Discussion ensued on the clarification of the "fellow emeritus" status.

**4. Organizational Manual.** Williams led discussion on the needed changes in the organizational manual. She suggested that a "chronological" list of responsibilities supplement the position descriptions. These two formats would maximize a smooth transition of officers and enable the incoming officer to know both what needs to be performed and when these tasks need to be performed. **Action:** Williams requested that the Executive Board members submit another job description by September 1, 1993. Williams also suggested that various historical records (AAASP Archives) be kept with next year's president-elect being responsible for compiling archival records up until the present time.

**5. Cluster Groups Discussion.** The Board separated into smaller "cluster groups" to facilitate discussion: Group 1 (McCullagh, Pargman, and Williams)—fellow reviews and conference issues; Group 2 (Burke, Petitpas, Petlichkoff, and Sachs)—publications, membership, finances, and secondary tension; Group 3 (Hardy, Hart, and McGinnis)—marketing, continuing education, and certification.

**6. Adjournment.** The meeting was adjourned at 11:45 p.m.

Friday, April 30

Lise Gauvin [Canadian Society for Psychomotor Learning and Sport Psychology (SCAPPS) representative] was also present.

**7. Call to Order.** The meeting was called to order at 8:30 a.m. by Hardy.

**8. Approval of Minutes.** It was moved (McCullagh), seconded (Sachs), and passed (9-0) to approve the October 27 to November 1, 1992 minutes.

Hardy led a review of the action statements concerning these minutes. All action statements had been completed.

**9. 1993 Conference Report.** Sachs made some general comments concerning some of the conference arrangements. Discussion ensued on the philosophy of the annual conference. Some of the goals/philosophies were of public relations, increasing membership, sharing knowledge, directions for leadership and planning, escape, socializa-

tion, fun, quality control, and to earn income for AAASP. Discussion ensued on the ways to fulfill these conference philosophies.

**10. Funding to Recruit Conference Speakers.** McCullagh suggested that the three section chairs be allocated a specific amount of money to solicit invited speakers (other than the keynotes) to speak in each section at the conference. It was moved (Williams), seconded (McCullagh), and passed (9-0) to allocate \$300.00 to bring in Gaston Goudin to speak in the Health Psychology section at the 1993 conference. It was moved (Sachs), seconded (Pargman), and passed (9-0) that the three section chairs and the student representatives be allocated \$300.00 each to bring in non-member keynotes to the conference.

**11. Visit with Louise Dellaire, Canadian Visitors Bureau.** Louise Dellaire was asked by the Executive Board for information to provide to the membership concerning "places and things to do" in Montreal.

**12. 1993 Conference Final Program Report.** McCullagh led a review of the 1993 conference program in Montreal. Discussion ensued on the scheduling and content of the various presentations. Specific discussion occurred concerning the timing of the Presidential Address, and conducting the Business Meeting. It was moved (Burke), seconded (Petitpas), and passed (9-0) that the incoming president give the Presidential Address at the beginning of the presidential term, rather than at the end of the term. For the 1993 conference both Hardy and Williams will give Presidential Addresses.

Discussion of the various task force requests for program time ensued. Possible pre-conference workshops relating to continuing education credits, and presentations relating to the topics of human diversity were also discussed. The Board also discussed ways in which to get a higher return rate of the conference evaluations.

**13. Health Psychology Chair's Report.** Pargman thanked his HP committee for their review of the conference abstracts. Acceptance rate was near 85% for this section. The HP position paper (dealing with aids in sport and exercise) is being prepared by Arthur La Pierre. Rod Dishman will be the keynote speaker for the HP section.

**14. Social Psychology Chair's Report.** There were 56 submissions to the SP section

that included 4 symposia, 7 colloquia, 3 workshops, 17 lectures, and 25 posters. McCullagh shared her procedure for dealing with abstract submissions. McCullagh reported that no position paper has been developed for this section. Dale Schunk, of the Education Department at the University of North Carolina-Chapel Hill will be the keynote speaker for the SP section.

**15. Intervention/Performance Enhancement Chair's Report.** Petitpas reported an acceptance rate of around 80%. Mark Andersen has submitted a draft of the position paper on supervision for this section. Petitpas reported that the next issue of *The Counseling Psychologist* will be devoted to sport psychology. Terry Orlick will be the keynote speaker. Shawn McCann is completing a survey relating to the nature of sport psychology consulting opportunities.

**16. Adjournment.** The meeting was adjourned for lunch at 1:00 p.m.

**17. Call to Order.** The meeting was called to order at 2:30 p.m. by Hardy. Pargman had a previous engagement which required him to be unable to be present for the rest of the Spring Board meeting.

**18. Student Representative's Report.** Hart reported that she has organized sessions dealing with mentoring and alternative career paths in sport psychology in response to concerns raised at last year's student meeting. Hart discussed the desire to organize a student social in a local Montreal establishment (away from the conference hotel) to encourage informal student-professional interaction. Discussion ensued of offering a "Meet Your Executive Board" social in which the Executive Board would be present to interact with interested students. Also, the development of regional student contacts for distribution of information and communication was proposed. Hart gave suggestions that would facilitate the transition of incoming and future student representatives. Hart felt it was important that future student representatives be made aware of the potential importance their role plays on the Executive Board as a representative of the entire student membership of AAASP.

**19. Conference Items.** Sachs led a discussion of the various types of conference booths interested in being at the conference (i.e., Human Kinetics, Seagrams).

Discussion of an "official conference air lines" to serve the membership's travel needs ensued. It was moved (Sachs), seconded, (Petlichkoff), and passed (8-0) to select "U.S. Air Lines" as the official conference air line.

Discussion ensued concerning offering continuing education credits and the recruitment of paid student workers at the conference. It was moved (Sachs), and seconded (McCullagh), and passed (8-0) that McGinnis and Hart utilize a lottery system to recruit paid student workers at the conference.

