

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

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Meeting Date: 17 July, 2019

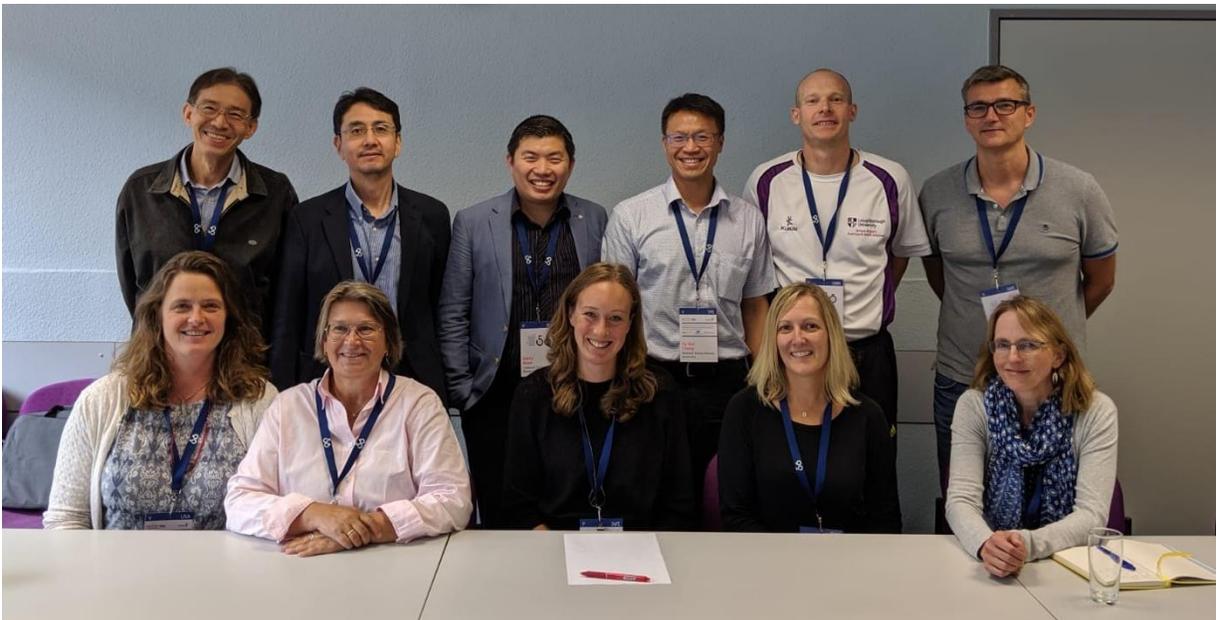
Meeting Location: VSH 07 – Maggingen

University of Münster

Münster, Germany

Time: 12:30-1:30 pm

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



## 1 MEETING LOCATION: VSH 07 – MAGGLINGEN, UNIVERSITY OF MÜNSTER, MÜNSTER, GERMANY

| Name                                                   | Organization                                                                                              |
|--------------------------------------------------------|-----------------------------------------------------------------------------------------------------------|
| Bradley Hack<br>Doug Hankes                            | American Psychological Association Society for Sport, Exercise & Performance Psychology (APA Division 47) |
| Garry Kuan<br>Frank J. H. Lu                           | Asian South Pacific Association of Sport Psychology (ASPASP)                                              |
| Amy Baltzel<br>Traci Statler                           | Association for Applied Sport Psychology (AASP)                                                           |
| Chris Harwood                                          | British Association of Sport and Exercise Sciences (BASES)                                                |
| Tanya Berry                                            | Canadian Society for Psychomotor Learning and Sport Psychology (SCAPPS)                                   |
| Anne-Marie Elbe<br>Xavier Sanchez                      | European Federation of Sport Psychology (FEPSAC)                                                          |
| Bernd Strauß<br>Charlotte Raue                         | German Association of Sport Psychology (ASP)                                                              |
| Yu-Kai Chang<br>Chris Harwood<br>Robert Schinke        | International Society of Sport Psychology (ISSP)                                                          |
| Yasuhisa Tachiya                                       | Japan Sport Council                                                                                       |
| Catherine Sabiston                                     | North American Society for the Psychology of Sport and Physical Activity (NASPSPA)                        |
| Charlie Maher<br>AJ Lalonde<br>Brian Miles             | Professional Baseball Performance Psychology Group (PBPPG)                                                |
| Joaquin Dosil                                          | Society of Iberoamerican Sport Psychology (SIPD)                                                          |
| Cecilia Åkesdotter<br>Ulrika Billme<br>Ulrika Tranaeus | Swedish Sport Psychology Association (SIPF)                                                               |
| Kwok Ng<br>Judy L. Van Raalte                          | Sport Psychology Council (SPC)                                                                            |

