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**SPORT PSYCHOLOGY COUNCIL  
MEETING MINUTES  
[WWW.SPORTPSYCHOLOGYCOUNCIL.ORG](http://WWW.SPORTPSYCHOLOGYCOUNCIL.ORG)**

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Meeting Date: 1 October, 2016

Meeting Location: Mesquite Room,  
Arizona Grand Resort, Phoenix, Arizona USA

Time: 7:00-8:00 am

Recorded by: Judy L. Van Raalte, Ph.D.



Name	Organization
Vincent Granito Anthony Kontos	American Psychological Association Society for Sport, Exercise & Performance Psychology (APA Division 47)
Frank J. H. Lu	Asian South Pacific Association of Sport Psychology (ASPASP)
Carlos Giesenow	Asociación de Psicología del Deporte Argentina (APDA)
Robert Schinke	Association for Applied Sport Psychology (AASP)
Kirsten Peterson	Australian Institute of Sport (AIS)
Maurizio Bertollo	European Federation of Sport Psychology (FEPSAC)
Montse Ruiz	Finnish Sport Psychology Association (Suomen Urheilupsykologinen yhdistys; SUPY)
Robert Schinke	International Society of Sport Psychology (ISSP)
Gangyan Si	
Penny McCullagh	North American Society for the Psychology of Sport and Physical Activity (NASPSA)
Charlie Maher AJ Lalonde Brian Miles	Professional Baseball Performance Psychology Group (PBPPG)
Joaquin Dosil	Society of Iberoamerican Sport Psychology (SIPD)
Judy L. Van Raalte	Sport Psychology Council
Stilani "Ani" Chroni	Women Sport International

## 1 MEETING LOCATION

Mesquite, Arizona Grand Resort, Phoenix, Arizona, USA

## 2 MEETING START

Meeting Start: 7:00 am

Meeting Scribe: Judy L. Van Raalte

## 3 AGENDA

1. Greeting –Judy VanRaalte- The Sport Psychology Council (SPC) was started in the 1990s by Michael Sachs who was interested in supporting collaboration among sport psychology organizations and leaders. In its current form, the SPC is a group of individuals who represent sport psychology organizations around the world. The SPC gathers at conferences and congresses to share sport psychology organizations' successes, trends, and difficulties. Also, to discuss and implement strategies to help promote all organizations and the field of sport psychology. There is no membership fee for organizations to join the SPC and no bylaws or typical organizational structure. Rather, the SPC maintains its informal status and meets at conferences and congresses when hosted by the generosity of sport psychology organizations worldwide.
2. Group photograph

- 3. Introductions and attendance (contact information: organization, name, email)
- 4. Brief reports on the state of associations (including written reports submitted by email).

a. **American Psychological Association Society for Sport, Exercise & Performance Psychology (APA Division 47).**

Report submitted by: Vincent Granito and Anthony Kontos

Our name change became official this past year. It is now Society for Sport, Exercise & Performance Psychology. The new name more accurately reflects the interests and work of our membership.

With the name change, we have adopted a new logo that will be used on all branding going forward.



The Society has two sections for members to join: 1) Running Psychologist—for members who have a specific interest in the benefits of running (this section also hosts the annual Ray’s Race at the APA Convention), and 2) Performance Psychology—new section focusing on the psychological aspects of performers—athletes, artists, musicians, dancers, business leaders, etc.

This past year, we had a major revision of the Policy and Procedure Manual, including the creation of a Cornerstone Committee that now comprises all the areas of Education, Practice, Science, and Public Interest. This was needed to incorporate all the changes taking place in the society. In 2017, the society membership will be voting on bylaw changes to update name and structure changes to the society.

The society has been further enhanced with the Sport, Exercise and Performance Psychology Journal published through APA. The Society is currently working on a Sport Psychology Professional Practice Guidelines, which will be the focus of the past president over the course of 2017.

