



EXPO '09 Planning Basics

Contacting EXPO '09 Steering Committee

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Holding Free Conference Calls for Expo '09 Planning

Skype is a free online service that can help facilitate group communication. The Skype program can be easily downloaded from www.skype.com. It allows instant message and you can place free online long distance computer to computer voice calls with individuals anywhere in the world. Skype also allows for free computer to computer conference calls for up to 9 individuals.

To participate in a Skype voice conversation you need the Skype program and a username and a computer with sound and microphone capacity or a computer and a headset with a microphone. Computer headsets typically plug into a USB port on your computer and they are very useful in reducing background noise. Skype can be set up on both Mac OS X and on Windows.

Skype can be set up in 4 easy steps:

- Go to www.skype.com and download Skype
- Choose a user name
- Check your sound quality
- Make you first call

EXPO '09 Steering Committee Skype Names to add to your Skype contact list

- Charlie Brown → drcharlie-fps
- Marc Strickland → imstrick
- Larry Lauer → larry.lauer
- Eddie O'Connor → sportspsyc
- Kristen Dieffenbach → innetsirk

KEEP UP WITH EXPO '09 MATERIALS

EXPO '09 materials are posted on

- www.fps-performance.com
- www.sportpsychonline.com
- www.multisportpsychological.com