



# THE SPORTING MIND

Newsletter of the APS College of  
Sport Psychologists

VOLUME 9(1) - April 2010

## From the Editor

Welcome to the first edition of *THE SPORTING MIND* for 2010. With a range of events happening since our last edition in 2009, we hope you enjoy catching up on all the CoSP news!

The 2009 CoSP AGM was held at the SMA 'be active 09' Conference in Brisbane last October, details of which are included within the Acting Chair's report. Dr. John Gross and his lengthy ongoing contributions to CoSP were additionally recognised at the AGM with the APS Award of Distinction being presented to him - please see his wonderful acceptance response that provides us with a historical outline of the field of Sport Psychology in Australia!

As always, a gracious thank you goes to the many CoSP AND non-CoSP members that continue to contribute to TSM editions! Please forward all newsletter contributions through to me at any time via [moyle.g@bigpond.net.au](mailto:moyle.g@bigpond.net.au)

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## Message from the Chair

Tim Hannan - [t.hannan@uws.edu.au](mailto:t.hannan@uws.edu.au)



Over the past year, the College has continued to strive to represent, promote and advance sport psychology in Australia. This report briefly summarises the activities of the College over the past year, and notes a number of prominent issues within the Society and the profession.

The College's main activities have been directed towards providing practitioners with the opportunity to interact and to further their personal and professional capabilities.

To contribute to the advance of the field of sport psychology in neighbouring regions, the College has welcomed links with the Asian South Pacific Association of Sport Psychology, and all College members have become members of this regional association. Locally, the College has worked to enhance its mechanisms of communication with members, both through this newsletter, *The Sporting Mind*, now well into its second decade of publication, and through the College's revamped website.

As a result of its 2009 recent membership drive, the College has welcomed 13 new full members: Karen Haddad, John Kearney, Ferry Lee, Fiona McCarthy, Gareth Mole, Kendall Newcombe, Megan Varlow (NSW), Pippa Grange (Vic), Matt Ahlberg, Patrea O'Donoghue, Jonah Oliver, Nathan Seefeld (Qld) and Heather McGregor-Bayne (WA). We also have 14 new student members, the latter as the result of efforts of Lisa Fraser and Jacqui Louder at UQ and VU respectively.

The College maintained a program of high quality professional development, through contributions to the annual conferences of the APS and Sports Medicine Australia, and to the planning of the 2010 International Congress of Applied Psychology.

The College was delighted to hear that Peter Terry was elevated to the grade of Fellow of the APS. This award is made in recognition of a member's significant contribution to practice and research in psychology, as well as contribution made to the Society and its units. Peter is a most deserving recipient of Fellowship of the Society. The College also welcomed the acknowledgement of Jeff Bond's outstanding services to Australian sport through his receipt of the Medal of the Order of Australia (OAM).

It is appropriate at this time to acknowledge the substantial contribution made to the College by the members of the 2008-2010 National Committee, whose time and energy have contributed to the promotion and advancement of our specialisation in a variety of forums. I thank both the members who are leaving the committee, John Gross and Kristine Dun, and those who will continue their contribution to the College over the coming year: Gene Moyle, Lisa Fraser, Jacqui Triffitt, Jacqui Louder, Stephanie Hanrahan, and Sandy Gordon.

## National Registration and Accreditation

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The national registration and accreditation system for psychologists and nine other professions will commence on July 2010. The system will be overseen by the newly constituted Psychology Board of Australia (PBA), which includes eight psychologists (one from each state and territory) and four additional appointees.

In October 2009, the PBA released a consultation paper which contained a number of proposals regarding registration standards, continuing professional development (CPD) requirements standards, and requirements for recency of practice, criminal history, English language competency, and professional indemnity insurance. These proposals described significant changes in the regulation of psychology practice in Australia, and raised concerns over the effect on the psychology workforce. Following consultation with the Colleges and other constituent units, the APS submitted a formal response to the PBA proposals. A detailed report on the National Psychology Board's consultation document and the APS response was provided in the December issue of *In-Psych*.

