

NASPSPA 2023 Post-Conference Workshop Title

Psychology of High Quality Coaching: Translating Research into Practice

Main Organizers

David Anderson and Harjiv Singh

Purpose

We have developed this workshop to familiarize NASPSPA members and coaches with current efforts to translate research in motor behavior and sport psychology into practice in high-quality coaching settings. The workshop brings together experienced coaches/practitioners and high profile researchers in motor behavior and sport and exercise psychology to discuss how best to translate cutting-edge research into practice. We envision making some type of academic-practitioner networking forum a permanent feature of future NASPSPA conferences.

Target audience

The target audience consists of NASPSPA members and local coaches and practitioners in the Toronto and Greater Toronto area. We have designed the workshop for researchers interested in gaining a foothold in the communities of practitioners who would benefit from awareness of and education about their areas and topics of research, and coaches, athletes, and other practitioners who seek to stay abreast of research findings relevant to their practice. We plan to provide networking opportunities for researchers and practitioners alike. Practitioners will have many opportunities to pose questions to researchers and researchers will have many opportunities to pose questions to practitioners.

Learning objectives

We expect participants can answer the following question at the end of the workshop:

1. What does the latest research in motor behavior and sport and exercise psychology tell us about optimizing performance in sport and other practitioner-focused settings?
2. Does contemporary practice reflect recent research discoveries?
3. Do practitioners innovate on their own and do their innovations have implications for contemporary research agendas in movement science?
4. What is the research-to-practice gap and how does it affect those who create knowledge and those who might benefit from that knowledge?
5. What barriers do researchers face in highlighting the relevance of their discoveries to practitioners?
6. What barriers do practitioners face in communicating their needs to researchers?
7. Can we bridge the gaps between theory and practice and, if so, how can we bridge them most effectively?

Topics and activities

We have organized the workshop around three topics:

1. Youth sports, positive youth development, talent identification and development
2. Innovative practice
3. Building team cohesion

Each topic will feature a panel of two researchers and two practitioners who will answer pre-specified questions from a moderator and then field questions from the audience. We will use a Socratic Seminar format to encourage questioning, discussion, and critical thinking and reflection rather than simply dissemination of information.

Timetable

10 - 10:10 am

GENERAL WELCOME AND INTRODUCTION

10:10 - 11:25am

Session 1: Positive youth development, talent identification and development

11:25 - 11:35 am: Break

11:35 am - 12:50 pm

Session 2: Innovative Practice

12:50 - 1:35pm: Lunch on your own

1:35 - 2:50 pm

Session 3: Building team cohesion

2:50 - 3:00 pm

WRAP UP

Participants

Positive Youth Development, Talent ID and Development

Moderator: **Jeff Simons**

Researchers: **Joe Baker and Leisha Strachan**

Practitioners: **Garrett Blakey and Kathryn Robinson**

Innovative Practice

Moderator: **Nikki Hodges**

Researchers: **David Mann and Harjiv Singh**

Practitioners: **David Hill and Aprille Deus**

Building Team Cohesion

Moderator: **Barbi Law**

Researchers: **Jeemin Kim and Taylor Coleman**

Practitioners: **Alex Auerbach and Jenny O**

Participant Bios (alphabetical order)

David Anderson

David Anderson holds a Ph.D. in Kinesiology with a specialization in Motor Learning and Control from Louisiana State University. He is a Professor at San Francisco State University and the former Chair of the Department of Kinesiology. His research centers on understanding how motor skills are acquired, how to promote the development of motor skills, and how motor activity influences psychological functioning and academic performance. He is an Active Fellow in the National Academy of Kinesiology and the former President of NASPSPA and he has received significant funding for his research from the National Institutes of Health, the National Science Foundation, the Department of Education, and private foundations.

Alex Auerbach

Dr. Alex Auerbach is the Senior Director of Wellness and Development for the Toronto Raptors. He joined the Toronto Raptors after serving as the Director of Clinical and Sport Psychology for the University of Arizona. Dr. Auerbach has worked with NCAA Division-I schools in the Pac-12, ACC, Big 12, and Conference USA. Dr. Auerbach earned his doctoral degree in counseling psychology with a specialization in sport and performance psychology from the University of North Texas. He received a Master's in Business Administration from Salve Regina University and a Bachelor in Business Administration from the University of Arizona. Dr. Auerbach is a member of the American Psychological Association's Division 47 (Exercise and Sport Psychology) and Division 17 (Counseling Psychology), as well as the Association of Applied Sport Psychology. He is a Certified Mental Performance Consultant, a Licensed Psychologist, and a member of the United States Olympic Committee Sport Psychology Registry.