Discussion ensued with regard to providing a continental breakfast for the Past-President's Council. It was decided that this would be appropriate for this special group who had served AAASP in a unique manner.

Sachs suggested having a special mailing concerning the upcoming conference.

Sachs suggested that some special items be offered for sale or given away at the conference. Discussion ensued as to what items would be appropriate for the membership and whether AAASP funds should be utilized for that purpose. It was suggested that sponsorship be sought to provide these items for the membership.

Conference registration fees were examined in relation to projected expenses. The overall total estimated expense for the upcoming conference was \$45,000.00. Suggestions for ways to reduce the costs of the conference were discussed. Lengthy discussion of the per person conference registration fees ensued. The Executive Board discussed numerous ways to reduce the registration fees for both AAASP and SCAPPS members. **Action:** Sachs was charged with speaking with SCAPPS concerning the registration fees for the conference. Gauvin gave the Executive Board several suggestions concerning some of the operational considerations of the upcoming AAASP/SCAPPS joint conference. Gauvin left the meeting at 4:30 p.m.

**20. Adjournment.** The meeting was adjourned at 5:45 p.m.

### Saturday, May 1, 1993

**21. Call to Order.** The meeting was called to order at 8:30 a.m. by Hardy.

**22. Secretary-Treasurer's Report.** Burke reported that the current total membership was 618 members. Professional membership was 331 (53%). Student membership was 285 (46%). There were 2 (1%) honorary members. AAASP has 254 (41%) female and 364 (59%) male members. The membership was also listed as 263 (43%) from the discipline of Physical Education, 306 (49%) from Psychology, and 49 (8%) from other

disciplines. Members were mostly from the United States (536 @ 87%) and Canada (49 @ 8%). Seven percent (42) of the AAASP membership were of Fellow status. Nine percent (58) of the membership were Certified Consultants, AAASP. The current budget was reported at \$79,427.47.

Burke reported that he had consulted with an accountant concerning the management of AAASP funds. The accountant suggested that the current handling of AAASP funds was appropriate for this type of professional, non-profit association.

Burke (Chair of the Computer Task Force) reported that the following individuals have AAASP-owned computers and printers: McGinnis-Macintosh SE (FDHD) computer & keyboard, and Hewlett Packard DeskWriter Printer; Burke-Macintosh SE (FDHD) computer & keyboard, and Macintosh Imagewriter II printer; Petlichkoff-Macintosh 2CI computer with 14 inch color display monitor & extended keyboard II, and Macintosh Laser printer; Duda-Macintosh 2CI computer with 14 inch color display monitor & extended keyboard, and Macintosh Personal LaserWriter printer; Williams-Macintosh SE (FDHD) computer & keyboard. It was moved (Burke), seconded (Sachs), and passed (8-0) that Burke purchase a Macintosh LaserWriter Select 300 for use in the duties of the secretary-treasurer's office.

The Executive Board gave suggestions as to ways to itemize the future conference income/expense reports even further. Burke discussed a preliminary plan to recruit new members to AAASP. **Action:** Burke was charged to bring a package to the 1993 conference that could be distributed to potential members of AAASP.

**23. Publication Director's Report.** Petlichkoff gave suggestions for new AAASP letterhead, size and type of paper for the newsletter, and the brochure. Petlichkoff suggested that there should be a publication that promotes the Certified Consultants, AAASP. The Executive Board discussed suggestions for ways to revise and improve the membership directory. It was moved (McCullagh), seconded (Petitpas), and passed (7-0, 1 abstention) that the size of the newsletter be reduced in size to 8 1/2 by 11 inches.

**24. Business Manager's Report.** McGinnis reported that next year's conference considerations have been narrowed down to Portland, Lake Tahoe, and Reno.

**25. Past-President's Report.** Sachs

thanked Hardy for his leadership and McGinnis for her work as Business Manager. Sachs asked for suggestions of discussion topics for the Past-Presidents' breakfast. Some of the topics suggested were secondary tension and accreditation.

Sachs reported that The Sport Psychology Council is still in the process of determining a meeting time. Sachs suggested that The Sport Psychology Council meeting be held on the Wednesday before the conference. It was moved (Sachs), seconded (McCullagh), and passed (8-0) that the members of The Sport Psychology Council be provided with one night's lodging and meals for their meeting.

**26. President-Elect's Report.** Williams reported a tie for the Dissertation Award. It was decided that both persons would receive the Dissertation Award. The Dot Harris Award recipient has been selected. Discussion ensued that the reward should possibly be given to persons who have had the doctoral degree for no more than seven years. It was moved (Williams), seconded (Hardy), and passed (8-0) that the Dot Harris Award nominees be for persons who have had the doctoral degree for no more than seven years, rather than five years.

The Executive Board decided that the award recipients would receive plaques. **Action:** Sachs and Williams were charged with developing the wording of the plaques for the awards. **Action:** McGinnis was charged with purchasing and engraving the plaque. It was moved (Sachs), seconded (Petitpas), and passed (8-0) that both Dissertation Award recipients receive a \$200.00 award.

Williams suggested that the 1995 AAASP conference be held in Williamsburg, Orlando, or New Orleans. Discussion ensued on the various possibilities of each sight.

**27. Adjournment.** The meeting was adjourned at 11:30 a.m. for a brief lunch.

**28. Call to Order.** The meeting was called to order at 11:50 a.m. by Hardy.

**29. Committee and Task Force Reports.** The Executive Board reviewed and discussed reports from the "Professional Development & Mentoring Task Force," "Organization Outreach & Education Task Force," "Accreditation Task Force," "Journal of Applied Sport Psychology Report," "Certification Committee," and "Ethics Committee."

Discussion ensued concerning the editors and reviewers involved with *JASP*. It was moved (Sachs), seconded

(McCullagh), and passed to allow the journal editors to serve another term on the *JASP* Editorial Board. **Action:** Duda was charged with considering staggering the term of the *JASP* Editorial Board members. Discussion concerning the contract for publishing *JASP* ensued. **Action:** McGinnis was charged with getting bids from various publishers, as well as the current publisher.

