

“ I want each of you to feel that you have a voice in this organization and that the E-Board gives serious consideration to your thoughts and concerns. ”

STAYING CONNECTED:

An Open Letter to the Membership



President's Column

Craig Wisberg
 AAASP President

During our recent meeting in Miami, the site of this year's conference, the Executive Board celebrated several recent accomplishments, heard an update on this year's stimulating conference program (see Marty's report elsewhere in this newsletter), and contemplated our organization's future. With over 1300 members and 20 years of history under our belt, AAASP continues to be the catalyst for progress in the field of exercise and sport psychology. It is also clear that we are an organization comprised of a diverse group of people with a variety of interests. What isn't as clear as we'd like it to be is how our members feel about the organization, the services we offer, the things we're doing well, and the things we might do better. One of the persistent challenges to a growing organization like ours is communication. More specifically, as we pursue our respective passions and initiatives, we need to work harder to stay connected. To this end, the Executive Board believes it's time to learn more about what our members like and don't like about AAASP, what you think might improve the vitality of our organization, and how you believe we might go about attracting new members and/or recovering some of the ones we have lost. Recent trends show a decline in the number of members in the Health and Exercise Psychology and the Social Psychology focus areas as well as the usual turnover of graduate student members. In the coming weeks I will be forming a membership committee that will explore ways to obtain your ideas and feedback. Their goal will be to gather the kind of information that will help the board determine the priorities we need to emphasize, the initiatives we need to pursue, and the things we need to do to solidify AAASP's place as the "go to" organization in applied sport and exercise psychology.

I want each of you to feel that you have a voice in this organization, and that the E-Board gives serious consideration to your thoughts and concerns. During the past year, we have approved several proposals in response to feedback we have received from one or more of you. For example, we have posted a number of items on our website, including news releases during the Winter Olympics as well as links to: a) other organizations with an emphasis in applied sport psychology, b) AAASP Certified Consultants, c)



other organization's conferences, d) media sources, and e) online journals. We have also published directions for individuals interested in the most recent AAASP financial statement (see the Winter/Spring Newsletter, p. 6) and are exploring the creation of an online practitioners journal that will publish applied articles

containing interviews with coaches, creative interventions with sport and exercise populations, and theory into practice papers. At this year's conference we are scheduling committee meetings, division meetings, and Special Interest Group (SIG) meetings at different times so that individuals with an interest in more than one of those meetings will not have to decide which one to attend and which one to miss. Due to the increased cost of travel and hotel accommodations, the E-Board has decided to run this year's conference at a loss in order to hold the financial strain on participants to a minimum. Our student representative, Heather Peters, is also supervising a roommate coordination plan for members interested in sharing a hotel room at the conference (see Heather's report in this newsletter). For the first time we are offering a "Family Pass" option for spouses, families, and significant others of fully registered AAASP members so those folks will be able to attend the member's presentation or accompany him/her to an occasional session at a reasonable price. In a good-faith response to the persistent concern of graduate students over the cost of conference registration, the E-Board has voted to reduce the price of this year's student registration by \$10. In the coming months we will continue to explore ways of minimizing the costs of AAASP membership and conference participation by expanding our marketing efforts and identifying potential sponsors of AAASP activities and events.

A Few Words on the Upcoming Miami Conference

Marty Ewing, Diane Whaley, and their program committee have put together an exciting line-up for this year's conference in Miami (see Marty's conference report elsewhere in this newsletter). With the assistance of Susan Rees and her staff along with Paula Pair and the Centennial Conferences folks, we anticipate a smooth running conference, comparable to the one we enjoyed last year in Vancouver. Please be sure to thank all of these folks when you see them. Also, let those of us on the Executive Board know what you like about this year's conference or offer suggestions for making future ones even better.

....continued from page 1

Proposed Constitutional Changes

We will be considering three proposed constitutional changes at this year's business meeting. Please read the following proposals and respective rationale for each and come to the meeting prepared to discuss and vote on them.

1. Organizational Name Change (Article I)

The name of our organization is cumbersome, especially for media and public relations efforts. This fact was once again brought home to a number of AAASP members who were interviewed as a result of our media outreach efforts during the recent Winter Olympics. Try picturing yourself saying "Association for the Advancement of Applied Sport Psychology" quickly to a journalist or media representative who asks, "What organization is it that you represent?"

Our current media and public relations consultants have both recommended that we seriously consider shortening the name and believe that now is the best time to do so. On the heels of our recent public relations efforts and with increased initiatives of a similar nature on the horizon, the E-Board is proposing (in a unanimous vote) that Article I be amended to read:

In conformity with its articles of Incorporation, the name of this organization shall be ASSOCIATION FOR APPLIED SPORT PSYCHOLOGY, INCORPORATED, a nonprofit corporation, incorporated in the State of North Carolina and operating under the laws of said state.

This name would preserve the essence and pronounceable sound of the present acronym (i.e., AASP), thus maintaining a strong connection to the past. Our present logo would require only minor modifications (see the first page of this newsletter and imagine the removal of the words "the Advancement of" in smaller font above the words "Applied Sport Psychology." After 20 years, we feel that our organization's dedication to the advancement of applied sport psychology is evident and no longer needs to be expressly stated. One final point relevant to this proposal is that we have recently purchased at a modest price three web addresses to use as additional pointers to our website. They are appliedsportpsych.com, appliedsportpsych.org, and appliedsportpsych.net. Regardless of whether the proposed name change passes, these addresses should attract increased numbers of visitors to our website and benefit our outreach efforts. And, if the new name were approved, these web addresses would replace the current one.

2. Composition of Fellow Review Committee (Article IX, Section 2)

The original policy for reviewing applications/nominations for Fellow status required that the review committee be comprised of the President-Elect (who serves as chair) and the four Division Heads. However, there have more than a few occasions where one or more of these individuals have not achieved Fellow status themselves. Therefore, the E-Board recommends the following amendment to the first paragraph of Article IX, Section 2:

There shall be a Fellow Review Committee consisting of five active Fellows who will serve staggered terms. The President will appoint members to the committee and ask one of them, preferably a Fellow who is in her or his third year of service, to chair the committee. The President's appointments to the committee will require the approval of the Executive Board. Fellow applicants/nominees must achieve the support of at least four committee members to be awarded Fellow status.

3. Deadline for Voting and Notification of Election Results (Article VII, Section 4)

During its recent meeting in Miami, the Executive Board thought it would be beneficial if newly elected board members were strongly encouraged to attend at least one day of the Executive Board meetings prior to the annual conference. That way these individuals could acquire valuable experience as to how the E-Board operates and be

able to hit the ground running when they begin their terms of office following the conference. The consensus was that the old procedure of introducing new members to the board on the Sunday morning following the conference was too rushed (since people were usually preoccupied with catching flights home). In order to give newly-elected members time to make appropriate travel plans to arrive a day or two early, the E-Board recommends the following amendment to the 9th sentence of Article VII, Section 4:

All voting will be completed 10 weeks prior to the Conference with all candidates being notified of the results by the President a minimum of 8 weeks prior to the Conference.

Speaking of voting, I hope all of you submitted your ballots before the July 1 deadline. On behalf of the Executive Board, I wish you all a pleasant summer and look forward to seeing many of you at the 2006 conference in Miami, September 27-30.

Call for Nominations for AAASP Executive Board

We are seeking your suggestions for candidates to represent you on the AAASP Executive Board. Individuals should have a record of timely and effective past involvement in AAASP, including work on AAASP committees, participation in AAASP initiatives, reviewer or editorial board member for JASP, or other relevant professional service.

For each nomination, please indicate the office you feel the nominee is best qualified for: a) President-Elect, (b) Student Representative, or (c) other board positions. Please forward nominations to the President-Elect by August 31, 2006.

Hotel conference lobby.

Editor's Note

No doubt about it. The dog days of summer are here. Yesterday, it was so hot I saw a dog chasing a cat, and he was walking. Okay, bad joke, but in many ways, the applied sport psychology world (especially for those following an academic calendar) seems to slow down a bit too. Resting in the shade, lapping lazily from the water bowl, maybe scratching a flea if feeling particularly energetic. . . .waiting for a new semester and a fresh start. Perhaps, the arrival of the newsletter will begin to get you thinking about Fall semester and the AAASP Miami conference. Get your applied sport psychology dog moving again, so to speak.

Each summer Auburn University hosts 3800 freshmen and their parents in one of eight 3-day, 2-night Camp War Eagle freshmen orientation sessions. Nine years ago, I suggested offering a 3-mile running tour of campus for interested parents. I knew better than to suggest a run for freshman at 6 am! The director of Camp War Eagle literally laughed in my face and said, "Sure, we can put it in the program but you're going to be out there by yourself." Some 70 or so parent runs later, I have yet to run alone during one of these early morning tours. If you have read this far, then you are wondering what this could possibly have to do with applied sport psychology or AAASP. Typically, Camp Five includes most of the incoming freshmen student-athletes and their parents. This year I had a swimmer's mother, a father of a baseball player, two mothers of track and field student-athletes and one father of a football player amongst my running tour group. As we traversed campus, I mentioned that in addition to my responsibilities at the university counseling center I worked with several of the university teams and individual athletes as their sport psychologist. I was amazed at the parents' questions and comments after I briefly described what a sport psychologist can do for a team, its coaches and their athletes. I also mentioned that it was still relatively rare to have a full-time person in this capacity within an athletic department. I think the swimmer's mother summed it up best when she said, "I can't understand why every athletic department doesn't have a sport psychologist. It just seems to make too much sense." I nodded and kept running, careful not to sound too strident or self-serving in my agreement. AAASP as an organization continues to find better ways to market itself and our applied sport psychology services, however, I found myself reminded of a statement made by Jack Lesyk's (AAASP Public Relations and Outreach Division Head). Each of us is AAASP's best PR person. Was this an opportunity lost? Perhaps. Maybe I should have agreed with the mother more emphatically. I think next time I might and also encourage her to voice her beliefs to the powers-that-be. One never knows what might be the tipping point.

And speaking of running. . . .the reintroduction of the AAASP Mastery Run will continue at the Miami AAASP conference. Initially organized and nurtured by Michael Sachs at Temple University, Jeffrey Martin of Wayne State University coordinated last year's beautiful run along the Vancouver Stanley Park seawall after a lengthy hiatus. In addition to Mike and Jeff, Kristen Dieffenbach has agreed to help organize this year's run. The time is set, 7 am on Saturday, September 30. The rest of the details are being worked on. Expect an informal 3-mile run this year with some bagels and Gatorade thrown in at the end. Nothing fancy. . . .just good folks and camaraderie. One more excellent way to network at the conference.

As always, feedback on the newsletter is appreciated. Questions, comments, observations? Contact me directly at dughank@auburn.edu.



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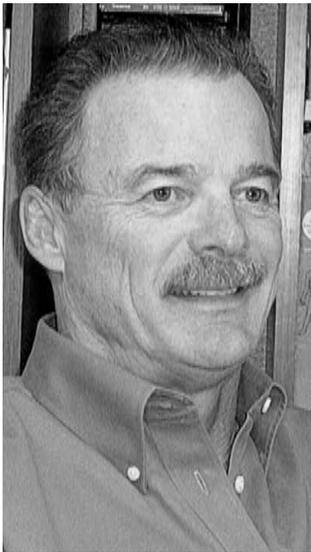
Does your institution have employment openings of interest to AAASP member?

We are pleased to announce the addition of a JOB BOARD on our website! Submit notices of faculty positions or other job opportunities on our Job Board. Also, please share the notice with your department chairs, athletic directors, and directors of counseling centers so they can post announcements appropriate to our membership on our new JOB BOARD.

Contact Susan Rees, AAASP Executive Director, by phone 608.443.2475, fax 608.443.2474 or email srees@reesgroupinc.com.

Check our website
for further details.

www.aaasponline.org



10 Burning Questions with Jim Bauman, Ph.D.

Interviewed by Deb Roche, AAASP Associate Editor

Jim Bauman received his Ph.D. from Washington State University in 1995 in Counseling Psychology with a research emphasis in sport performance. He is a licensed psychologist in Washington State and California. He is currently in his seventh year as a full-time Sport Psychologist for the United States Olympic Committee working out of the Olympic Training Center in San Diego, CA. Dr. Bauman has consulted with more than 60 different sports from youth to the highest national and international competitive levels, as well as entertainers, stage performers and businesses.

I (Deb Roche) had the pleasure of sitting down with Dr. Bauman shortly after he returned from the 2006 Winter Games in Torino, Italy. I'd like to express my personal thanks to Dr. Bauman for taking the time to meet with me and share his experiences and expertise with our readers.

1. The Millennial Generation has received much attention. Are there any recommendations you would make to Sport Psychologists to work more effectively with this population?

Technology is essential to working with this population. If we could integrate more technological tools in our work to improve their performance, I think they would be very responsive. They are a generation of immediate feedback and gratification. If we could develop tools, or utilize those we have that provide immediate feedback about physiology, they could then use this feedback to improve performances. You want to make the work you do with them fun and using tools like virtual reality and other computerized devices would do this. Technology allows us to give them immediate feedback; it allows them to see immediate results and make the necessary changes in their behavior.

2. What areas of research should we be focusing on to help us improve the work we do with athletes?

Cognitive processing speed is an area we could explore further. Sports are getting faster and athletes are getting bigger and stronger. If we could improve the relationship between processing speed and motor movement, there are infinite possibilities for athletes to progress. Technology is another area for research and development. Creating hand held, easy-to-use technological devices for athletes that provide them information about their bodies or simulate competition environments would be very beneficial.

3. When working with younger athletes (less than 18-years-old), what factors are the most important to consider?

I think it is important to intervene on several levels when working with young athletes. Usually I would focus on three session workshops with parents, coaches and athletes separately. Meet with the parents to work with them on being better "athletic parents." Help coaches to develop a good working relationship with the parents and their athletes. Also I try to focus on developing the relationships among all three parties, parent, athlete, and coach.

4. How "normalized" is Sport Psychology as a resource to athletes now versus 10 years ago?

The field is normalized more and more all the time. We have to be cautious about this. As professionals, it is crucial that we maintain our client's confidentiality and educate the athlete on how to disclose personal information about him/herself. Certain areas are utilizing Sport Psychologists more, like the PGA, LPGA, though there still seems to be some room at the collegiate level.

5. You did trainings with the U.S. Navy SEALs and Olympic athletes. Please describe what this experience was like.

Four years ago we started working with the Navy SEALs as part of the training for Olympic teams. USOC has summer and winter summits where athletes cross germinate. The steering committee began to work with the athletes 4 years out of the Games and asked them numerous questions to help them prepare. Things like, what are you doing to prepare mentally for the Olympics, and how are you dealing with distractions? The committee was also making an effort to create a more unified group of athletes beyond just their own sport. Those athletes that were attending these summer summits several years before the Games were being more successful at the Games. They were building unity and support across the different teams and sports. A colleague of mine had a contact at the San Diego Naval Base who was involved with the SEALs training. I went over to the base and observed the training. SEALs training is unique, like nothing I've ever seen. It captures mental toughness, combined with peak physical training. There is a very clear weeding out system, training, and eventual competition that the members are expected to complete. After observing this, I began to think about the similarities between the Navy SEAL regimen and athletes. I began to wonder if the software (mental aspect) would fail before the hardware (physical) in individuals put in these extreme stress situations. I also thought about how many athletes are great practice players, but when the competition comes, they don't perform well. For the members of the Navy SEALs program, the more pressure, the higher the stress, the better they perform. I began to wonder what it would be like for groups of athletes to get a snap shot of this training and these high-pressure situations even if they were not sport-related.

With the help of my friends at the Navy and my colleague who first introduced me, we began bringing groups of athletes from the summer summit to SEAL training. We would begin preparing them for the visit starting the night before the athletes were to participate in the training. They were told to leave their valuables, remove all piercings, bring extra clothing, and don't wear anything they liked. We told them you may get scraped or bruised, but they shouldn't get seriously hurt. There was a build-up of the unknown. The next morning they participated in the obstacle course, team boat races, and log PT. When they struggled, a SEAL would get in their face say things to them like, "I thought you were an elite athlete." They were pushed to try things they never did before. They were put on different teams and asked to compete against one another. The team who won was given 5 minutes to rest, and the other teams would have to continue running and doing calisthenics. If a team won and was not cheering for their fellow teams, they were told to do the activity again. It was a rigorous day where individuals were pushed mentally and physically.