Subsequently, the PBA has finalised its proposal for the Australian Health Workforce Ministerial Council, and released this on 22 December 2009. The final proposal, which will be considered by the government prior to an announcement of arrangements in March 2010, appears to reflect a number of concerns over the initial consultation paper which were raised by the APS and others. The major points are as follows:

- The requirements for registration as a psychologist will be (1) an APAC-accredited masters degree (or doctorate) (2) an APAC-accredited five year training program with one year of supervision (the new "5+1" pathway), or (3)

an APAC-accredited four-year degree with two years' supervision (the existing "4+2" pathway).

- Endorsement of nine specialist areas of psychological practice, corresponding to the nine fields in which postgraduate qualifications are available, and to the nine Colleges of the APS; eligibility for endorsement to be a specialist Masters degree plus two years of subsequent supervision
- Mandatory CPD of 30 hours per year; 10 hours of these to be peer supervision
- Mandatory professional indemnity insurance

On the endorsement of specialist areas of practice, the PBA has sought endorsement of the field of "sport and exercise psychology". The rationale for the inclusion of "exercise psychology" in this title was not stated in the final document, but is understood to reflect the PBA's wish to enhance the perceived relevance of the field for the health-focused ministerial body, the Australian Health Minister's Advisory Council (AHMAC), which had previously stated that the only specialist psychology fields requiring additional regulation be those of clinical psychology, clinical neuropsychology, forensic psychology and counseling psychology. In its final submission, the PBA highlighted the public interest in requiring endorsements of all specialist fields, in which highly qualified psychologists address complex matters. It remains to be seen whether the ministerial council will accept the PBA's recommendation of nine specialist areas, though an announcement is expected by April.

The final form of the registration requirements for psychologists remains yet to be finalised. Clarification of "grandparenting" for both registration and access to endorsed titles will also be required. At this time, it has not been stated how the PBA would assess eligibility of current practitioners for endorsed titles, should these be approved by the government, though it is assumed that current membership of an APS specialist College would be accepted as sufficient evidence for access to the endorsed title. It is therefore recommended that any (non-CoSP) sport psychologist keen to gain access to the endorsed title of "sport and exercise psychologist" would be advised to apply for membership of CoSP prior to 1 July 2010. Other pathways to access to the specialist title will be available, though the complexity of these routes is not yet known.

The College will notify all members of the announcement of the decision on specialist endorsement as soon as it is available.

## **Government Initiatives**

The Federal Government has announced plans for significant health reform, with major reports released by three agencies: (1) the National Health and Hospital Reform Commission, which proposes a single national health system, (2) the National Preventative Taskforce, which argues for a large-scale campaign in preventative health care, including tobacco, alcohol and obesity, and (3) the Primary Health Care Strategy Taskforce, which addresses workforce shortages and other impediments to an effective health care system. These reports have significant implications for the psychological workforce, with a proposal to substantially increase the role of psychology in primary care and prevention. These reports indicate a direction in government towards a multidisciplinary health workforce, with a reduction of the role of general practitioners as "gate-keepers", and new possibilities for psychologists. The government noted that a diversity of ways of remunerating staff would be considered, including sessional work and other contracting arrangements. The APS is exploring the implications of these developments for practice and training, including the issue of limited prescription rights for psychologists.

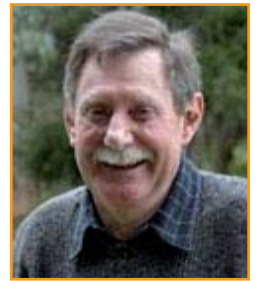
These health initiatives have implications for those engaged in exercise psychology. It is also evident that any change in funding of psychological services will influence the choices students make on entering psychology, and the decisions of universities regarding emphases in training programs.

## **APS Governance and the Colleges**

The APS' review of the governance of all APS units, including colleges, branches and interest groups continues, with the final report to be handed down in 2010. While it is generally expected that there will not be recommendations of significant changes to the College structure, it is evident from submissions that Society members look to the various APS units to provide a network relevant to their psychological skills, and that College members look for a network with shared specialist skills. The Committee welcomes comments from members on these matters, or on any aspect of its activities.

## College of Sport Psychologists Award of Distinction

Each year, the APS College of Sport Psychologists grants an Award of Distinction to a candidate of exceptional merit. The purpose of the award is to recognise the importance and significance of an individual's contribution to the specialist field of sport psychology, and for significant contributions to the College over a number of years.