The Certification Committee requested that the Executive Board allocate funds for a summer meeting of the Certification Committee. It was moved (Sachs), seconded (McCullagh), and passed (8-0) that the Executive Board allocate funds for the summer Certification Committee meeting. It was moved (McCullagh), seconded (Williams), and passed (8-0) that, in principle, persons representing the Certification Committee be sent to other organizations to explain AAASP's Certification Program.

The Ethics Committee requested that AAASP provisionally adopt the American Psychological Association's Ethical Principles and Code for a one year period while the Ethics Committee considers sport-specific revisions. It was moved (Sachs), and seconded (McCullagh), and passed (8-0) that it is recommended to the AAASP membership follow the APA Ethical Principles and Code until AAASP develops its own specific ethical principles and code. Petitpas suggested that the Executive Board seek legal counsel in this matter of establishing an ethical principles and code. It was moved (Sachs), and seconded (Petitpas), and passed (8-0) that AAASP distribute the new APA Ethical Principles and Code to the membership. **Action:** Andy Myers and Dan Gould were charged to develop a cover letter to be sent with the APA Ethical Principles and Code that is to be mailed to the AAASP membership.

**30. Adjournment.** The meeting was adjourned at 1:00 p.m.

## Sunday, May 2

**31. Call to Order.** The meeting was called to order at 8:30 a.m. by Hardy.

**32. Committee Reports.** Reports from the "Continuing Education" committee and the "Human Diversity Task Force" were reviewed and discussed. Some discussion ensued on the purpose(s) and philosophies of continuing education and AAASP's position on human diversity. Some suggestions were given concerning the "survey on human diversity" questionnaire. The position

statement on human diversity as prepared under the leadership of Debra A. Ballinger was reviewed. **Action:** The Executive Board charged the Human Diversity Task Force to develop a one page statement concerning appropriate language.

**33. Conference Expenses.** Sachs reported that McGinnis and he had re-evaluated the conference expenses in relation to setting the registration fees for the 1993 conference. The estimated expenses were \$46,125.00 for the conference. The estimated income for the conference was \$53,495.00. Therefore, the total estimated balance for the conference is +\$7,370.00. These figures do not include dividing the expenses and income proportionality between AAASP and SCAPPS. Also these figures are based upon conservative estimates on potential conference attendance.

**34. President-Elect Strategic & Long Range Planning.** Williams led a discussion of ideas, goals, and suggestions for her upcoming tenure as AAASP President. Listed as major goals were the adoption of a code of ethics and to market AAASP. Some other suggestions were to increase the *Journal of Applied Sport Psychology* to 3 issues a year, development of a grant program, increase the membership, resolve the question of accreditation, and to promote continuing education. McGinnis left the meeting at 10:45 a.m.

Much discussion ensued concerning "alternative" career paths and the mentoring of future sport and exercise psychology students. **Action:** The three section chairs (McCullagh, Chair) were charged to be involved in a task force to propose a grant program. **Action:** Sachs was charged with developing agenda items for the Sport Psychology Council.

The Executive Board members submitted names of potential members (leadership pool) who may be interested in running for offices in AAASP.

**35. Closing Remarks.** Hardy asked the Board members to comment on the efficiency and success of the Spring Executive Board meeting. Discussion ensued on the scheduling of the meeting and the accomplishments of the Board. Hardy thanked all of the Board members for their sincere efforts and time devoted to AAASP.

**36. Adjournment.** The meeting was adjourned at noon.

Respectfully submitted,  
Kevin L. Burke, Ph.D.  
AAASP Secretary-Treasurer

# Section Reports

## Intervention/Performance Enhancement

Final plans for the 1993 Montreal Conference are in the works and the program is shaping up. With over 60 quality submissions, the I/PE committee had a difficult selection process, but developed an exciting program reflective of the diverse interests included within our section. We are particularly honored in having Terry Orlick as our keynote speaker.

I would also like to extend an invitation to anyone interested in the I/PE Section to attend our open meeting during the conference. This is an excellent time to meet the committee members and share ideas. Please mark your calendar and get involved. We value your input and will do our best to address your concerns.

See you in Montreal.

Al Petitpas



## Student

Greetings from Greensboro! Hopefully the summer months find you relaxing a bit and taking some time away from the school scene periodically. Many positive things have transpired since the last student section report. Most importantly, as the student representative, I am pleased to announce that both symposia developed in response to last year's student meeting are actively being organized and the speakers for both symposia have been finalized (see Conference program schedule). In addition, I am planning an informal student social during the '93 Conference (to be held off-site), in hopes of fostering enhanced communication between the students and professional members.

Please note that this year's student meeting will be held early in the program. I am fully aware that this scheduling may present problems for some of you because of the distance to travel, class schedules and so on. However, as reflected by last year's meeting, it is important that we have as much time together as possible, if we want to have an impact on our organization. The reason for the early scheduling of the student meeting is two-fold. First, we only come

together as an organization for a few short days a year. Therefore, it is believed that an early student meeting might stimulate concerns that can be addressed/discussed while at the conference. Second, it is vital that the incoming student representative has a large and active pool of energetic regional representatives to communicate with during the upcoming term. The sooner we communicate this need, the greater our chances of recruiting a strong group. It also seems reasonable that the earlier our meeting is, the better able we will be to address student issues through direct action, at the conference (e.g., interaction at the student social), and early in the new student representative's term (i.e., as the newly elected Executive Board takes over).

Many of you have expressed an interest in working at the registration table, as this offers an excellent opportunity to meet other student and professional members. Currently, I am working with our business manager, Boodie McGinnis, to develop a lottery system for selection of our workforce. Please feel free to contact me if you are interested in applying for this lottery (919) 370-4886. Also, please remember that other opportunities exist for you to network, specifically, at the conference banquet.