6. What lessons did the athletes who participated in the Navy SEALs training learn?

There were many lessons that the athletes came away with from this training, and it was different for each athlete. After that experience, a lot of the athletes talked about having a better understanding of their "tank." They talked about how during the training they thought they had nothing left, but they found reserves they did not know they had and were able to pull from that to complete the task before them. Others talked about appreciating the support from teammates who yelled in support as you crossed the finish line. Still others left that day having a greater sense of themselves and their limits.

They pushed themselves farther in that training than they knew they could. They were able to translate the high stress situations to their competition and performance and build upon that for the Games. The athletes learned to be solution-focused. They also learned the importance and benefits of being able to think in the moment to solve a problem. Others talked about how much respect they gained for our Armed Forces. This was especially helpful after 9/11 to assist the athletes in feeling safe to participate in the Games. They knew these were the individuals who would be protecting them in Athens, and they were able to focus on their performance rather than worry about safety at the Games and during their events.

The incredible thing about this was the athletes' ability to draw on this later and transfer the physical and mental skills to the athletic arena. We saw a very significant correlation between teams who trained with the SEALs and performance at the Games. It appeared to translate into medals and wins for those teams, as well as increased cohesion and support among teammates.

7. In your experience what differences are there between the Summer and Winter Olympics?

Summer Games are much larger. You have far more representation not only from the U.S., but there are so many other nations that participate. It is massive. It is impressive going to opening ceremonies and being part of something so grand. On the other hand, the Winter Games are more intimate because it is smaller in size. With less athletes the relationship is different. There is greater recognition between us. Another difference is the events for the Winter Games are more separated, especially in Torino where some events were spread by an hour and half drive. This differs from the Summer Games. With Track and Field there are numerous events all in the same venue. There is more team support around that and camaraderie.

8. You have been quoted that when working with athletes you try to work with them to go back to why they began playing their sport. How do you help them reconnect with their original passion for the game?

I have found several factors can contribute to someone losing their passion for their sport. It can be anything from lack of confidence or motivation to a sudden loss of their support system. I first work with the athlete to gain perspective. They may have lost track of why they do this. I try to work with them to figure out where their passion has gone. I ask them to think back to why they got into sports and identify some factors so they can rediscover their original passion. Sometimes I encourage them

to look at upcoming events as moments of time instead of huge overwhelming periods or years. I will work with them to focus on a single moment, and then to focus on a month and then a national competition. Sometimes working backwards with the individual provides them with a change in perspective and allows them to see their goals and remember that passion that first brought them to their sport.

9. What is your most memorable Olympic moment?

Some of my most positive memories began with the most negative experiences for an athlete. Times when they don't make the Olympic team, and they are crushed. Maybe they just missed the cut off time by milliseconds or became injured during trials. Individuals sometimes have to re-evaluate the upcoming 4 years and determine whether or not to try again. One memorable story that has stuck with me was one day while I was watching a practice, I saw an athlete looking on in a wheelchair. I walked up to this individual and asked about their story, life and injury. I learned all about the individual and their athletic and personal life. All the time and effort put into going to the Olympics and 2 weeks before the Games getting injured and not being able to participate and having to stay behind. Being a favorite to win and having to see that dream fade away. After talking with the athlete, I later saw their parent and talked with them. I learned more about this individual and their drive from their father. Two years later I was at SEALs training and this athlete was one of the participants. They were selected for the Olympic team. I saw the father again before the Games, and he said to me, win or lose it doesn't make a difference, my child made the team.

The individuals are memorable. Watching them in the medal ceremonies is also remarkable. Each and every medal ceremony I have had the pleasure of watching is so memorable to me. Knowing all their struggles to achieve this and they did it. That's incredible, the whole experience. For that brief moment when they are on the podium, regardless of which medal they are wearing, their whole experience can be seen in their smiles and tears. It's truly amazing.

10. What advice would you give a new practitioner?

I would encourage a new practitioner to develop his/her ideology and put that first. Determine your vision for your practice and your philosophy and be true to that vision.



GOT CERTIFICATION?

EXERCISE AND SPORT PERFORMANCE CERTIFICATE

The Exercise and Sport Performance certificate is designed to give professionals in the health, sport and fitness world, athletes, sport psychology consultants, psychologists, marriage & family therapists and others, knowledge in the areas of sport and exercise psychology, sport physiology, kinesiology, and nutrition. This 28-unit certificate can be completed in one academic year and will provide eligible psychologists, marriage & family therapists and sport psychology consultants with much of the coursework required to apply for AAASP certification.

For more information contact:

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This is a paid advertisement and should not imply that the AAASP endorses the JFK University certificate.



21st ANNUAL MEETING OF AAASP

Hotel & City Information

Miami, Florida, USA
September 27—October 1, 2006

Please join us for the 2006 annual conference of AAASP to be held at the Hyatt Regency Miami in “Tropicool” Miami, Florida.



Hyatt Regency Miami
400 South East Second Avenue
Miami, Florida, USA 33131
305.358.1234
305.358.0529 (FAX)
www.miamiregency.hyatt.com

Ideally located minutes away from downtown Miami’s cultural and business center, the Hyatt Regency Miami offered guests the unique opportunity to make the most of their stay, providing direct access to famous Miami landmarks such as South Beach, the Art Deco District, Coconut Grove, Bayside Market and other major attractions. And getting there is a breeze thanks to Miami’s unique Transportation Center that includes limousine, Metro Rail, People Mover and scenic Water Taxi service, conveniently located at our front door. In short, your convention takes place in a spectacular downtown setting on the scenic Miami River and just minutes away from world-class shopping, golf and white sand beaches.

Room Rates:

- Single Occupancy \$125.00 US
 - Double Occupancy \$125.00 US
 - Triple Occupancy \$145.00 US
 - Quadruple Occupancy \$165.00 US
 - Petit Suite \$155.00 (single/double occupancy only)
- * Due to City of Miami Fire code, rollaway beds are not allowed in Dbl/DbI rooms

State & local taxes currently total 13%

RESERVATION PROCEDURES:

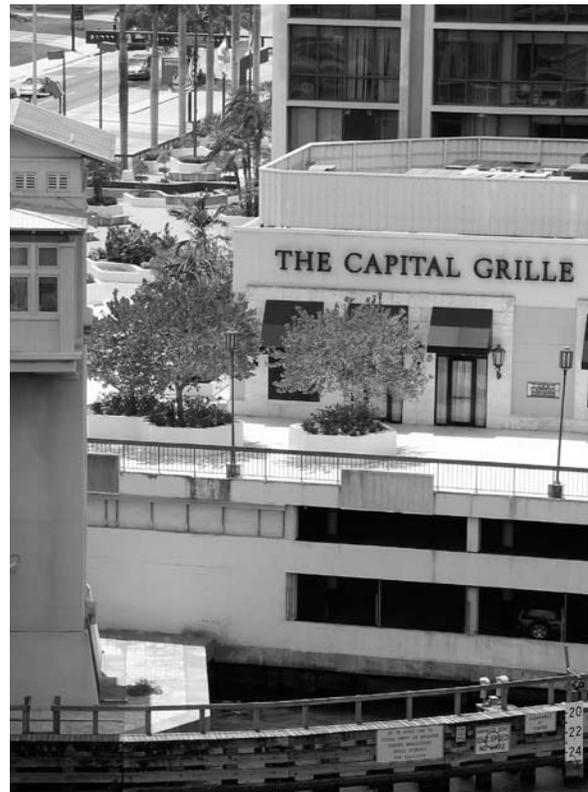
By phone, reservations can be made by calling the hotel directly at 305.358.1234 or toll free at 1.800.233.1234. AAASP participants must indicate that they are with the “Association for the Advancement of Applied Sport Psychology” to receive the group rate.

On-line reservations can be made on-line by clicking here:
miamiregency.hyatt.com/hyatt/hotels/rooms/room-description.jsp

GROUP CODE: G-AAASP

RESERVATIONS DEADLINE: The deadline for making reservations is August 27, 2006. Reservations made after this date will be on a space and rate available basis and must be made with the Hyatt Regency Miami directly by phone.

If you wish to extend you stay, the Hyatt Regency Miami will honor the group rate 3 days prior to and 3 days after the official conference dates, subject to space availability. We strongly recommend that you make your reservations NOW if you require or are considering making reservations for pre and/or post conference dates.





Miami, Florida, USA
September 27—October 1, 2006

Travel to the Hotel:

MIAMI INTERNATIONAL AIRPORT:

Super Shuttle Service: 24 hour service to and from hotel. \$13 US each way, per person. Guests should go to the Super Shuttle station located at the Van/Limo booth directly outside of baggage claim area. (Curbside) lower level for pick-up. (Blue vans with yellow lettering that says "Super Shuttle").

TAXI: Approximately \$20 US each way from the airport to the hotel.

FORT LAUDERDALE AIRPORT:

Super Shuttle Service: Super Shuttle does not come from the airport to the hotel but does go from the hotel to airport at \$24 US each way, per person.

TAXI: Approximately \$50-60 US each way.



CRUISE SHIP DOCKS: Approximately 3 miles from the hotel. Transportation to the docks is recommended by cab. It takes about 15 minutes and costs \$7-10 US.

LOCAL: People Mover/Metro Rail adjoins the hotel by tunnel. People Mover allows access to the entire downtown area and bayside at no charge. Metro Rail goes south to the University of Miami and Dadeland shopping mall, \$1.25 US per person one-way.

CAR RENTAL: Enterprise Rent-A-Car is located in the hotel lobby.

CHECKIN/CHECKOUT:

Check-in time is 4:00 pm and check-out time is 12:00 noon. Early departure fee is \$50 US. If you will depart earlier than your confirmed departure date (per the submitted rooming list or from any modified date made at a later time), then you must advise the Front Desk upon check-in in order to have an early departure fee of \$50 US waived.

Parking:

VALET PARKING is available at the hotel and is \$23 US overnight. Valet parking charges include in-and-out privileges. No vans, trucks or large vehicles.

SELF PARKING is available at \$12 US per day with NO in-or-out privileges. The parking lot used for self parking is not part of the hotel and is located one block away at the Bank of America building.



2006 AAASP On-Line Conference Registration

Pre-registration for the 2006 AAASP Conference must be completed with a credit card on-line at www.aaasponline.org. Full conference registration includes entry into all conference sessions, name badge, program and abstract book, welcoming reception on Wednesday evening, refreshment breaks, and the Saturday night banquet. Deadline for On-line pre-registration is Midnight (PST) **Friday September 1, 2006**.

PRE-REGISTRATION FEES

Professional Member Full Conference	\$245 US
Student Member Full Conference	\$180 US
Additional Guest Opening Reception Ticket (Wednesday)	\$ 25 US
Additional Guest Closing Banquet Ticket (Saturday)	\$ 45 US
Registration Guest/Family Pass	\$ 10 US

- AAASP members must register at the full conference rate.
- All presenters must be current members of AAASP and are required to register at the full conference rate. AAASP members who have invited non-AAASP members to participate in workshops or panel discussions (i.e., coaches, athletes) must submit names to the Past-President and Conference Coordinator, Marty Ewing by September 1, 2006 for waiver of conference fee.

*New this year: Available with a full registration is a \$10 pass, which will allow a non-AAASP member to attend a presentation or two. The intent of this \$10 registration is to allow friends and family to see a specific presentation or lecture. Individuals who plan to attend more than one lecture must register for the conference.

ON-SITE REGISTRATION FEES

*On-site registration will be available to current AAASP members and nonmembers¹ beginning Tuesday, **September 26, 2006**.*

Professional Member Full Conference	\$290 US
Student Member Full Conference	\$215 US
¹ Non-member Full Conference	\$375 US
² Non-member Day Pass (price is per day, 2 day maximum)	\$105 US
³ Registration Guest/Family Pass	\$10
Additional Guest Opening Reception Ticket (Wednesday)	\$30 US
Additional Guest Closing Banquet Ticket (Saturday)	\$55 US

¹ Non-member is defined as anyone who has never been a member of AAASP or a previous member who has not renewed since 2002. Non-member Full Conference Registration includes full member benefits for 2006. No back issues of JASP or the AAASP newsletter will be mailed with this conference fee.

² Day Passes are limited to non-members only. The Day Pass Registration rate does not include reception, banquet, or abstract book. Day Pass Registrants will have to pay for these items separately.

³ Family Passes are limited to family members of fully registered AAASP members who wish to accompany the member to his/her presentation or other sessions.

For more information, see the AAASP Web page at www.aaasponline.org for conference details and membership application.

CANCELLATION POLICY

Written refund requests must be received at the AAASP Office by September 8, 2006. If the request is received on or before September 8, 2006, a \$25 processing fee will be charged. If the request is received after September 8 but before September 26, 2006, a 50% processing fee will be charged. No refunds will be given for requests received in the office after September 26, 2006. Please mail refund requests to Susan Rees, AAASP Executive Director, 2810 Crossroads Drive, Ste. 3800, Madison, WI 53718. Susan's email is srees@reesgroupinc.com; or fax them to: 608.443.2474.



Kathy DeBoer, MBA
Executive Director, American Volleyball Coaches Association

“Gender and Competition: How Males and Females Approach Sports Differently”

Coleman Griffith Lecture
Wednesday, September 27, 2006
6:00 - 7:30 pm

Kathy DeBoer earned a Bachelor of Arts degree in humanities from Michigan State University and a Masters of Business Administration from the University of Kentucky. She coached the women's volleyball team at the University of Kentucky for 13 years where she compiled a 212 - 96 record, won three Southeastern Conference Championships, and advanced to the NCAA tournament four times. She was named National Coach of the Year in 1987. In addition to coaching, Kathy served as an advisor to the USA Women's National Team for 8 years and was part of the coaching staff for three United States Olympic Sports Festival Teams and one World University Games Team. Internationally, Kathy served as an assistant coach during the 1993 Grand Prix in South Korea, the 1994 World Championships in Brazil, and the 1996 Olympic Games in Atlanta.

During an illustrious sport career at Michigan State University, Kathy was a finalist for the Wade Trophy, the highest award given annually in women's basketball. DeBoer played 2 years of basketball in the Women's Basketball League, one of the first professional leagues for women in the United States.

DeBoer has written numerous articles on competition, coaching, and intercollegiate sports. Her work has appeared in the NCAA News, the National Federation News, Women in Higher Education, Coaching Volleyball, Coaching Women's Basketball, and Soccer Journal. She has authored book chapters for a sports medicine text entitled *The Female Athlete* and USA Volleyball's Annual Manual. In addition, she has produced videotapes on skill development and gender difference in competitive settings. Her first book, *Gender and Competition: How Men and Women Approach Work and Play Differently*, was published by Coaches Choice in 2003.

In 2006, DeBoer was introduced as the Executive Director of the American Volleyball Coaches Association.

Richard W. Pound

“Drug Use in Sport: Who, What, Why, When, Where?”



Health & Exercise Psychology
Saturday, September 30, 2006
10:00 - 11:15 am

Mr. Dick Pound has a long and distinguished career as a partner in the legal firm of Stikeman Elliott LLP which has offices throughout Canada, the United States, Australia, and England. In addition to his legal practice, Mr. Pound is the Chancellor of McGill University as well as serving on the McGill Athletics Board since 1976. Dick Pound has a lengthy sports administration career. Mr. Pound has been President of the Canadian Olympic Committee and Vice-President of the International Olympic Committee. Dick currently serves as the Director for the Vancouver Organizing Committee for the 2010 Olympic and Paralympic Games.

Pound was an Olympic finalist at the Olympic Games of the XVII Olympiad in Rome where he placed 6th in the 100m freestyle and 4th in the 4x400m relay. Dick earned a gold medal in the 110 yards free style and a silver medal in the 440 yards free style relay and in the 880 yards freestyle at the 1962 Commonwealth Games. Dick has been inducted into the Canadian Swimming Hall of Fame and the Canadian Amateur Athletic Hall of Fame.

Pound is currently serving as the Chairman of the World Anti-Doping Committee of the International Olympic Committee. As noted in a recent newsletter from WADA, Mr. Pound stated that “Our commitment to the fight against doping in sport has never been stronger, and we are dedicated to advancing research, monitoring and ensuring worldwide compliance with the Code, continuing the development of anti-doping programs, and facilitating the distribution of information and education for athletes and their entourage.”

