

MINUTES
Sport & Exercise Psychology
SECTION MEETING
June 5, 2011

Attendance:

Stephane Perreault, Tricia Orzeck, Peter Crocker, Selina Elm
New Executive: Patrick Gaudreau, approximately 10 general membership

Agenda items; previous minutes approved by email.

1. Financial

- a. Re-confirmed bank account total approximately \$1700. Discussed attached financial statement, budget for next year, and costs of conference as noted in past minutes.
- b. Hosting continuing education workshops are expensive at the conference sites and discussion of how to manage this for future years was discussed so that the sport/exercise psychology section can host workshops in the future. At the present time, the budget does not allow for the cost of rooms at select sites.
- c. No further discussion on membership fees. To carry forward to next meeting. Peter relayed information from CPA noting that sponsorship is possible but it must be negotiated through the CPA marketing management personnel for any legal, financial, and/or other related issues.

2. Future Conference(s)

- a. Discussed again the idea of holding workshops or other collaborative educational ventures at other conferences, such as SCAPPS, or holding workshops at a university campus prior to the CPA conference or alternative affordable location. It was again proposed to utilize the 1.5 hours within the conference for workshops, although CE credits may not be given. However, it may serve as a building process towards pre-conference workshops.
- b. Joint sponsorship was again discussed with clinical, counselling, and/or health sections who have been interested in the past and would offer a way to maximize sessions with lower cost.
- c. Ideas about future workshops were discussed. Based on this past year's submissions, it was suggested the section develop its own criteria for practice-based workshops in order to ensure a standard and minimum expertise is established. A student may submit as long as their supervisor is also in attendance, however additional criteria will need to be looked at and decided upon in future executive discussions. A balance between research presentations and practice was suggested. One idea was motivational interviewing as seen as a 'hot topic', however it was noted

that there are a variety of interventions used in practice that may appear to be hot topics but are not necessarily new and caution should be heeded in these circumstances. It was suggested that a number of ideas be brought forth to the membership to determine what the interest is for upcoming years. Suggestions for practice-oriented empirically-based workshops as a great need for our members continuing education and training needs.

3. By-Laws

- a. Voting to approve revised By-Laws. Copies distributed by email prior to meeting and to membership at AGM. Includes added Director position, adjustment of term to provide continuity, and alterations for a smoother and more consistent wording of the election process.
- b. Unanimous vote approving By-Law revisions. Tricia to submit to CPA Board for approval.

4. Election

- a. There were two elections based on competing nominations for the Chair-Elect position and the Student Representative. The successful nominations included: Kimberly Sogge (Chair-Elect) and Amber Mosewich (Student Rep). Tricia Orzeck was the sole nomination for Secretary, receiving that position by acclamation.
- b. As part of the By-Law revisions, a new Director position was proposed and approved by the Section. This new position was filled by nominating Patrick Gadreau, accepted, and seconded by executive members. This position will also be subject to approval by the CPA Board and adaptations can be made at that time if needed.

5. Awards

- a. Discussion of student award process and need for the student to be a current member in good standing. The student also needs to be a student at the time of the research and primary author. Criteria to be written out by Peter for clarity and follow-up to posting on the CPA website.
- b. A Dissertation award was proposed and accepted by members as the second student award given by our section. Discussion of its value when applying for future grants. The submission process would be slightly different than the student abstract award, including 3-4 pages of greater details for the project in order to assess its merit and the provision of both a certificate and \$100. Peter to develop criteria and submit to the executive for approval.

6. Communication

- a. Discussion of promoting the Section on a wider scale through media. Stephane's students will be working on a content analysis of different programs in sport psychology, experiences, and compile results for later presentation. Part of this is to gather a multi-province Needs Assessment and picture of sport/exercise psychology in Canada.
- b. The factsheets were discussed again, still to be posted on the CPA website as noted in past year's minutes. Suggestion of how to find consultants and sport psychologists as a type of factsheet, in addition to more general info.

- c. The webpages were discussed in terms of using recent CPA monies for updates to our websites. Our section is one of the few with multiple pages and sources of information. It was suggested to use the monies at this time to translate our pages into French, a suggestion previously made in the past but cost was a factor. It was agreed unanimously to request CPA to use the special funds for this purpose. Stephane and/or Tricia to follow-up on this with CPA.
- d. Stephane discussed the ongoing need to develop the section's communication strategy, use of sponsorship, and generally create a strategic plan. Stephane to provide a proposal to the executive.
- e. It was suggested that the Canadian Journal of Behavioural Science host a special issue for sport/exercise psychology every few years or so to help promote the section and highlight relevant work of its members.

Meeting adjourned at time of Invited Speaker. Items for follow-up at next meeting by conference call in September-October 2011.