I'm looking forward to a great conference. Thanks go out to all of you who gave me great ideas over the year which stimulated many of the upcoming conference offerings.

Liz Hart



## Social Psychology

The Social Psychology Committee (John Noble, Maureen Weiss, Neil Widmeyer and Diane Wiese-Bjornstal) was pleased with the submissions for this year's conference and accepted 3 workshops, 7 colloquia, 4 symposia (one invited), 11 lectures and 31 posters.

All of the Program Chairs met in Montreal to literally cut and paste the program and I think we made some advances in trying to integrate some sessions that may be cross-sectional. For example, we will have an entire afternoon dedicated to Psychology and Injury. Since all three

sections had submissions in this area, we grouped the presentations in an attempt to enhance some interactions. We also did similar groupings with Cultural Diversity issues and Qualitative Research considerations. It is my hope that we will continue to improve interactions between our sections by facilitating such groupings at future conferences.

Although I did not organize "Meet Your Members" this year, (If I receive enough complaints, perhaps we can talk the new Social Psych Chair into doing them again next year), I did organize some cross-sectional roundtables. These roundtables are currently scheduled to occur on Friday over the lunch hour and will be limited to small groups. You can sign up **in advance** by contacting me on E-mail "McCullaghP@CUBLDR.COLORADO.EDU" or by leaving a message on my voice mail (303-492-8021). If you forget to do this, you can also sign up at the registration desk at the conference.

### Roundtables:

- Aggression in Sport:** Wayne Halliwell, John Silva, Neil Widmeyer
- Motivation in Sport & Exercise:** Rod Dishman, Joan Duda, Maureen Weiss
- Burnout in Coaches and Athletes:** Dan Gould, Betty Kelley, Eileen Udry

This year we will have an invited symposium entitled: "Testing...Testing...Where is Sport Psychology?" by Tara K. Scanlan, University of California, Los Angeles and David G. Russell, University of Otago. This thought-provoking symposium will have us reflect on whether we are merely using psychological theory and applying these to sport, or whether we are indeed developing new knowledges in our field. The presenters will then share how they moved from quantitative data collection to qualitative data collection to test the beginning of a sport-specific theory. They will share the interview techniques they have used with two elite sport teams in New Zealand (the All Blacks men's rugby team, and the Silver Ferns, women's netball team). The symposium is designed with both the researcher and applied sport psychologist in mind.

Penny McCullagh

# Constitutional Amendments

## 1. Modify Article X, Section 1, regarding publications.

**Change the Statement:** "There will be three newsletters a year: winter, spring, and summer." to "There will be three newsletters a year: winter, summer, and fall."

**Rationale:** The changes reflect current procedures.

## 2. Delete from Article IV, Section 3, Number 3, regarding fellow criteria:

Under the fellow criteria, **delete:** "(during the first and second year of the Association only one or two years, respectively, will be required)"

Under the criteria for fellow emeritus, **delete:** "(At the outset of the Association, the person will have to be a fellow for a minimum of only one year and this will increase each successive year by a year until the Association has been in existence for five years)".

**Rationale:** Due to the age of the Association, the statements are no longer relevant.

## 3. Modification to Article VI, Section 4, regarding election procedures.

**In the following statement:** "The Winter Newsletter will request Association members send to the secretary-treasurer their recommendations for possible candidates to run for the offices eligible for election. The Executive Board at its spring meeting will evaluate the recommendations and determine a slate of two individuals for each office. Members will be mailed an election ballot in the Summer Newsletter which must be returned in September to the secretary-treasurer." **delete:** "Winter," "spring," "Summer," and "in September" and **change:** "secretary-treasurer" to "appropriate Executive Board member."

**Delete:** "Nominees for the office of president-elect, section chair, and student representative shall submit a brief biography and position statement. All other nominees shall submit only a biography." and **add:** "All nominees shall submit a brief biography and position statement."

**Rationale:** The old Constitution does not reflect currently used position statement procedures. Changing to not naming a specific Board member responsible for voting procedures allows future Boards more flexibility in determining in job descriptions.

## 4. Modifications to Article VI, Section 5.

**Delete from the Secretary-Treasurer responsibilities:** "tabulate all nomination and election results," "sending out membership renewal forms," and "publishing a membership directory" and **change:** "coordinating registration procedures for the annual conference." to "assist in coordinating registration procedures for the annual conference."

**Rationale:** New wording reflects current responsibilities.

## 5. Modification to Article VIII, Section 4.

**Change:** "AAASP Certified Consultant" to "Certified Consultant, AAASP."

**Rationale:** Change reflects the approved title.

## 6. Modification to Article X, Section 2.

**From the statement:** "Regular (non-charter) member fees will include receipt of the journal," **delete:** (non-charter).

**Rationale:** The term is no longer appropriate.

# Book Review

**Advances in Sport Psychology** by Thelma S. Horn (Ed.), Miami University. Champaign, IL: Human Kinetics Publishers, 1992

**Reviewer: Stacie M. Spencer, Northeastern University**

Advances in Sport Psychology is a text written for the graduate student and researcher oriented towards sport and exercise psychology. Thus, the density of the chapters tends to exceed the needs of the undergraduate and the focus on research discourages use as an applied text. As an edited text, Advances in Sport Psychology illustrates the advantages of combining the efforts of leaders within a field. Each chapter reflects the expertise and the energy devoted by the individual chapter author(s). As is the case here, this approach typically results in more clearly written and comprehensive chapters as compared to the traditional one or two author approach. As a textbook, Advances in Sport Psychology does not provide a comprehensive introduction to the field; however, each chapter provides a good summary of the literature, issues, and future directions relevant to that topic. Thus, use as a textbook may require supplementation.

