

Karisa Kuipers, Ph.D. is an instructor at Northern Illinois University. She teaches Sport and Exercise Psychology in the Kinesiology and Physical Education Department. In addition to her teaching experience, Dr. Kuipers will contribute her research knowledge to ITCCCA Clinic as she has authored multiple publications in various Sports Psychology journals. Dr. Kuipers has studied how to teach life skills through sport, and she believes in the power that mental skills training can have for athletes.



Chad Clarey is Kaneland's boys head cross country coach, serving in that role for the last 29 seasons. Clarey and his assistants have qualified 16 teams to the IHSA State Finals, including seven Top 5 finishes with a pair of State trophies (Runner-Up in 1999 and State Champions in 2019). Under Clarey's watch the Knights have sent 16 runners to the podium for All State medals, including 2017 2A Champion Matthew Richtman. Clarey also coaches distance runners for Kaneland's boys track team, finding more podium finishes for individuals, relays, and teams.

In the summer of 2023, Dr. Kuipers and Coach Clarey teamed up at Loreda Taft, NIU's Field Campus in Oregon, IL to generate momentum on the fall cross country campaign through conducting a team building retreat. Both presenters have a passion for the psychological side of competition. Their aim in presenting at ITCCCA is to share both research and practical strategies for using mental imagery with high school athletes to help them prepare for their individual event.