



CSPA Annual General Meeting



Canadian Sport Psychology Association Association
Canadienne de la Psychologie Sportive



The CSPA Welcomes YOU!

Adrienne Leslie-Toogood, PhD, CSPA Chair

Shaunna Taylor, PhD, CSPA Co-Chair



Canadian Sport Psychology Association Association
Canadienne de la Psychologie Sportive

17-01-23

Annual General Meeting

1. Attendance
2. Keeping of minutes
3. Highlights of 2014-2015
4. Treasurer Report
5. Membership Report
6. Website, Communication, Social Media
7. Young Professional Award Recipient
8. Discussion
9. Adjournment

Attendance & Minutes

Highlights from past year

- Two successful webinars
- World Congress bid - 2021
- 23 new professional members
- Development of bi-annual newsletter
- Partnership with CPA for a day-long PD seminar in conjunction with annual conference
- Website
- Social Media
- Translation of website and documents

Webinar #3

The coach, athlete, and mental performance consultant L'entraîneur, athlète, et consultant de la performance mentale

Please join Dr. Wayne Halliwell, Dr. Judy Goss and Dr. Peter Jensen as they reflect on how to best work with coaches as a mental performance consultant. The panellists offer years of experience that will lead to rich insights and discussion.

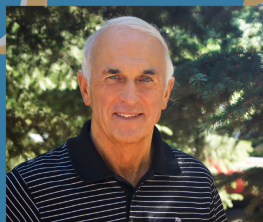
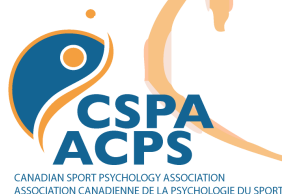
Dr. Wayne Halliwell, Dr. Judy Goss et Dr. Peter Jensen réfléchissent sur la façon de mieux travailler avec les entraîneurs en tant que consultant de la performance mentale. Les nombreuses années d'expérience de nos conférenciers vous conduira vers une aperçu et discussion riche.

To register, please visit
<http://www.cspa-acps.ca/news-1.html>
(Limited to 100 participants)

Afin de vous inscrire, s'il vous plaît, visiter
<http://www.cspa-acps.ca/news-1.html>
(Limité à 100 participants)

Tuesday, May 12, at 8:00 PM EST
CSPA members FREE
Non-Members \$25

mardi le 12 mai, 20hr00 HNE
Membres de l'ACPS GRATUIT
Non-membres de l'ACPS \$25



Dr. Wayne Halliwell



Dr. Judy Goss



Dr. Peter Jensen

Webinar #4



CSPA WEBINAR

Developing successful team culture Développer une culture d'équipe gagnante



Dr. Kristen Barnes Mr. Alex Hodgins Dr. Adrienne Leslie-Toogood

Please join Dr. Penny Werthner as she facilitates a discussion with Dr. Kirsten Barnes, Dr. Adrienne Leslie-Toogood and Mr. Alex Hodgins. The panelists, who have worked with a range of Canadian Olympic and Paralympic National Teams, will reflect on specific cases and experiences to guide the discussion.

Venez vous joindre au Dr Penny Werthner, comme elle facilite une discussion avec le Dr Kirsten Barnes, Dr Adrienne Leslie-Toogood et M. Alex Hodgins. Les panélistes, qui ont travaillé avec une gamme d'équipes nationales canadiennes olympique et paralympiques, se pencheront sur des cas et des expériences spécifiques afin de guider la discussion.

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(Limité à 100 participants)

Thursday, Oct 29, at 1:00 PM EST
CSPA members - FREE
AASP members - \$10
Non-Members - \$15

jeudi le 29 octobre, 13hr00 HNE
Membres de l'ACPS - GRATUIT
Membres de l'AASP - \$10
Non-membres de l'ACPS - \$15



CANADIAN SPORT PSYCHOLOGY ASSOCIATION
ASSOCIATION CANADIENNE DE LA PSYCHOLOGIE DU SPORT

Website

**CSPA**

OPTIMAL PERFORMANCE, WELL-BEING, AND GROWTH

CANADIAN SPORT PSYCHOLOGY ASSOCIATION

ABOUT

FIND A CONSULTANT

NEWS


RESOURCES


APPLY NOW


- New website
- <http://www.cspa-acps.com/>
- French website coming soon!!
- Option for DIY personal webpages
- Share feedback & suggestions
- Check personal information


schristie_9@me.com

Canadian Sport Psychology Association Association
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 **ABOUT THE CSPA**
About the Canadian Sport Psychology Association: Our history and mandate.
[ABOUT THE CSPA](#)