The authors have adhered to a stylistic format that is often lacking in edited texts. Each chapter begins with definitions of and distinctions between relevant concepts followed by critical analyses and syntheses, rather than mere summaries, of the available literature, and ends with a discussion of future directions for research. The reference sections following each chapter are remarkably extensive and complete providing the reader with a handy record of the historical and contemporary literature available.

The reviewer recommends making the preface and the overviews of each section assigned reading. Horn is commended for her ability to write to the student with terminology and definitions that can be understood before taking a class in sport psychology. Horn emphasizes the "academic" rather than "applied" nature of the text, the role of research in a field of science, and the understanding of the empirical basis for applied work. At the beginning of each section, Horn takes the opportunity to

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# Considering Ethics

James P. Whelan

Welcome to the first installment of *Considering Ethics* (or whatever the title is) in the AAASP Newsletter. The purpose of this column is to create a dialog among our membership concerning ethical issues, questions, and dilemmas. My hope is that this dialog will serve to raise our awareness of ethical concerns and provide a forum for AAASP members to deliberate about ethical principles and guidelines for our organization. I have three goals in this first column. The first is to review briefly the often-cited argument for a profession's consideration of ethical issues and the importance of adopting an ethics code. Second, I will summarize recent activities of the AAASP Ethics Committee and present the specific challenges that the committee will tackle in the next few years. Finally, I will present my ideas for this column and invite the membership to become involved in the dialog for future installments of *Considering Ethics*.

## Why an Ethics Code?

Since its inception, our organization has been dedicated to the professionalization of sport psychology. The very impetus for AAASP's creation was to bring together sport scientists and psychologists interested in the issues surrounding the application of the sport sciences. As we establish ourselves as a profession, we must attend to both the privileges and responsibilities of being a profession. Privileges derive from society's agreement to accept our designation as a group of trained individuals possessing specialized knowledge and, therefore, the power implicit in this knowledge. Our responsibilities, in turn, result from the society's trust that the profession will regulate itself to do no harm, and to govern itself to ensure the dignity and welfare of individuals and the public. To maintain this status, professional organizations must develop and enforce guidelines that regulate their members' professional conduct. Ethical principles are one such set of self-regulatory guidelines. These principles, written as an ethics code, guide professionals to act responsibly as they employ the privileges granted by society. A profession's inability to regulate itself violates the public's trust and undermines the profession's potential to be of service to society.

Ethical codes of conduct that professions

adopt are based in the values of the society. Consequently, these values include the balance between the rights and privacy of the individual and the general welfare of society. Each profession must determine its social function. Then, the profession must develop a set of guiding principles that define the standards for professional practice. Of course, no set of principles can anticipate all situations that arise in the application of a profession's practice. However, useful principles should provide guidance when problems or dilemmas arise. These principles should also pro-actively direct the actions of its members. If this is accomplished, these principles will ensure society's trust in the profession.

## AAASP Ethics Committee

In 1987 the AAASP Ethics Committee was established to address the need for organizational and professional ethical guidelines. After considerable deliberation, this committee recommended that AAASP adopt the American Psychological Association's (APA) 1981 Ethics Standards for Psychologists. One reason for choosing this particular ethics code was the APA tradition for holding high standards for the practice of psychological service delivery. Another persuasive reason was that this code addressed many issues that AAASP members appeared to face. It was agreed that the activities of our members closely parallel the activities of psychologists. Consequently, our ethics code should be similar to the APA model.

As certification passed and the profession grew, our membership began to debate whether sport psychology activities required a distinct set of ethical principles that focused on athletes and athletic settings. To focus this debate, the chair of the Ethics Committee, Al Petitpas, initiated a 1990 study of AAASP members' experiences and attitudes about various ethical problems or dilemmas faced in their professional practice. Issues related to confidentiality and privileged communication, the acceptability of promotional efforts, concerns about the boundaries between the professional and the athlete or sport organization, and problems in clarifying roles when working within an organization emerged as concerns.

These reports, plus the various ethics

discussions at the last year's AAASP conference, emphasized the need for continued examination of our ethics code. Last fall, Charlie Hardy saw this need and identified ethics as one of the organization's internal agenda items. He asked Andy Meyers and Dan Gould to co-chair the Ethics Committee. In turn, Andy and Dan asked Bonnie Berger, Edward Etzel, Bill Parham, Kirsten Peterson, Robin Vealey, and myself to serve on the committee. Based on Charlie Hardy's call, the committee established four primary goals: (1) to articulate a set of ethical principles and guidelines for the organization; (2) to develop an ongoing educational agenda; (3) to develop a resource to assist the membership in the identification and solution of ethical dilemmas; and (4) to develop a system for handling ethical problems and complaints.

Efforts to accomplish these goals have begun. A set of recommendations has been made to the AAASP board. Included in these recommendations was the committee's call that AAASP members adhere to the 1992 version of the APA's Ethical Standards for Psychologists for one year or until modifications for a sport-specific code can be developed. At the spring Executive Board meeting, the Board recommended that AAASP members follow the APA code until the AAASP code is adopted. Information about the APA ethics standards will be distributed to the membership for comment and modification over the next few months. The committee is also sponsoring three presentations at the 1993 conference. These presentations will serve to "pilot" several of our major tasks. In one presentation, Al Petitpas and colleagues will present the data from the Ethics Committee survey and Robin Vealey, and I will debate with the membership the need for a set of sport-specific ethical guidelines. A second presentation, directed by Ed Etzel, will present and discuss several sport-related ethics cases. The third session, chaired by Dan Gould, will focus on professional issues that have an impact on ethical behavior. We hope that the conference will provide a "bottom-up" approach to the initial stage of accomplishing our four goals. Membership involvement and feedback will help us ensure that we identify the issues relevant to our profession.