In the words of Dick Pound, “Play true!”



Pia Nilsson & Lynn Marriott

VISION54/Coaching for the future, Inc.

“Every Shot Must Have a Purpose: The Role of Sport Psychology”



Performance Enhancement Keynote
Thursday, September 28, 2006
10:00 - 11:15 am

Pia Nilsson and Lynn Marriott are the founders and owners of VISION54/Coaching for the future, Inc., THINK54 and GOLF54. GOLF54 was rated the number one golf school in the United States by Golf Magazine in 2005. Pia and Lynn have been consultants and coaches to numerous professional players, juniors, college teams, national teams, professional organizations, and companies. In addition, Pia and Lynn serve on the LPGA National Education & Research Advisory Board and as consultants to the LPGA Urban Youth Golf Program.

Pia Nilsson was the Swedish National Coach during Annika Sorenstam's amateur years. Ms. Sorenstam says that “She [Pia] was the one that influenced me the most and helped me develop as I took my first professional steps.”

Nilsson was on the LPGA tour from 1983-1987 and served as the Captain of the European Solheim Cup Team in 1988. From 1996-1998 Pia served as the Head Coach for the Swedish National Teams, both men and women, as well as professionals, amateurs, and juniors.

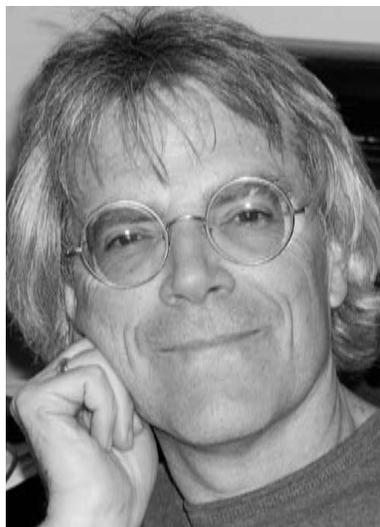
Nilsson has received numerous awards including the Executive Women's Golf Association Leadership Award, the 5-star professional award from the PGA of Europe, The First Tee Founder's Award, Sports Coach of the Year in Sweden, and The King of Sweden's Medal of the 8th Dimension with Royal Blue Ribbon.

Lynn Marriott was a member of the Women's Golf Team at Penn State University for 4 years and LPGA and PGA Class A Member for the past 20 years. Lynn was a teaching professional at several clubs prior to co-developing curriculum and education materials for the LPGA Teaching Manual and LPGA Teaching Schools I, II, and III. In addition, Lynn was the Director of Teacher Training for the NIKE LPGA teaching schools for 9 years.

Marriott has received many awards for her teaching including the LPGA National Teacher of the Year award in 1992, LPGA Western Section Teacher of the Year Award 3 different times, The First Tee Founder's Award, and Executive Women's Golf Association Leadership Award in 2005.

As authors of the number one best selling book on golf, Lynn and Pia have offered a unique approach to teaching. Their success has proven to them that a great game begins with a great vision.

Michael Messner, Ph.D.



“Gender at the Helm: Women and Men Coaching Youth Sports”

Social Psychology Keynote
Friday, September 29, 2006
10:00 - 11:15 am

Michael Messner is Professor of Sociology and Gender Studies at the University of Southern California, where he teaches undergraduate courses on sex and gender, masculinities, and sport. Dr. Messner is a prolific researcher and writer with over 40 published papers and chapters. He has conducted several studies of gender in sports media for the Amateur Athletic Foundation of Los Angeles, and for Children Now. Dr. Messner has published 10 books including *Power at Play: Sports and the Problem of Masculinity*, *Paradoxes of Youth and Sport*, and *Taking the Field: Women, Men, and Sports*, which was the winner of the 2004 Outstanding Book Award from the North American Society for the Sociology of Sport.

Messner has received numerous awards. Mike was awarded the USC College General Education Teaching Award in 2004, the Junior Scholar Award from the International Committee for the Sociology of Sport, in 1987, and the Distinguished Alumni Award from California State University, Chico.

Messner is a Past-President of the North American Society for the Sociology of Sport.



Ethics Keynote
Friday, September 29, 2006
3:00 - 4:00 pm

Olivia Moorehead-Slaughter, Ph.D.

“The Ethics of Athletic Excellence: More Than Just a Competitive Edge”

Olivia Moorehead-Slaughter, Ph.D. is a licensed Psychologist with eighteen years of experience in working with children, adults, and families across settings which include schools, outpatient mental health clinics, juvenile and probate courts, community health centers, and social service agencies.

Currently, she is the Psychologist at The Park School in Brookline, MA, a Nursery through Grade Nine independent school. She is a Senior Faculty Consultant for the Center for Multicultural Training in Psychology, an APA accredited Psychology doctoral internship program at Boston University School of Medicine and Boston Medical Center. Dr. Moorehead-Slaughter also has a private consulting practice through which she conducts workshops and presentations; and provides clinical and organizational consultation. For the past four years, she has been a Life Skills Consultant and Psychologist for the National Football League working with the New England Patriots.

Dr. Moorehead-Slaughter is a former member and Chair of the Board of Professional Licensure of Psychologists in Massachusetts. She is the Chair of the Ethics Committee of the American Psychological Association. In June 2005, Dr. Moorehead-Slaughter chaired the APA Presidential Task Force on Psychological Ethics and National Security. Her personal passions include reading, writing, baking, and the continuous pursuit of fitness.

Wednesday, September 27

Coleman Griffith Lecture: Kathy DeBoer, Executive Director of American Volleyball Coaches Association, former VB coach and author: "Gender and Competition: How Males and Females Approach Sports Differently"

Welcome Reception

Exhibit Hall Opens

Thursday, September 28

Student Regional Representative Meeting

Performance Enhancement Keynote Address: Pia Nilsson and Lynn Marriott, Co-founders of Vision54, LPGA tour members, coaches and authors: "Every Shot Must Have a Purpose: The Role of Sport Psychology"

Past Presidents Lunch

Graduate Program Fair

Student Social

Friday, September 29

Social Psychology Keynote Address: Mike Messner, Professor, University of Southern California and Past President of North American Society for Sociology of Sport: "Gender at the Helm: Women and Men Coaching Youth Sports"

Award Lectures

Meet the Professionals

Ethics Lecture: Olivia Moore, Licensed Psychologist and Chair of the Ethics Committee of the American Psychological Association: "The Ethics of Athletic Excellence: More Than Just a Competitive Edge"

Poster Session #1

Presidential Address

Business Meeting

Saturday, September 30

Health and Exercise Psychology Open Meeting

Health Psychology Keynote Address: Dick Pound, Chair of World Anti-Doping Agency and member of International Olympic Committee: "Drug Use in Sport: Who, What, Why, When, Where?"

Student Open Meeting

Fellows Meeting

Poster Session #2

Closing Banquet



2006 AAASP Conference Golf Tournament

ATTENTION AAASP GOLFERS!

The AAASP Conference Golf Tournament will be held on Wednesday, September 27, 2006 at the International Links Golf Course located approximately 15 minutes from the hotel. The International Links is a true championship layout with 5 lakes, nine waste bunkers, 97 sand bunkers, and a cypress wetland that is strategically placed! The course was designed by Charles Mahannah and is 7173 yards, par 71 from back tees and 5534 yards from the front tees.

The entry fee for the tournament is \$90 US which includes green fees and a cart, a box lunch, and transportation to and from the

course. Golfers will meet at 9:30 am in the lobby of the Hyatt Regency on Wednesday morning for a 9:45 am departure. A shotgun start will begin at 10:30 am!

The tournament format will be a scramble with all skill levels welcome, and teams will be organized according to handicaps.

You MUST register online at the same time you register for the AAASP conference. No late entries can be accepted. No refunds will be processed after September 1, 2006. A \$25 US fee will be charged if you cancel your entry prior to August 31.

After registering online, please send the following information to Linda Petlichkoff (lpetic@boisestate.edu):

Your name and golf handicap (or typical score on 18 holes).

Will you need to rent golf clubs (added cost to individual; \$25 for women and \$35 for men)?

Contact information (address, phone, email address).

Time you are arriving at the conference.

The shotgun start will allow everyone to return in time for the Coleman Griffith Lecture and Welcome Reception.

Direct all questions to Marty Ewing: 517.353.4652 or mewing@msu.edu.

2006 AAASP Continuing Education Programs

Program One

Tuesday, September 26, 2006 at 7:00 – 10:00 pm

ROB SMITH, PH.D.

Helping People Make Changes: Integrating a Motivational Interviewing Approach to Sport Psychology Consultations

This program is designed to introduce the basic principles and techniques of Motivational Interviewing (MI), a consultation method developed by W. Miller and S. Rollnick (2002). A concise, empirically driven approach to facilitating change, MI can be a powerful tool for applied sport psychologists to utilize. During this program, participants will learn the core philosophy and assumptions underlying this approach, along with the essential skills that distinguish it from other consultation models, especially those more commonly practiced by sport psychologists. Participants will have a chance to observe and practice how these techniques can work in a consultative context, using role play case examples. Toward the end of the program, the facilitator will lead a general group discussion on how to apply this approach to practicing sport psychology, and the ethical considerations regarding its use. Participants will learn about: (a) the process of change and resistance to it, (b) the philosophy and principles of MI, and (c) how to adopt the MI approach in consultation work with clients. Apart from offering some initial background/conceptual material on MI and the rationale for its use, this is a primarily interactive program. Participants will be encouraged to role play as clients, consultants, and discuss what transpires. Questions and contributions will be welcomed in this collegial climate, to help attendees integrate this approach into their work with clients.

Program Two

Tuesday, September 26, 2006 at 4:00 – 7:00 pm and

Wednesday, September 27, 2006 at 9:00 am – 12:00 noon

LARRY LAUER, PH.D.

RUSS MEDBERY, PH.D.

KRISTEN DIEFFENBACH, PH.D.

YOUNGCHUL CHUNG, PH.D.

PAUL LUBBERS, PH.D.

Taking It to the Court Again: Teaching Mental Skills on the Tennis Court

Transferring mental skills to the court is crucial yet many players struggle to do so. Tennis coaches have reported that sport psychology needs to be more concrete and more easily integrated into practice (Gould et al., 1999). In response, on- and off-court mental skills and drills were developed. This workshop is for practitioners and tennis coaches interested in applying mental skills training on-court. Objectives include teaching participants to integrate, create and lead mental skills and drills activities on the court.

Guideline for integrating and developing on-court mental skills activities will be presented. Drills and exercises for developing mental skills will be discussed and demonstrated on-court. After completing this six hour workshop, participants will be able to teach participants guidelines for integrating mental skills and drills activities to the court, for creating and developing mental skills and drills activities, and teach participants methods for leading and conducting effective on-court mental skills training session.

Program Three

Wednesday, September 27, 2006 at 9:00 am – 12:00 noon

SHARON CHIRBAN, PH.D.

Counseling Child Athletes

This workshop will enable sport practitioners the opportunity to learn about the unique characteristics of working with child athletes. A developmental perspective is offered to address the needs/abilities of children and the demands of their level of sport. This workshop explores the mental skills work that can be done with different age groups. Age appropriate teaching techniques for visualization and imagery will be demonstrated so that interventions are tailored to the cognitive and emotional needs of individual athletes. Participants will be able to interact during the workshop and have “hands-on” experience with three different case studies. After completing the workshop, participants will understand the developmental strengths that children bring to their ability to use and acquire mental skills. Participants will learn modifications of teaching visualization and imagery skills so that children can effectively implement these mental skills into their athletic training and competition.

Program Four

Wednesday, September 27, 2006 at 9:00 am – 12:00 noon

KEVIN SVERDUK, M.S. (ABD)

BEN STRACK, PH.D.

Integrating Biofeedback and Neurofeedback Training into Your Sport Psychology Consulting

The workshop is designed to assist sport psychology consultants with strategies and techniques for integrating biofeedback and neurofeedback training into their sport psychology consulting. A general overview of the benefits of psychophysiological training for enhanced self-regulation skills and performance will be provided along with specific ways the training can be used both within the office and at the performance site. Hands-on demonstration of various types of biofeedback and neurofeedback equipment will be provided. Participants will gain a general understanding of psychophysiology as well as an understanding of various modalities and how they are related to enhanced performance. Participants will learn about various commercially available BFT and NFT products and will be introduced to strategies for integrating BFT and NFT into a sport psychology consulting practice.

CE Registration

You can register for CE workshops at the same time you are pre-registering for the conference at the AAASP conference website.

ONLINE REGISTRATION FEES: (DEADLINE MIDNIGHT PST FRIDAY SEPTEMBER 1, 2006)

3-Hour Workshop:

Professional \$55.00 US

Student \$35.00 US

APA Continuing Education Credits are an additional \$15.00 US

6-Hour Workshop:

Professional \$95.00 US

Student \$75.00 US

APA Continuing Education Credits are an additional \$15.00 US

About APA Continuing Education Credits

Participants of these workshops can be awarded 3 hours for the three-hour workshops, or 6 hours for the six-hour workshops. This offer is made possible in cooperation with PsychoEducational Resources (PER). PER is approved by the American Psychological Association to offer continuing education for psychologists, and the APA-approved sponsor maintains responsibility for the program. PER is also an approved provider for the National Board of Certified Counselors. An additional charge based on the length of the workshop should be added for APA CE units.

Cancellation Policy –

AAASP reserves the right to cancel workshops that do not meet the minimum enrollment. This decision will be made after the close of pre-registration. Individuals who have pre-registered will receive a full refund if the workshop is cancelled. Individuals who wish to withdraw may do so without penalty until midnight PST September 1, 2006. After September 1 but before September 25, 2006 a 50% processing fee will be charged. No refunds will be given for requests received after September 25, 2006.

If you have questions regarding the Continuing Education Workshops, contact:

Dr. Maria Newton

maria.newton@health.utah.edu

801.581.4729

Congratulations!

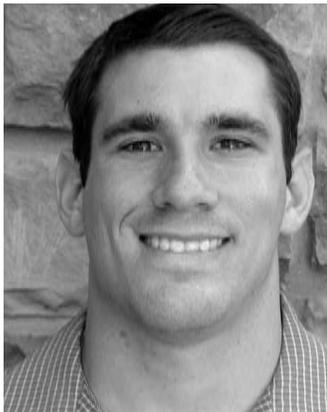


2006 AAASP Dissertation Award

Scott L. Cresswell (left) and **Pierre-Nicolas Lemyre** (right) are the co-recipients of the 2006 Dissertation Award.

Scott completed his dissertation, "Burnout in Elite Rugby," under the direction of Bob Eklund at the University of Western Australia.

Nicolas was advised by Glynn Roberts at the Norwegian University of Sport Science. Darren Treasure at Arizona State University served as a co-advisor. His dissertation is titled, "Determinants of Burnout in Elite Athletes: A Multidimensional Perspective."



2006 AAASP Thesis Award

Nicholas A. Galli is the recipient of the 2006 Master's Thesis Award. Nick's thesis, "Bouncing Back From Adversity: An Investigation of Resilience in Sport," was completed at Miami University under the direction of Robin Vealey.

Congratulations to the 2006 Class of Fellows!

The AAASP Fellow Review Board has awarded the following individuals Fellow Status:

Hap Davis

Burt Giges

Sheldon Hanton

Gershon Tenenbaum

AAASP Fellow Status recognizes members who have demonstrated high standards of professional development by contributing directly to the goals and long-range activities of the association and made significant contributions to academic and professional practice knowledge in sport and exercise psychology as evidenced by a distinguished record of academic publications, applied publications, the development of outstanding educational materials and programs, and/or via major contributions to sport organizations (e.g., design implement and sustain over time a sport psychology program in a National Sport Governing Body, influence sport policy at the national or international level).

Dorothy V. Harris Memorial Award Winner

The Dorothy V. Harris Memorial Award acknowledges the distinguished contributions of Dot Harris to the field of sport psychology by recognizing the efforts of an AAASP scholar/practitioner in the early stages of his/her scientific and/or professional career.

Dr. Wade Gilbert, Associate Professor and Sport Psychology Graduate Option Director in the Kinesiology Department at California State University, Fresno, has been named as the winner of this year's award. Dr. Conroy will present a summary of his research at the 2006 AAASP conference.