## 2 MEETING START

Meeting Start: 12:30 pm

Meeting Scribe: Judy L. Van Raalte

## 3 AGENDA

1. Greeting –Amy Baltzell- 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: Doug Hankes and Bradley Hack

The Society for Sport, Exercise & Performance Psychology comprises approximately 1000 members and is working on several initiatives designed to advance the practice of sport psychology. The APA has designated sport psychology as a proficiency within psychology, identifying it as a multidisciplinary field spanning psychology, sport science, and medicine. This proficiency recognizes specialization in sport psychology as typically a postgraduate specialization, following a doctoral degree in one of the primary areas of psychology. The proficiency encompasses training in sport-specific psychological skills, the well-being of athletes, systemic issues associated with sports organizations, and developmental and social aspects of sports participation. The proficiency, first developed in 2003, was successfully re-petitioned for renewal in 2018 as the APA's Council of Representatives approved it for another 7 years.

Additionally, the Society continues to revise the initial draft of a detailed set of professional practice guidelines in sport psychology that will supplement the proficiency. The Society hopes to have these completed in 2020. As a result of the comprehensive membership survey that the Society conducted in 2018, members have requested increased programming from the Society. The Society has recently been approved by APA to be an APA-approved CE provider. We will soon be offering webinars that offer APA-approved CEs.

The Society continues to work on a presidential initiative to create a mentorship program for graduate students and early career professionals. This program also has a timeline of implementation for late 2019. The Performance Psychology Section of SSEPP had its inaugural officer elections in 2018 and have implemented an ambitious agenda of webinars and social media discussions about the varied application and optimal techniques of performance psychology principles and theories.

Social justice and advocacy also will be a continued focus for the Society. At the 2019 APA Convention, we will be awarding our "Distinguished Contributions to Exercise and Sport Psychology in Science and Research" to Judy Van Raalte. Also, Lani Lawrence will deliver the Steven R. Heyman Memorial Lecture. Finally, Brian Hainline MD, Chief Medical Officer for the NCAA will present the APA Division 47-ACSM Exchange Lecture.

Additionally, social justice and athlete activism continues to be a focus of the Society's publications (e.g., SportPsych Works) and social media activities. The themes for the 2019 annual APA Convention in Chicago will be Adolescent Sport Psychology, Optimal Coaching practices, and the latest Performance Psychology research.

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

Report submitted by: Garry Kuan and Frank J. H. Lu

The ASPASP has hosted several important events and activities as follow.

**1. The conference.** The ASPASP hosted its 6<sup>th</sup> International seminar in sport and exercise psychology (ISSEP) at Burapha University, Thailand. Attenders were 134 participants from 5 countries including Taiwan (61), Korea (28), Thailand (30), China (6), and Malaysia (8). Presentations addressed sport psychology (80%), exercise psychology and motor behavior and included 4 keynotes, 6 invited speech, 26 oral presentations, and 50 posters.



