



Asian South Pacific Association of Sport Psychology

A Note from the Editors



Dear ASPASP members,

Welcome to the April 2009 issue of the ASPASP newsletter. In this issue, we firstly celebrate the long-awaited launch of the ASPASP website (www.aspasp.org), which represents a huge step forward in the development and promotion of our association. The website will become the primary means of communicating with our members around the region. We also report on the success of various ASPASP-sponsored and other professional development activities from

around our region, including conferences in Iran, China, Japan, and Taiwan. An exciting new development came in the form of an invitation from the Olympic Council of Asia (OCA) for ASPASP to be represented at the recent OCA congress in Kuwait. Professor Tony Morris, reports on his experiences at that congress, including the challenges and opportunities that a closer relationship to OCA offers for ASPASP. Additionally, we look forward with great anticipation to our next Managing Council meeting, now confirmed for December 2009 in Gwalior, India. Finally, we reflect on the regular reports from our member countries of the range of activities in Asia and the South Pacific region. We thank all those members who have taken the trouble to contribute to this edition of the ASPASP newsletter.

Best wishes and happy reading,
Likang Chi and Peter Terry, Editors

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President's Message

Tony Morris



ASPASP President

After 10 years in the position of President of ASPASP, a position which it has been an honour to hold, it is exciting for me and everyone associated with the Managing Council of ASPASP to see real strides forward in development of our Association, which is the continental sport psychology organisation that represents the largest number of countries and by far the largest number of people of any regional sport psychology group in the world. With recent and ongoing developments, we believe that the mission of ASPASP to promote and support the development of sport psychology throughout Asia and the South Pacific has moved to an exciting phase. In this message, I briefly report on these developments, some of which will be referred to elsewhere in the current issue of the ASPASP Newsletter.

Fulfilling the ASPASP mission is largely about communication, so it is with great pleasure that we have welcomed the revitalisation of this Newsletter and the development of a dynamic web site (www.aspasp.org). Please enjoy all the features of the Newsletter and the

information it brings. Also, take some time to familiarise yourself with the information on the web site. We expect the Newsletter to be published on a regular basis, twice a year for now, and we anticipate the news it brings to come from a much wider range of members of ASPASP. That means we expect YOU to contribute to the Newsletter. A great advantage of electronic publications is that they are much less limited in terms of space. The Managing Council must still bring you news of its activities, but we would like to see that dwarfed by the scale of contributions you make about your own work and activities in your part of our region. Similarly, the web site will grow and become more active with your suggestions for new features and your contributions to its sections. It is communication between members that will bring ASPASP to life, so please make your views and activities known to your colleagues all around Asia and the South Pacific.

Communication only works if there is somebody with whom we can communicate and who can communicate with each other. Thus, membership of ASPASP is a crucial issue. The more members we have in this organisation, the more people there are to communicate with each other and the better informed we all become about sport psychology in the ASPASP region. In such a vast and diverse region, recruiting and retaining members has been a challenge throughout the 20-year history of ASPASP. The ASPASP Managing Council has always

put members before money, so we often accept members and then worry about if, when and how they might pay ASPASP's low subscriptions (US\$1-10 per year, depending on country). Still, membership has remained at around 150-200 for some years. Now we have instituted a new approach to membership, which places an even bigger emphasis on members over money. In this new scheme, each national organisation that agrees to join the scheme will pay a single fee and ALL members of that national body will automatically become individual members of ASPASP. The fees will typically work out at less than US\$1 per person, often representing only a few cents. Individual privacy will be maintained by having communications routed through national organisations, so ASPASP will not need everyone's email address. By the end of 2009, we expect to have all ASPASP countries linked to this scheme, which would increase membership to around 3,000. I hope that most of our national organisations will circulate this Newsletter to their members, so we can welcome YOU as new or prospective members of ASPASP.

The ASPASP four-yearly International Congress has become a great success. We had a wonderful event in Bangkok, Thailand in December 2007. This Congress is our major vehicle for getting together to discuss sport psychology research and practice face-to-face. Our next Congress, which we expect to be even bigger and better, will be in Taiwan in 2011, so look out for details of that event in the near

future. ASPASP has also started promoting regional events to encourage more national organisations to develop conferences and open them up to sport psychology colleagues from neighbouring countries (and those from further afield, if they have the opportunity). In February 2009, ASPASP sponsored an International Congress in Iran at which two ASPASP Managing Council members, Professor Gangyan Si and Professor Peter Terry, were keynote speakers. I know those present welcomed contributions from two of ASPASP's leading Practitioner/Researchers. In December 2009, ASPASP will sponsor an International Conference to be hosted by the national sport psychology organisation of India, in Lakshmibai. In May 2010, ASPASP will be a sponsor of an international sport science congress in Singapore, which is associated with the first Youth Olympic Games that will take place in Singapore next year.