The Eighth Annual AAASP PROGRAM FAIR

HYATT REGENCY AT THE MIAMI CONVENTION CENTER
MIAMI, FL

THURSDAY, SEPTEMBER 28, 2006, 5:30-7:00 PM

Program Fair Objective: Our unique field of Sport Psychology continues to grow. At the Program Fair, presenters will be able to show case their programs, and prospective students will be able to “shop around.” The Fair also provides an opportunity for students and faculty to interact and learn about both new and established programs in our field.

Registration Information

In order to ensure that the Program Fair runs smoothly, the registration fee **MUST** be paid **BEFORE** the deadline listed below. A \$60 US fee is due prior to registration for a table.

Please make checks payable to AAASP. Each registered party will be provided with an assigned table to present their program.

Please send check and registration information prior to **August 18, 2006** to:

**AAASP Program Fair
2810 Crossroads Drive, Suite 3800
Madison, WI 53718**

Please print all information and return:

NAME OF AFFILIATION: _____

CHAIRPERSON: _____

TELEPHONE: (OFFICE) _____ (HOME) _____

EMAIL: _____

SPECIAL REQUESTS: _____

CHECK HERE IF YOU REQUIRE A RECEIPT.

If you have questions, please contact,
Justin Klug, klugji@muohio.edu

AAASP Student Representative Report

Heather Peters, M.A.



Join AAASP In Miami..... as Will Smith said:

Party in the city where the heat is on
All night on the beach till the break of dawn
Welcome to Miami
Bienvenidos a Miami
Bouncin' in the club where the heat is on
All night on the beach till the break of dawn
I'm goin' to Miami
Welcome to Miami

STUDENT PACKAGE

To help welcome students to Miami AAASP has put together an unprecedented package for students.

First, a listserv has been created to assist members of AAASP in finding roommates for the conference in an attempt to help defer some of the costs. The listserv is called: AAASP ConfRM (think: AAASP Conference Roommate). You can subscribe by going to: <http://lists.oregonstate.edu/mailman/listinfo/AAASPConfRM/> and entering your email address. To submit to the listserv, use the address: aaaspconfm@lists.oregonstate.edu. When you join the listserv read the archives so you can see what discussion has already gone on regarding roommate arrangements. It is our hope that this listserv will facilitate students staying on-site and meeting AAASP members from different countries and regions of the United States. Please send out a huge thanks to Rebecca Concepcion (Oregon State University) for helping make this suggestion a reality.

Second, in response to the persistent concern of graduate students over the cost of conference registration the AAASP Executive Board voted to decrease the cost of student registration from \$190 to \$180. This is an important gesture considering the conference is projected to lose money this year. Thank a professional member because their registration fee went up from \$240 to \$245 to help offset the loss. As our President, Craig Wrisberg, stated in his column, "In the coming months AAASP will continue to explore ways of minimizing the costs of AAASP membership and conference participation by expanding our marketing efforts and identifying potential sponsors of AAASP activities and events."

Third, you can earn a \$75 reduction in your conference registration by helping with audiovisual assistance during four presentations. You do not need to be an expert in technology, all you need to do is help the presenter set up their equipment and call for assistance if a problem arises. If you are interested in this opportunity please contact me at hjpeters@ucdavis.edu.

CONFERENCE PROGRAMS FOR STUDENTS

SPECIAL INTEREST GROUPS (SIGS), 12:30-1:30 PM

Meet new people with similar interests to yours. SIGS are open to everyone. SIG topics include Achievement Motivation, Coaching Science, Disability Sport and Exercise, Exercise Psychology and Wellness, Eye Movement Desensitization and Reprocessing, Gender and Diversity of Physical Activity, Moral Development, Peer Relationships in Physical Activity

and Sport, Performance Excellence, Psychology of Sport Injury, Qualitative Methods in Sport Psychology, Sport Fandom, Teaching Sport Psychology, and Youth Sport.

GRADUATE PROGRAM FAIR THURSDAY 5:30-7:00 PM

This is a great opportunity for prospective masters and doctoral students to talk to faculty and graduate students from over 20 sport psychology programs. The fair also provides students with a great opportunity to catch up with old friends and advisors. Additionally, there will be door prizes (e.g., books etc.) and a prize for the program with the best display!

THE STUDENT SOCIAL THURSDAY EVENING

The student social will be held on South Beach. It looks like transportation will be provided along with appetizers. I'm still working out the particulars and your regional representatives will let you know about the specific plans. Also, you can stop by the student table at the conference for details. I hope to see you all there!!

COMMITTEE MEETINGS FRIDAY 7:15-8:15 AM

These committees each have student representatives and would welcome additional ideas and assistance. AAASP committees include International Relations, Coaching Science, Diversity, Organizational Outreach, Continuing Education, and Certification Review.

MEET THE PROFESSIONALS FRIDAY 12:30-1:30 PM

This session will allow you to meet researchers, teachers, and applied practitioners in social psychology, exercise and health psychology, and performance enhancement. Each professional will give a brief introduction regarding who they are and their interests. Then students and professionals will break up into small groups where they can talk about career development and common interests.

BUSINESS MEETING FRIDAY EVENING

Come hear about the behind the scenes workings of AAASP. At this meeting, AAASP membership will vote on whether or not the AAASP name should remain the same or be changed.

FOCUS AREA MEETINGS SATURDAY 7:15-8:15 AM

The foundation of AAASP is made up of Health & Exercise Psychology, Social Psychology, and Performance Enhancement/Intervention. Come and join a focus area and help further develop this area within AAASP.

OPEN STUDENT MEETING, SATURDAY 12:45-1:45 PM

This meeting is open to all student members of AAASP. At this meeting you will meet

Standing Tall for What is Right: AAASP Congress 2007

Aynsley Smith, Marty Ewing, & Vikki Krane

your new student representative and your regional representatives. This is a place for you to network and to voice your concerns and get some questions answered. I hope to see you all there.

ODDS AND ENDS

DIVERSITY

We hope that the following is one of many steps that will help AAASP support, recognize, and appreciate diversity and how it impacts what we do as researchers, teachers, and applied practitioners. At the Spring E-Board meeting, it was decided that when individuals are contacted to provide keynote addresses or the Coleman Griffith lecture, the Past President will furnish a copy of the AAASP diversity statement, with a request that the lecturer be respectful of diversity issues and, if possible, address issues pertaining to diversity (e.g., Ethnicity, Racial Identity, Socioeconomic Status, Sexual Orientation, Gender, Disabilities, etc.) in her/his presentation.

STUDENT REPRESENTATIVES

At the Spring E-Board meeting, it was decided that whenever possible, the Student Representative nominees will be selected from the pool of regional representatives in order to facilitate the transition between student representatives and to continue ongoing projects. Thus, I encourage any student who is interested in contributing to AAASP to become a regional representative. It is the gateway to representing students on the executive board. Please look on the student section of the website for details pertaining to the regional representative application process.

CAREER PATH IN SPORT AND EXERCISE PSYCHOLOGY

Please check out the brochure regarding "Graduate Training & Career Possibilities in Exercise and Sport Psychology" on the AAASP website under the publications link. This brochure is a great resource!!

As usual please feel free to contact me, hjpeters@ucdavis.edu, or your regional representative with ideas, questions, and or concerns. I look forward to seeing you in Miami.

As you have read in this newsletter, AAASP Past President Marty Ewing has identified speakers for the AAASP Conference in Miami who are passionate and committed to making a difference in sport and exercise. One purpose of our keynotes is to excite us into action. We deliberately invite professionals who are truly experts to motivate us to pursue our goal of creating positive sport and exercise experiences. Deep down, most of us truly believe that if we collectively embrace an issue, we can make a difference!

We hope this is the case with the keynote addressing Drugs in Sport by Mr. Dick Pound at the 2006 AAASP conference in Miami. Mr. Pound, from the World Anti-Doping in Sport Agency (WADA), presents us with the unique opportunity to take action concerning the overwhelming use of performance enhancement substances in sport and exercise settings. As Dr. Robert Voy wrote in *Drugs, Sport, and Politics* (1991), sport competition will not be on a level playing field until we have curtailed the use of illegal substances. Similarly, far too many people are swayed to use unhealthy substances in the pursuit of a "better body." Further complicating the problem, steroids and other performance enhancing substances available to exercisers and athletes often are accompanied by instructions on how to mask detection. Inviting Mr. Dick Pound to speak at our Conference is the first step towards the development of an action plan that will make a difference!

Our goal to reduce the use of illegal substances in sport and exercise transcends AAASP's three focus areas: social psychology, intervention/performance enhancement, and health and exercise psychology. Use of unhealthy substances across all sport and fitness contexts is escalating. Often considered controversial and outspoken, Mr. Pound, a lawyer from Montreal, should inspire us to take action — and we should respond accordingly. Let's do what is right! Think about it! Sport psychology is a "legitimate performance enhancement substance" and we are needed more now than ever. Drugs hurt our children, young athletes, and our profession. We should position ourselves to be "ready to go!"

To this end, we are planning a Sport Psychology Congress to be offered the day before our 2007 AAASP Conference in Louisville, Kentucky. To make this as successful as possible, we need your help and input to plan the agenda. We can work toward developing a curriculum and implementation process for the 2007 Congress. In Miami, through conference sessions and committee meetings, we can make significant progress.

Each of the three foci committees will identify a process or structure that will facilitate "taking action" on substance abuse. They will submit suggestions to organize the process (a mixture of lectures, presentations of action items, break out sessions, coalition building, etc.) to the Congress Planning Committee.

Similarly, SIGS and standing committees will be asked to submit ideas that could become the content for the curriculum presented at the Congress.

Objectives of the Congress

The purpose of the 2007 1st AAASP Congress is to offer an action-oriented, educational meeting to address a significant problem in sport and exercise that has major ramification for all foci and SIGS. Once we develop an action plan, curriculum, and process, we can invite collaboration from other interested organizations.

Since the Health and Exercise Psychology keynote in Philadelphia by Dr. Hugh Smith, who challenged our organization to take "action on obesity" (A00), numerous actions have been taken. Members of AAASP have taken the lead in planning 3 A00 summits, resulting in forming coalitions, teleconferences, and programming in our workplaces, and communities. The same can be true for combating performance-enhancing drugs. We envision a structure similar to that of the Action on Obesity Summit in that a multi- and inter-disciplinary, inter-organizational offensive is launched with the goal to reduce the use of unhealthy performance aids. AAASP is perfectly positioned to take on this challenge. Expect controversy and plan for action to be taken in Miami!

Foci and SIG leaders and as many members as possible are asked to read "Drugs, Sports, and Politics" (1991) by Dr. Robert Voy prior to the 2006 Conference. Although currently "out of print," it is available from amazon.com. By attending the keynote and organizing the work of various committees and SIGS partially around this theme, valuable curriculum content and a process for implementation for the Congress should emerge.

Curriculum content and process plans (foci), at least one page in length, should be given to AAASP board members Marty Ewing and Aynsley Smith at the AAASP conferences in Miami.

Together, let's "stand tall and envision the day" when we see drug-free fitness endeavors and the world of sport at all levels of participation played fairly! As we decrease drug use and abuse in sport and exercise, sport and exercise psychology will truly become known as the "legitimate and optimal enhancing substance!"

For additional information on this issue see:

www.cbc.ca/story/sports/national/2005/11/24/sports/dickpound051124.html

www.nytimes.com/2005/09/05/sports/othersports/05epo.html

www.washingtonpost.com/ac2/wp-dyn/a61120-2004Aug12

What's Goin' On? Student Ethical Development

ED ETZEL, Ed.D.
WEST VIRGINIA UNIVERSITY

In preparation for teaching a Fall course on counseling athletes, I was recently reading through the second edition of Pascarella and Terenzini's 2005 synopsis of research on college student development, *How College Affects Students: A Third Decade of Research*. About half-way through the book, one topic area jumped out at me relating to ethics; that was the general subject of "moral development." (My apologies to some readers who may now be shuddering at recollections of rather dry graduate coursework from their past. . .). All the same, the focus of one chapter was on classroom activities offered, other out-of-the-classroom experiences, and how these might foster and/or hinder in particular "moral reasoning" and "moral behavior?"

Some of the research the authors mentioned attempted to determine what impact, if any, deliberate methods and "interventions" (e.g., requiring specific courses on ethics or including related content in coursework), had on promoting moral reasoning and behavior in young adult students. Interestingly, the research they cited suggested that the overall impact of interventions on so-called "principled thinking" and perhaps principled behavior was seen as limited at best. Hmmm. . .

I found this information a bit puzzling. I wondered about how these findings might relate to ethical coursework and training offered in applied sport psychology programs today. Assuming they are offered, what might the impact of such preparation be on our applied sport psychology student's professional thinking and action? What benefits do ethics coursework and other professional learning experiences (e.g., discussing ethical challenges in supervision; modeling of un/ethical behavior; workshops) have on our students and perhaps peer's professional thinking and behavior? Obviously, these are not easy questions to answer. I am not sure anyone actually knows these answers. Perhaps, there is a doctoral student searching for a dissertation topic?

Overall, I assume most AAASP members would agree that intentional methods of educating and training students in ethics, hopefully leading to principled reasoning and responsible professional practice, are a significant facet of professional development. This is apparently true in other allied disciplines of psychology (Wilson & Ranft, 1993). But, what's really "goin' on" in this area of applied sport psychology student development today?

Curiously, recent data suggest some rather worrisome things about the apparent status of ethical training in our field. Watson, Zizzi and Etzel (2006) reported that only about 65% of applied sport psychology program directors who responded to a recent web-based survey, (i.e., about 50% of all program directors), said their programs actually required training in professional ethics. Their data also reveal that for

“Perhaps mixed messages are being communicated to students and others about our field?”

various reasons, most of student's ethical training was not actually offered in coursework that focused solely on ethics. Rather, ethical content was infused into "non-ethics" courses.

Our website tells readers that applicants for AAASP certification "must have obtained a minimal level of training and experience to provide professional services in applied sport psychology" (Applied Sport Psychology, 2006). What are students learning about ethics and the application of our ethics code? Are some programs short changing students who aspire to work in our field in the future in this area that has daily implications for our work across settings and client populations? Perhaps mixed messages are being communicated to students and others about our field? Maybe we are just inconsistent. . .

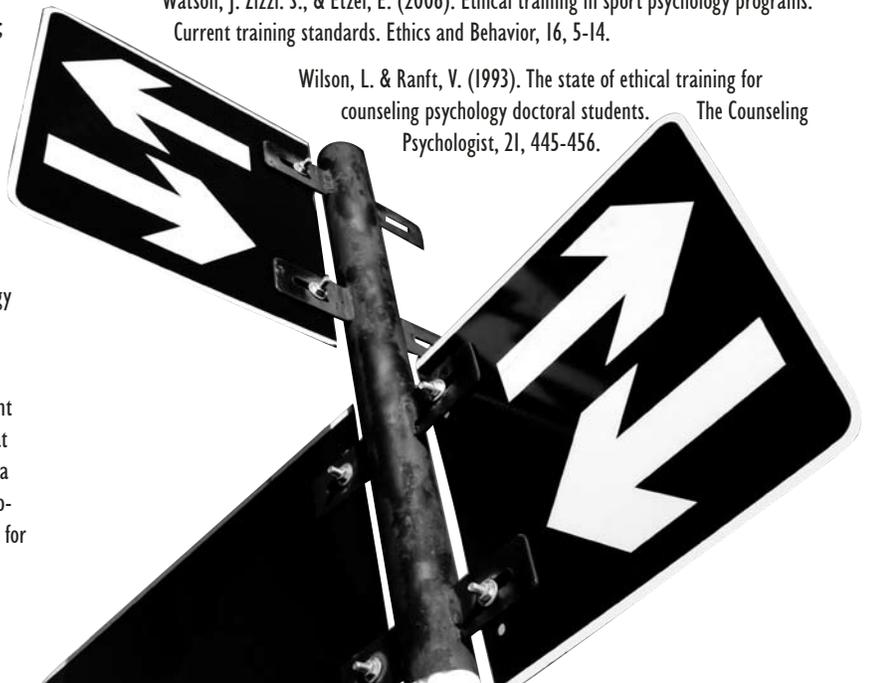
For better or worse, the nature and organization of applied sport psychology programs today differ. What applied sport psychology training programs offer and put emphasis on varies in view of their history, their faculty, and available resources. Nevertheless, ethical coursework and training is an absolute necessity for all persons who work in our field and certainly for those applying for AAASP certification.