The ISSEP is a self-initiated middle size academic activity of the ASPASP, hosted annually in Korea, Malaysia, Thailand, and Taiwan. Generally, the ISSEP participants around 100 but fluctuating depends on the year and location. The major goals of the ISSEP are to bring graduate students together to share and exchange their academic experiences. It is a winter vacation-like activity. Thus, the organization committee of the ISSEP arranges participants with city tour and cultural activity during the conference.

**2. The Mentor-Mentee Project.** To promote sport psychology in less active countries, the ASPASP initiated a "Mentor-Mentee" project in Ho Chi Ming City, Vietnam on October 22<sup>nd</sup>.

Newly elected president professor YoungHo Kim was invited by the Vietnamese society of sport and exercise science. There are about 50 participants who work in universities, sports training center, and various sports



organization participate in this workshop. The goals of this "mentor-mentee" project are to disseminate the theories and knowledge of sport and exercise

psychology to member countries that have not yet established a society of sport psychology and/or are developing.

### 3. The 2019 ASPASP MC meeting.

On June 7-8, 2019, the ASPASP hosted its annual meeting in Osaka, Japan. The two day meeting brought lots of fruitful conclusion, including approval of the minutes from the 2018 MC meeting, secretary reports, vice presidents' reports (membership, program and



publication), treasurer's reports, and national reports (Australia, China, India, Korea, Japan, Philippines, Taiwan, and Thailand). In addition, the MC meeting also discussed the issue that an individual sport psychologist asks ASPASP to endorse his personal workshop in West Asia. The MCs made an appropriate decision. One of the most brainstorming issues that MCs discussed was the official journal-*Asian Journal of Sport and Exercise Psychology* (AJSEP). The MCs decided to establish an online submission system initiated by a task force led by president YoungHo Kim, past president Liwei Zhang, vice president Frank Jing-Horng Lu, and Australian MC Dev Rowchowdhury. The other brainstorming issue is membership fees. The new MCs identified 7 types of potential benefits for the registered members as follow: (a) free journal access, (b) 3+1 membership package, (c) newsletter, (d) workshop discount, (e) ASPASP badge, (f) books discount, and (g) election vote. The ASPASP will issue a computer code to members so they can access the benefits easily. By doing so, we hope to confirm members' benefits and foster their commitment to ASPASP. The MCs also decided the membership fees for the group and individual members according to perspective country's numbers of members and/or economic status. The detail category and price will announce later on the ASPASP website as follow: <http://www.aspasp.org/>

To promote sport and exercise psychology knowledge and practice in the Asian-South Pacific region, the MCs also decided to initiate a "Mentor-Mentee" education program. By initiating this program, the ASPASP expects that some less active countries in this region can gain benefits from such promotion. So far, Vietnam has joined this program. In the near future, Nepal will also join this program.



One of the most fruitful discussions from MC meeting was the promotion programs for ASPASP in the future. The MCs will invite sponsorship from world renown sporting and computer companies, such as Nike, Adidas, Reebok, Apple, Asus, Lenovo, Samsung, and to name a few. The

ASPASP will also invite these companies to endorse their logos on the website of ASPASP or any workshops, conferences, programs of the ASPASP. Further, the ASPASP will cooperate with publishers such as Human Kinetics, Sage, Saunders ...etc., in order to publish, sell, and buy academic publications.

The ASPASP faces lots of challenges in the future. We are short of financial budgets in initiating our programs and activities. In order to promote our activities and programs, the ASPASP will cooperate with heterogenic parties to increase income. Also, the ASPASP will accept the personal donation and will accredit these individuals or groups.

**4. Future Events.** The ASPASP should define its position statement thoroughly and completely. In addition, the ASPASP should establish its professional standards in the future. By doing so, every individual or group plans to apply ASPASP endorsement for his/her or its professional practices can be implemented. Further, the ASPASP will seek cooperation from existing sport psychology organizations such as ISSP, FEPSAC, AASP, NASPSA, and regional professional bodies in the near future. The potential city for hosting the 2020 ASPASP MC meeting will be China or India. The 2021 ASPASP MC will be in Taipei, Taiwan, and 2022 in Kuching, Sarawak, Malaysia.