Recently, ASPASP received an invitation to send somebody to the 1st Olympic Council of Asia (OCA) Congress in Kuwait to talk about Sport Psychology in Asia. The congress was opened by OCA President Sheikh Ahmad Al-Fahad Al-Sabah with IOC President Jacques Rogge in attendance (pictured below)



It was decided that, as President, I should attend the Congress. To present on this topic, I decided to create a fairly informal survey on training and practice in sport psychology around Asia, which was completed by each ASPASP Managing Council member for their country. My presentation was a summary of the findings and my Proceedings paper covered the same ground, but in more detail. A slightly modified version of the paper is presented in this Newsletter. The first finding was that only 15 out of 45 Asian countries (33%) with a National Olympic Committee (NOC) are associated with ASPASP. The Managing Council is aware of this, but has tried every way it knows to directly contact the other 30 countries to pledge our support for their development of sport psychology. Networking with OCA could provide a way for ASPASP to communicate to countries not associated with our organisation to encourage them to link up with us, so we can begin the process of communication about sport psychology that will encourage those countries to develop our discipline and profession. Other important findings of the survey from the 15 Asian countries in ASPASP were that countries in the early stages of development want support from ASPASP to establish national sport psychology groups or organisations; and countries that have developed further would like ASPASP to develop frameworks for the professional training and the accreditation of sport psychologists that can be applied to their specific circumstances. ASPASP Managing

Council has taken these issues on board and will work to address them. One problem is that ASPASP has little money, because of its membership approach. We intend to seek funding from the OCA, as well as the IOC and other major world sport science organisations. ASPASP Managing Council considers that the developments summarised here will increase the national and individual membership of ASPASP, facilitate the communication of sport psychology research and practice around the region, and allow ASPASP to play a much more supportive role in the development of sport psychology in all Asian and South Pacific countries. We hope that you will join us in these efforts and play an increasingly active role in shaping sport psychology in your own country, in neighbouring countries and in all countries in our region.

Reports from Member Countries

China



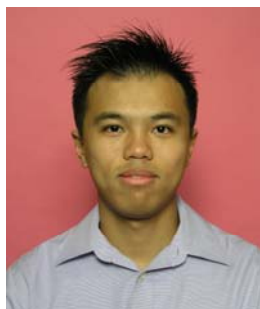
By **Li-wei Zhang**

There are two sport psychology organizations in China. One is the Sport Psychology Association, which is part of the China Psychological Association. The other is the

Sport Psychology Society which falls under the banner of the China Society of Sport Sciences. These two organizations have a very close link in academic activities. Starting from 2007, we have collaborated to publish the Chinese Section of International Journal of Sport & Exercise Psychology with the accreditation, guidance, and help from the International Society of Sport Psychology.

We also finished the first accreditation of 22 sport psychology consultants in 2007. These people are now qualified practitioners according to the Accreditation Standard for Chinese Sport Psychology Consultants, endorsed by both the Sport Psychology Association and the Sport Psychology Society. Thirty three sport psychologists led or participated in the mental training programs for Chinese Olympic teams in the lead up to the 2008 Beijing Olympic Games and Paralympics. Forty five of 51 gold medals won by the Chinese delegation came from teams with which sport psychologists worked. A seminar on Mental Training for Chinese Athletes for the 2008 Beijing Olympic Games and Paralympics was held from 24-27 October 2008, during which 20 sport psychologists reported their experiences of mental training and psychological consultation for coaches and athletes before and during the Games. We are also planning to organize a seminar, to be held during June 2009 in the Capital Institute of Physical Education, on the relationship between exercise and mental health.