Given some down time over the summer months, maybe it would be useful for those AAASP members who teach and train students to re-examine their thinking toward ethics and their course offerings in this area. How might programmatic as well as member academic backgrounds, training experiences, and work-related behavior foster and/or hinder student professional development in the area of ethics?

What's goin' on? 

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AAASP Regional Conferences: A Recipe for Success

Christine M. Sanchez and Michael L. Sachs
Temple University

AAASP Regional Conferences can be a great way for professionals and students in Applied Sport Psychology to network and share the latest knowledge in applied practice and upcoming research. A regional conference can provide a more cost effective and casual atmosphere than the annual AAASP Conference. In addition, regional conferences can act as a “middle ground” platform for researchers and practitioners in the field to present new ideas and receive constructive feedback for incorporation and preparation into their future AAASP Annual Conference presentations.

When planning an AAASP Regional Conference, the following recommendations of best practices are noted below to help guide executive committees in ensuring that their conference is a success and achieves the desired objectives. These best practices come from the past 8 years of planning and hosting the Northeast Atlantic Sport Psychology Conference (NASP) at Temple University in Philadelphia, PA. Our suggestions and past learning experiences can help you plan your own AAASP Regional Conference. Of course, make sure to add in some unique, regional flair of your own!

Conference Duration

Regional conferences tend to be shorter in duration than the traditional AAASP Annual Conference. The NASP Conference has been successful with beginning the conference on a Friday afternoon and ending on a Saturday late afternoon. We usually go from 4:00 pm to 7:00 pm on Friday, followed by a dinner/social occasion, then 10:00 am to 5:00 pm on Saturday.

Executive Committee

An essential ingredient in ensuring the success of your regional AAASP Conference is to form a highly cohesive and motivated Executive Committee. The Executive Committee might consist of the following positions and individuals:

- 1) Supportive and helpful faculty members. These individuals are knowledgeable about past NASP (regional)/AAASP conferences and can provide an excellent source of guidance. Faculty can often suggest interesting topics, and usually provide great contacts for potential speakers.
- 2) Conference Chair. The Conference Chair is primarily in charge of running the conference. This individual meets with faculty members who are helping out with the conference, leads the executive board in carrying out the conference objectives by managing progress along the way, and ensures that the conference runs smoothly on game day. It is highly recommended that the Conference Chair schedule regular meetings with faculty and Executive Committee members to stay on track of progress and conference goals.



3) Registration. The registration chair is in charge of finding and reserving an appropriate venue. On conference day, she/he runs the registration booth or organizes non-conference attendees to run the registration booth. Given that most students want to attend the conference (as opposed to sitting at a registration table), paying an undergraduate student to help out with registration may be a good idea.

4) Public Relations. The Public Relations chair will be in charge of designing a brochure/flyer for the conference, spreading the word about the conference through emails, and distributing conference brochures around campus, the local community, as well as other colleges/universities within a day's driving distance (programs with students who would be likely to attend). The Public Relations chair may need to form a subcommittee to help out with the above mentioned tasks.

5) Food. This individual arranges for snacks and drinks during the conference. We keep our attendees hydrated and fueled for best conference performance!

- 6) Funding. This individual looks into and applies for funding through the appropriate organizations such as AAASP or APA. Additional funding is often available through your department, and especially within your school's/college's Dean's or Development Office. Your faculty mentors may be able to help with this request.
- 7) “Goodie” Bags. This individual creates the “conference” bags. In the past NASP conferences, this usually consisted of a Temple University Bookstore bag with a wide assortment of little “trinkets” that were donated through various campus organizations. Ideas for “trinkets” might be university keychains, pens, pads, stress balls, fun little toys, etc. The goodie bags should also include the abstract book, directions to the conference social events, thank you flyers, information on the University and/or School/College, etc.
- 8) Book Raffle. This individual is responsible for coordinating with the main Sport Psychology publishers. For the NASP conference, we have worked with Human Kinetics, Fitness Information Technology, and Virtual Brands to obtain free books, journals, and DVD's to showcase during the conference and then give away during the raffle. For their generosity, it is highly suggested that the Executive Committee include these publishers' names and contact information in the abstract book and include a “thank you flyer” in the conference folder/bag.
- 9) Abstract Book. This individual is in charge of obtaining all presenters' abstracts and biography information. The collected information is arranged into the abstract book. Copies will need to be made at an appropriate printing venue. This can also qualify as a “publication” —check into getting ISBN numbers for your abstract books.
- 10) Social. The Social chair will be responsible for organizing “social” events during the conference. For the last NASP Conference this past March, arrangements were

made for the group to attend a Philadelphia 76'ers basketball game on Friday night after the conference. Although the 76ers lost, a good time was had by all. On Saturday evening, a group dinner after the conference was organized at a local restaurant in downtown Philadelphia. The costs for these events were extra and not included in the conference fees.

Keynote Speaker

An important consideration for the Executive Committee to think about is whether they wish to host a Keynote speaker at the conference. The Keynote speaker would be a great kickoff to your conference, as well as aid in attracting potential attendees. Keynote Speakers can also provide an additional workshop to the conference on a different day. These individuals often come with many years of experience in the field. Their advice on best practices can prove very insightful to young professionals and students in the field.

Speakers

The Executive Committee will need to discuss and think about what type of theme they wish to identify for the conference. This theme will dictate the types of speakers they invite to present. It is important for the Executive Committee to reflect on what types of presentations the attendees will enjoy hearing. For instance, at Temple University the students are heavily interested in hearing about applied experiences in the field of Sport Psychology. Therefore, when designing our 2006 NASP Conference, we were careful to invite speakers who could present on applied aspects of the field, such as performance enhancement techniques used with collegiate and Olympic athletes, athletic/academic advising, and exercise adherence consultations.

Once you decide what the "tone" of your conference should be in terms of topic, then the Executive Committee can start brainstorming whom you would like to present at the conference. Invite them, and hope for a positive acceptance rate. If there is a professional in the field that a committee member knows and finds their work interesting, then perhaps this might be a good potential speaker! These speakers would be in addition to the Keynote. Other possibilities are inviting panels of graduate students from nearby colleges/universities to present their work, on single topics or as a broad set of areas. An additional idea, that we'll try next year, is to have a poster fair wherein students would present posters on their work (posters may have already been presented at AAASP, elsewhere, or developed specifically for the Regional Conference).

Networking

Another essential component to a successful AAASP Regional Conference is setting aside time for networking during the conference. During our last NASP conference this past March, 90 minutes was scheduled for lunch to break up the morning and afternoon sessions. We suggested that attendees go to lunch as a group at the Student Activities Center right next door to our meeting area on the Temple University campus. This provided a great way for people to talk and network. In addition, the social events on Friday and Saturday (as mentioned above) provided a great avenue for networking. The Executive Committee should create a warm and welcoming atmosphere at the conference to help create a positive networking experience.

Conference Fees

In order to ensure a high attendance rate at the conference, make every attempt to keep the conference at a student affordable level. Remember, one of the AAASP Regional Conference aims should be to help motivate students in learning more about Applied Sport Psychology and encourage them to attend future AAASP Annual Conferences. Over the past 8 years, we have managed to

New Books, DVDs & Videos

Compiled by Alan Kornspan, AAASP Associate Editor

Books

- Barber, G. (2006). *Sports psychology for runners*. Trafford Publishing.
- Bull, S., & Shambrook, C. (2005). *Soccer: The mind game*. Spring City, PA: Reedswain.
- Cox, R. H. (2007). *Sport Psychology: Concepts and applications*, 6th edition. Boston: McGraw-Hill.
- Dale, G. (2005). *The fulfilling ride: A parent's guide to helping athletes have successful sport experience*. Durham, NC: Excellence in Performance.
- Ginsburg, R. D., Durant, S., & Baltzell, A. (2006). *Who's game is it anyways: A guide to helping your child get the most from sports*. Boston: Houghton Mifflin.
- Jarvis, M. (2005). *Sport psychology: A student handbook*. New York: Routledge.
- Mazzoni, W. (2006). *You vs. you: Sport psychology for life*. Bridgeport, CT: Mazz Marketing.
- Pargman (2006). *Managing performance stress: Models and methods*. New York: Routledge.
- Poon., L., Chodzko-Zajko, W. J., & Tomporowski, P. (Eds). (2006). *Active living, cognitive functioning, and aging*. Champaign, IL: Human Kinetics Publishers.
- Stelter, R., & Kaya Roessier, K. (2005). *New approaches to sport and exercise psychology*. Meyer & Meyer Fachverlag und Buchhandel GmbH.
- Taylor, J., & Schneider, T. (2005). *The triathlete's guide to mental training*. Boulder, CO: Velopress.
- Vernacchia, R., & Statler, T. (eds) (2005). *The psychology of high-performance track and field*. Mountainview, CA: Tafnews.
- Voight, M. (2005). *Mental toughness training for volleyball*. Monterey, CA: Coaches Choice.

DVDs & Videos

- Haley, M. & Voight, M. (2006). *Mick Haley's winning strategies: Positive self-talk and mental conditioning [DVD]*. (Available from Championship Productions www.championshipproductions.com).
- U. S. Youth Soccer Organization. (2006). *Positive parenting for youth soccer*. Frisco, TX: U. S. Youth Soccer.

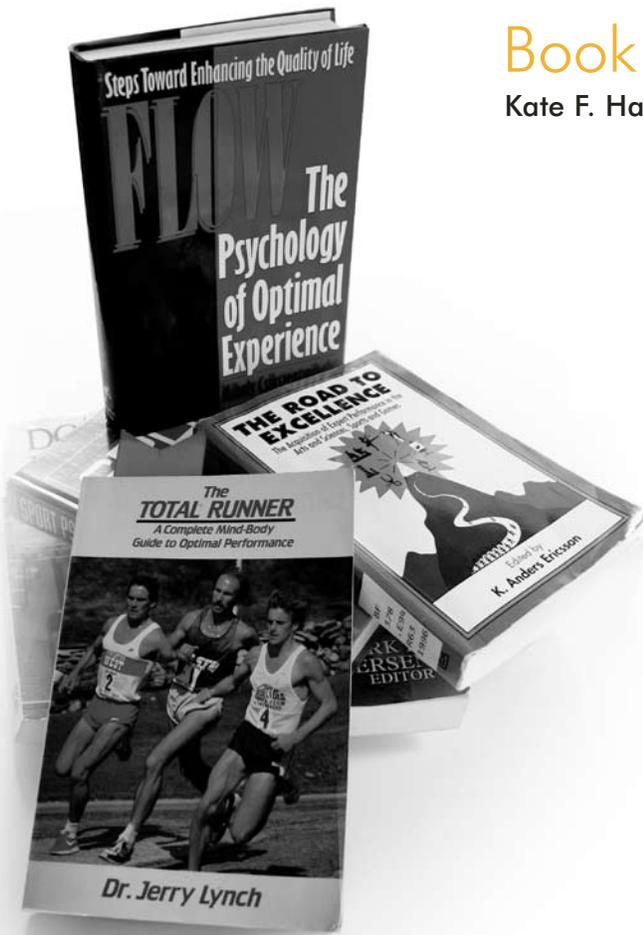
keep the NASP Conference cost around \$20. Keeping the cost at a low level of \$20/\$25 makes it student friendly and increases the likelihood that you'll have a good turnout.

Questions?

Please don't hesitate to contact us! Christine is at sanchiehokie@hotmail.com and Michael is at msachs@temple.edu. We look forward to hearing about your experiences. Have a great Regional Conference!

Book Favorites

Kate F. Hays, Ph.D., C.Psych.



Jeffers, S. (1988). *Feel the fear and do it anyway*. New York: Ballantine.

Prochaska, J. O., Norcross, J. C., & DiClemente, C. C. *Changing for good: The revolutionary program that explains the six stages of change and teaches you how to free yourself from bad habits*. New York: William Morrow.

4. Ethical guidance:

Pope, K. S., and Vasquez, M. J. T. (1998). *Ethics in psychotherapy and counseling: A practical guide* (2nd ed.). San Francisco: Jossey-Bass.

5. Living, breathing case examples:

The two books edited by Mark Andersen provide a window into the actual practice of sport psychology. Many chapters are extraordinarily well-written (and I'm a sucker for good writing). They work very well as textbooks, too.

Andersen, M. B. (Ed.). (2000). *Doing sport psychology: Process and practice*. Champaign, IL: Human Kinetics.

Andersen, M. B. (Ed.). (2005). *Sport psychology in practice*. Champaign, IL: Human Kinetics.

6. Books that I use during sessions, e.g.,

Porter, K. & Foster, J. (1990). *Visual athletics: Visualization for peak sports performance*. Madison, WI: Brown and Benchmark.

7. Books focused on a specific sport; often recommended to clients:

Books from the Sport Psychology Library series, e.g.,

Cogan, K. D., & Vidmar, P. (2000). *Gymnastics* (Sport Psychology Library). Morgantown, W.V.: Fitness Information Technology.

Lynch, J. (1987). *The total runner: A complete mind-body guide to optimal performance*. New York: Prentice Hall.

McFee, J. (1979). *Levels of the game*. New York: Farrar, Straus and Giroux. [This oldie is a total tour de force: biography plus play by play plus in-the-moment mental skills]

8. Books that go beyond the PST "canon" (pace Mark Andersen).

While CBT methods generally are appropriate, some clients benefit from alternative methods. Typically, my favorite alternative perspective is that proposed by Tim Gallwey with his "inner game" method, e.g., Gallwey, W. T. (1998—Rev. Ed.). *The inner game of golf*. New York: Random House.

Kate Hays, Ph.D., C.Psych, established a practice in Toronto in 1998, The Performing Edge, emphasizing performance enhancement training for athletes and performing artists. Before that, she had practiced in New Hampshire for 25 years. She has authored four books on sport psychology, the mental benefits of physical activity, and performance psychology. Kate is a past-president of APA Division 47 (Exercise and Sport Psychology) and remains active in state, provincial, and national psychology and sport psychology governance.

Editor's Note: This is the latest in a series of favorite book lists from leading applied sport psychologists.

Since it is of course utterly impossible to limit oneself to only 10 essential books, I created eight essential categories—and even in doing that excluded various categories and titles (e.g., health and exercise psychology, performance psychology, the business of practice) and stayed focused on the books I use frequently and regularly in my sport psychology practice.

1. Practical overviews of sport psychology practice. Also make excellent texts. Among my regulars are:

Murphy, S.M. (Ed.) (1995). *Sport psychology interventions*. Champaign, IL: Human Kinetics.

Van Raalte, J. L., & Brewer, B. W. (Eds.) (2002). *Exploring sport and exercise psychology* (2nd ed.). Washington, DC: American Psychological Association.

Williams, J. M. (Ed.) (2005). *Applied sport psychology: Personal growth to peak performance*. (5th ed.). New York: McGraw-Hill.

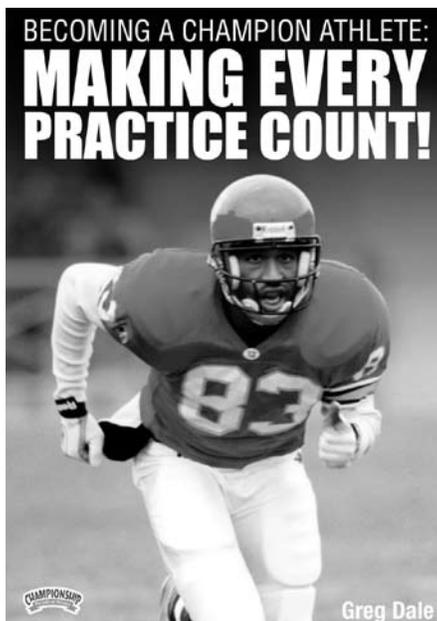
2. Research and theoretical underpinnings:

Singer, R. N., Hausenblas, H. A., & Janelle, C. (Eds.) (2001). *Handbook of sport psychology* (2nd ed.). Wiley. [N.B.: I also use some chapters from the 1st edition that should have made it into the 2nd.]

3. Books that focus on motivation and the nature of change, a central but sometimes overlooked element of psychological skills development and training:

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

Ericsson, K. A. (Ed.) (1996). *The road to excellence: The acquisition of expert performance in the arts and sciences, sports and games*. Mahwah, NJ: Lawrence Erlbaum.



