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## **FEPSAC Newsletter: Psychology of Sport and Exercise**

Xavier Sanchez

(University of Groningen, The Netherlands)

### **FEPSAC 13<sup>th</sup> European Congress of Sport Psychology (12 – 17 July 2011, Madeira, Portugal): Personal Reflections on the Congress**

Faye F. Didymus

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The 13<sup>th</sup> FEPSAC European Congress of Sport Psychology introduced two pre-congress workshops to the academic programme in 2011; one hosted by the Forum of Applied Sport Psychologists in Topsport (FAST) and the other focussed on “Getting that First Manuscript Published!” These were a personal highlight of the congress because they provided a platform from which discussions and healthy debates could flourish. Worthy of a distinguished mention was the opportunity to ‘ask the editors’ in a question-and-answer session during the latter workshop. This provided delegates with a unique opportunity to ask direct questions, which the editors replied to with insightful answers. The congress itself boasted many memorable symposiums such as “We Will Rock You: The Multifarious Effects of Music in Exercise and Sport,” which was organized by Dr Costas Karageorghis and discussed by Dr Chris Harwood and “Risk and Emotion,” which was organized and discussed by Dr Tim Woodman. From a social perspective, traditional live music and friendly local faces were gentle reminders of the Portuguese venue that provided attendees with a peaceful backdrop for research dissemination. The city of Funchal offered a variety of quaint restaurants and social arenas, including “Molhe Terrace, Club & Restaurant,” which is situated in a fort and vaunts panoramic views across over Funchal harbour. In closing,

FEPSAC 2011 brought students, early career researchers, and established academics together from across the World and provided a stage for the development of professional relationships and friendships.