



UNIVERSITY OF MINHO  
SUMMER SCHOOL  
**APPLIED SPORT PSYCHOLOGY**  
**UMSS-ASP '07**  
**17<sup>th</sup> - 18<sup>th</sup> July 2007**

*“Acting well...  
Thinking better...  
From feet to head (or brain) ...”*

ONLINE REGISTRATIONS  
[www.cipsi.uminho.pt/conferences/umss-asp-07/](http://www.cipsi.uminho.pt/conferences/umss-asp-07/)

**GUEST EXPERT LEADERS / SPEAKERS**

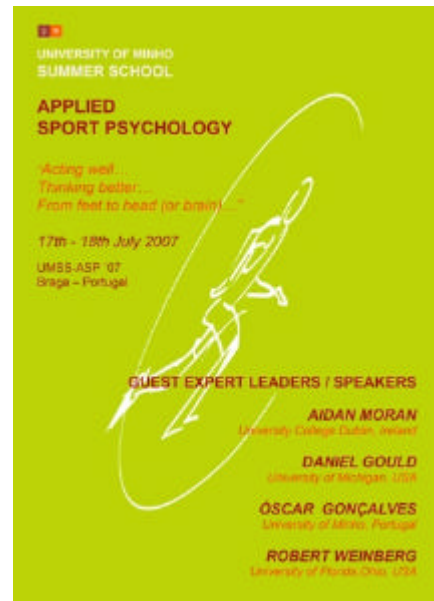
**AIDAN MORAN**  
*University College Dublin, Ireland*

**DANIEL GOULD**  
*University of Michigan, USA*

**ÓSCAR GONÇALVES**  
*University of Minho, Portugal*

**ROBERT WEINBERG**  
*University of Florida, Ohio, USA*

**Braga – Portugal**



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# PROGRAMME – TIMETABLE

## (HALF DAY WORKSHOPS)

**Tuesday, July 17 – 09.00 – Opening Session**

**Tuesday, July 17 – Morning (09.30-13.30)**

**ROBERT WEINBERG (Miami University - Oxford, Ohio, USA)**

*Contemporary goal setting:*

*Using goal setting principles to help achieve excellence*

**Tuesday, July 17 – Afternoon (14.30-18.00)**

**DANIEL GOULD (Michigan State University, USA)**

*Mental preparation for enhanced performance*

**Wednesday, July 18 – Morning (9.00-13.00)**

**AIDAN MORAN (University College of Dublin, Ireland)**

*Mental imagery in action:*

*From theory to practice and back again*

**Wednesday, July 18 – Afternoon (14.30-18.30)**

**ÓSCAR GONÇALVES (University of Minho, Portugal)**

*Exercise the Brain:*

*Mechanisms and strategies of cognitive neuroplasticity*

**Wednesday, July 18 – Closing Session (19.00)**

## ORGANIZING COMMITTEE

José Fernando A. Cruz, Ph. D. (Chair)  
Jorge Manuel Silvério, Ph. D.  
A. Rui Gomes, Ph. D.

### E-mails:

[umss07@gmail.com](mailto:umss07@gmail.com) ;  
[jcruziepuminho@gmail.com](mailto:jcruziepuminho@gmail.com);  
[jmas@iep.uminho.pt](mailto:jmas@iep.uminho.pt);  
[rgomes@iep.uminho.pt](mailto:rgomes@iep.uminho.pt)

## PURPOSE

The main emphasis will be on recent methods, techniques and/or strategies for psychological intervention in sport contexts. An advanced and practical training opportunity, focused on the professional and scientific development of postgraduate students, researchers and professionals of psychology, as well as other sport sciences.

## VENUE

Institute of Education and Psychology, University of Minho, Braga, Portugal.

## PARTICIPANTS

The number of participants will be limited. *Early registration is strongly advised (before June 11<sup>th</sup>, 2007).*

## LANGUAGE

The official Summer School language will be **English**.

# REGISTRATION INFORMATION

**REGISTRATIONS ARE LIMITED (Please, register early).** Confirmation of registration will be sent soon after its reception by the Organizing Committee.

**FEES:** The Registration Fees include:

- a) Admission to the four half day workshops (July 17<sup>th</sup> and 18<sup>th</sup>);
- b) Final Summer School Programme;
- c) Workshops handouts and other materials;
- d) Coffee breaks;
- e) Lunch each day (July 17<sup>th</sup> and 18<sup>th</sup>) at the University Campus.

Please, note that local expenses and travel are not included.

## REGISTRATION:

The deadline for **early registrations** is **June 11<sup>th</sup>, 2007**.

Please use the following link to register online in the **UMSS - ASP 07**:

[www.cipsi.uminho.pt/conferences/umss-asp-07/](http://www.cipsi.uminho.pt/conferences/umss-asp-07/) .