Hong Kong



By Henry Li
(Hong Kong Sports Institute)

The Hong Kong Society of Sport and Exercise Psychology, in cooperation with the local university, has been offering professional talks and short-term courses since 2007. These events aim to acquaint participants with foundation knowledge of applied sport psychology. Psychologists and experienced practitioners, who are the top professionals in the field and core members of the Society, with various frameworks (e.g., traditional sport psychology, clinical psychology, hypnotherapy, and neuro-linguistic programming) are invited to share their experiences. Participants include physical education teachers, sport coaches, former professional athletes, personal trainers, life-coaching professions, journalists, and psychology graduates. This wide range of participants shows that the Society has raised public awareness of applied psychology skills in the professional and general communities.

Basic level course content includes goal-setting, imagery, confidence, arousal regulation, anxiety management, motivation, flow state, team dynamics and leadership. The first advanced level course was held in late 2008. It fulfilled the large demand from those

graduating from the basic course and provided a further development path for participants. The advanced course emphasizes practical application of various psychological and communication skills. Course content includes in-depth elaboration of psychological skills, identification and regulation of personal beliefs, as well as introduction of intrapersonal communication and sport hypnosis. Some participants indicated their intention to apply sport psychological skills in their life-coaching or physical education works. A new cohort in the basic course has just begun in February 2009. The East Asian Games will be held later this year in Hong Kong. The Society, through course training, professional talks and various events, will endeavour to make sport psychology accessible to more people from the local community.

Iran



By Fatolla Mosayebi

The Second Applied Sport Psychology International Congress was held from 2nd to 3rd of February 2009 at the National Olympic Academy of Iran Tehran. The congress was followed by two workshops on 4th and 5th of February. The purpose of the congress was to support applied research in sport psychology,

to contribute to the professional development of Iranian sport psychologists and to increase the knowledge of coaches in this area. Participants, some of whom are pictured below, included 25 coaches and representatives from National Federations, 118 students of psychology and sport science and 35 psychologists.



A total of 24 papers were selected for oral presentations and 14 as poster presentations from more than 100 papers received by the congress secretariat. The papers were mostly focused on stress management, motivation, self confidence and concentration in sport.



Four keynotes were presented by Gangyan Si (ASPASP Vice-President) on *Chinese Athletes Mental Preparation for Beijing Olympic Games*, by Peter Terry (ASPASP MC member) on *Preparation of Olympic Athletes for Beijing 2008*, by Fatolla Mosayebi (ASPASP MC member, pictured below) on *Challenges in*

Iranian Sport Psychology, and by Reza Rostami (University of Tehran) on *Applying Biofeedback in Athletes' Mental Preparation*.



The opening ceremony was attended by sports authorities and the chairs of the two psychology associations (Iranian Psychological Association and Psychology and Counseling Organization of IR Iran). The congress secretary and director of the National Olympic Academy's Sport Psychology Centre, Dr. Vaez Mousavi, was also in attendance. Two workshops were held following the congress. Professor Gangyan Si (pictured below) ran a workshop entitled *A Mental Training Model for Coping with Adversity*, during which he explained his original model for dealing with adversity having reviewed the existing models.



Professor Peter Terry instructed a workshop entitled *Emotion Regulation for Competition*. Participant reflections on the workshops and the congress overall rated them both as excellent. A further selection of photographs

from the congress can be found at:
<http://www.olympicacademy.ir/albumdetail-en-94.html>

Japan



By Atsushi Fujita

The Japanese Society of Sport Psychology (JSSP) held its 35th Annual Conference in conjunction with International Symposium from Nov.14-16, 2008 at Chukyo University, Nagoya, Japan following the Managing Council meeting of the international Society of Sport Psychology (ISSP). During the conference three keynote lectures and the ISSP Presidential Lecture were given. Keynote lectures were provided by Keith Henschen (USA) on *Olympic Team Preparation and NBA Team Preparation*, Athanasios Papaioannou (Greece) on *Motivational Climate and Equality in Physical Activity*, and Ernest Tsung-Min Hung (Taiwan) on *Applying EEG and Heart Rate to the Study of Performance Enhancement*. The Presidential Lecture was delivered by Dieter Hackfort (Qatar) on *Sport Psychology Assessment and Coaching System (SPACS)*. The International Symposium, which had a theme of *Sport Psychology - Currents Trends in the World*, was chaired by Akihiko Kondo and Ari Naoi (Japan). Speakers were Natalia Stambulova (Sweden), Judy Van Raalte (USA), Gangyan Si (Hong Kong), and Hiroshi Sekiya (Japan). Reactions to the speakers were provided by Ronnie Lidor (Israel).