The society will be celebrating its 30th anniversary over the rest of 2016 and through the 2017 convention in Washington, DC (which will also be APA’s 125th anniversary)

b. **Asian South Pacific Association of Sport Psychology (ASPASP)**

Report submitted by: Frank Lu

Formed in 1989, to facilitate development of sport psychology throughout the Asian South Pacific region. ASPASP represents 75 countries with close to



65% of the world's population, has 22 affiliate member countries (Australia, China, Fiji, Hong Kong, India, Indonesia, Iran, Iraq, Israel, Japan, Korea, Macau, Malaysia, New Zealand, Philippines, Qatar, Saudi Arabia, Singapore, Sri Lanka, Taiwan, Thailand, and Vietnam), and a membership of 4,000-5,000 members. The organization has begun an initiative to provide open educational resources in an online format with the goal to educate potential sport psychologists and explore the possibility of developing online accreditation. Its organizational website (<http://www.aspasp.org/>).

In the past year, ASPASP has endorsed conferences and workshops

- i) Three nations (Korea, Taiwan, Thailand) International Seminar of sport psychology: held January 18-19, 2016 at the National University of Physical Education and Sports, Taichung, Taiwan.
- ii) 2nd Malaysian Sports Psychology Conference held on May 10 - 12, 2016 at the Institute of Teacher Education Tun Abdul Razak Campus, Kota Samarahan, Sarawak
- iii) The 2016 ASPASP MC meeting held on September 6-7, 2016 in KotSamarahan, Sarawak Malaysia
- iv) President Liwei Zhang lectured on mental training in IRI-Sport Medicine-Regional Sport Psychology Workshop for Central & West Asia run by



National Olympic Committee of Iran in Tehran, 20th - 24th Dec. 2015. This program was coordinated by prof. Fatolla Mosayebi.

#### Academic Publications

- i) an online e-journal known as Journal of Physical Activity, Sports and Exercise, offered a yearly special edition especially for ASPASP members by Garry Kuan and his school.
- ii) The ASPASP has created the text, "Secrets of Asian Sport Psychology" which is available for **FREE download** at <http://peterterry.wix.com/books>
- iii) Free online sport psychology course: Initiated and offered by Peter Terry since October 15th, 2015 is still operating at <http://www.elitesportpsy.org.au/>

#### Future Events

- i) The 8th international congress of ASPASP will be held in Korea in 2018.
- ii) The 4th International Seminar of Sport and Exercise Psychology of three nations (Korea, Taiwan, Thailand): will be held in Seoul, Korea on February, 22-25, 2017.

c. **Asociación de Psicología del Deporte Argentina (APDA)**

Report submitted by: Carlos Giesenow

The Asociación de Psicología del Deporte Argentina (APDA) this year has continued its usual activities (like offering courses and material intended to the development of sport psychology in the country). This year's main feature is the International Congress organized in conjunction with SOLCPAD (Sociedad Latinoamericana y Caribeña de Psicología de la Actividad física y del Deporte) to be held in Buenos Aires, on October 20 to 22nd: [congresoapda2016.wordpress.com](http://congresoapda2016.wordpress.com). It will feature keynotes by Alex García Más (Spain), Francisco García Echa (Cuba), Alexi Ponce (Chile), Jesús Chalela (Uruguay) and Claudia Rivas (Mexico).



This year APDA has also made a larger outreach effort towards the press to expand the visibility sport psychology has in the public.

d. **Association for Applied Sport Psychology (AASP)**

Report submitted by: Robert Schinke

AASP continues to focus on its core mission and is also working to reach out to diverse groups both nationally and internationally. Regional AASP conferences are being held at universities in North America including Historically Black Colleges in the United States and also in Europe.



The AASP membership voted on constitutional changes that have implications for certification processes. That is, AASP will be moving toward National Assessment and Accreditation Council (NAAC) certification processes. Information pertaining to changes to AASP certification, including an exam-based system will be forthcoming.

e. **Australian Institute of Sport (AIS)**

Report submitted by: Kirsten Peterson

The AIS Performance Psychology team in conjunction with the College of Sport and Exercise Psychologists (CoSEP) hosted: Sport Psychology for Australia's Winning Edge Conference, 6-7 November 2016 at the AIS in Canberra, Australia.