In future installments, I hope that this column will create and promote a dialog

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## **Understanding Flow State and Factors Influencing the Occurrence of Flow in Elite Athletes**

**Susan A. Jackson, Ph.D.**  
Victoria University of Technology,  
Melbourne, Australia

Performing in an optimal state, where mind and body "connect," is the dream and goal of champion athletes. Understanding optimal states is important for those with an interest in attaining peak performance, since it appears that this experience of "everything coming together" is associated with performing at one's best. The concept of flow as described by Csikszentmihalyi (1990) has aided understanding of optimal states and has started to receive more attention from sport psychology researchers (e.g., Jackson, 1992a; Kimiecik & Stein, 1992). Understanding the experience of flow in the sport and exercise setting is the goal of the present author. A recently completed investigation into flow states (Jackson, 1992b) in elite athletes led to an in-depth description of the experience and identification of factors that influenced the occurrence of flow in these performers. Twenty-eight elite-level athletes from seven sports were interviewed to gain insight into the question: What does being in flow mean to athletes? Further, what factors do athletes perceive make it more or less likely that flow will occur and to what extent are such factors seen as controllable? It is not the intention of this article to discuss the results of this research (currently being written up for submission into sport psychology journals); however, an attempt will be made to draw out some of the more practical implications that may have application to other athlete populations.

The idea of an optimal experiential state while performing in sport has been given such popular terms as being "in the groove," "in the zone," even "in flow," but just what being in flow means for the athlete has not been clearly identified. Csikszentmihalyi (1975) has described flow as a state where there is complete involvement of the person with the activity, where there is the experience of a unified flowing from one moment to the next. Through years of studying flow, Csikszentmihalyi (1990) has developed and expanded upon several defining characteristics of flow. The eight distinguishing characteristics of flow most recently described by Csikszentmihalyi include: a challenge-skill

balance, a merging of action and awareness, clear goals, unambiguous feedback, concentration on the task at hand, exercising control, loss of self-consciousness, and transformation of time. The result of these "elements of enjoyment" is an autotelic experience, a sense of deep enjoyment that is so rewarding that people feel that expending a great deal of energy is worthwhile just to be able to have the experience.

The characteristics of flow just described have been found to be accurate descriptors of the experience of flow in several studies involving interviewing athletes about their understanding of flow (e.g., Jackson, 1992a, b). Themes arrived at through inductive content analyses that describe the flow experience for these athletes include such descriptors as: "felt easy," "complete task focus," "totally relaxed," "enjoying experience as it occurs," "totally absorbed in what I'm doing," "endless supply of energy," "leaves you feeling great," "things happening automatically," and "nothing else enters awareness."

It should not be forgotten that flow is a process, and it is the experiencing of several characteristics (such as those described above) together which make the flow experience so special. The process of flow is described by this swimmer:

*Where I've been happiest with my performance, and I've felt sort of one with the water, and my stroke, and everything. . . I was really tuned into what I was doing. I knew exactly how I was going to swim the race, and I just knew I had it all under control, and I got in and ah, I was really aware of what the whole, of what everyone in the race was doing. . . and I was just totally absorbed in my stroke, and I knew I was passing them all but I didn't care, I mean it's not that I didn't care, I was going, "Oh, this is cool!" And just swam and won, and I was totally in control of the situation. It was really cool.*

The word "flow" is an apt descriptor of this state of optimal functioning and was chosen by Csikszentmihalyi (1975) because people he interviewed used the term in their own descriptions of times when they acted with total involvement. The word flow is a succinct way of expressing the seemingly effortless movement characteristic of this experience. The following quotation by a triathlete illustrates this well:

*Well, you don't feel pain. You don't feel as if you're going too hard, or too softly, you*

*just flow. Just flowing, you can't feel yourself breathe, it's not a laboring. It's really efficient, you feel as if you're being really efficient. And you feel like you are a motor, you are a machine. But you're controlling your machine.*

This athlete continued with the motor analogy to describe the idea of efficiency and ease of performance that accompanies flow:

*It's like being in a state of suspension—you judge the correct pace for your fitness level, sort of psychic. It's like you've turned the car off and it's just going down the hill, you're not using any engine. You don't feel like you're using up your fuel.*

The flow state is obviously special to the sport experience of athletes. I have attempted to understand factors that may influence its occurrence to bring greater clarity to the psychological antecedents of flow states in sport. Practical implications from studying the flow experience in-depth with elite athletes are forwarded here as working hypotheses (Lincoln & Guba, 1985) that may help other athletes understand, be aware of, and achieve more often, this optimal state called flow. The ideas to be presented are likely to be most relevant to elite or high level athletes because these were the populations from which the findings were drawn. However, it may be that applications to other athletic and exercising populations can be made, I welcome comments in this regard.

First, flow is an important state to athletes, as evidenced by their descriptions of what it is like to be in flow. Awareness of flow state, as a term, and as an experience, could be greatly increased through professionals in sport psychology making it a more central topic in their intervention work with athletes and coaches. Flow needs to be demystified and presented to athletes as an optimal mental state that they have the potential to achieve through relevant mental preparation. An important finding from interviewing elite athletes is that most of the factors they identified for helping them get into flow (and for preventing flow) were perceived as being within their control (Jackson, 1992a, b).

Several mental skill areas can be focused on as areas of development to make the flow state more likely to occur. Two skills in particular stand out: relaxation and concentration. In fact, a good way of expressing flow state comes from combining these two words: **Relaxed Concentration**. Another

important area arising from the dimensions of flow analysis is that of *enjoyment*. While enjoyment is not a mental skill per se, it is dependent on the creation of an environment conducive to its expression, and this environment can be positively set up to enhance flow. Attention should be paid to creating an environment where *challenges and skills* are balanced at a level slightly above the athlete's personal average. Change can thus occur at two levels, modification of the challenges, or change of perspective so that skills can be perceived differently. Confidence is relevant here and, as evidenced in this study, is central to flow.