Taiwan



Likang Chi

The 2008 *Sport Psychology Conference Across Taiwan Strait*, the first cross-Taiwan-Strait conference on sport psychology was held from December 6th to 8th, 2008 in Taipei, Taiwan. The purpose of the conference was to facilitate the interaction of sport psychologists, researchers and scholars from Mainland China, Hong Kong, Macao and Taiwan to enhance academic research quality and discuss the latest trends in the application of sport psychology to elite athletes for peak performance.



Keynote presentation was the main format taken along with poster presentation on the second evening to deliver various topics in sport and exercise psychology. There were sixteen keynote speakers who shared their updates in both application and academic areas. Among them, six were related to psychological counseling and intervention to enhance performance; four were highlighted on exercise psychology; three caught the latest wave of physiopsychology; two were on performance related topics (anxiety and achievement goal motivation) and the other one dealt with motor learning and control. The biggest part of the conference was the sharing of psychological interventions implemented for athletes who

participated in 2008 Beijing Olympic and Paralympic Games. Professor Ji Cheng-shu who worked with weight-lifters in the Paralympics introduced an integrated psychological skill training (PST) program consisting of problem diagnosis, analysis, choices of PST and skills to promote self-motivated and self-adapted behaviors. Dr. Zhang Zhong-qiu showed creative equipment and facilities specifically designed for Olympic athletes to help them relax, recover from vigorous training and get motivated. Dr. Zhang Li-wei worked on promoting self-confidence, self-control and self-dependence for the rhythmic gymnastics team, and the skills used by Dr. Zhang Li-wei to achieve the goal strongly linked to theoretical knowledge which was quite a successful trial to put theory into practice. Professor Wu Yong-mei created accompanied PST program which tried to avoid the barriers preventing athletes from practising PST. Dr. Lee Hing-chu shared her experience working with athletes during the competition period and Dr. Chan Chin-ming stressed the importance of using a life-coaching approach in sport psychology consultation. After the conference, participants not only had a better understanding of the research and application of sport psychology in different areas across the Taiwan Straits, but also had fruitful knowledge and experience theoretically and practically. The first intention to promote interaction of sport psychologists, researchers and scholars across Taiwan Strait was clearly successful. Looking forward to the second conference for more updates and surely by doing so, the advancement of sport psychology will be more rapid among these areas. We sincerely hope so!

Australia



By **Peter Terry**

Sport psychology in Australia has benefited from several events since the previous ASPASP Newsletter. In September 2008, the 43rd annual conference of the Australian Psychological Society (APS) was held in beautiful Hobart, Tasmania featuring a theme day on sport psychology. The keynote speaker was Mark Andersen from Victoria University who delivered a thought-provoking presentation entitled *The Sport Psychologist as the Performance Enhancer: Pulling the Plug on a Terminal Patient*.

The next professional development opportunity came in the form of the annual conference of Sports Medicine Australia, held on idyllic Hamilton Island, Queensland during October 2008. Prominent speakers at that event included Michael Kellmann who gave an invited presentation on *Is Recovery Important?* and Stephanie Hanrahan, who presented a workshop entitled *Holistic Treatment: More Than Body and Mind*.

In January 2009, the 2nd Victorian Sport Psychology Conference was held in Melbourne, Victoria organized by Michelle Pain. This was a chance for professionals and students of sport psychology to exchange knowledge and ideas in a mutually supportive environment, and included a provocative presentation from Steve Bannon of the Victorian Institute of Sport entitled *You Can't Handle the Truth*.

Other items of news from down under include the publication of *Cultural Sport Psychology*, the first text to focus exclusively on cross-cultural aspects of our profession, edited by Robert Schinke (Canada) and Stephanie Hanrahan (Australia) and published by Human Kinetics. Also, an innovative concept in professional development for sport psychologists, in the form of a 1-week workshop entitled *Performance Psychology in Action*, will be held in the wilderness of the Larapinta Trail in Central Australia during August 2009.

Full details of this workshop, which is facilitated by Peter Terry, can be found at: <http://www.intotheblue.com.au/tours/tour.asp?ID=61>.

Finally, the College of Sport Psychologists (CoSP), which is part of the APS, produces a regular newsletter, which can be accessed at: <http://www.groups.psychology.org.au/csp/newsletters/>.