Joe Baker

Joe Baker is Professor and head of the Lifespan Performance Laboratory at York University, Canada. His research considers the varying influences on optimal human development, ranging from issues affecting athlete development and skill acquisition to barriers and facilitators of optimal aging. He works with a

range of teams and organizations around the world in their pursuit of international success. He has published 13 books, the latest of which is *The Tyranny of Talent: How it compels and limits athlete achievement... and why you should ignore it*. In addition, he has published over 300 scientific articles, book chapters and commentaries.

Garrett Blakey

Garrett Blakey is a strength coach and sports scientist, currently serving as the NextGen Physical Development Lead for Canada Basketball's men's national teams. In this role, he is responsible for overseeing the physical programming and development of all youth athletes in Canada Basketball's age group rosters. Garrett has a Master's degree in Health Science (Kinesiology) and certification as a Certified Strength and Conditioning Specialist (CSCS). Currently, he is pursuing his PhD at Ontario Tech University. Garrett's research focuses on talent identification and decision-making processes during athlete selection. He is dedicated to implementing sport science research into practice.

Taylor Coleman

Taylor Coleman is a PhD Candidate at Wilfrid Laurier University in the Department of Kinesiology and Physical Education. Taylor's research, conducted under the supervision of Dr. Mark Eys in the Group Dynamics and Physical Activity Laboratory, is primarily group dynamics focused. Her master's thesis examined the relationship between cohesion and role commitment in youth sport, while her dissertation aims to explore the role of parents in the group dynamics of youth sport teams. Taylor is also passionate about knowledge dissemination, acting as a group dynamics consultant and providing sport psychology education sessions with youth sport teams in her community.

Aprille Deus

Aprille Deus is a proud triple minority, and represents women, the LGBTQIA+ community, and the Filipino/a/x community. Aprille is a multifaceted specialist, involved in different elite basketball areas within the landscape of Canadian basketball. Within the U SPORTS landscape, Aprille is an Assistant Coach and Director of Coaching Analytics for the Toronto Metropolitan University Bold men's basketball team and has been providing valuable insight and video analysis for the last 3 seasons. Nationally, she has held several roles within Canada Basketball. Recently she was named the first 3x3 Basketball Operations Coordinator and Performance Analyst for 3x3 Basketball. She is currently the Head Video Coordinator for the u23 Canadian Men's National team (i.e. GLOBL JAM, Toronto) and has worked closely with all age group teams to provide video and analytics. Aprille has previously worked with London Lions Men's Professional Basketball team in advanced scouting, the Toronto Raptors as a Community Basketball Coach, and recently won the 2022-2023 OSBA Championship with Crestwood Prep. Coach A.D. is a program facilitator for the Canadian Women and Sport, and is a Mentor Coach to young, minority coaches through the Coaching Mentorship program via the Coaching Association of Ontario.

David Hill

For over 30 years David has been living his purpose of legitimizing the role of coaching in Canada, by increasing the professional status of coaches and advocating for the value of coach education and athlete development. As a coach, he has experience leading athletes in alpine skiing and rugby, having coached from the grass roots to international levels. While the early part of his career focused on

coaching and teaching, he worked at the Coaching Association of Canada (Ottawa) where he made significant contributions to the development of Canada's National Coaching Certification Program. Upon returning to Victoria, British Columbia, he is currently employed by Canadian Sport Institute Pacific as Director of System Enhancement and leads B.C.'s High Performance targeted sport strategy. He is also an adjunct professor at the University of British Columbia where he teaches and supervises in the Masters of High Performance Coaching and Technical Leadership program, working with Canada's top coaches and technical sport leaders. David is a graduate of the National Coaching Institute BC, holds a Master of Science from the University of Victoria and a Bachelor of Education and a Bachelor of Physical Education from the University of Calgary.

Nikki Hodges

Dr. Hodges is a Professor at the University of British Columbia in Kinesiology, where she runs the Motor Skills Lab. It is here where she studies practice; including laboratory experiments with new learners as well as practice behaviours among skilled performers in sports. Dr. Hodges is also interested in mechanisms of action observation; including how we learn from watching others, processes involved in action prediction and information sharing between partners in social environments. She edited the book "Skill Acquisition in Sport", now in its 3rd edition, has been funded by the three funding agencies in Canada, and has consulted with Canada women's soccer.

Jeemin Kim

Dr. Jeemin Kim is an Assistant Professor within the Department of Kinesiology at Michigan State University. His educational background includes sport and exercise psychology. In his research, he studies sport team dynamics, with a particular focus on how various roles and norms emerge in sport teams and how they impact the team members. Beyond these topics, he also has broad interests in various aspects of group dynamics such as group cohesion, teamwork, and leadership.