**The 2009 recipient of the COSP Award of Distinction was Dr. John Gross - to follow is an extended version of his acceptance speech which he graciously compiled for TSM...**

The College could do me no greater honour than present me with the Award of Distinction. It is a really wonderful way to finish off my career as a sport psychologist with my retirement at the end of 2009. It has been quite a journey involving a number of people who are present in this room today. Jeff Bond and I go back to the early 80's when the Sports Studies Canberra CAE program commenced at the same time as the AIS started its sports science services. In a very short time frame less than 6 months we thought it was time to run a conference just on sport psychology. We believe it was the first to include practitioners, educators and researchers just focusing on sport psychology and not as a sub-field in other conferences such as ACHPER. It might also be remembered as being held at the same time bushfires raged in Australia known as 'Ash Wednesday'.

I moved from Canberra to Wollongong University in 1985 to be part of the program Tom Penrose and Peter Milburn set up in Human Movement Studies. Peter Milburn is now Head of School of Physiotherapy at Griffith University Gold Coast and keen to see Physios having formal training in exercise psychology. Like Canberra it was an exciting time to be involved in a start-up initiative. There were 3 units in sport psychology and three in motor learning in the Bachelor of Applied Science in Human Movement. The last unit in each sequence was a research unit and a number of good research projects were developed from these classes that were presented nationally at either ACHPER or Sports Medicine conferences. I recall one 8:30am class where Mike Martin who later headed up the Sport Psychology program at the AIS arriving in his wet suit after an early morning surf. Ron King who was a Professor in Education at Wollongong and a Past President of the APS was a keen supporter of sport psychology being recognised as a legitimate specialisation within Psychology. From memory Ron invited John Cheffers (former AIS Director) and Jeff Bond to a meeting to discuss the possible ties between University Sports Science programs and AIS performance enhancement. These meetings were really a precursor for many later initiatives between Universities and the AIS. I think we owe a lot to Ron for paving the way for Psychology eventually adopting us into the APS. Ron and I co-supervised Jim Sheedy's Masters thesis and some of you will possibly remember Jim as an advocate for training our own sport psychologists here in Australia. That of course came to being in the 90's.

My feeling was the AIS sport psychology group provided a focal point for the 'profession' from the mid 80's until the inception of the Board of Sport Psychologists. The book "Australian Sport Psychology: The Eighties" probably gives a who's who of the time. People like Denis Glencross, Brian Nettleton, Harry Stanton, Warwick Spinks, Noel Blundell, Christina Lee, Neville Owen, Mervyn Jackson, Ken Davis, Kevin Spink, and our international guest Bob Nideffer were in attendance. Bob Nideffer of course was a regular visitor to Australia and in particular the AIS where he and Jeff worked on joint projects involving the TAIS. Specialist subject matter on sport psychology was also appearing in Australian University programs and not just included as a sub-field of motor learning/control. I recall lots of discussion in this period about how sport psychology should evolve with people like John Crampton. John was always far ahead of his time in IT applications for sports performance.

In my opinion the single most significant event for sport psychology development in Australia was Jeff Bond's (AASPA) meeting with Tony Morris, Michael Griffiths (AUSPIN) and Denis Glencross (SPAANZ) at the 1990 Melbourne APS Conference and them agreeing that there should be one group responsible for the education and training of sport psychologists. I note that these same personnel attended "The Gathering of the Clans" at the AIS in December of that year. Other invited participants at this meeting included Mark Anshel, Colin Davey, Chris Horsley, Neil McLean, Mike Martin, Clark Perry, Mark Spargo, John Crampton, Ian Lynagh, Cathy Martin, Graham Winter, George Shirling, and Sandy Gordon. All of those named have played significant parts in the establishment of sport psychology as a recognised specialisation in psychology. According to Sandy that is where we first met after he heard this terrible noise emanating from one of the rooms, apparently it was me doing my Poutini Haka.



I'm sure we were able to discuss the plan involving the recognition of one united front at the gathering but the election of the actual committee members for the Board of Sport Psychologists was made after Col Davey's ASPASP Congress in Melbourne, November, 1991. According to Tony Morris, Colin would not allow the process to take part during the congress so Tony and the steering committee booked a room straight after the conference and discussed who would be Chair and how the Board would be run. One of the big pluses from forming the Board was the development of a visiting Scholar Scheme whereby notable internationally renowned sport psychologists were invited to travel across Australia to speak with Institute/Academies and Universities. These included the likes of Joan Duda, Ken Ravizza, Robin Vealey, Jean Williams, Dan Landers, and Yuri Hanin.