One of the most important mental skills relevant to flow that emerged from studying the experience of elite athletes is **confidence**. It is only when an athlete is sufficiently comfortable with his or her skills that attention can be taken off one's self-performing a task and put completely into the task itself. For this to occur, the athlete needs to perceive the task as one he or she can successfully complete, so that the challenge-skill balance occurs. Then, self-consciousness can disappear, focus can be directed entirely toward the task, and total absorption into the activity can facilitate flow. Confidence appears to be an area of skill development relevant to athletes at all levels, since those athletes most likely to possess confidence, the highly elite, do not always portray unshakable confidence. Confidence is a skill that may need continual work throughout an athlete's development, so that the perceived skills can be kept in balance with the ever-increasing challenges.

Besides relaxation, concentration, enjoyment, and confidence, there are several other areas that can be focused in areas of development and/or attention. Motivation to perform seems to influence athletes' ability to get into flow. The challenge-skill balance may be the most relevant area to focus on to help ensure that an athlete is optimally motivated. Attention to the challenge-skill balance will also influence arousal level. The level of arousal also needs to be at an optimal level for the individual, and exercises to either increase or lower arousal levels may need to be practiced by the athlete.

Precompetitive plans, competitive plans and preparation are important to enhancing the potential for flow to occur. It is important that in the time leading up to performance, athletes are doing what they need to do to feel ready. Focus should be increasingly

narrowed onto the performance, and this can only occur when all the organizational and mental preparation facets of the upcoming performance are attended to in an appropriate time frame. A clear plan for the performance is also important, allowing focus to be directed totally toward the doing, and bypassing the "thinking" about doing, level of performing.

Preparation goes back beyond the precompetitive stage. An athlete needs to be *physically ready* for the performance, and this involves months, even years, of purposeful, systematic training. At the high level of competition elite athletes participate at, the "skill" is no longer just being able to master the task, but being able to push the body to levels requiring incredible physical preparation.

The feeling of the performance is another factor influencing flow state. To increase the chances of one's *performance feeling good*, attention needs to be paid to all the cues that the athlete can refer to while performing that tells him or her whether he or she is "in sync" with the performance. This becomes part of the preparation factor, both at the physical and mental level of preparation.

Environmental/situational factors appear to be highly relevant to the achievement of flow state. Many of these factors are uncontrollable or "givens" in any particular performance, and so the best an athlete may be able to do if conditions are not optimal is to quickly and effectively make adjustments to increase the chances of flow occurring, or to get back into flow if it has been disrupted. Development of mental skills such as relaxation, concentration, and refocusing are critical in this regard. Part of the environmental/situational influences can also be controlled through preparation plans. For example, if a particular relationship causes an athlete stress, and emotional stress negatively affects the athlete's ability to get into flow, then the ability of this relationship to cause stress close to the athlete's competition should be reduced by distancing the athlete from this relationship if necessary.

Another somewhat uncontrollable influence on an athlete's ability to get into flow is the team influence. Ideally, attention should be focused toward helping the team as a whole, and all its members to achieve flow. If this is not possible (e.g., if a sport psychologist is working with only one athlete within a team), then the disruptive influence

that team factors can have on the athlete's ability to get into, or remain in, flow, should be minimized. This can be achieved by specifying what the negative influences are, and then working on developing the appropriate mental skill to negate their influence. For example, if an athlete gets distracted and upset by a teammate's criticism, the athlete can work on his or her own ability to either block out, or re-frame this criticism, and on his or her ability to de-focus. For certain sports, achieving flow may be dependent on the team being in flow, or at least being in focus. Rowing crews and cyclists competing in team pursuit events are two examples where team interdependence is critical and may be necessary if flow is to occur. Because the occurrence of flow can be limited by the team and other uncontrollable factors, it is probably important to foster realistic expectations in athletes concerning the likelihood of achieving flow on a regular basis.

To conclude, the factors presented here are among those found to be most important to the experiencing of flow by elite athletes. The understanding of, and perceived importance attached to flow by these athletes showed clearly the centrality of flow state to optimal performance and experience in sport. This is how one athlete expressed the significance of flow:

*Flow . . . is what gives you the buzz to keep doing what you're doing. Keep doing the sport. Because, once you've done it, once you've got it, then it just lifts you. Once you lose it, then it can be a real slog for a long time till you've got it back again. And once you've got it back again and you're just grooving along, everything's going well, you know, that's great. That's just what you want it to be.*

Flow is what performing to one's potential in sport is all about. Hopefully, with continued elucidation of the flow experience and factors underlying its occurrence, sport psychology researchers and practitioners can help athletes better understand flow state and what they may be able to do to help create the conditions for flow.

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## Book Review

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introduce the authors and to highlight the important issues to be discussed within the chapters.

The book is divided into four sections: Introduction to Sport Psychology, Individual Differences and Sport Psychology, Social-Environmental Influences and Sport Behavior, and Intervention Techniques and Sport Behavior.

Part I, *Introduction to Sport Psychology*, includes two chapters. The first chapter, by D. Feltz, provides the usual definitions and historical roots of the field, the roles of sport psychologists, and current issues in sport psychology. A. Dewar and T. Horn outline the process of scientific inquiry and research methods used within the field in the second chapter.

Part II, *Individual Differences and Sport Behavior*, includes chapters on personality, by R. Vealey, motivation orientations, by M. Weiss and N. Chaumeton, self-referent thought, by E. McAuley, arousal and performance, by D. Gould and V. Krane, and gender and sport, by D. Gill.

Space does not permit a thorough critique of each chapter; however, several chapters will be highlighted. Although the chapter on personality covers a wide range of topics, including perspectives, measures, and issues relevant to this topic, descriptions of the various perspectives are very brief and somewhat unclear. This chapter reflects the difficulty in summarizing in one chapter an entire field of study as it applies to a specific population.

One of the most impressive chapters in this section is the arousal-performance chapter contributed by Gould and Krane. Unlike many introductory texts, this chapter provides more than the drive theory and the inverted-U hypothesis. Also included are the multi-dimensional anxiety theory, the catastrophe theory, and reversal theory.