## Individual Registration Fees (\*):

Early registration - Before 11 June 2007: € 200 Euros.  
Late registration (if vacancies available): € 300 Euros.

## Institutional Registration Fees (\*):

Early registration - Before 11 June 2007: € 300 Euros  
Late registration (if vacancies available): € 400 Euros

(\*) – For Individual Fees are considered only registration fees paid by private individuals. Otherwise (e.g., academic institutions, private organizations) the institutional fee will be applicable.

**PAYMENT:** Payment must be done in **EURO**, free of charges and in full by **bank transfer**. In order to ensure that the payment will be correctly registered, please ensure that the **name of the participant** appears on the bank order (printed clearly). All **bank costs and charges** must be paid by the participant. Please send by **fax also a copy of your bank receipt and bank transfer form**. Payment should be submitted at the same time as the Registration. The registration will only be considered after confirmed payment.

**BANK TRANSFER:**

**Bank:** Caixa Geral de Depósitos

**Bank Address:** Agência Central de Braga, Praça da República, 5, 4710-305 Braga.

**Account holder/name:** Universidade do Minho.

**IBAN:** PT50-003501710016732263015.

**SWIFT CODE:** CGDIPTPL

**NIB:** 003501710016732263015.

Please, **FAX THE BANK RECEIPT/CONFIRMATION AND A COPY OF YOUR REGISTRATION TO:**

Marta Mendes

Fax +351-253604224.

CIPSI – University of Minho.

UMSS – ASP 07,  
Instituto de Educação e Psicologia,  
Universidade do Minho, 4710-057 Braga,  
Portugal.

**Notification / confirmation of registration:** You will receive the confirmation via e-mail within 7 days after receiving the Registration Form. If you don't receive your confirmation e-mail within one week of submitting your registration please contact the Organizing Committee.

**Cancellation:** Cancellation must be notified in a signed letter sent by mail to the Organizing Committee before June 30<sup>th</sup>, 2007. A refund of 50% will be made minus bank costs incurred for the money transfer. No refunds will be made after June 30<sup>th</sup>, 2007.

## **ADDITIONAL INFORMATIONS / REGISTRATIONS:**

[www.cipsi.uminho.pt/conferences/umss-asp-07/](http://www.cipsi.uminho.pt/conferences/umss-asp-07/).

[umss07@gmail.com](mailto:umss07@gmail.com).

Organizing Committee,

***University of Minho Summer School***

***Applied Sport Psychology***

Att. Marta Mendes: [cipsi.edicoes@iep.uminho.pt](mailto:cipsi.edicoes@iep.uminho.pt)

or Catarina Duarte: [umss07@gmail.com](mailto:umss07@gmail.com).

Universidade do Minho,

Campus de Gualtar, 4710-057 Braga, Portugal.

Fax: +351- 253604224.

## **RELATED SCIENTIFIC EVENT:**

***Conference on Sport & Exercise Psychology  
(July, 19<sup>th</sup> – 20<sup>t</sup>, 2007):***

Deadline for poster presentations (english, spanish, portuguese): **June, 11<sup>th</sup>, 2007.**

[www.cipsi.uminho.pt/conferences/cipde07/](http://www.cipsi.uminho.pt/conferences/cipde07/)

E-mail for contact and informations: [umss07@gmail.com](mailto:umss07@gmail.com).

***NEW – SEPTEMBER, 2007***

**U. M. - DOCTORAL PROGRAM IN PSYCHOLOGY  
(INCLUDING KNOWLEDGE AREA IN SPORT PSYCHOLOGY)**

APPLICATIONS: May 2 – 31<sup>th</sup>, 2007. INFORMATIONS: [www.iep.uminho.pt](http://www.iep.uminho.pt) .

## **FORM - PAYMENT BY BANK TRANSFER**

**UMSS-ASP '07**  
**Braga – Portugal**  
**17<sup>th</sup> -18<sup>th</sup> July 2007**

### **BANK TRANSFER MADE TO:**

**Bank:** Caixa Geral de Depósitos; **Bank Address:** Agência Central de Braga, Praça da República, 5, 4710-305 Braga, Portugal;  
**Account holder/name:** Universidade do Minho.

**IBAN:** PT50-003501710016732263015.

**SWIFT CODE:** CGDIPTPL

**NIB:** 003501710016732263015.

**Please print, fill and FAX (with a copy of bank transfer/receipt) to:**

**Marta Mendes**  
**CIPSI - Univ. Minho, Braga, Portugal**

**Fax: +351-253604224.**

Full name of participant:

Country:

Account holder name:

VAT:

Order Number and Date:

Name of bank:

Total amount paid by bank transfer (Net – Free of charges): \_\_\_\_\_ EUROS.

DATE: \_\_\_\_/\_\_\_\_/\_\_\_\_

SIGNATURE: \_\_\_\_\_ .

***Please, remember to make a copy of this form for your records.***