In the early days of the Board/College the Exec comprised of members in the same geographical region. That meant when Jeff Bond was the Chair following Tony Morris's leadership the Exec was housed in the ACT. For Canberra that involved working with Jeff's AIS sport psychology team of the time including Clark Perry, and Vicki de Prazer. One of our briefs was to develop the specific competencies required for training sport psychologists. Mark Anshel from Wollongong University was a key contributor along with the ACT executive. I'd like to emphasise the development of these competencies was very much a group task with all of the exec making contributions to the final document. These competencies have since been updated in the last few years by Peter Terry in line with the APS requesting more generic skills for competencies across Colleges.

Gershon Tenenbaum certainly brought a North American team flavour to Australia with his graduate students enrolled in the USQ program. It was clear where the students came from the shirt signage and the ready mixing with notables in the field during and after hours at conferences. This reminded me of the days attending the NASPSA conferences in North America in the late 70's early 80's when we would party on to all hours talking with people like Dan Landers, Rainer Martens, Dan Gould, Walt Rejeski, and Ed McAuley. Ed McAuley in particular made very good use of these discussions as evident by the research publications that flowed from these brainstorming sessions. Ed and I were graduate students together at the University of Iowa under the supervision of Diane Gill. In those days presentations used the slide projector and required another person to change the slides. Ed and I had had rather a late night before his presentation and I was his slide operator. Needless to say I fell asleep at the wheel so to speak during the presentation and was suitably ticked off by Dan Landers who was chairing the session! When the accredited USQ, UQ, VUT and UWS programs were all graduating students and they were presenting their research at our APS conferences it felt very much like the productive research culture evident from the North American scene. I should also mention the contribution WA has made to sport psychology. Although not running an APS accredited University training program, people like Denis Glencross, and Gerry Jones from the 70's and later Bob Grove and of course Sandy Gordon and their PG students have been responsible for the presentation and publication of international quality sport psychology research.

Patsy Tremayne and I attended the same school in Avondale, Auckland and it was great to team up with her again when UC and UWS co-ran an APS accredited Masters program for sport psychology training. This followed on from the arrangement with the University of Wollongong and UWS where Mark Anshel and Patsy's programs combined to meet the resource requirement of having at least three College Members involved in the delivery of the course. When Mark left Wollongong his 'bean counters' decided not to replace him or the sport psychology program. The University of Canberra then took on the Wollongong component which meant I regularly travelled up to Bankstown to deliver lectures and discuss research project ideas with their Masters students. Unfortunately, because of the rigorous eligibility standards set by UC for entry, UC's part of the program wasn't able to run and I guess that has been my biggest disappointment that I didn't graduate any students whilst the joint program existed. Sadly, the UWS 'bean counters' decided they would not continue to support a specialist sport psychology Masters which meant the joint venture did not continue.

I feel the years just preceding the Sydney 2000 Olympics to the ISSP Conference in Sydney 2005 to be important time markers with respect to media coverage and overall public interest in sport psychology. We had the biggest number of Australian sport psychologists involved in the Sydney Games and of course Australian athletes did exceedingly well and there was quite some acknowledgement of the contribution sport psychology made to their performances. Following on from this success the steering committee for the 2005 ISSP Conference deserves much acclamation for organising a wonderful congress with lots of internationally renowned keynote speakers. Nearly all our past College Chairs such as Sandy Gordon, Peter Terry, Lydia Ilevleva, and Tony Morris were involved with the bid along with Stephanie Hanrahan, Patsy Tremayne and Greg Kolt. Given the success of the 2000 Games it was fairly natural that a number of international speakers made the effort to come and visit 'down under'. Conferences are great for networking and give one time for meeting others in the

profession. Our local contingent of researchers and practitioners had a big impact and are well represented in the Conference Proceedings. More information about the conference is detailed in the *Sporting Mind* Vol. 4 (2005), Issue 2.