Barbi Law

Dr. Barbi Law is a Professor in the School of Physical & Health Education, and Dean, Graduate Studies & Research (interim) at Nipissing University in North Bay, Ontario. Her research program explores how mental skills can be used to enhance individuals' physical and psychological performance in sport and other movement settings; strategies for promoting the development of physical literacy; and methods for improving sport psychology knowledge translation among athletes and coaches. Dr. Law is a Professional member of the Canadian Sport Psychology Association ([CSPA-ACPS](#)) and provides mental training support to athletes, teams, and coaches from recreational to elite competitive levels.

David Mann

David Mann is an Associate Professor of Skill Acquisition in Sport at the Vrije Universiteit Amsterdam. Before moving to the Netherlands he worked at the Australian Institute of Sport in Canberra, Australia, and the University of New South Wales in Sydney Australia. He teaches in Talent Identification and Development and works on projects with a range of applied organisations including the Netherlands Football (Soccer) Federation, Netherlands Lawn Tennis Federation, Netherlands Olympic and Paralympic Committee, International Paralympic Committee, New York Yankees, and a range of Football clubs including Ajax, PSV, AZ, and Hoffenheim. He has published almost 100 research articles and book

chapters and his research is funded by a range of organisations including the European Union, Netherlands Scientific Organisation, and International Paralympic Committee.

M.P. Jenny O

Dr. Jenny O (she/her/hers) is a Professor at Cal State East Bay in Hayward, California. Her research centers upon two core areas: 1) examining mental imagery and other mental skills in the context of sport learning and performance, and, 2) examining inequities related to marginalized identity factors in higher education and research. She is a co-associate chair of her department, the co-founder of her department's Kinesiology Research Group, and served as the Director of Cal State East Bay's Center for Student Research (2017-23). Dr. O is known for her innovative programmatic and course designs, strong leadership skills, and her commitment to advocating for and infusing DEI into her professional spaces and experiences. She is a former elite athlete, coach, and mental performance coach. She combines these previous experiences with her specialized education in mental skills and group dynamics to create, develop, and sustain efficient and high-performing work groups in the college setting. Dr. O is a NASPSPA President's Award winner, outgoing Board of Directors member, and American Kinesiology Association leadership fellow and board member.

Kathryn Robinson

Katie is a Postdoctoral fellow and sessional instructor in Kinesiology at York University in Toronto Ontario, Canada. Her research focuses on understanding talent and talent selection practices. Specifically, much of her current work examines how biases and heuristics shape the way athlete selectors make decisions for athlete selection and development. Prior to her fellowship, she worked as a Strength and Conditioning Coach at multiple universities in Ontario. She then blended her coaching and teaching interests to become an Academic Coach for varsity student athletes. In this role, she oversaw the academic progress of over 500 student athletes each year, and helped to implement structured programming and training to support students through their academic and athletic journeys.

Jeff Simons

Jeff Simons is Professor of Kinesiology at California State University East Bay. He has over 35 years' experience bringing theory and research to practice in motor skill acquisition and performance psychology. Jeff has worked professionally in nearly 40 sports, from youth development to Olympic and professional levels, including athletes and coaches in every summer Games since 1988. He also is a long time consultant and Board Director for Blueearth Foundation, a Melbourne, Australia non-profit that has delivered programs developing motor abilities and positive attitudes towards physical activity to nearly 400,000 school children around Australia over the past 20 years.

Harjiv Singh

Harjiv Singh is currently the Performance and Development Scientist with the Orlando Magic of the National Basketball Association. He earned his doctorate in Motor Control and Learning under the supervision of Dr. Gabriele Wulf exploring the effects of attentional and motivational factors on movement variability as they relate to skill development. He aims to combine his educational experiences in motor learning, data science, and biomechanics, to understand how practice variables impact transfer and to translate this into tangible KPI's for coaches and clinicians alike.

Leisha Strachan

Dr. Leisha Strachan (she/her/elle) is a Professor in the Faculty of Kinesiology and Recreation Management at the University of Manitoba and Associate Dean Research and Graduate Studies in her faculty. She is one of the co-creators of Project SCORE (www.projectscorescore.ca). Her research focuses on positive youth development through sport and how the 4 Cs (competence, confidence, connection, character) could be incorporated to promote positive youth sport spaces through coaching delivery and parent behaviors. Further, Dr. Strachan was part of a research team exploring anti-racism policies and practices in Winnipeg and the sport experiences of newcomers in the community. Outside of research, she has been coaching in the sport of baton twirling for the past 30 years and is the head coach of Aerial Fusion Baton in Winnipeg.

