

**MNUTES**  
**Sport & Exercise Psychology**  
**SECTION MEETING**  
**June 9, 2007 @ 8am**

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**1) Status of the Section & Current Issues (Tricia)**

Tricia outlined the (re)development of the Interest group in 2005, recruiting Gerry Farthing as past-chair of the Section in 1992, and the current Section status received February 2007. We have 171 members in the section at this time with approximately a 50% student proportion. The 2007 conference was the first conference for this re-developed Section. Currently, a major issue still resides in the practice of sport psychology. We are attempting to design a program/training guideline to address this problem from the psychology perspective, specifically with practice/training issues as a “psychologist” (see conference conversation hour notes). We also want to ensure Teaching & Research is addressed equally which seems to be driven highly by the conference contributions (see “Other” below).

**2) Current Positions/Interest in Positions & Committees**

Previous formal positions upon the Section’s reinstatement have been Tricia Orzeck, Co-Chair/Primary Co-ordinator and Gerry Farthing, Co-Chair/Past-Chair. At the time of the Section AGM, no individual has been nominated for the four primary positions: Chair, Past-Chair, Chair-Elect, and Secretary-Treasurer. It was suggested that a continuation of roles ensue until future nominations which normally occur at the time of the convention planning, and are voted on at the AGM (see By-laws). We have two Standing Committees (Convention Planning & Practice/Training Guidelines), and several smaller contributing members (Communications). These committees are expanded upon below.

**3) Member Needs of Section (website, communications, projects)**

It was suggested to include all members of the sport & exercise section on a listserv. This was followed up with Nigel Flear, the CPA IT person. It was suggested members only, who then can choose to unsubscribe. The convention and practice guidelines were stated as the most important needs of the section at this point in time. Standing committees for both were provisionally formed. A newsletter had been previously stated as a means of communication, in addition to the re-developed website and psynopsis contributions. A CPA Factsheet was suggested by the CPA Board and discussed by our Section as a means to communicate to the stakeholders about the practice of sport psychology and other issues pertinent to the psychology of sport and exercise. Ongoing communication with other organizations were discussed again with the addition of

SCAPPS and the CAC. At this time, a decision was made to stay within Canada and work on developing the psychology part of sport psychology.

#### **4) Member Fees**

A fee comparable to other Sections (ranging from \$3 - \$26) was discussed given the approval of Section status. A fee of \$10 for all membership categories was suggested except for students at \$5. It was voted to implement this effective today for any new members. The funding will ultimately allow us to provide awards at next year's conference, a reception, and other incentives to help promote our Section members. This would be followed up with Sylvia, the CPA membership coordinator.

#### **5) By-Laws (Gerry)**

Gerry brought forth the recently revised By-Laws. In accordance with the By-laws, 30 days before the AGM is given for review of any amendments. A similar time line was suggested past the AGM due to the short time period. Members present at the AGM were asked to provide feedback by this deadline at which time the by-laws would be forwarded to the CPA Board. The By-laws would be posted on the website, along with these minutes. A French translation was suggested as a secondary document with English being the official By-laws. Gerry would follow-up with school connections for the beginning translation.

#### **6) Other**

Convention Standing Committee: Three individuals volunteered to work on the convention committee to plan for next year's Section activities. There were numerous ideas, many previously discussed and many brought forth today but a larger amount of pre-planning and activity development was needed. This committee agreed to develop the activities to bring sport & exercise psychology into the spotlight, with the anticipation of many more contributions. Since this year was the first year with presentations at the conference, the selection of papers did not allow for specific symposiums. However, these possibilities can be implemented with greater pre-conference planning. Suggestions such as "Leaders in the Field", "Best Student Papers", 2 hour workshops on selected topics in any of the areas of teaching, research, and practice in sport and exercise psychology, awards/grants, keynote speaker, combining symposium and workshop ideas or conversation hours with other sections such as Health, Counselling, Clinical, to name a few, and so forth. The door was open and nominations were sought for any activities members wish to see for upcoming years. Typically the last deadline for selection of all convention activities is November of the year preceding the conference. Next year's conference is in Halifax. [update- Dec 2007]- this committee fell through.

Training/Practice Guidelines Committee: Several members began a template for programming/competency considerations (see conversation hour points). Once the guidelines are developed, CPA will review and support our advocacy efforts in the

education and training of sport psychologists. A great deal of work needs to be done with the hope of collaboration with those organizations previously talked to about this process. An open dialogue had been initiated on behalf of the CPA Sport & Exercise psychology section. The attempt at collaboration in developing these programming and training guidelines will be re-negotiated once the psychology guidelines have been approved by Sport & Exercise psychology members, by the CPA board of directors, and other practice oriented Sections have had an opportunity to review as well (specifically clinical and counselling psychology). There have also been efforts to go through each school across North America that currently has sport psychology in some realm, in order to post information on the website that tells viewers what programs actually register one as a sport psychologist and those that are primarily in one aspect of sport psychology research.

Canadian Journal Submissions: It was suggested that researchers be encouraged to submit their sport and exercise papers to a number of Canadian journals in efforts to widen the presence of sport & exercise psychology in Canada. These journals will be posted via the website. Any member who has suggestions should contact our Communications officer (email posted on the website).

### **Summary**

Tricia listed the following action items:

- By-law review and submission to CPA board
- Formal communication to members of the Standing and Executive Committees
- Section member fees to be included with CPA membership [Dec 2007- later withdrawn]
- Additions to the website
- Development of CPA Factsheets

Meeting adjourned at 9am.