The 2001 ISSP Conference in Skiathos Greece was another opportunity for Australia to show the rest of the sport psychology academic world what we do. Mark Andersen presented his work on transference and counter transference highlighting some aspects of counselling practice that most people would prefer not to discuss. And as we know conferences just don't deal with presenting and attending talks or poster sessions. One such event was that a number of us Commonwealth countrymen got together and hired motor scooters to travel around the island. Unfortunately, Kerry Mummery lost control of his and ended up smashed up against a roadside kerb. He was assessed by the local medical station who advised after an x-ray that he should get to a mainland hospital and have his collar bone operated on. It just so happened that Blair Whitmarsh from Canada and myself who were present laid hands on Kerry and asked the Lord to heal him at the medical centre. In the meantime I took Kerry across on the ferry to Volos and to the general hospital. Well I was stunned when I saw the way emergency worked. People were lined up in a corridor some on stretchers some sitting on chairs. Doctors were smoking cigarettes as they triaged the patients. I thought to myself what on earth is the operating theatre going to be like and whether you'd come out worse than you went in. Finally, Kerry got assessed and I feel fortunately for him they said there was no need to operate as the fracture wasn't as serious as first diagnosed. So Kerry had to settle for pain killers and we went back to Skiathos for Kerry to get his gear together.

The UQ program owes a lot to Stephanie's drive and international standing in the sport psychology community. I've known Stephanie since the 1990 Commonwealth Games Conference in Auckland. She and I collaborated on a project with Masters Sport following some time I spent on sabbatical at UQ in 1997. The USQ program with Gershon and then Peter Terry and Steve Christensen produced a number of graduates who went on to work in Academies or Institutes of Sport. I had less to do with the VUT program but know the leadership and commitment of Tony Morris, Mark Andersen, Daryl Marchant and Harriet Speed has also meant we have produced some fine representatives for our profession. Eugene Aidman also played a big part in our *Sporting Mind* Newsletter and a long term active supporter of sport psychology. Queensland's Pat Thomas has also made important contributions to our applied practice of sport psychology. His work with Lew Hardy on the Test of Performance Strategies is very promising since it assesses how athletes use their mental skills in performance situations.

If people asked me what I enjoyed most about my time in sport psychology it would be the interaction with students. Firstly, in teaching mental skills to many athletes who have been Australian representatives and then to see one's aspirations that coaches would incorporate these skills into their training programs eventuate. Some of my students are now playing important coaching or administration roles in sport or currently still competing at National or International level. Then my post-graduate students have provided me with a lot of intellectual stimulation and in many cases completed their projects at the AIS which has enabled me to maintain my professional association with AIS staff. My only real disappointment is that UC was never resourced to effectively convert from a teaching institution to a balanced University style teaching/research work load. If you wanted to run a graduate program it had to be done over and above the existing teaching load. Although I've supervised many PG Diplomas, Honours, and M Clin Psych research projects I was unable to run a full on doctoral program. As a result my only Ph D completion will be Heather Campbell who will be graduating this coming December. I always like to talk about what your lineage is with students. For instance my parent supervisor was Diane Gill who was supervised by Rainer Martens so I claim to be a grand child of Rainer's. This will make Heather a great grand child of Rainer's and if we get to the great great great grandchildren we'll know that sport psychology is thriving as we may be clocking up 100 years as a specialisation.

Apart from teaching I also enjoyed the consultancy opportunities with elite athletes and professional organisations. Perhaps my most rewarding experience was working with Jack Gibson when he was Coach of the Cronulla Sharks. The man was held in so much awe by his players and had a great intuitive knowledge of sport psychology. When I'd finished my season with the Sharks he let me know that I wasn't telling them anything he didn't know but it would have more personal impact being delivered by a credentialed professional in the field. Someone who understood elite athletes and would give them some skills they could use immediately. I took that as an encouraging sign for sport psychology's recognition. That experience lead onto an invitation to work with the NSW Rugby League State of Origin Side when they hadn't had a series win against Queensland for a while. But, as fortune would have it I needed to be back in New Zealand for the

times they wanted me to be involved. That was the year NSW won the series so I missed my chance of being associated with the support team. Other consultancy experiences involved being the first ACT Academy of Sport, sport psychology consultant, AIS training camps, and this year the NSW South East Regional Academy of Sport for their winter sports athletes.