Part III, *Social-Environmental Influences and Sport Behavior*, includes chapters on group dynamics by N. Widmeyer, L.

Brawley, and A. Carron, leadership effectiveness by T. Horn, and sport socialization by S. Greendorfer. Again, the chapters in this section are thoroughly written. Of particular note is Greendorfer's chapter on sport socialization, in which the distinction is made between socialization *into* and socialization *through* sport with special attention paid to age and gender differences. Also addressed is the process of desocialization, when the athlete leaves sport.

Part IV, *Intervention Techniques and Sport Behavior*, includes chapters on imagery and mental practice, by S. Murphy and D. Jowdy, attention and athletic performance, by S. Boutcher, and goal setting, by D. Burton. Murphy and Jowdy make an important distinction between imagery and mental practice and present the inconsistent findings in the imagery-performance literature. Also presented are the theoretical explanations for the effects of mental practice and applied issues. Burton discusses the "Jekyll/Hyde" nature of goal setting: the importance of proper goal setting and the danger of improperly set goals. Attention is paid to goal orientations, goal setting styles, goal responses, ability inferences, and motivational consequences as well as specific goal attributes (specificity, difficulty, proximity, etc.).

As stated earlier, this textbook is not a comprehensive introduction to the field, as it is missing topics such as aggression in sport and athletic injury. Regardless of what is missing, the topics included are covered thoroughly and offer the graduate student a solid foundation, and of equal importance, a sense of the issues at hand plus a wide array of research possibilities.

## Applied Sport Psychology Forum

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Csikszentmihalyi, M. (1990). *Flow: The psychology of optimal sport experience*. New York: Harper & Row.

Jackson, S. A. (1992a). Athletes in flow: A qualitative investigation of flow states in elite skaters. *Journal of Applied Sport Psychology*, 4 (2), 161-180.

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Kimiecik, J. C., & Stein, G. L. (1992). Examining flow experiences in sport contexts: Conceptual issues and methodological concerns. *Journal of Applied Sport Psychology*, 4 (2), 144-160.

Lincoln, Y. S., & Guba, E. G. (1985). *Naturalistic inquiry*. Newbury Park: Sage.

## Considering Ethics

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about issues. This dialog will be among you, the membership. The format and focus may shift. The content, I hope, will span various ethical concerns and include diverse perspectives. If you have an ethical dilemma that you would like to see addressed, send it to me. Depending on the dilemma, I may have Ethic Committee members respond to the dilemma or I might call upon an ethics "expert." If you would like a forum for your opinion on an ethical issue, please write or call me. I will attempt to present your opinions within a debate with other members.

I challenge you to create this dialog and to contact me with your ideas, concerns, and questions. I can be reached at the Department of Psychology, Memphis State University, Memphis, TN 38152 or (901) 678-2147. While I will honor requests for anonymity, I ask you to include identifying information for me so that I can ensure that I fully understand the relevant issues. I look forward to hearing from you.

### Graduate Program Directory

The *Directory of Graduate Programs in Applied Sport Psychology* (3rd. Ed.) is now available. Co-editors, Michael L. Sachs, Kevin L. Burke, and Paul B. Salitsky compiled the most current information on graduate programs in Applied Sport Psychology and created this valuable publication.

If you or your students would like to purchase a copy, use the **AAASP Order Form** on the back of this newsletter.

### On the Move...

Please note a change of address for members:

Dr. Bruce D. Hale  
Division of Sport,  
Health and Exercise  
Staffordshire University  
Leek Road  
Stoke-on-trent ST4 2DF  
United Kingdom  
(W) 44 782 412515  
Fax 44 782 747112

Dr. Sally A. White  
227F Horton Field House  
5120 Department of HPERD  
Illinois State University  
Normal, IL 61790-5120  
(W) (309) 438-7501

**Election Ballot**  
**AAASP 1993 Executive Board Candidates**

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**Social Psychology Chair**

**Student Representative**

\_\_\_\_\_ **Bonnie Berger**  
\_\_\_\_\_ **Tara Scanlan**

\_\_\_\_\_ **Neil Widmeyer**  
\_\_\_\_\_ **Diane Wiese-Bjornstal**

\_\_\_\_\_ **Eric LaMott**  
\_\_\_\_\_ **John Noble**

Please sign your name across the flap of the envelope and return by *September 15, 1993* to Jean Williams, Dept. of Exercise and Sport Science, University of Arizona, Tucson, AZ 857211

**MEMBERSHIP APPLICATION FORM**

Please leave blank any information that you do not wish to have published in the Membership Directory.

Please indicate if you wish to be included on membership list mailings to:  
Professional Organizations  Yes  No Business Requests  Yes  No  
Is this your first time joining AAASP?  Yes  No

**I. BIOGRAPHICAL DATA**

Name: \_\_\_\_\_  
(last) (first) (middle)

Gender:  Male  Female

Complete Mailing Address:  
\_\_\_\_\_  
\_\_\_\_\_

Telephone Number: Work ( ) \_\_\_\_\_

Fax ( ) \_\_\_\_\_

Home ( ) \_\_\_\_\_

Electronic Mail Address: \_\_\_\_\_  
(userid) (node)

Highest Degree: (please circle) BA BS MA MS PhD EdD Other \_\_\_\_\_

Discipline: \_\_\_\_\_

Area of Specialization: \_\_\_\_\_

Institution Degree Obtained From: \_\_\_\_\_

Current Employment or Institution Affiliation: \_\_\_\_\_

**II. AREA(S) OF INTEREST (please indicate all that apply)**

Intervention/Performance Enhancement

Social Psychology

Health Psychology

**III. MEMBERSHIP CATEGORIES\***

(Application received after March 1, 1993 requires a \$10.00 late charge. This does not apply to new members)

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\*(membership year January 1-December 31)

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