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

Report submitted by: Amy Baltzell and Traci Statler

This report includes highlights of last 6 months with a focus on achieving goals identified in our current 4 year Strategic Plan (2019-2022)

**Certification / Professional Standards**

- Launched new searchable Registry of Approved Mentors (including CMPCs and non CMPCs approved to Mentor); provides info on in-person/virtual services, client base access, cost - Mar 2019
- Added new CMPC® Exam Study Resources page to the AASP website, including two exam review webinars – April 2019
- Current CMPC® exam pass rate is 85% – June 2019
- 64 new Certified Mental Performance Consultants® over the last 12 months; 112 passed exam for recertification and 231 approved to take the exam – June 2019
- Submitting NCCA accreditation application – Aug 2019

**Diversity & Inclusion**

- Diversity and Inclusion Council established – June 2019
- Diversity in Sport Regional Conference held – Apr 2019
- Creating a professional development event and mentor program for students of color - The IGNITE program was created at this year's Diversity in Sport Conference and a mentorship program as a follow up to the event – Apr 2019

**Education & Professional Development**

Keynotes for 2019 Conference in Portland:

- Michael Gervais, Seattle Seahawks (User's Guide to Elite Performance)
- Karch Kiraly, USA Volleyball Women's National Team Head Coach (Performance Excellence Award)
- Angela Hucles, Past President, Women's Sport Foundation
- Colleen Hacker & Reagan Carey, USA Ice Hockey
- Rich Gordin, Utah State University (Coleman Griffith)
- Scott Goldman (Presidential Address)
- George Mumford & Tobias Lundgren (Mindfulness and Acceptance Approaches for Optimizing Performance: Research & Practice)
- Contract signed for 2021 Annual Meeting (Hilton Orlando) – Dec 2018
- Talking with both ISSP and the CSPA about a joint congress in October 2023 in Vancouver (or Toronto)

#### **Membership**

- Ended 2018 with second highest number of members in association history (2,479) from 55 countries – Dec 2018

#### **Public Relations & Outreach**

- Modernized the AASP blog format to be more consumer friendly (featured images, improved site navigation, better optimized for sharing on social media) – April 2019
- Developed AASP subject matter expert preparation materials – March 2019
- Developed Representation and Clarification of Responsibilities document for use with individuals who represent AASP to the media – March 2019
- Developed AASP spokesperson guidelines and core messaging brief – March 2019

#### **Publications & Communications**

- Certified Mental Performance Consultant (CMPC) Exam Study Guide, scheduled to be available to candidates in early 2020. Co-editors: Sarah Carson-Sackett and Natalie Durand-Bush
- Special JASP issue on “Organizational Psychology in Sport” - Jan 2019
- Special JSPA issue on “Using Technology in Applied Sport Psychology” – Apr 19
- Student focused journal created – submissions accepted starting in early 2020

#### **Research & Practice**

- 5th Annual Virtual Conference - Best Practices in Starting, Developing and Sustaining a Private Practice – April 2019
- Offered a \$5K Research Grant RFP for the study of the expansion of sport psychology employment opportunities in North America – Mar 2019
- Advanced drafts of AASP Graduate Program Recognition guidelines submitted – Apr 2019; completion target and call for applicants – Jun 2019

The next AASP conference will be October 21-24, 2020, Orlando, FL USA.

#### **d. British Association of Sport and Exercise Sciences (BASES)**

Report submitted by: Chris Harwood

The BASES Division of Psychology seeks to represent and support both the academic and practical interests of those who have a passion for the field of sport and exercise psychology. This includes a focus on scholarly activity and research through expert statements, conference presentations and grants; as

well as the quality assurance of psychology practitioners through the BASES accreditation and supervised experience programme.