Report on the 1st OCA Congress

Tony Morris



I attended the 1st Olympic Council of Asia (OCA) Congress on 12th to 14th March 2009 in Kuwait, preceded by the Inauguration of the impressive Headquarters of the OCA on 11th March. Dr Supitr Samahito and Dr Fatolla Mosayebi of ASPASP Managing Council were also there, Supitr representing Thailand in the area of Women in Sport and Fatolla as part of a

large Iranian group, led by the Congress Director. It was Fatolla who got ASPASP an invitation to present on Sport Psychology in Asia.

As an academic psychologist not trained in physical education/human movement, my knowledge of the political structure of world sport is limited. Of course, I was aware that the International Olympic Committee (IOC) is a powerful organisation, which does much more than run the Summer and Winter Olympic Games. Nonetheless, I had no idea of the status of the OCA. Attending this Congress revealed that the OCA holds a pivotal position in sport in Asia. The OCA has great potential to help ASPASP to achieve its mission to support and promote the development of sport psychology in the Asian (and South Pacific) region.

This became evident at the Inauguration of the Headquarters of the OCA on the 11th March. The substantial 7 storey OCA building (pictured below) was dwarfed by the two huge office tower blocks next to it and the large 5-star Hilton hotel next to the business blocks, all of which are owned by the OCA and will bring it much revenue.



The IOC President, Jacques Rogge, was at the opening of the HQ alongside the OCA

President Seikh Ahmad Al-Fahad Al-Sabah and the two presided over the opening of the Congress the next day.

It is surprising that this is the first official Congress of the OCA, which has been in existence under several names for more than half a century. The aim of this Congress was to develop recommendations from the OCA to a congress the IOC is holding in October in Copenhagen. The IOC has six themes, so the OCA Congress matched these with the aim of making recommendations on all of them that will shape the direction of the work of the OCA for the future. The six themes were Sport and Environment, Women's Sport in Asia, Sport Marketing in Asia, Governance of Sports in Asia, Asian Games and Youth Sports and Sports Sciences in Asia.

My presentation was in the Sports Sciences theme. It followed a presentation by Dr Manikavasagam Jegathesan, from Malaysia, who is the Chair of the OCA Sports Medicine Committee. In his presentation, he spoke about the great diversity of sports science among Asian countries and the need for action to equalise the standard of sport science in different countries. He proposed that a survey be carried out to determine the status of sports medicine and sports science in all Asian countries. I had been worried that my approach might be inappropriate, given that most other sports science presentations were just superficial lists of what each sport science does (delivered by individuals, with all due respect,

who are probably not near the cutting edge of those disciplines).

My presentation (see picture below) was a report of the results of a survey that ASPASP had already completed on the status of sport psychology in Asia. It seems to be a good sign that we were ahead of the game. I hope we will be asked to complete the OCA survey when they get it organised. I assume it will be more thorough than mine, which was not developed through any systematic process. At least at the time, it seemed like the Chair of the OCA Sports Medicine Committee, who was also the moderator of the session, had been sensitised to the existence of sport psychology. I talked to him later to reinforce our role. It is very important for us to get a voice on that Committee if there is any way to achieve that.



At the closing of the Congress, the OCA presented a Declaration, including 8 principles. These were very general, but I think encompassed the idea of working to equalise sport science activity across the region. Sport psychology should be included in that effort (although the area is currently dominated by medicine and physiology as usual) and we must make every effort to ensure that ASPASP plays a big role in developing sport psychology in Asia through the OCA. I was required to

write a full paper and this is contained in the Proceedings of the Congress, which were circulated on a USB stick to all delegates. In the paper, I presented tables which list the countries under a range of headings related to the survey questions. This will make it easy for people from various countries to see where they stand or that they are absent altogether. I hope this will hit home with senior sport officials from those countries.

I took two positives and a negative from our presentation. The first positive is that we showed that ASPASP is already concerned with the issues that the OCA is raising and has the organisational vision and structure to implement policies for the development of sport psychology in Asia. The second positive is also the negative! Our survey showed that only a third of OCA countries (15/45) are involved in ASPASP and, of those, few have developed the key criteria for advanced national development, especially professional training in sport psychology and a national accreditation system. This was a positive in the sense that it showed OCA that there is a big job to do, that ASPASP is aware of the need, and that we require support from OCA to achieve substantial development across the region. The negative, of course, is that we have been able to reach so few countries and to assist in real development in even fewer of them.