Videotape Review: Becoming a Champion Athlete: Making Every Practice Count!

GREG DALE (2004), CHAMPIONSHIP PRODUCTIONS, 2730 GRAHAM STREET, AMES, IA 50010

REVIEWED BY ALAN S. KORNSPAN, DEPARTMENT OF SPORT SCIENCE AND WELLNESS EDUCATION, UNIVERSITY OF AKRON

a purpose everyday for practice. He challenged athletes to have at least one goal or focus for every practice session. A discussion of how a professional coach used this concept with his athletes was very effective. Also, Dale suggested that if athletes do not know what they should focus on during practice, he encourages athletes to ask the coach to help provide them a purpose and focus for practice. In this section of the video, Dale emphasized that athletes have control over determining what their purpose for practice will be and the effort that they demonstrate during practice. The ideas for developing focus and purpose that Dale presented for practice are very practical and can help athletes improve the quality of the focus of their practice.

The next part of the video discussed compartmentalizing one's life before practice as a second important aspect to creating effective practices. Dale explained how to make a transition into the practice environment which allows athletes to leave outside distractions behind them. He explained that this allows athletes to separate various aspects of their life. Excellent examples that Dale provided to aid athletes in compartmentalizing their issues before practice are the pickle jar routine and signing in for practice. Dale described the Pickle Jar routine as when an athlete writes down issues that are bothering them and then takes the piece of paper, crumbles it up and throws it away into a pickle jar. Another example discussed for helping athletes compartmentalize their issues was having athletes sign in for the practice. Dale suggested that signing the name before practice is indication that it is time to let everything go.

The third section of the video is a discussion of the development of quality practices. In this section of the video, Dale focused on how to create practice conditions that are similar to real world of competition. Dale discussed various aspects of motor behavior such as the concepts of random and blocked practice. He encouraged athletes to incorporate random practice variables so that their practice is more similar to game-like conditions. Dale's examples of random practice are excellent. Dale also encourages athletes to think about how they can change

their practice so they can make their practice more like the competitive environment. Throughout practice, Dale encourages athletes to focus on their weaknesses so that they can improve. In allowing athletes to focus on improving their weaknesses, Dale suggested that having a coach who sets up a positive environment allows athletes to focus on improvement and to have a mind set in which they are not afraid to make mistakes and can work on improving their weaknesses.

In discussing how athletes can incorporate mental training into practice, Dale presented information on how athletes can simulate pressure on themselves during practice. Dale uses an excellent quote to describe pressure situations when he stated, "Turn on the pressure in practice to find out were the leaks are." Other ways that Dale discussed incorporating mental aspects into practice are to prepare oneself for success and also to prepare oneself for distractions. He suggested that we prepare ourselves for success through the use of imagery. He provided an example of how Michael Jordan used the imagery process for success. Also, Dale described how imagery can be used to prepare athletes for difficult times in competition. Thus, he suggested that athletes can use imagery in practice to help practice overcoming difficult competitive situations.

At the end of the video, Dale summarized the important aspects of how to develop effective practice sessions. In summary, the video *Becoming a Champion Athlete: Making Every Practice Count!* provided an excellent introduction to how athletes can learn to practice effectively. Along with the current video, Dale has also authored many other sport psychology DVD's and videos which can be found at the website.

www.championshipproductions.com/

Greg Dale has recently produced the video *Becoming a Champion Athlete: Making Every Practice Count!* The purpose of this video is to present to athletes information on the key aspects of how to practice effectively. In order to accomplish this purpose, the video is divided into several sections. First, the video begins with a discussion of the importance of developing quality practices. The second section of the video provides athletes with information about developing a purpose for practice. This is followed by an explanation of how athletes can prepare effectively for practice before the practice session begins. Next, Dale discussed the importance of designing effective practice sessions and the incorporation of mental training into practice sessions. Finally, Dale summarizes the information presented in the video by reviewing the important characteristics of developing effective practice sessions.

Throughout the video, Dale presented excellent information on how athletes can learn to develop quality practice sessions. While he introduces the various concepts of practice, he asked the viewer if they have often mindlessly practiced their sport without focusing on what they were doing or whether they have thought much about why they do the drills they do. Dale also asked the viewers to think about how much of their sport is mental and how much they incorporate mental training into their physical training. Thus, Dale explained that he tries to help athletes focus on developing mental skills during physically practice.

After introducing the concepts of the importance of developing quality practice sessions, Dale discussed having

AAASP Spring Executive Board Meeting April 20-22, 2006

Hyatt Regency, Miami, Florida

NOTE: The following condensed minutes contain the actions that were taken during the meeting. AAASP members interested in a more detailed set of minutes containing the full reports of board members can log on to the members only section of the website.

Craig Wrisberg welcomed board members and called the meeting to order at 3:05 pm EDT

Approval of Minutes

Marty Ewing made a motion to approve the minutes of the March conference call as presented. Aynsley Smith seconded the motion. Craig Wrisberg called for additional corrections. Hearing none, the minutes were approved.

Joint Commission on Sports Medicine and Science

Craig made a motion that AAASP should send two representatives each year to the Joint Commission on Sports Medicine and Science. One should be the Past-President, President, or President-Elect and the other should be a member selected by the Executive Board who has relevant expertise pertaining to the topics the board decides to address. If her schedule permits, Susan Rees should attend the meeting as well.

Marty offered a friendly amendment to change the wording of the first sentence of the motion to:

New Practitioner Online Journal

Marty made a motion that a new on-line practitioner journal be created. Diane seconded the motion. The journal would be a vehicle for publishing applied articles that are not appropriate for a research journal but would be of considerable interest to practitioners, consultants, and the general population. While the anticipated audience is expected to be primarily AAASP members, the journal could also include articles for coaches and parents as well. Motion carried.

AAASP Archives

Vikki reported that the AAASP archives are located at the Jerome Library, BGS, Bowling Green, Ohio. There have been no additions to the archives since 2001. Vikki requested \$1000 to \$1500 to organize and scan the information in the archive to make it more accessible. Craig made a motion to approve the proposal to spend \$1000 to \$1500 to bring the information up to date and then maintain the archives at an estimated cost of \$500 or less per year. Diane seconded the motion. A friendly amendment was made to change the wording to read, "AAASP will maintain an archival collection. The President and Executive Director will ensure that appropriate information is sent to the archive annually. The first year costs would be \$1000 to \$1500, with annual costs estimated at no more than \$500." Motion carried.



"Two of the three representatives should be either the Past-President, President or President-Elect..."
Craig agreed to accept the friendly amendment.

Motion passed.

Electronic Voting

Craig made a motion that voting will occur electronically, with all ballots being sent to the AAASP Home Office. All voting will be completed at least 10 weeks prior to the conference and all candidates will be notified by the President of the outcome a minimum of 8 weeks prior to the conference. Marty seconded the motion. Motion carried.

Attendance of Newly Elected Board Members at Fall EB Meeting

Craig made a motion that all election winners will be invited to attend the Executive Board Meeting prior to the annual conference. Attendance will be encouraged but not required. Doug seconded the motion.

Marty made a friendly amendment to delete the second sentence.

Discussion included the importance for incoming board members to have time to hear the ongoing issues discussed by the Executive Board. The friendly amendment was not accepted. Heather made a friendly amendment to add, "strongly encouraged" to the second sentence. Jack seconded the friendly amendment.

Amended Motion carried 9 to 1.

AAASP Fellows Review Committee

Vikki made the following motion to change the procedure of selecting AAASP Fellows: There shall be a Fellows Review Committee consisting of five active Fellows who shall serve staggered terms. A member in her or his 3rd year will be selected to Chair the committee. The President will appoint members to this committee. The President's appointments will require the approval of the Executive Board. Fellow nominees will be accepted if four out of five members agree. Marty seconded the motion. Motion carried.

Executive Board Nominations Process

Vikki recommended the following change to the process for identifying nominees for executive board positions. The Executive Board will discuss nominees submitted by AAASP members and nominate additional people. From this list the board, during each Board Meeting, will rank order a list of prospective candidates for each position that needs to be filled. There will be separate approved lists for the (a) president-elect, (b) student representative, and (c) other Board positions. Only individuals on these approved, ranked lists will be asked to run for election. Should everyone on an approved list decline to run, the President will confer with the Executive Board and/or the Past Presidents for additional nominees. These additional nominees will be approved and rank ordered by the board before being asked to run for election. Heather made a motion to approve the policy Vikki presented. Jack seconded the motion. Motion carried.

Distinguished International Scholar

Vikki recommended that a call for nominations for the Distinguished International Scholar be included in the newsletter and posted on the website with all other AAASP awards. All nominations for DIS will be forwarded to the International Relations Committee who will deliberate and decide whether the award should be conferred. A friendly amendment was made to the last sentence of the recommendation to read, “. . . will deliberate and submit a recommendation to the Executive Board.” Heather made a motion to approve the recommendation as amended. Aynsley seconded the motion. Motion carried.

Awards Deadline

Vikki recommend that (a) the call for nominations for all AAASP awards be included in the summer/conference newsletter and placed on the website and (b) nominations for all AAASP awards be due by March 1. Diane made a motion to approve the recommendation. Doug seconded the motion. Motion carried.

Awards Review Committees

Vikki made the following recommendations to standardize the procedures for the Awards Review Committees:

Review committee chairs (for all awards except DIS and Fellows) will adhere to the following procedures: upon receipt of all nominations, committee members will (a) determine if any of the nominees are deserving of the award, and (b) if so, rank order the nominees, and (c) submit their ranking to the committee Chair.

If there is unanimous agreement regarding the top nominee, the Chair shall forward that information to the President-Elect.

major cost centers. Membership income was \$102,831, with a net income of \$91,814. Conference income was \$134,710, for a net loss of (\$6971). Journal income was \$73,794, with a net income of \$37,450. Certification income was \$7891, with a net income of \$3126. Administration income was \$2386.20, with a net loss of (\$76,980.63). Marty made a motion to accept the financial report as presented. Craig seconded the motion. Motion carried.

2006 Proposed Budget

Mary reviewed the 2006 proposed budget. Total income is projected to be \$339,530; total expenses are projected at \$341,773, with a net loss of (\$2245). Aynsley made a motion to run the conference at a loss for 2006 to help subsidize increased travel and lodging expenses. Marty seconded the motion. Motion carried.

Expense Reimbursement Policy

Mary made a recommendation that the following information be added to the policy manual: The President can approve expenses for committee members who meet prior to the annual Conference. These expenses can include the sum of one night's lodging at the conference hotel, or one-half nights lodging should committee members choose to share a room, and a one-day per diem for each member. This would typically apply to members of the Certified Consultants Review Committee and the Chair of the Continuing Education Committee. At times, other committee members may have a need to be reimbursed for pre-conference committee meetings. In all cases, the President must approve these expenses prior to the meetings. With regard to the Executive Board, members will receive the following reimbursement for the Fall and Spring E-Board meetings:

Each night's lodging for the dates of required attendance (E-Board members are provided a private room, but may decide to room with others to reduce the costs to AAASP),



If there is not unanimous agreement regarding the top nominee, the Chair shall guide committee deliberations via e-mail or a conference call until agreement is achieved. Upon selection of the award recipient, the Chair shall forward that information to the President-Elect.

The committee chairs will forward a summary of the strengths and weaknesses of each nominee to the President-Elect.

After discussion, point (d) was deleted. Aynsley made a motion to approve the recommendation as amended, removing point (d). Diane seconded the motion. Motion carried.

Dorothy Harris Review Committee Composition

Vikki proposed the following change be made to the composition of the Dorothy Harris Memorial Award Review Committee: The Committee will consist of four (4) members, including a past president of AAASP who will chair the committee and at least one person who will be a past recipient of the award. The three members (not counting the past president) will serve staggered two-year terms. A record will be maintained of review committee membership and year of appointment. Aynsley made a motion to approve the recommendation as presented. Doug seconded the motion. Motion carried.

Financial Report

Mary reviewed the year-end financial report, beginning with the balance sheet. Current assets reflected on the balance sheet were \$606,350. Year-end income was \$321,614. Mary highlighted several 2005 items that were budgeted, but monies not spent, such as those for marketing and web development. Net income for 2005 was \$48,439. She then reviewed income and net margin for the

A per diem to cover meals during meeting and travel days (Note: the President may choose to cater meals during the meeting and/or use the AAASP credit card to pay for meals),

Incidental expenses such as parking and taxi service to and from the hotel,

A complimentary conference registration for each year during their terms on the E-Board,

Travel expenses for the spring Executive Board meeting.

Jack made a motion to accept the expense policy as presented. Aynsley seconded the motion. Motion carried.

Grant Application Submission Process

Diane made a motion to move the AAASP grant program to an on-line process, with a deadline of March 1. Jack seconded the motion. Motion carried.

Public Relations Firm RFP

Jack made the following motion:

AAASP develop a request for a proposal to contract with a public relations professional or agency for one year to provide support for ongoing initiatives to educate the public and sport and exercise communities about:

The usefulness, knowledge, and contributions of sport and exercise psychology

AAASP as the premier sport psychology organization

Identification and hiring of qualified sport psychology consultants

Mary seconded the motion. Motion carried.

Additional Website URL

Heather made a motion to purchase appliedsportpsych.com or org. Jack seconded the motion. Motion carried.

Sport Psychology Job Links

Aynsley made a motion to post information regarding the websites pertaining to sport psychology jobs on the website under links and resources. Diane seconded the motion. Motion carried.

Conference Attendance Requirements for Student Representatives

Diane made a motion that student representatives serve 2 years, be required to attend one conference, and arrange for a suitable replacement if they are unable to attend the second conference. Vikki seconded the motion. Motion carried.

Distribution of AAASP Diversity Statement to Conference Presenters

Diane made a motion that at each conference at least one of the three keynote's or the Coleman Griffith lecturer address issues pertaining to diversity (e.g., Ethnicity, Racial Identity, Socioeconomic Status, Sexual Orientation, Gender, Disabilities, etc.). Vikki seconded the motion.

Motion was revised to read:

At the time individuals are contacted to provide keynote addresses or the Coleman Griffith lecture, the past president will furnish them with a copy of the AAASP diversity statement and request that the lecturer be respectful of diversity issues and, if possible, address issues pertaining to diversity (e.g., Ethnicity, Racial Identity, Socioeconomic Status, Sexual Orientation, Gender, Disabilities, etc.). Motion carried.

Additions to AAASP Membership Application

The Diversity Committee requested that race and ethnicity should be added as categories to the membership application form and to the search field for the "consultant finder." Aynsley made a motion to accept this recommendation. Doug seconded the motion. Motion carried.

Family Conference Registration Fee

Registration for non-AAASP members who wish to attend a lecture or presentation by a family member was discussed. Diane made a motion to allow a \$10 per day on site "family pass" for family members and significant others accompanying a fully registered member. Vikki seconded the motion. Motion carried.

Focus Area Head Meeting with the Executive Board

Mary made a motion to bring the focus area heads in for a Wednesday morning meeting with the Board. AAASP would pay one night hotel if the individuals need to come in early. Heather seconded the motion. Motion carried.

2006 Conference Registration Fees

Heather made a motion to decrease student registration fees for the Miami conference from \$190 to \$180 and increase professional fees from \$240 to \$245. Diane seconded the motion. Motion carried with 2 dissenting votes.

Association Name Change

Jack made a motion to change the name of the association from "Association for the Advancement of Applied Sport Psychology" to "Association for Applied Sport Psychology." Doug seconded the motion. Motion carried.

AAASP Grant Program Awardees 2006

Eight grants were submitted for consideration. A committee comprised of the Science and Education Head (Diane Whaley), the three Focus Area Chairs (Tom Raedeke, Paul Carpenter, and Gloria Solomon) and the Student Representative (Heather Peters) reviewed the proposals and then discussed the merits of each. The following proposals were funded:

Jennifer Cumming, University of Birmingham: "A coping imagery intervention for modifying athletes' interpretations of their anxiety symptoms, self-confidence, and performance in competition."

Funded for: \$2000.00

Yu-Kai Chang & Diane Gill, University of North Carolina at Greensboro: "Acute effects of localized resistance exercise on cognitive performance among older adults."

Funded for: \$1300.00

Aditi Mankad, The University of Western Australia: "Psychoimmunological effects of emotional disclosure on injured athletes."