The conference focused on reflection, refinement, and renewal, in the follow-up from the Rio 2016 Olympic and Paralympic Games. Speakers included:

- Kim Brennan, 2016 Olympic Gold Medalist, Rowing: Mental Preparation for the Games Q/A

- Mark Spargo, Sport Psychologist for Victorian Institute of Sport, AUS Men's Water Polo Team: Reflections on a 20-year Career in Sport Psychology
- Brendan Cropley, Cardiff Metropolitan University: Improving Consultant Effectiveness through Reflective Practice

Post-Conference PD event was held on 8 November 2016: AIS Performing Brain Workshop. Participants learned:

- How the brain works and how this understanding can enhance sport performance
- Neurofeedback 101
- Coach perspectives on brain training
- How practitioners are using brain training technologies with athletes

f. **European Federation of Sport Psychology (FEPSAC)**

Report submitted by: Anne-Marie Elbe and Maurizio Bertollo

In April 2015 FEPSAC has obtained the EU legal status as an International Non-Profit Organization (INPA) and is therefore now eligible to be a partner in funding bids ([More info here](#)). In addition, due to the legalization FEPSAC now holds a general assembly each year.

FEPSAC is now on Facebook and Twitter and regularly posts information about conferences, academic courses, latest vacancies and other interesting news in the field of sport and exercise psychology. Members of FEPSAC further receive a monthly Newsflash and every two months a Newsletter published in the Journal Psychology of Sport and Exercise. Moreover, our website contains [a new platform](#) where potential supervisors can offer an internship.

In July 2016 the FEPSAC book "[Sport and Exercise Psychology: Research from Theory to Practice](#)" edited by Markus Raab, Paul Wylleman, Roland Seiler, Anne-Marie Elbe and Antonis Hatzigeorgiadis has appeared in Elsevier. The book provides a comprehensive summary of latest research in sport and exercise psychology; encompassing theory, research and applications, the book is organised in several themed sections.

Work is underway to develop an EU sport psychology certification. Finally, FEPSAC will host [a joint conference](#) in collaboration with BASES in Nottingham, UK, 28-29 November 2017. The next European Congress will be held in Münster, Germany, 15-20 July 2019.

g. **Finnish Sport Psychology Association (Suomen Urheilupsykologinen yhdistys; SUPY)**

Report submitted by: Montse Ruiz

The Finnish Sport Psychology Association (SUPY) focuses mainly on: (a) disseminating sport psychology related information through its website (<http://supy.org/wordpress>) and seminars, (b) handling sport and exercise psychology issues in the media, (c) sharing information about experts to

federations and sport organizations. Currently, SUPY has about 150 members.

SUPY is involved with the Finnish Psychological Association and the Finnish Olympic Committee in the creation of a certified consultant search service.

**h. International Society of Sport Psychology**

Report submitted by: Gangyan Si and Robert Schinke

ISSP has successfully completed its first Regional Conference and a Continuing Education Workshop on Olympic Athlete Preparation and Onsite Management in Belo Horizonte, Brazil, in April 2016.

ISSP has begun the process of developing sport psychology certification.

Attention is being made to highlight the membership benefits of ISSP membership and the relatively low cost of membership fees.

ISSP will hold the 14<sup>th</sup> ISSP World Congress July 2017 in Sevilla, Spain. The congress theme is: "Integrating Science and Practice through Multicultural Bridges."