The Division promotes the engagement and knowledge-development of its members in a variety of topic areas and organises its Divisional activities within three core strands:

- Performance Excellence – focused on those topics, processes and populations that relate to human performance enhancement;
- Engagement and Development – focused on those factors, processes and stakeholders that relate to athlete development, and lifelong sport and exercise participation;
- Mental Health – focused on those factors, interventions and processes that relate to the mental health spectrum in sport and exercise settings

In the UK, use of the title “sport psychologist” has been limited to people with advanced degrees in psychology. New standards allow students who successfully complete 60 credits of training equivalency coursework in core knowledge that underpin psychology and 2-4 years of supervised practice (1500 hours total with 500 hours of direct contact) to also use the title sport psychologist.

**e. Canadian Society for Psychomotor Learning and Sport Psychology (SCAPPS)**

Report submitted by: Tanya Berry

The Canadian Society for Psychomotor Learning and Sport Psychology (SCAPPS) was founded as a society in Banff, Alberta, in 1977. SCAPPS engages in three main activities.

- An annual conference at which scholars are invited to present their research.
- The Franklin Henry Young Scientist Award (under review) which is presented at the annual conference to an outstanding trainee scholar.
- An annual general meeting (AGM) where SCAPPS members are informed about executive actions, reports, and recommendations, and are provided with an opportunity to vote on motions pertaining to SCAPPS business. Regular email communications also inform members about the society’s activities.

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

Report submitted by: Anne-Marie Elbe and Xavier Sanchez

FEPSAC and both the outgoing president Anne-Marie Elbe and incoming president Markus Raab offered a warm welcome to the Sport Psychology Council.

FEPSAC is working to develop benchmarks for training in sport psychology that achieve training goals and also support relationships among psychology trained and exercise science trained professionals.

FEPSAC continues to collaborate with other national and international sport psychology organizations, supporting the publication of a joint position stand of ISSP, FEPSAC, ASPASP, and AASP on professional accreditation.

#### *Certification*

Given the increasing popularity of sport psychology, a main goal of the current FEPSAC MC is to establish European certification guidelines for practitioners in the field. The current proposal involves six criteria that have to be fulfilled in order to become a FEPSAC certified Specialist in Applied Sport Psychology (SASP-FEPSAC). After a pilot phase that took place with the help of the European Network of Young Specialists in Sport Psychology (ENYSSP), the submission procedure is currently being optimized..

#### *Hosting Congresses*

The FEPSAC Congress held in Münster, Germany in 2019 was the last FEPSAC Congress to take place on a 4-year cycle. FEPSAC Congresses will take place in 2022, 2024, etc.. [More info on hosting the biggest European sport psychology congress can be found here.](#)

#### *Hosting MC Meetings*

The Managing Council (MC) of FEPSAC meets, twice a year, normally in April/May and October/November. The hosts of a MC meeting can benefit from the MC members who will contribute to seminars, workshops, conferences or other activities commensurate with their roles and expertise free of charge for the organisers. [Please find more info on hosting a FEPSAC MC meeting here.](#)

#### **g. German Association of Sport Psychology (Arbeitsgemeinschaft für Sportpsychologie: ASP)**

Report submitted by: Bernd Strauß, Charlotte Raue

The German Society of Sport Psychology (German: Arbeitsgemeinschaft für Sportpsychologie: ASP) was founded in 1969 in Münster (Germany) and is devoted to the promotion of research, practice, and development in the discipline of sport and exercise psychology in Germany. ASP celebrated the 50 year anniversary of the society in Münster May 30-June 1, 2019 in Halle/Saale.

ASP consists of 500 individual members, most of whom are sport psychologists, sport scientists or psychologists. The managing council, elected for 2 years, consists of the President, a Vice-President-managing director for financial issues and up to five Vice-Presidents representing the departments “health and exercise,” “research and international affairs,” “top-level sports and practice,” and “student research training and affairs.” A business manager was created this year and is held by Sebastian Brückner.