In more recent years I've been most fortunate to re-acquaint myself with the AIS spending a most enjoyable sabbatical with Mike Martin's sport psychology staff in early 2008. It meant I also was able to meet up with some of the current College Executive because of their dual role of Academies/Institutes of Sport employees. Unfortunately, my health status took a serious dive following the Hobart Conference in 2008 and I am so grateful to Tim Hannan for taking up the Chair's position at such short notice. The whole exec including Gene Moyle, Kris Dunn, Jacqui Trifitt, Jacqui Louder, Lisa Fraser, and Michael Lloyd work very hard on our behalf and it's great to see the zeal in preserving our identity continued on despite a down turn in our training program numbers.

Whilst it is pleasing to know that the sporting community recognises the value of sport psychology to facilitate performance standards it may be less aware of the professional need to also assist with the mental-well-being of our athletes. Perhaps the College needs to market this aspect of our skills to the public and sport administrators alike. Whilst there are still a plethora of topic areas to explore with respect to aiding athletes' mental skills for their sport I keep being drawn back to our understanding of decision making. I recall Jimmy Shoulder who coached the AIS Soccer program in the 80's asking me, "How do I get my players to make the 'right' decision?" Damian Farrow and colleagues have some great research projects going in this area. Perhaps this question could be tied into our National Talent ID programs particularly with some recent evidence that some essential mental skills such as dare I say it 'Mental Toughness' seem to be present at quite a young age. Now whether this is largely genetic or environmental 'caught or taught' is yet to be established.

It was evident at the last NESC meeting held at the AIS that somebody should be appointed to organise a coordinated research venture involving NESC and Universities. This is a full-time job and would involve a great deal of liaison between these two groups and a clear understanding of appropriate research designs for elite athlete groups that takes into consideration the possible small numbers of elite sport participants. We do need to justify our existence to athletes and coaches and to our scientific community, which is no easy task. Perhaps the current model employed by Damian Farrow and his skill acquisition group might be adapted where research and service delivery co-exist. But we need a clear idea of what we want to investigate and this may involve developing more specific psychological measures something that Gerry Fogarty at USQ has been encouraging for some time.

I still have some on-going projects with ASC/AIS staff such as Rosie Stanimirovic, Juani Weissensteiner, and Damian Farrow, and I look forward to seeing them through to completion in the next year or so. Like I said at the Award Presentation I feel that everyone I've met on this journey starting way back in the 80's until now is a friend for life. For me it's the people you meet rather than the goals you've achieved or not achieved that are most important. I've had a wonderful career in sport psychology and now it's time to re-focus my energies onto my family, classic cars (Riley Pathfinder and Mk 2 Jaguar), and church activities!

***Thank you John for sharing your Sport Psychology career journey with us!***

## Message from the Secretary / Newsletter Editor

Dr. Gene Moyle - [moyle.g@bigpond.net.au](mailto:moyle.g@bigpond.net.au)

Since the last edition we have acknowledged the great work of some outgoing members of the Executive team (Kris Dunn, John Gross), welcomed brand new Exec members (Jacqui Triffit), provided input across a range of important areas related to the APS and the National Registration and Accreditation scheme, further facilitated communication between the National and State sections to assist in supporting PD events and activities for CoSP members across Australia, in addition to building closer ties with the State Institutes of Sport/State Academies of Sport (SIS/SAS) network via their internal NESC Conference in November 2009. The CoSP website is kept up-to-date with key contacts in your relevant State Sections as well as the National Executive, as well as upcoming local PD events - <http://www.groups.psychology.org.au/csp/>. A big thank you to all the contributors to this edition of TSM - it is great to be able to facilitate the sharing of information amongst the Sport Psychology community in Australia.



## Message from the Outgoing Treasurer - AGM Report 2009

Kris Dun

The 08/09 financial year for CoSP appears to represent a lack of spending rather than a lack of funds. There is minimal use of the money provided to the state sections and this has resulted in no allocation for the financial year 2009-2010 for Victoria and NSW. It is unclear why Victoria and NSW were the only sections to miss out on an allocation.

The rule of the APS is that an allocation is withheld when the section has more than three times their yearly allocation in the bank. All other sections (ACT, QLD, SA, and WA) had more than three times their yearly allocation and were still given money. Only the National branch was eligible for the allocation. Given that the APS has started to follow this rule (apparently it was ignored in the past) it is important that each section look to find ways to spend money for the benefit of members.