Funded for: \$400.00

Youngchul Chung & Karron Thomas, North Carolina A&T State University, "A 'cool pose' for sport psychology consultants: Understanding the attitudes of African-American collegiate athletes toward sport psychology consultation."

Funded for: \$1400.00

Total money allocated: \$5100.00

AAASP 2005 End of Year Financial Statement

The AAASP End of Year Financial Statement is presented. The finances are organized by our 5 Cost Centers: Membership; Conference; Journal; Certification; and Administration. The top half of the statement reflects all income AAASP obtained across the Cost Centers, and the lower half of the statement reports all expenses.

Important Summary Notes include the following:

- 1) AAASP generated a net income of \$40,774.92 for 2005.
- 2) AAASP lost \$7,211.14 on the 2005 conference held in Vancouver. This is likely due to a reduced attendance at the conference because some AAASP members were impacted by a) the hurricanes that hit the Southern Region of the US, b) the International Congress of Sport Psychology held in Australia (i.e., the expense prevented some members from attending AAASP); and Vancouver is a rather expensive city.
- 3) The Journal of Applied Sport Psychology reaped an income of \$30,025.70 and is an important asset for the organization and valued by the membership.
- 4) AAASP began some marketing initiatives in 2005 that included hiring Dick Irwin as a consultant. He has brainstormed with the E-Board ideas to better market the organization and obtain sponsors. He also developed a survey for the AAASP membership to help the organization develop a member-profile. His salary and expenses totaled approximately \$4000.

AAASP 2006 Budget

The Executive Board approved the 2006 Budget at the Spring meeting in Miami in April. Members may be interested in noting the following:

- 1) A projected loss of \$7830 may occur for the conference, depending on attendance. The E-Board voted unanimously to raise the stipend for conference keynotes from \$1000 to \$2500. The stipend has not been increased in a number of years and it has become clear that the stipend was low for most speakers AAASP was seeking to schedule. Also, prices for food and beverage in Miami are more expensive than they were in Vancouver, and the E-Board made the decision to not cut back on the typical conference events (e.g., opening reception, banquet, coffee breaks). In addition, the E-Board voted to decrease the student conference registration fee by \$10 and raise the professional conference registration fee by \$5. This decision was made after reviewing data comparing registration fees for students in related organizations, and hearing a persuasive plea from the AAASP Student Representative.
- 2) The AAASP website is in need of a complete overhaul and this will be a large ticket item for 2006 (see Internet/Web line item for \$35, 000). The website is crucial to the organization and the E-Board sees this as a mandatory expense.
- 3) The E-Board voted to conduct the election of AAASP officers earlier so that the newly elected officers can attend the Fall E-Board meeting that precedes the conference. While this decision brings an added expense (see line items Food & Beverage, and Lodging-Board under Administration Cost Center), the E-Board made this decision (i.e., unanimous vote) because it will help facilitate a smoother transition as new Board members take office.
- 4) The E-Board approved \$8, 100 to continue marketing efforts via the work of Dick Irwin as well as other initiatives including the Olympic Games Press Releases and the creation of AAASP magnets that are being sent to all University Athletic Directors.
- 5) The E-Board approved the 2006 budget with a projected overall net loss of \$3, 395.

AAASP has an open book policy and all financial records are available for review. Please direct questions/concerns about AAASP financial matters to the AAASP Secretary/Treasurer:

Mary Fry

Dept. HSS

Field House, Room 158

University of Memphis

Memphis, TN 38152

Phone: 901-678-4986

Email: maryfry@memphis.edu

AAASP End of Year Financial Statement: 2005

ALL COST CENTERS						
	MEMBERSHIP	CONFERENCE	JOURNAL	CERTIFICATION	ADMINISTRATION	TOTAL
INCOME						
New Members	\$26,415.00					\$26,415.00
Renewal Membership	\$73,935.00					\$73,935.00
Royalty			\$42,954.45			\$42,954.45
Certification Application				\$2,886.90		\$2,886.90
Certification Renewal				\$4,045.00		\$4,045.00
Recertification Fee				\$950.00		\$950.00
Late Fee	\$2,275.00			\$10.00		\$2,285.00
Mailing List Sales	\$206.00					\$206.00
Miscellaneous		\$170.00			\$2,386.20	\$2,556.20
Conference Registration		\$125,595.88				\$125,595.88
Conference Banquet Tickets		\$1,330.00				\$1,330.00
Educational Credits		\$165.00				\$165.00
Exhibits		\$3,625.00				\$3,625.00
Grad Fair		\$1,080.00				\$1,080.00
Special Events		\$1,470.00				\$1,470.00
Sponsorships						\$0.00
Workshops		\$1,035.00				\$1,035.00
JASP Income						\$0.00
Journal Subscriptions/Member			\$30,840.00			\$30,840.00
Interest Income					\$4,389.75	\$4,389.75
TOTAL INCOME	\$102,831.00	\$134,470.88	\$73,794.45	\$7,891.90	\$6,775.95	\$325,764.18
	MEMBERSHIP	CONFERENCE	JOURNAL	CERTIFICATION	ADMINISTRATION	TOTAL
EXPENSES						
Accounting Fees					\$4,115.00	\$4,115.00
Audio Visual		\$17,899.53				\$17,899.53
Awards					\$6,413.30	\$6,413.30
Bank Fees					\$235.16	\$235.16
Bank Credit Card Processing	\$3,098.50	\$3,515.86				\$6,614.36
Copying	\$3.44	\$211.39			\$169.52	\$384.35
Consultant Fees		\$844.50	\$100.00		\$2,226.32	\$3,170.82
Educational Credits						\$0.00
Editorial Office JASP			\$17,350.00			\$17,350.00
Equipment Rental		\$4,027.09				\$4,027.09
Food and Beverage		\$35,558.85			\$1,907.99	\$37,466.84
Freight/UPS		\$3,385.74			\$830.38	\$4,216.12
Insurance		\$350.00			\$1,270.00	\$1,620.00

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Legal Fees					\$2,303.02	\$2,303.02
Conference Staff Lodging		\$2,973.35				\$2,973.35
Lodging, Board					\$9,492.99	\$9,492.99
Lodging, Committee		\$849.42		\$959.41	\$498.43	\$2,307.26
Lodging, Speaker		\$1,710.74				\$1,710.74
Lodging, Staff		\$2,682.89			\$2,238.78	\$4,921.67
Management Fees					\$30,804.00	\$30,804.00
Conference Management Fees		\$28,000.00				\$28,000.00
Miscellaneous					\$993.24	\$993.24
Marketing Postage						\$0.00
Marketing Printing						\$0.00
Supplies	\$22.14	\$12,901.29			\$1,097.87	\$14,021.30
Outside Labor		\$3,000.22		\$3,800.00	\$3,108.00	\$9,908.22
Postage	\$1,287.05	\$69.51		\$6.19	\$108.82	\$1,471.57
Printing	\$6,456.94	\$6,639.02			\$554.47	\$13,650.43
Signage		\$567.11				\$567.11
Speaker Honorarium		\$4,420.00				\$4,420.00
Publishing Expense			\$26,318.75			\$26,318.75
Telephone	\$148.24	\$674.15			\$1,897.75	\$2,720.14
Special Events		\$1,593.74				\$1,593.74
Conference Staff Travel		\$1,200.53				\$1,200.53
Travel, Board		\$297.22			\$7,787.27	\$8,084.49
Travel, Committee		\$611.44			\$534.38	\$1,145.82
Travel, Speaker		\$1,563.82				\$1,563.82
Travel, Staff		\$761.74			\$1,404.22	\$2,165.96
Internet/Web		\$5,372.87			\$3,765.67	\$9,138.54
TOTAL EXPENSES	\$11,016.31	\$141,682.02	\$43,768.75	\$4,765.60	\$83,756.58	\$284,989.26
NET INCOME (LOSS)	\$91,814.69	\$(7,211.14)	\$30,025.70	\$3,126.30	\$(76,980.63)	\$40,774.92



AAASP Budget Proposal: 2006

ALL COST CENTERS						
	MEMBERSHIP	CONFERENCE	JOURNAL	CERTIFICATION	ADMINISTRATION	TOTAL
INCOME						
New Members	\$14,500.00	\$-	\$-	\$-	\$-	\$14,500.00
Renewal Membership	\$91,500.00	\$-	\$-	\$-	\$-	\$91,500.00
Royalty	\$-	\$-	\$-	\$-	\$-	\$0.00
Certification Application	\$-	\$-	\$-	\$2,500.00	\$-	\$2,500.00
Certification Renewal	\$-	\$-	\$-	\$3,000.00	\$-	\$3,000.00
Recertification Fee	\$-	\$-	\$-	\$900.00	\$-	\$900.00
Late Fee	\$2,500.00	\$-	\$-	\$-	\$-	\$2,500.00
Mailing List Sales	\$200.00	\$-	\$-	\$-	\$-	\$200.00
Miscellaneous	\$-	\$150.00	\$-	\$-	\$-	\$150.00
Conference Registration	\$-	\$131,250.00	\$-	\$-	\$-	\$131,250.00
Conference Banquet Tickets	\$-	\$1,300.00	\$-	\$-	\$-	\$1,300.00
Educational Credits	\$-	\$200.00	\$-	\$-	\$-	\$200.00
Exhibits	\$-	\$3,500.00	\$-	\$-	\$-	\$3,500.00
Grad Fair	\$-	\$1,080.00	\$-	\$-	\$-	\$1,080.00
Special Events	\$-	\$2,200.00	\$-	\$-	\$-	\$2,200.00
Sponsorships	\$-	\$2,000.00	\$-	\$-	\$-	\$2,000.00
Workshops	\$-	\$1,100.00	\$-	\$-	\$-	\$1,100.00
JASP Income (Royalty)	\$-	\$-	\$43,000.00	\$-	\$-	\$43,000.00
Journal Subscriptions/ Member	\$-	\$-	\$32,500.00	\$-	\$-	\$32,500.00
Interest Income	\$-	\$-	\$-	\$-	\$5,000.00	\$5,000.00
TOTAL INCOME	\$108,700.00	\$142,780.00	\$75,500.00	\$6,400.00	\$5,000.00	\$338,380.00
	MEMBERSHIP	CONFERENCE	JOURNAL	CERTIFICATION	ADMINISTRATION	TOTAL
EXPENSES						
Accounting Fees	\$-	\$-	\$-	\$-	\$1,000.00	\$1,000.00
Audio Visual	\$-	\$20,000.00	\$-	\$-	\$-	\$20,000.00
Awards	\$-	\$-	\$-	\$-	\$12,000.00	\$12,000.00
Bank Fees	\$-	\$-	\$-	\$-	\$240.00	\$240.00
Bank Credit Card Processing	\$3,000.00	\$3,700.00	\$-	\$-	\$-	\$6,700.00
Copying	\$50.00	\$200.00	\$-	\$-	\$200.00	\$450.00
Consultant Fees	\$-	\$900.00	\$-	\$-	\$-	\$900.00
Educational Credits	\$-	\$-	\$-	\$-	\$-	\$0.00
Editorial Office JASP	\$-	\$-	\$20,000.00	\$-	\$-	\$20,000.00
Equipment Rental	\$-	\$4,000.00	\$-	\$-	\$-	\$4,000.00
Food and Beverage	\$-	\$40,000.00	\$-	\$-	\$2,500.00	\$42,500.00

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Freight/UPS	\$-	\$1,500.00	\$500.00	\$-	\$1,000.00	\$3,000.00
Insurance	\$-	\$1,200.00	\$-	\$-	\$2,500.00	\$3,700.00
Legal Fees	\$-	\$-	\$-	\$-	\$1,000.00	\$1,000.00
Conference Staff Lodging	\$-	\$2,000.00	\$-	\$-	\$-	\$2,000.00
Lodging, Board	\$-	\$-	\$-	\$-	\$10,000.00	\$10,000.00
Lodging, Committee	\$-	\$900.00	\$-	\$1,000.00	\$750.00	\$2,650.00
Lodging, Speaker	\$-	\$1,800.00	\$-	\$-	\$-	\$1,800.00
Lodging, Staff	\$-	\$2,600.00	\$-	\$-	\$2,500.00	\$5,100.00
Management Fees	\$-	\$-	\$-	\$-	\$30,800.00	\$30,800.00
Conference Management Fees	\$-	\$28,000.00	\$-	\$-	\$-	\$28,000.00
Miscellaneous	\$-	\$-	\$-	\$-	\$500.00	\$500.00
Marketing Postage	\$-	\$-	\$-	\$-	\$900.00	\$900.00
Marketing Printing	\$-	\$-	\$-	\$-	\$1,200.00	\$1,200.00
Marketing Consultant	\$-	\$-	\$-	\$-	\$6,000.00	\$6,000.00
Supplies	\$50.00	\$10,000.00	\$-	\$-	\$1,100.00	\$11,150.00
Outside Labor	\$-	\$3,000.00	\$-	\$3,800.00	\$8,000.00	\$14,800.00
Postage	\$1,200.00	\$50.00	\$-	\$25.00	\$150.00	\$1,425.00
Printing	\$6,500.00	\$6,800.00	\$-	\$-	\$550.00	\$13,850.00
Signage	\$-	\$500.00	\$-	\$-	\$-	\$500.00
Speaker Honorarium	\$-	\$10,000.00	\$-	\$-	\$-	\$10,000.00
Publishing Expense	\$-	\$-	\$22,000.00	\$-	\$-	\$22,000.00
Telephone	\$150.00	\$500.00	\$-	\$200.00	\$2,000.00	\$2,850.00
Special Events	\$-	\$2,160.00	\$-	\$-	\$-	\$2,160.00
Conference Staff Travel	\$-	\$1,800.00	\$-	\$-	\$-	\$1,800.00
Travel, Board	\$-	\$-	\$-	\$-	\$10,300.00	\$10,300.00
Travel, Committee	\$-	\$700.00	\$-	\$-	\$1,000.00	\$1,700.00
Travel, Speaker	\$-	\$1,500.00	\$-	\$-	\$-	\$1,500.00
Travel, Staff	\$-	\$800.00	\$-	\$-	\$1,500.00	\$2,300.00
Internet/Web	\$-	\$6,000.00	\$-	\$-	\$35,000.00	\$41,000.00
TOTAL EXPENSES	\$10,950.00	\$150,610.00	\$42,500.00	\$5,025.00	\$132,690.00	\$341,775.00



Call for 2007 Student Conference Grants

The Executive Board of AAASP is committed to supporting student-oriented professional meetings and may award up to eight grants for a maximum of \$250 per year. The purpose for these grants is to help students defer costs associated with regional conferences (e.g., provide seed money) that promote student presentations and/or student-oriented sessions to discuss professional issues.

Procedures

1. A formal letter of request must be submitted to the current AAASP President and must include:
 - a. Dates of conference;
 - b. Registration fee;
 - c. Purpose of conference; and
 - d. Proposed budget and justification
2. To qualify, the grant proposal must demonstrate that the conference will:
 - a. Have no less than 75% of the presentations be given by students;
 - b. Be organized and run by students;
 - c. Establish a registration fee of \$50 or less for students;
 - d. Be not for profit.
3. Application deadlines:
 - a. September 30 for Fall conferences held during the same year. Notification will be approximately October 15.
 - b. January 31 for Spring conferences held during the same year. Notification will be approximately February 15.

Criteria for Awarding Grants

The procedures outline the criteria on which grants will be evaluated. Hence, grant applications must demonstrate they are student-oriented, the budget is specific and appropriate, and other funding sources have been investigated. Student-oriented will be defined as:

1. Giving students an opportunity to present their research (e.g., 75% of presentations made by students);
2. Having a low student registration fee (\$50 or less);
3. Providing student-oriented sessions (if other speakers are included);
4. Planning student-oriented sessions (e.g., student meeting);
5. Seed money is not to be used for alcoholic beverages; and
6. Schools may not receive a grant more than 2 years in a row.

Preference will be given to regional conferences held independently from larger functions over student meetings held in conjunction with a larger conference. Conference organizers who receive funding from AAASP agree to acknowledge AAASP's sponsorship and advertise upcoming AAASP national conferences and information. A subcommittee comprised of the four Division Heads and Student Representative will review the applications.