Congress President, José Carlos Jaenes Sánchez, Ph.D. and the Local Committee personally invite all who are interested to participate in the 14th World ISSP World Congress of Sport Psychology Sevilla 2017. July, 10-14. [www.issp2017.com](http://www.issp2017.com)

**i. North American Society for the Psychology of Sport and Physical Activity (NASPSPA)**

Report submitted by: Daniela Corbetta and Penny McCullagh

NASPSPA was founded in 1967 with the purpose of developing and advancing the study of human movement and physical activity through the fields of Motor Learning/Control/Development, and Sport and Exercise Psychology. NASPSPA currently has 734 members, mostly from North America, but also from 29 different countries. NASPSPA has two official journals: The Journal of Sport and Exercise Psychology (Editor-in-Chief: Martyn Standage) and the Journal of Motor Learning and Development (Editor-in-Chief: Daniela Corbetta). The society holds annual conferences in North America (US or Canada).

Next year, NASPSPA will celebrate its 50th anniversary and will have special commemorative events in addition to its regular scientific program. The conference will be held June 4-8, 2017 in San Diego, California (abstracts submission deadline is January 17, 2017). Please, consider joining us for this unique celebration. More information about the society, its journals, and past and upcoming conferences can be found at the society's recently redesigned website: <http://www.naspspa.com>

j. **Professional Baseball Performance Psychology Group (PBPPG)**

Report submitted by: Charlie Maher, AJ LaLonde, Brian Miles, Oscar Gutierrez

PBPPG is a professional resource for sport psychologist, mental skills coaches and performance coaches working with Major League Baseball (MLB) clubs. Members are employees or contracted consultants with MLB clubs. Currently, the PBPPG is represented by 37 mental skills coaches and applied sport psychologists who are employed by 20 of the 30 MLB clubs. The PBPPG seeks to assure quality in mental skills and performance enhancement services for MLB clubs and collaborates with employee assistance program (EAP) staff and other licensed health services providers in support of players and staff. All members of PBPPG are vetted through 5 areas of criteria to ensure professionalism prior to gaining membership.

PBPPG members focus their work in the following areas:

The Mental Side of the Game

- How players use thoughts, emotions, and actions in support of performance
- On the field – level to level – from rookie ball to the major league level
- Off the field – coping with people, places, things
- Learning to prepare, compete, and make good sense of results
- Framework: Quality Preparation – Competitive Follow Through – Accurate Self-Evaluation

Mental & Emotional Development Continuum

MENTAL SKILLS: On the field

- Educating players about the mental side of the game
- Training and conditioning players to develop and refine mental skills.
- Mental skills include: Self-awareness, goal setting, implementing effective routines, imagery/visualization, energy management, mindfulness, relaxation, and accurate self-evaluation.

LIFE SKILLS: Off the field

- Educating players about healthy life skills away from the game
- Life skills include: Time management, coping with risk, substance abuse education, health living/nutrition, housing management, and relating to culture and ethnicity of others.

MENTAL HEALTH: Overall

- Screening for psychological problems
- Referrals to appropriate health care resources, including EAPs
- Management of therapeutic exemptions
- Collaboration with medical professionals



**k. Society of Iberoamerican Sport Psychology (SIPD)**

Report submitted by: Joaquin Dosil

Costa Rica hold the 6th Congress of the Iberoamerican Society of Sport Psychology (SIPD) last week (27th to 30th of September). We had 387 delegates from 14 different countries: Mexico, Colombia, Spain, Costa Rica, Honduras, Nicaragua, Bolivia, Argentina, Brazil, Chile, Peru, Venezuela, Ecuador, and Cuba. Next Congress will be in Chile 2018

**l. Sport Psychology Council (SPC)**

Report submitted by: Judy VanRaalte

The SPC has continued to update the organization's website, **SportPsychologyCouncil.org** that allows for the posting of minutes from SPC meetings and provide links and information about sport psychology that will be available for all other sport psychology organizations. All organizations are welcome to provide a link to SportPsychologyCouncil.org. Help with translation of key website terms into more languages would be much appreciated. Funding for the website was provided by AASP.

**m. Women Sport International (WSI)**

Report submitted by: Stilani "Ani" Chroni

The 2015 WSI Executive Board meeting took place in Paris in connection with the International Sociology of Sports annual conference and 50 years celebration, on June 13 2015. Diane Huffman, WSI new Advisory Board member, will chair the new Task Force on "International Development." Toni Bruce, WSI Secretary, will chair a new Ad-hoc Committee "Women's sport and the media.