The monies presented here are from July 2009. The August monies were available, but due to technical difficulties I was unable to access them in time for the AGM. An update will be sent to the executive as soon as possible. If a member is interested in the August figures, let me know and I will provide you with the information.

I look forward to helping you all spend the money in new and interesting (or tried and trusted) ways. If anyone would like some funds to assist with an event, please let me know. I encourage you all to share ideas and consider how the branches can help each develop and innovate.

The membership numbers listed in the table below are those provided to me by the APS. I have no idea why there is such a large disparity between the sum of the members in each of the state branches and the National membership of the College.

Section	Balance @ 30/09/09
<b>NATIONAL</b>	<b>\$8,388.23</b>
ACT	\$1,291.10
NSW	\$2,288.92
QLD	\$1,666.70
SA	\$942.61
WA	\$1,422.80
VIC	\$2,280.23

\*\*The Exec would like to thank Kris for her contributions to CoSP during her time as the Treasurer! Kris has since taken up a Sport Psychology position with the Scottish Institute of Sport - we wish her all the best. Jacqui Triffit (TAS), who was participating in the Exec as a State Section representative, offered to step into this role and has been operating in it since December 2009. Thank you Jaqui!





## Membership Report

Jacqui Louder - [jlouder@opsmc.com.au](mailto:jlouder@opsmc.com.au)

CoSP College membership has increased to an all time high total of 96!! Additionally, through the helpful links with UQ and VU, student membership of CoSP is currently 28.

## Professional Development Report

Tim Hannan - [t.hannan@uws.edu.au](mailto:t.hannan@uws.edu.au)

The College has maintained a program of high quality professional development, through contributions to the annual conferences of the APS and Sports Medicine Australia, and to the planning of the 2010 International Congress of Applied Psychology.



## APS Professional Development Requirements

While a significant number of College members did not log their PD on time, all but handful had done so by 14th September 2009. The College is awaiting a final report from the PD officer, but it is understood that all continuing members are now compliant.

The new PD system was introduced on 1 July 2009, with a distinction in levels of PD in order to encourage better quality events. Members will receive double points for “Level 2” events, which require some pre-reading and some evaluation of learning. The overall requirement will increase by 50%, to 90 points for a two-year cycle.

## National Registration Scheme PD requirements

PD will be required of all psychologists under the National Registration Scheme. The Psychology Board of Australia's current proposal requires that from 1 July 2010 all psychologists complete 30 hours of PD each year, with a minimum of 10 hours being peer supervision, and a further 10 hours recommended to be “active” PD. Whatever the final details of the requirements approved by the Ministerial Council in March 2010, the APS PD logging system will be designed to assist members to document their annual PD in a form which meets the PBA's requirements.

## ICAP 2010

The sport psychology program for ICAP is being finalised, with plans for several invited keynotes and presentations, symposia and fora. Details of presentations are available on the CoSP website, in the PD section. The College will hold its 2010 AGM at this event.

In recognition of his considerable contribution to national and international sport psychology, Sandy Gordon has been appointed as an ICAP ambassador. The College congratulates Sandy on this appointment, and is grateful to have one of its senior members thus involved in this major **conference**.

## Student Corner - AGM 2009 Update

Lisa Fraser - [lfraser@usc.edu.au](mailto:lfraser@usc.edu.au)

There are a number of positive developments to report in relation to CoSP Student Matters. Firstly, CoSP has seen an increase in student membership over the past 10 months, with numbers jumping from 18 student members in December 2008, to a current total of 28 student members. I would like to acknowledge the assistance of Jonathan Chan and Jacqui Louder, who has assisted with communications among the student body at UQ and VU respectively, and Jay-Lee Longbottom, who has recently agreed to assist me with liaising with the Western Australian student contingent.



Earlier this year, Jonathan Chan and his fellow sport psychology interns from The University of Queensland Sport and Exercise Psychology Program held a “Thinktank” and provided the National Committee with some valuable feedback related to how CoSP could be of further benefit to their student members. From this and further contact with Jonathan, a student award is now in the process of being developed in order to acknowledge students from College-approved postgraduate programs in Australia who demonstrate high levels of achievement. Further details related to this award will be revealed in 2010.