 **CSPA NEWS**
Find out the latest CSPA news (conference trends, research and more!)
[NEWS](#)

 **CSPA RESOURCES**
Find useful articles, guidelines, forms, and links to our partner organizations.
[RESOURCES](#)

 **JOIN THE CSPA**
Apply to become a CSPA professional or student member today!
[APPLY NOW](#)

@CSPA_ACPS

Tweets [Follow](#)

 **CSPA SportPsych ACPS** @CSPA_ACPS 25 Sep

Another great CSPA webinar on Oct 29 CSPA members (free) 10\$ for AASP members, 15\$ (anyone) cspa-acps.ca/news-1.html pic.twitter.com/lscovAkNx

 **CSPA WEBINAR**
Developing successful team culture
Développer une culture d'équipe gagnante



"The CSPA is an applied sport psychology organization aiming to facilitate the development of mental and emotional skills, attitudes, perspectives, strategies, and processes that lead to optimal performance, well-being, and personal growth."

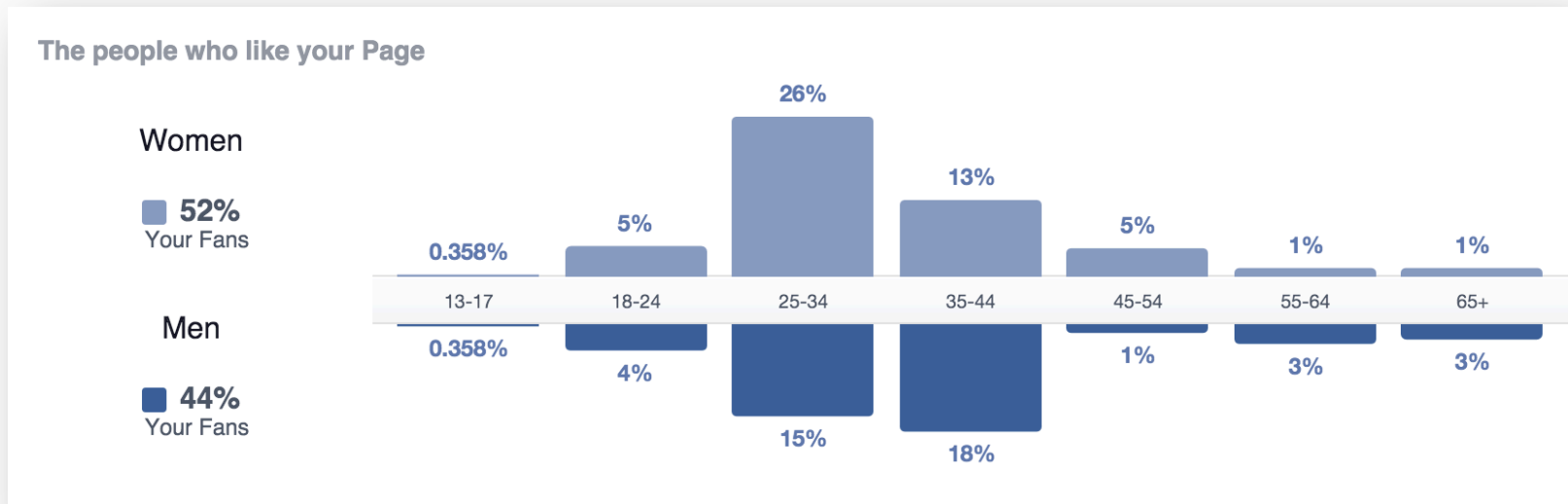
[Find a Consultant](#)



Social Media

Facebook Organization Page [CSPA Sport Psych ACPS](#)

- **279** likes
- **Likes by Country:** Canada (**237**); USA (11); UK (4); France (4); Poland (3); Chile (3); Singapore (2); Germany (2); India (2); Spain (1); Mozambique (1)
- **Likes by City:** Montreal (**61**); Ottawa (29); Calgary (22); Gatineau (10); Toronto (9); Quebec (6); Victoria (6); Hamilton (4); Vancouver (4); Waterloo (4)