The ASP maintains close relations to many national and international societies, among them are the FEPSAC and the ISSP. The purpose is to encourage and promote the study of human behaviour within sport and exercise as well as to improve the quality of research and professional practice in sport and exercise psychology. This mission is realized by an annual conference, training programs in the field of top-level sports (and a related certification in collaboration with the Federal Institut for Sport Science, BISp) and health or methodological training. These training programs/ curriculum in sport psychology for top-level sports serves as an entrance qualification for elite sports psychology support in Germany. There are currently approximately 160 individuals with the credentials required for work with German national and Olympic teams.

Every two years the society awards the best written PhD thesis (the “Karl Feige-award“ honouring the first president of the ASP). The official journal of the society is the German Journal of Sport Psychology (Zeitschrift für Sportpsychologie; publisher: Hogrefe), founded in 1987. Most relevant information is provided by a newsletter and via the homepage: [www.asp-sportpsychologie.org](http://www.asp-sportpsychologie.org).

#### **h. International Society of Sport Psychology (ISSP)**

Report submitted by: Yu-Kai Chang, Chris Harwood, Robert Schinke

The International Society of Sport Psychology will hold its annual Executive Committee meeting in Greece in November, however ISSP has progressed with several key activities this past year, since the last report. The key developments are as follows:

1. The ISSP partnered with Team Denmark last September to lead a Multi-societal Think Tank on Athlete Mental Health. A recent Consensus Statement on Athlete Mental health is available advanced online open access in the International Journal of Sport and Exercise psychology. Extending this endeavour, the United States Olympic Committee will host the Second Annual Think Tank one week before AASP at its national training centre. For 2020, The Brazilian Olympic and Paralympic Association will then continue to extend this endeavour, bringing it to the third continent in three years. The ISSP Think Tank on Athlete Mental Health focus in 2020 will be placed on Coach Mental Health.
2. The ISSP Book Series now includes a book focused on technological advances in sport psychology, led by Thomas Schack, a book focused on innovative approaches to applied sport psychology led by Maurizio Bertollo, a book focused on athlete mental health led by colleagues from Team Denmark, and a two-volume set ISSY Encyclopedia, now in press.
3. The *International Journal of Sport and Exercise Psychology* (IJSEP) will apply for its impact factor this September, after having achieved its ESCI last year. The mock impact factor suggests the journal will be quite competitive. Submissions to IJSEP have exceeded 200 per year, and rejection rates are above 80%.

4. The ISSP Registry (ISSP-R), a portfolio based practitioner credentialing system, will be launched later this year. The Chair of the ISSP-R is Dr. Chris Harwood. Educational modules focused on cultural diversity, mental health, and ethics and professional conduct are well into draft. The ISSP-R credential will be available for people in developing nations and around the world. Submission guidelines will be made available on the ISSP website.
5. The ISSP Ambassador Program will continue this year with an ISSP Representative, Dr. Lauren Loberg, traveling to Uruguay for the 30th Anniversary of the Uruguay Society of Sport Psychology.
6. Our 2021 ISSP Congress will be hosted in Taiwan (Taipei).

i. **Japan Sport Council**

Report submitted by: Yasuhisa Tachiya

The Japan Sport Council is the central organization specializing in sports promotional activities focused on the maintenance and enhancement of school children's health in Japan as well as supporting Olympic Team. The Japan Sport Council was founded in 1973 and has approximately 800 members. The Japan Sport Council supports a certification program for applied sport psychology professionals. Approximately 140 people have achieved the status of "Certified Mental Training in Sports."

At present, funds are available for the work of the Department of Sport Sciences (including sport psychology) to support athletes, coaches, and high performance at the 2020 Olympic games in Tokyo. A sports conference in Yokohama will be held after the Olympic Games.