## STUDENT PROFILE

*Stephanie Clemmet*

*Master of Sport & Exercise Psychology  
The University of Queensland*



*Where did your interest in sport psychology come from?*

*I loved psychology at high school and was really into my sports so I thought it would be a good idea to apply the psychology to sport to help improve my performance.*

*What are the biggest challenges facing sport psychology students/graduates?*

*I think at the moment, for myself, it is really about trying to find the experience and being able to get my foot in the door with companies.*

*If you weren't studying sport psychology, what do you think you would be doing?*

*Hmm, I think I would be doing my first aid work on a full time basis maybe*

*I'm happiest when...*

*I'm reading a good book and enjoying a nice cup of coffee.*

*Hobbies/Interests:*

*Basketball, dancing, reading, travelling...etc...*

*Favourite Holiday Destination:*

*The Beach.*

*Favourite Band/Music:*

*Wow, so many to choose from...At the moment I'm enjoying music from Unwritten Law (although an older band). Other favourite music would have to be bands from years ago (I was born in the wrong era I think).*

*Favourite Food:*

*Nachos.*

*Favourite Movie:*

*Grease.*

*Best book that you've read recently:*

*Re-reading Bram Stoker's Dracula at the moment, but I LOVE James Patterson and Stephen King's books.*

*Please provide a summary of your current research/research interests:*

*I have recently completed my thesis on the effect of transitioning out of elite sport. My research highlighted the possible loss and grief consequences of such transitions. I have previously also completed research focusing on the drive for muscularity in elite AFL players.*

## Upcoming Events

### International Congress of Applied Psychology 2010

11th - 16th July 2010

Melbourne, Australia - [www.icap2010.com](http://www.icap2010.com)

### ASPASP Conference 2011

Taiwan - [www.aspasp.org](http://www.aspasp.org)

Check the CoSP website for details of other national and international conferences or PD events - [http://www.groups.psychology.org.au/cosp/events\\_pd/conferences/](http://www.groups.psychology.org.au/cosp/events_pd/conferences/)

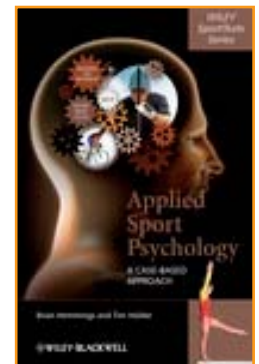
## SPORT PSYCHOLOGY RESOURCES

### Recent Releases

Applied Sport Psychology: A Case Based Approach (Hemmings & Holder, 2009).

<http://eu.wiley.com/WileyCDA/WileyTitle/productCd-0470725745.html>

Over 400 million people will watch the football World Cup final in Johannesburg this summer, yet one of the most important contests will be taking place before the players have walked onto the pitch as each athlete battles to win the psychological edge over their opponents. Now Brian Hemmings' and Tim Holder's pioneering new title *Applied Sport Psychology: A Case-Based Approach* takes us inside these inner battles to reveal the science behind sporting success. While traditional textbooks and course guides focus purely on theory *Applied Sport Psychology: A Case-Based Approach* draws from real case studies to demonstrate this theory in action.



Expertise has been drawn from thirteen internationally renowned contributors such as Jonathan Katz, the consultant psychologist to the ParalympicsGB team in the Athens, Turin and Beijing Paralympics games, and Chris Shambrook who has consulted with the England and Wales Cricket board, and the Oxford and Cambridge boat race crews

The featured case studies cover a broad range of sports and psychological applications, from enhancing the confidence of young golfers, to managing distractions in test cricket, and providing ringside support during a world-championship boxing contest. Each reveals how an individual, a squad or support staff can use mental skills to gain a vital psychological edge.

“These examples will open the eyes of the reader to real world issues and allow students to understand the problems and challenges that a sport psychologist is faced with, and is employed to solve,” said co-author Brian Hemmings.

“The examples in this book reveal how coaches can help performers read their opponents, make quick and accurate decisions to perform efficient and effective actions.” - Tim Holder

Chapters include:

- Creating positive beliefs
- Enhancing confidence
- Team goal setting
- Increasing focus
- Managing distractions
- Controlling anxiety

The practical lessons illustrated by these chapters are not reserved for the sporting elite, but can be used successfully by millions of amateur players to up their game and achieve their goals making *Applied Sport Psychology: A Case-Based Approach* a uniquely valuable title to amateur and professional alike.