Social Media

Biggest post reaches

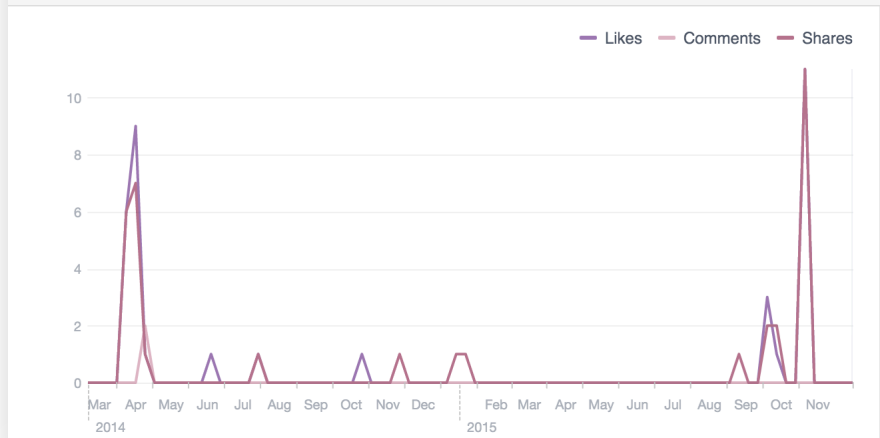
- “What the Toronto Blue Jays can do mentally as they face elimination” - reached **1,503** people
- “Sport Psychology Still Doesn't Get the Respect It Deserves” - reached **1,791** people
- “Just Breathe” - reached **568** people

CSPA Member Private Group

- **51** Members

Likes, Comments, and Shares

These actions will help you reach more people.



CSPA Regional Reports

- British Columbia – Sharleen Hoar
- Alberta – Karen MacNeil
- Manitoba – Adrienne Leslie-Toogood
- Ontario – Judy Goss
- Quebec – Chantal Lussier
- Atlantic – Andrew Ling

Treasurer Report

By Natalie Durand-Bush

November 1, 2014 – October 31, 2015

Income	Membership and webinar fees	
	A	\$10,460.00
Expenses	Banking fees Caisse Populaire	\$122.40
	Paypal fees	\$359.75
	Other (see details on next slide)	\$3,249.92
	B	\$3,732.07
	Earnings (A - B)	\$6,727.93
Balance		
Oct. 31, 2015	Caisse Populaire	\$24,454.30
	Paypal	\$18,110.63
	Net balance	\$42,564.93

Details – other expenses

Flight CSPA Co-Chair, AGM	\$501.95
Gift cards, Pro Dev Day speakers	\$100.00
Postage CSPA bags	\$103.00
Website and WebEx fees	\$1,115.78
Gift cards + postage, Webinar speakers	\$161.17
BC regional meeting	\$98
Translation	\$1,170.02
TOTAL	\$3,249.92

Membership Report

- 127 professional members
- 61 student members
- **188 TOTAL**

Welcome to 23 New Members!

Nick Alderton

Patrick Beland

Elodie Brault

Sarah Gairdner

Ryan Hamilton

Joshua Hoetmer

Adlul Kamal

Sarah Kiengersky

Kelly Kilrea

Barbi Law

Jonathon Lelievre

Matt MacDonald

Laura McKenzie

Stephanie Merenda

Jessica Murphy-Burke

Stephanie Ouellet

Marie-Helene Paquette

Jocelyn Poirier

Jacqueline Rano

Amelie Soulard

Kara Stelfox

Melissa Tennant

Amy Thiffault



Student Committee

- Student membership page updated
- Social media support from Daphné Lau Land – More volunteers welcome!
- Future projects...
 - CSPA supervisor list
 - Graduate studies school list
 - Student mentorship program
 - Internship database
 - Business card templates
 - Other...

Other Business

- Young Professional Award (Nicole Dubuc-Charbonneau)
- NSSMAC News
- GamePlan / Plan de match

CSPA Young Professional Award Recipient



- Value of award: \$500
- Article in December 2015 newsletter



Young Professional Award Winner:

Nicole Dubuc-Charbonneau, PhD Can

- CSPA professional member since 2009
- Consulted with athletes from over 10 sport disciplines including disability sport
- Researcher in the field of athletic stress and burnout, SSHRC Funded
- Lecturer Collège Boréal
- Master Learning Facilitator, National Coaching Certification Program
- Director, Consortium national de formation en santé, Laurentian University
- Curler





The CSPA Thanks You!



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