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

Report submitted by: Catherine Sabiston

NASPSPA has a strong academic focus on sport psychology and maintains a website with detailed information about the organization at [www.naspspa.com](http://www.naspspa.com). NASPSPA held its 52nd annual and Mary Radisek is incoming president and new communications director. The 2020 NASPSPA conference will be held June 10-13, 2020 in Vancouver, British Columbia Canada

NASPSPA is actively working to maintain membership and to ensure a high quality conference via such activities as the acceptance of late breaking abstracts and offering continuing education opportunities for PTs attending the conference. NASPSPA is also considering offering continuing education for sport psychology and psychology conference attendees.

Traditionally, the NASPSPA annual conference has been held in either Canada or USA. Consideration is now being given to hosting its conference

in international locations and/or to collaborate with other sport science bodies such as ACSM to host the conference.

Upcoming NASPSPA Conference Dates:  
2020 – June 10 to 13 in Vancouver, Canada

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

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

The Professional Baseball Performance Psychology Group (PBPPG) continues to operate with the mission of making sure that evidence-based, quality services are provided at the Major League Club (MLB) level in that they contribute to the mental and emotional development and performance of players and staff at the major and minor league levels.

The PBPPG continues to grow in number of members, all of whom must meet specific membership criteria. Currently, there are fifty-three members, across 27 MLB clubs, with a number of membership applications in review process.

At the December 2018 winter meeting of the PBPPG in Las Vegas, Nevada, ten (10) items were identified for action by the members. As such, action item teams of PBPPG members were formulated to address these areas. The action items that currently are being addressed include the following:

1. Develop a process for mentoring of young members and former players who want to learn about careers in applied sport psychology in professional baseball.
2. Design and implement as monthly conference call approach for members.
3. Develop closer working relationships with the players union.
4. Update PBPPG bylaws.
5. Explore how to create a scholarship for graduate students in sport psychology in honor of Ken Ravizza and Harvey Dorfman, both of whom are posthumous members.
6. Design and implement a PBPPG website
7. Develop a set of guidelines for how to assure the appropriate application of sport psychology in major league baseball for use by MLB officials and the players union.
8. Conduct a study of how the Certified Mental Performance Consultant certification
9. (CMPC) can become a requirement at the MLB club level, with regard to those who are employed or contracted to provide applied sport psychology.
10. Conduct a salary survey to PBPPG members.

The mid-winter meeting about mental skills and employee assistance in professional baseball will occur on July 26, 2019 at the Office of the Commissioner of Baseball in New York City. The theme of the meeting, which is educational in nature and scope, will deal with mental health and

professional baseball and the necessary communication and collaboration therein to support mental health.

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

Report submitted by: Joaquin Dosil

SIPD Congress 2018 in Santiago, Chile had 367 sport psychologist from 15 countries of Iberoamerica: Spain, Brazil, USA, Nicaragua, Mexico, Puerto Rico, Costa Rica, Colombia, Argentina, Uruguay, Paraguay, Ecuador, Peru, Bolivia and Chile. The next congress will be in Mexico 2020. Regarding the Iberoamerican Society of Sport Psychology (SIPD), at the moment we have 643 associates. The master degree in sport psychology, hosted by SIPD with Liberquare University will begin the 6th edition during May 2019.

**m. Swedish Sport Psychology Association (Svensk Idrottspsykologisk Förening; SIPF)**

Report submitted by: Ulrika Billme, Ulrika Tranaeus, Cecilia Åkesdotter

The Swedish Sport Psychology Association (SIPF) is devoted to enhance and promote the development of the field of Sport Psychology in Sweden. SIPF works to spread evidence-based knowledge and to be the arena where research, education and applied work meet and integrate. The platforms used are primarily our annual national conference and our member journal, called FLOW. The conference in March 2019 had the theme self-compassion and mindfulness and included both national and international speakers with approximately 130 participants in attendance.

The most 2019 conference was focused on mindfulness. In 2020 SIPF has its 20 years anniversary, and we look forward to celebrating that with an extra special conference!