Although I didn't know them or their roles, I am sure that many of the Congress delegates were senior officials in their countries' National Olympic Committees, maybe

including a few Presidents. Not all of them would have been at my presentation, but some may see the paper. In addition, Fatolla and I in particular, did try to meet people and to discuss sport psychology with them. Fatolla's role, both in arranging the original invitation to attend the Congress and in talking to key people, was crucial. Supitr introduced me to a colleague from Lao, who might be a link into that country. I met the NOC President from Bhutan, who seemed interested in sport psychology. I was also approached by a representative from Oman. I will follow up on these contacts and hope that I might receive messages from others.

Fatolla introduced me to a representative of Olympic Solidarity, which provides financial support for "Sports Medicine". Fatolla argued to that person (and at the end of the session in which I presented to the Chair of the Sports Medicine Committee of OCA) that the term sports medicine should be interpreted more broadly than just medicine and we pressed for some consideration of sport psychology. I will follow that up too. Fatolla certainly opened my eyes to some major directions for ASPASP to follow in the effort to take the development of sport psychology across Asia to a new level. I thank him for his work in getting ASPASP invited to the OCA Congress. Now we must ensure that we cement the link with OCA and use the connection to help develop sport psychology in our region.

Editors' note. The full presentation is available on request from tony.morris@vu.edu.au

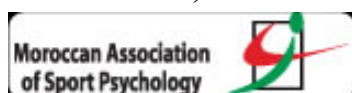
Future events

International Society  of Sport Psychology

ISSP 12TH WORLD CONGRESS

17-21 JUNE 2009

MARRAKESH, MOROCCO



Under the Honour Presidency of HRH Prince Moulay Rachid and under the auspices of the International Society of Sport Psychology, the Moroccan Association of Sport Psychology has the honour and pleasure to invite colleagues and professionals from all over the world to participate in the 12th World Congress of Sport Psychology under the theme:

“Meeting New Challenges and Bridging Cultural Gaps in Sport and Exercise Psychology”

Further information can be found at:

<http://www.issponline.org/worldcongress.asp>



**ASPASP Managing Council Meeting
and**

Pre-Congress Workshops

19-20 December 2009, Gwalior, INDIA

The next MC meeting will take place at the Lakshmibai National University of Physical Education. It is hoped that all MC members will make every effort to attend. Workshops

for ASPASP members will be held simultaneously. Further details can be obtained from the Jayashree Acharya, at jayashreeacharya@hotmail.com

International Society  of Sport Psychology

India International Congress in Sport Psychology

21-24 December 2009, Gwalior, INDIA



The organising committee, under the auspices of the Sport Psychology Association of India (SPAI), Asian South Pacific Association of Sport Psychology (ASPASP) and the International Society of Sport Psychology, have great pleasure in inviting you to the INDIA INTERNATIONAL CONGRESS IN SPORT PSYCHOLOGY. The congress will be held at the famous Lakshmibai National University of Physical Education (LNUPE) in Gwalior, India under the theme:

**EXCELLENCE IN SPORT AND LIFE
(New Challenges in Sport Performance,
Exercise and Well-being)**

Brochures and registration forms can be obtained from the Organizing Secretary, Jayashree Acharya, who can be contacted at jayashreeacharya@hotmail.com

Further information about LNUPE and Gwalior can be found at:

http://lnipe.nic.in/public_html/aboutgwalior.html

Singapore 2010: In 2010, Singapore will host the Youth Olympics. This is an opportunity for a regional sport psychology conference to occur in conjunction with the event. Plans are

underway by our Singaporean colleagues to make this happen. If such a conference occurs, ASPASP aims to sponsor the event and to send delegates to support the program and to do some recruiting.

Melbourne 2010: The International Congress of Applied Psychology (ICAP) will be held in Melbourne in 2010. This is the second biggest psychology congress in the world with several thousand delegates. Division 12 of the International Association for Applied Psychology (IAAP) is dedicated to sport psychology so there will be some excellent presentations in our area at the congress. ASPASP Managing Council member, Professor Peter Terry, has been invited to give the State-of-the-Art keynote address as well as writing a chapter on sport psychology for the Handbook of Applied Psychology that will be launched at ICAP2010 (www.icap2010.com).