Address all Questions,
Nominations and Applications
Electronically to:

Burt Giges, M.D.
250 Broadfield Road
New Rochelle, NY 10804
914.235.1231
president-elect@aaasponline.org

Call for 2007 AAASP Fellow Nominations:

NOTE SECOND YEAR USING NEW CRITERIA

Members desiring to become an AAASP Fellow shall meet the following criteria:

1. Demonstrated high standards of professional development by committing directly to the goals and long-range activities of the Association as evidenced by activities such as presentations at Association conferences, membership on Association committees, and contributions to Association publications;
2. An earned doctorate from an accredited institution in a field related to sport psychology;
3. Been a member of the Association for at least 5 consecutive years;
4. Distinguished herself/himself through significant contributions to academic and professional practice knowledge in sport and exercise psychology as evidenced by a distinguished record of academic publications, applied publications, the development of outstanding educational materials and programs, and/or via major contributions to sport organizations (e.g., design, implement, and sustain over time

a sport psychology program in a National Sport Governing Body; influence sport policy at the national or international level); and

5. Received approval from the Fellow Review Committee.

We encourage members to nominate others for Fellow status or to nominate themselves if they believe they are qualified for this distinction. Send all nominations to President-Elect, Burt Giges, who will chair the Fellow Review Committee. The application form is available on the AAASP website or by requesting it from Dr. Giges.

Regardless of how an individual is nominated, please email the following application materials and references to Dr. Giges (president-elect@aaasponline.org):

- a. a one-page completed application form,
- b. the candidate's curriculum vitae, and
- c. two references, submitted on the Fellow Candidate Reference form (at least one should be completed by a current Fellow).

For consideration in this year's review process, application materials must be received by **March 1, 2007**.

Call for 2007 AAASP Distinguished Professional Practice Award Nominations

AAASP is pleased to accept nominations for the Distinguished Professional Practice Award for 2007. This award recognizes outstanding service delivery in sport psychology and may not always be awarded annually. The recipient of the award should be an AAASP member who demonstrates exceptional quality and innovation in delivering sport psychology services to the public.

Award Criteria

The recipient of the award must meet three criteria:

- A sustained involvement in a sport psychology service delivery program to the public;
- Quality and innovation that distinguishes this program as an exceptional model of professional practice in sport psychology; and
- Significant program impact on the public and the enhancement of public interest in a appreciation for professional sport psychology services.

Eligibility for Award

Candidate must have been a member of AAASP for 3 consecutive years at the time of nomination.

Submission Guidelines

An AAASP member must nominate the candidate for this award and serve as the candidate's sponsor. The sponsor must:

- Ensure that the candidate is eligible for the award (check membership status with AAASP Secretary-Treasurer);
- Submit a letter of nomination for the candidate that describes in specific detail the achievements of the candidate in relation to the three award criteria (3 pages maximum);
- Solicit letters of support for the candidate from two (2) individuals that specifically describe the quality and impact of the candidate's work. These individuals should be participants in the group/agency in which the candidate's work has been focused (they should not be professional sport psychology colleagues);
- Submit a copy of the candidate's curriculum vitae; and
- Submit all materials electronically to president-elect@aaasponline.org.

Award Recognition

- A \$300 cash award earmarked for professional practice work is given to the award recipient;
- Conference registration is waived for the year in which the candidate receives the award; and
- A plaque is given to the award winner at the conference at a session where s/he overviews his/her professional practice work in a 20-30 minute presentation.

The deadline for receipt of all nomination materials is **March 1, 2007**

Call for Nominations for Distinguished International Scholars

AAASP invites nominations for Distinguished International Scholars. This award recognizes the achievements of outstanding individuals from the international community (outside of the US and Canada) whose scientific and/or applied work has significantly impacted the field of sport and exercise psychology.

To achieve AAASP DIS status, individuals shall meet at least one of the following criteria:

Made significant contributions to the scientific body of knowledge in sport and exercise psychology as evidenced by a distinguished record of publications.

Been recognized for their international impact on knowledge development and/or practical application in the field of sport and exercise psychology as evidenced by international publications and presentations (i.e., their work is known beyond their own country).

Submission guidelines:

Submissions shall include the nominee's vitae and a letter of nomination.

Submit materials electronically by March 1, 2007 to:

Upon review of nominees, the International Relations Committee will make a recommendation to the AAASP Executive Board, who makes final decisions concerning the DIS.

Tatiana V. Ryba

School of Human Kinetics
The University of British Columbia
210 War Memorial Gym
6081 University Boulevard
Vancouver, B.C. V6T 1Z1 Canada

Email Address may be accessed through the AAASP website



Call For Grant Proposals

A. Purpose

The Association for the Advancement of Applied Sport Psychology offers “seed grants” for research projects. Grants may range from \$250 to \$5000, recognizing that the total funds available in one year is \$5000. The primary function of these research awards is to provide limited support to young professionals or students for their research endeavors. Preference will be given to proposals that (1) integrate research and practice, and (2) require funds to conduct a worthy project and no other funding is available.

B. Eligibility

Any person who has been a continuous member of AAASP for at least 3 years will be eligible. If students cannot meet this requirement, then they may co-author the proposal with a member who does meet the requirement. Typically, applicants funded one year will not be considered the next year unless money is available.

C. Application Procedure

Applications (five copies) must be received no later than March 1, 2007 and must include the following components in the order listed: cover sheet, proposal, and the vita of the applicant(s). All proposals must contain the following sections:

1. Abstract (300 words or less)
2. Specific Aims
3. Background and Significance/Importance
4. Research Design and Method
5. Approval for the Use of Human Subjects by an Institutional Review Board and an informed consent form
6. References (only those cited)
7. Budget and Budget Rationale

The combined sections 2, 3, and 4 should not exceed six double-spaced pages and should clearly indicate how the research complies with the purpose(s) identified above for consideration. Applicants must provide evidence that the project has received approval for the use of human subjects, or is in the process of being reviewed by an Institutional Review Board. If the review is in process, approval must be documented before funds can be released. A participant informed consent form must be included. The vita should not exceed three single-spaced pages per applicant and should include academic degrees, positions held, awards, publications, presentations, and other information relevant to the current project. Failure to include all components listed above, or proposals that do not conform to length specifications will not be reviewed.

D. Budget and Time Frame

Budgets must fall between \$250 and \$5000. Awards will be paid to your department or organization/company, if one exists, and can cover costs such as equipment, hourly assistance, materials, and supplies. Budgets cannot include indirect costs, salaries for the investigator(s), or travel to present the results. Grants are awarded for a one-year time frame beginning June 1. Recipients must submit a budget statement and summary of progress (500 words or less) within 3 months after the end of the funding period (June 15). Unspent balances will revert to AAASP unless a written request for extension is submitted 6 weeks prior to grant expiration and is approved by the Research Grant Committee. Failure to complete the project may require reimbursement.

E. Obligations

It is expected that an abstract of the completed work will be submitted for consideration at the first eligible AAASP conference that follows the completion of the grant. Any publication(s) resulting from the grant should acknowledge the funding from AAASP.

F. Basis of Awards

Grants are approved or denied on the basis of merit and the record of the applicant(s). The Science and Education Division Head, three Focus Area Chairs and the Student Representative to the E-Board will review the proposals. Applicants will be notified of funding decisions no later than June 1, 2007.

AAASP Research Grant Application

Application Checklist

- _____ Applicant has been a member of AAASP for 3 continuous years
- _____ Indicate AAASP focus area(s) for which the proposal clearly addresses issues and concerns: Health & Exercise Psychology (H), Performance Enhancement/Intervention (PE/I), Social Psychology (S)
- _____ Indicate if the proposal has a research/practice component (yes, no);
- _____ The budget falls between \$250 and \$5,000
- _____ Enclosed five collated copies of the cover sheet, proposal, vita, and human subjects material
- _____ Accept responsibility for submitting to the AAASP President at the end of the funding year a final budget report and summary of progress
- _____ Accept responsibility for submitting an abstract for consideration for inclusion in the AAASP Conference that follows the completion of the grant

Title of Grant _____

Total amount requested _____

Name _____ Position _____

Address _____

Phone _____ Work Phone _____ Fax _____ Email _____

If there are additional applicants, attach a separate sheet with above information.

Grant applications should be submitted electronically by March 1, 2007 to : dwhaley@virginia.edu. If electronic submission is not possible, then a hard copy of the proposal must be received by March 1, 2007. Send to: Dr. Diane Whaley, P.O. Box 400407, University of Virginia, Charlottesville, VA 22904



Call for 2007 Master's Thesis Award Applications

AAASP invites student members to submit applications for the Outstanding Master's Thesis Award. Applicants must meet the following guidelines:

- Completed a thesis between January 1, 2006 and December 31, 2006 on a topic related to sport, exercise, and/or health psychology.
- Membership in AAASP during 2006 and 2007.

Submission Guidelines:

1. Submit one copy of the entire thesis with a cover letter that includes contact information (current, permanent and email addresses) for the applicant.
2. Provide one original (with author name and affiliation) and one blind (no reference to author or affiliation) copy of the abstract. The abstract (title and content) is limited to three single-spaced pages and should include the study purpose, method, results, and discussion.
3. Include a letter of support (two pages maximum) from the chairperson of the thesis committee and a copy of the signed cover sheet (used by universities and signed by thesis committee members indicating acceptance and completion of the thesis work) with the application.
4. Submit all materials electronically to Burt Giges. If nominees do not have a PDF formatted version of the thesis, please mail a copy of the thesis to Dr. Giges. Signature pages can be scanned and sent electronically or mailed with the thesis.

No member(s) of the AAASP Thesis Award Committee will evaluate theses with which they have had involvement. The evaluative criteria equates to that used to review manuscripts for publication in the *Journal of Applied Sport Psychology*.

Send Award Materials, Nominations, Applications and Questions Electronically to:

Burt Giges, M.D.
250 Broadfield Road
New Rochelle, NY 10804
914.235.1231

president-elect@aaasponline.org

Deadline for the receipt of all materials and recommendations is March 1, 2007.

Call for 2007 Dorothy V. Harris Award Nominations

AAASP is pleased to accept nominations for the Dorothy V. Harris Memorial Award. The Award acknowledges the distinguished contributions of Dorothy Harris to sport psychology by recognizing the efforts of an AAASP scholar/practitioner in the early stage of his/her scientific and/or professional career. The award may not always be given annually. When given, the Award consists of a plaque, a \$200 research grant, and a waiver of the registration fee for the conference in which the award is announced. Also, the recipient gives a 20-30 minute presentation summarizing his/her research/applied activity during that conference.

The recipient of the award must meet the following criteria:

1. Received a doctoral degree no more than 7 years prior to nomination;
2. Made significant contributions to AAASP through presentations, publications, and/or involvement on committees;
3. Demonstrated a record of scholarship that clearly established the individual as a leading scholar/practitioner when compared to a group of people at similar stages in their academic careers.

Evidence for this national/international distinction might include the innovation of the person's work, the impact the work has on the field of sport psychology, or the importance the work has in an applied setting. In all cases, the collected works of the individual should exhibit quality contributions that are both theoretical and practical, and that have been subjected to the critical review of established scholars/practitioners in the individual's area of expertise. AAASP members who believe they are qualified can nominate themselves and are encouraged to do so. In addition, AAASP members are encouraged to nominate qualified individuals for this Award.

The following information should accompany the letter of nomination:

1. A current curriculum vitae;
2. A one-two page summary of the nominee's work emphasizing the basic/applied importance of that work;
3. Reprints of five publications (if reprints are not in PDF format, 3 copies of each may be submitted via mail);
4. A letter of recommendation concerning the nominee's qualifications for the award; and
5. The names, addresses, and telephone numbers of two additional individuals who would write letters of recommendation for the nominee if called upon to do so.

Call for 2007 Dissertation Award Applications

AAASP invites student members to submit applications for the outstanding doctoral dissertation award. Applicants for the AAASP Dissertation Award must meet the following guidelines:

- Completed a dissertation between January 1, 2006 and December 31, 2006 on a topic related to sport, exercise, and/or health psychology.
- Membership in AAASP for the application year and year preceding application (2006 and 2007).

Submission Guidelines:

1. Submit one copy of the entire dissertation with a cover letter that includes contact information (current, permanent and email addresses) for the applicant.
2. Provide one original and one blind (no reference to author or affiliation) copy of a long abstract (up to three single-spaced pages). The abstract should include title, study purpose, method, results, and discussion.
3. Include a letter of support (two pages maximum) from the chairperson of the dissertation committee and a copy of the signed cover sheet (used by universities and signed by dissertation committee members indicating acceptance and completion of the dissertation work) with the application.
4. Submit all materials electronically to Burt Giges. If nominees do not have a PDF formatted version of the thesis, please mail a copy of the thesis to Dr. Giges. Signature pages can be scanned and sent electronically or mailed with the dissertation.

No member(s) of the AAASP Dissertation Award Committee will evaluate dissertations with which they have had involvement. Initial screening consists of a blind review of the abstracts; final screening adds the letter of support, and an evaluation of the entire dissertation. The evaluation criteria equates to that used to review manuscripts for publication in the *Journal of Applied Sport Psychology*.

Call for 2007 Student Practitioner Award

Application Criteria:

1. Must be a student at the time of deadline for submissions but does not have to be a student at the time the award is presented.
2. Must be an AAASP member at the time of submission and the time the award is presented.
3. Must have at least 100 direct contact hours with clients with written verification from supervisor (give general overview of the types of clients). Direct contact is defined by the hours in which you were face-to-face with an individual athlete, coach, team, exerciser or client.
4. Must complete and submit the student application package:
 - a. 2 letters of support:
 1. One from an AAASP professional member involved or knowledgeable about your sport/exercise/health consulting experiences
 2. One from the student's supervisor involved or knowledgeable about your sport/exercise/health consulting experiences
 - b. Must demonstrate that sport/exercise/health psychology techniques were applied:
 1. Submit a 3-4 page description of a specific practitioner experience. Outline your consulting philosophy, nature of the problem, interventions, and outcomes.

Application Process:

Application package submitted by student must include:

- a. 3-4 page description of a specific practitioner experience. Outline your consulting philosophy, nature of the problem, interventions, and outcomes (make sure there are no references to your identity, as it is a blind review process).
- b. Two letters of support, one that is from an AAASP professional member, and one from the student's supervisor.
- c. Submit all materials electronically to president-elect@aaasponline.org.

Evaluation of Submissions:

1. Blind review process;
2. Quality of written submission (e.g., appropriateness of techniques; cohesiveness between consulting philosophy, interventions, and outcomes);
3. Two letters of support; and
4. In any given year at the discretion of the committee, the award may not always be given.

Award:

Plaque & Conference fee waiver

Address questions and/or applications to President-Elect, Burt Giges, who chairs the review committee (including at least one student member).

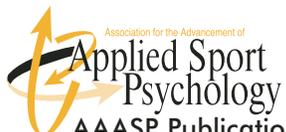
Need Help With an Ethical Problem?

The Ethics Committee has been doing so since 1987. AAASP's Ethics Committee (EC) is available to assist all members who have ethical concerns. The EC's charges are to develop and maintain a code of ethics for the association and to provide consultation to its members on professional matters that members encounter in their applied sport psychology work. See www.aaasponline.org/governance/committees/ethics/standards.php for the AAASP code.

Ed Etzel at West Virginia University currently serves as the EC's chair. Should you encounter an ethical dilemma and would want the EC to help you work through the situation, feel free to contact him at 304.293.7062 or edward.etzel@mail.wvu.edu. All consultations are confidential.

Attention: Address Changes

If you move and need to change your address for receipt of any AAASP publication, please go on-line to the AAASP website to make the corrections. Click on Member Services on the homepage, and then to Edit Profile. It is the responsibility of AAASP members to maintain a correct and current mailing address. This is the only manner in which address changes will be made. Thanks in advance.



AAASP Publications/Information Division Head
Douglas M. Hankes, Ph.D.

Student Counseling Services
400 Lem Morrison Dr., Suite 2086
Auburn University, AL 36849-5369

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Auburn, AL 36849
Permit No. 9

—Deadline for Submission—

Deadline for submission of materials for the

Fall/Winter, 2006 issue is October 15, 2006.

Please send all items to: Douglas M. Hankes, Ph.D.,
Student Counseling Services, 400 Lem Morrison Dr., Suite
2086, Auburn University, AL 36849 or email
dughank@auburn.edu