In recent years, SIPF has become more active on social media, particularly on Facebook and Instagram. SIPF currently has 975 followers on Instagram, and 1158 followers on Facebook. The SIPF Instagram account is regularly taken over by guests (athletes, coaches, researchers, sport psychology consultants, clinical psychologists and more), that share a week of their lives and reflect on different sport psychology aspects. Activities on social media have been of great importance for marketing the association and for enhancing the interest in sport psychology.

SIPF has at present approximately 200 members. The organisation is now undergoing a massive process of strategic development; in which we aim to more clearly establish our purpose, define what we are and for whom, make decisions about activities and member benefits, and more, but also a lot of organizational improvements. We have a few interesting challenges ahead of us!

#### n. **Sport Psychology Council (SPC)**

Report submitted by: Kwok Ng and Judy Van Raalte

The SPC is supported by the Society of Sport and Exercise Psychology of Taiwan (SSEPT), the North American Society for the Psychology of Sport and Physical Activity (NASPSPA), the American Psychological Association Society for Sport, Exercise & Performance Psychology (APA Division 47), the Association for Applied Sport Psychology (AASP), and the International Society of Sport Psychology (ISSP) for providing financial support which will fund SportPsychologyCouncil.org through 2026. The webmaster is Kwok Ng, (University of Eastern Finland, and University of Limerick).

The SPC mobile friendly website continues to attract new visitors but at a lower rate (around 40% lower) than previous years. Almost 98% of visits are from new visitors, mainly from the US and France, 60% look at the site in English, 31% in French, 2% in Korean, and 2% in Brazilian Portuguese. There have been less than 10 visits in the past year in Chinese Simplified, Japanese, and Italian. There have been no users Arabic, Chinese Traditional, Russian, Spanish, German, and Dutch.

Half the visitors have come through referrals, i.e. through other links that make money through clicks. Just over a third (39%) come from direct links (see chart). The majority use the website through desktop (93%), with only 5% using mobile, and 1% tablets. Social media presence is low and inactive despite there being a twitter handle, facebook page and youtube channel.

The webmaster has moved location two times since reporting 2017 and this 2019, and this has caused difficulties. The minutes from 2018 and 2019 will be added to the website.

To gain further attraction, student groups and professional organisations could use the site and link it with their own site. The logo for the SPC can be easily taken to back link with organisations' websites.

All interested sport psychology organizations are invited to share links to their websites and to link to the **SportPsychologyCouncil.org** website. Also, it would be helpful for associations to provide their logos for the SPC website. Currently the national links have not been fully followed, but it is planned to do this following reception of the logos. If organisations do not have logos, please notify [webmaster@sportpsychologycouncil.org](mailto:webmaster@sportpsychologycouncil.org).

#### 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
- b. Areas for sharing information and possibilities for collaboration

c. Other issues

## 4 MEETING END

1:15 PM

### POST MEETING ACTION ITEMS

| Action                                                                                                                                                                                        | Assigned To | Deadline       |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------|----------------|
| Review minutes and submit corrections to Judy VanRaalte (jvanraal@SportPsychologyCouncil.org)                                                                                                 | Everyone    | 20 August 2019 |
| Check organizational logos on SportPsychologyCouncil.org and email logo updates to Kwok Ng at: <a href="mailto:webmaster@sportpsychologycouncil.org">webmaster@sportpsychologycouncil.org</a> | Everyone    | ongoing        |
| Support website linking to SportPsychologyCouncil.org and check SportPsychologyCouncil.org for link corrections                                                                               | Everyone    | 20 August 2019 |
| Indicate preferred location for next Sport Psychology Council meeting- AASP Orlando, FL US Oct. 21-24, 2020 OR NASPSPA Vancouver, British Columbia Canada June 10-13, 2020                    | Everyone    | 20 August 2019 |

## 5 NEXT MEETING

Options include:

AASP in Orlando, FL USA October 21-24, 2020

NASPSPA Vancouver, British Columbia Canada June 10-13, 2020

Possible sites for future meetings:

ISSP in Taipei, Taiwan July 1-5, 2021

ASPASP Sarawak, Malaysia June 26-July 1 in 2022