

ANNUAL REPORT 2007-2008
Sport & Exercise Psychology Section
Canadian Psychology Association

The Sport and Exercise Section includes members who are psychologists and psychology students working with athletes, coaches, parents, sports organizations, and/or other sport science professionals in clinical/counselling, research, and/or teaching/educational roles. We also have a number of sport science affiliates interested in this Section. We, the Sport & Exercise Section see a need to persevere in our group's activities and find a voice for psychologists and psychology students who have expressed an interest in sport and exercise psychology.

Current chair is Tricia Orzeck who continued in the absence of nominations for positions at the June 2007 conference. Gerry Farthing acts as past-chair, Andrew Ling as secretary/communications, Danielle Poulos as our new student representative, and several members assisted in various projects, surrounding the conferences and training competencies. However, all of these positions have been plagued by illness and/or numerous relocations, thereby significantly reducing the manpower to build on initiatives discussed at the past annual meeting. We continue in our efforts to recruit individuals to assist with section duties. Despite this, we have experienced a significant growth in membership by **more than double!** Consequently, a need for consistency in executive members will be essential to its further growth. Following is a brief outline of activities from the past year.

Conferences

- **Past:** June 2007- We held our 2nd formal meeting with membership since reinstatement and discussed ongoing practice concerns in the area of sport and exercise psychology with CPA board members.
- **Reviews:** October/November 2007- Three members reviewed abstracts for the 2008 conference. There were several members interested in conference planning, including bringing in a keynote speaker, developing themes, and bridging other organizations but this did not transpire.
- **Award:** We selected our first accolade for this section, a Top Abstract Award for this year's conference as recognition of excellent work. A certificate will be given at the conference.
- **Current:** We are preparing business meeting items for the 2008 conference & will be hosting an informal social event for sport and exercise psychology members attending the conference. We are attempting to assist with the Fun Run and hope to become more involved in this event in future years given the nature of our section.

Administration

- **Website-** We continued to develop webpages with using the CPAs prescribed format, causing a transfer of our previous pages. A great deal of content is being developed and solicited for our various pages.
- **Communication-** Intermittent email communications about developments with the Section continued; members were invited to participate on committees; nominations were asked for executive positions; and a needs assessment was sent out. We would still like to have a formal newsletter composed but we need people to work on it.
- **Development-** In our first full year as a reinstated Section, we have experienced extensive growth and interest. There continues to be extensive concerns regarding the practice of sport psychology.

- **Governance-** We have four consistent members comprising the executive. Two individuals expressed interest at last year's conference but were not able to pursue the positions. We still lack nominations for positions and resort to acclamation at the annual meeting. The by-laws were submitted to the CPA board after being approved after the last section meeting and were officially approved in March 2008.
- **Membership-** We currently have 376 Section members, with 50% constituting student membership. We decided not to charge a fee at this time due to the inconsistencies with some of our initiatives and abilities to produce in all intended areas.

Major Ongoing Projects

- **Programming/training/competency-** We are continuing to work on the criteria and recommendations for sport psychology practitioners following the psychology-track route for eventually becoming psychologists or psychology associates with a sub-specialty in sport psychology. We are using the dialogue from the CPA conference, in addition to several templates from various organizations. Our aim is simply to suggest minimum recommendations for our licensed psychologists to obtain adequate training in the sporting arena. We would like to formalize a program guideline for institutions and communicate these recommendations with individuals wanting to become sport psychologists. Currently we are in a second round of deliberations regarding such guidelines for sport and exercise psychology.
- **CSPA/CPA alliance-** We have not put any further effort into this bridge over the past year given there was not any reciprocity from CSPA. We hope once we further our Section goals, we can revisit this relationship with our propositions for ensuring psychology is included in the practice of sport psychology.
- **Regulations/Ethical issues-** We have engaged in discussions with various Chairs of the Colleges of Psychologists across Canada in light of the ongoing misrepresentation of individuals indicating that they are psychologists when working with sport consumers. We continue to work extensively with educating the public and colleagues on this matter but at this point, the misrepresentation by non-registrants continues and is a serious concern in light of consumer safety and clarity of services.

In the future, and dependent on funds via membership and/or other sources, we would like to provide awards and recognitions for the work of many of our esteemed colleagues in Canada. We also hope to contribute to the conference activities in the future by developing keynotes and/or special speakers, participating in the fun run, social events, and encouraging additional submissions in a number of different formats. With continued interest in members working on various committees, many of these items will be more easily managed. These early years of reinstatement have been arduous at times but very exciting in the seeing the growth and interest of our members.

End of Current Summary of Activities. Next formal meeting: June 2008.

Sincerely,

Tricia Orzeck, Chair
University of Calgary