WSI has been following up closely the UNESCO International Charter revisions by providing comments to all drafts since the work done in Colombia (September 2014) until it was finalized in November 2015. In addition, we have provided comments to the media tool kit that publicizes the revised Charter.

Stiliani Chroni, president of WSI, attended the 2016 UNESCO's ordinary session of CIGEPS and PCC in Monaco, February 26-27, 2016. WSI applied to become a member of the CIGEPS' PCC during the Monaco meeting (Feb. 2016). The application was approved. On May 31, 2016 WSI and ACSM signed an MoU. Our collaboration framework highlights six potential options (science collaboration, innovation leadership, global coordination; UN/WHO NCD Campaign, the UN Post-2015 Sustainable Development Goals, and other initiatives of common interest; Global Advocacy).

Carole Oglesby, past president and currently member of WSI, worked extensively and with success for women and physical activity to be included in the UN Sustainable Development Goals.

WSI in collaboration with IWG, ACSM, WSF and Safe4athletes, organized a parallel event at the UN CSW 60 Session in New York, March 16, 2016. The title of the event was: "Girl's and women's empowerment embodied: Key ingredients to Sustainable Development Goals" The symposium was well attended. WSI participated in the side event "Using sport as a tool for attaining gender equality" during UN CSW 60 Session in New York, March 18, 2016 that was sponsored by the IWG Botswana presidency. Stiliani Chroni, delivered a presentation titled: "Gender-based violence in sport: Prevalence and impact on gender equality and social justice". WSI members, Kari Fasting, Celia Brackenridge and Stiliani Chroni, participate in the EU funded study on Gender Based Violence in Sport.

WSI in collaboration with ACSM organized an "experts' roundtable" that was held on May 31, 2016 in Boston during the ACSM annual meeting. The event was by invitation only and its aim was to identify urgent priorities and actions that promote gender equality and empower women in four overall policy areas: developing a comprehensive vision, providing inclusive and safe access, fostering sustainable development and peace, as well as protecting integrity. These policy areas were identified by UNESCO as important areas in action planning that will occur at the 6<sup>th</sup> International Conference of Ministers and Senior Officials Responsible for Physical Education and Sport that will be held in 2017 (MINEPS VI). From the expert roundtable, a common framework for the Follow-up of the Declaration of Berlin and the International Charter of Physical Education, Physical Activity and Sport was delivered to UNESCO.

The WSI Facebook public group page, which as of March 22, 2016 has 1.724 members. Currently the web-page of WSI is under renewal.

## 5. New Business

- a. Remind organizations that they can link to **SportPsychologyCouncil.org**
  - i. Plan for new languages and organizations to be added to the website
  - ii. Correct any errors or failed links (AASP, APA Division 47, NASPSA and SCAPPS link updates on map need updating, other links should be checked, update organization name: APA Division 47: Society for Sport, Exercise & Performance Psychology, and change AAHPERD to SHAPE America- Society of Health and Physical Educators)
- b. Areas for sharing information and possibilities for collaboration
- c. Recognition of contributions of Gualberto Cremades
- d. Next Sport Psychology Council meeting is being planned for the ISSP meeting in Seville in 2017 Robert Schinke will serve as Chair for that meeting.
- e. other issues

#### 4 MEETING END

8:00 am

#### POST MEETING ACTION ITEMS

Action	Assigned To	Deadline
Review minutes and submit corrections to Judy VanRaalte (jvanraal@SportPsychologyCouncil.org)	Everyone	1 December 2016
Submit information about credentialing for your organization to share worldwide	Everyone who has sport psychology credentialing information to share	1 December 2016
Support website linking to SportPsychologyCouncil.org	Everyone	1 December 2016
Suggest location of next meetings	Everyone	1 December 2016

#### 5 NEXT MEETING

During ISSP in Seville Spain. Additional future meeting details to be determined.