

PSYCHOLOGICAL EXCELLENCE FOR ELITE PERFORMANCE

- PE4EP 2013-

CHALLENGES IN PROVIDING SPORT PSYCHOLOGY SUPPORT TO ELITE AND OLYMPIC ATHLETES, TEAMS AND COACHES

Psychological excellence for elite performance

The organisation and provision of mental support has become a significant factor in the development and performance of talented, elite and Olympic athletes and teams. Mental factors play a significant role in many aspects of elite-level competitive sport.

During the past years, coaches have not only become more knowledgeable about the influence of mental factors in elite and Olympic sport, they also have been using mental techniques and strategies and have been working with sport psychology support providers and mental coaches to optimise the mental support for their athletes and teams.

Sport psychologists and sport psychology support providers from around Europe have clearly contributed to initiating and supporting this active interest of elite coaches, athletes and teams for the role of mental factors as well as for the provision of support services at elite and Olympic level. This importance is reflected in the active involvement of sport psychologists and mental coaches in working with elite coaches, athletes and teams on a day-to-day basis, as well as in the growing on-site support provided at major international competitions and tournaments at European and World level such as European and World Championships, Grand Slams, and Olympic Games.

In support of this growing trend, the *European Federation of Sport Psychology* (FEPSAC), the *National Institute of Sport, Expertise and Performance* (INSEP) and the *Vrije Universiteit Brussel* (VUB) joined forces in combining their expertise on sport psychology/mental support service provision in elite and Olympic sport in the expert-level program *Psychological Excellence for Elite Performance* (PE4EP).



Signing of the collaboration between FEPSAC, INSEP and the VUB

With *PE4EP* a unique European-level continued professional development program has now been made available for professionals in sport psychology support provision. *PE4EP* has a thematic approach, focussing on specific aspects directly relevant for coaches, sport psychology support providers and other service providers working with elite and Olympic athletes and teams.

PE4EP 2012: "Inspiration!"

Initiated in the Olympic year 2012, the first edition of *PE4EP* covered the theme of *managing conflict and crisis in elite and Olympic sport* with elite and Olympic coaches and sport psychology support providers working with elite and Olympic athletes and teams.



The expert class PE4EP 2012

Feedback from the participants on the benefits of the program include:

*"Additional support for my work during this Olympic year ...
Great people, great ideas, great discussions"*

Sport psychologist, six years experience working with elite level athletes (Romania)



Workshop during the expert class PE4EP 2012

*"Learned a lot. Interesting mix of persons, different approaches.
Training of communication"*

Former elite player and current elite and Olympic coach (Belgium)

*"Exchange with other European colleagues.
As psychologist, share with coaches"*

Sport psychologist, 22 years of experience (France)



Interactive work amongst participants of the expert class PE4EP 2012

“Content/ personal insight/network/knowledge”

Mental coach of Olympic coaches, 22 years Army Special forces (the Netherlands)

“Really helped me to realise my own strengths & weaknesses as a practitioner”

Sport and exercise scientist/mental coach, 9 years of experience (Great-Britain)



Group exercise during the expert class PE4EP 2012

“Inspiration!

To study, apply and enjoy!”

Sport psychologist, more than 40 years experience at elite level (the Netherlands)



Presentation and discussion of an exercise during the expert class PE4EP 2012

PE4EP 2013: Challenges in applied sport psychology service provision

The second edition of the expert class *PE4EP 2013* will be on the theme of ‘*Challenges in providing sport psychology support to elite and Olympic athletes, players and teams*’ and is organised at **INSEP, Paris** from **Monday 20 May to Thursday 23 May 2013**.

The Expert class *PE4EP 2013* is aimed at:

- *elite coaches* (in individual and team sports), elite sport managers, managerial support staff of Olympic athletes and teams, elite sport service providers working with elite athletes and teams (e.g., physiotherapists, sport doctors, sport dieticians) (and entrepreneurial managers, subject to availability);
- *experts in sport psychology/mental support* working with elite/Olympic athletes, teams and coaches.

The Expert class *PE4EP 2013*:

1. has been extended with **one extra day** and is now a four-day program;
2. includes now (without extra charges) also **on-site observation of live elite tennis during the Grand Slam tournament Roland Garros 2013**;
3. provides **more opportunities for exchanges of experiences** between participants;
4. is the only **continued professional development** programme in Europe for coaches, sport managers, support providers (e.g., physiotherapists, sport doctors, sport dieticians), sport psychologists and mental coaches working with elite and Olympic athletes and teams;
5. enables elite coaches and experts in sport psychologists and mental coaches to **interact actively and work together** during four days.

Some of the topics which can be discussed during the expert class *PE4EP 2013*:

- *What competencies require applied sport psychologists throughout their career?*
- *What are the challenges for applied sport psychologists and elite coaches when developing a collaboration?*
- *What do elite coaches need to know about applied sport psychology in order to optimise the support provided to their athletes or teams?*
- *How can sport psychology support provision become part of a multidisciplinary support within an elite sport club or elite sport federation?*
- *What challenges do elite coaches and applied sport psychologists face when providing sport psychology support during matches, tournaments, championships or Olympic Games?*
- *How can elite coaches and applied sport psychologists handle conflicts and crises?*
- *What are the benefits of interpersonal skills and performance management strategies within coach-athlete relationships?*
- *How to integrate mental skill coaching behaviours and strategies into sessions (5C approach)?*
- *How to observe the use of mental skills in athletes?*
- *How to learn from competitive experience for improving mental skills?*
- *How to develop mental skills in talented athletes?*
- *How can psychological data be used with regard to the selection of athletes?*
- *Developing your staff: challenge or a burden for the elite coach?*
- *How to ‘Coach the coach’?*

Experts will provide participants with:

- **conceptual knowledge** – *What competencies require applied sport psychologists throughout their career?*
- **experiential knowledge** – *What challenges do elite coaches and applied sport psychologists face when providing sport psychology support during matches, tournaments, championships or Olympic Games?*
- **personal skills and tools** – *How to ‘Coach the coach’ or ‘How to observe the use of mental skills in athletes?’*

PE4EP 2013 Certificate

Participants who finalised the entire program, activities and tests successfully are awarded a joint **certificate** from FEPSAC, INSEP and the VUB.

Experts at the PE4EP 2013

The following four renowned applied sport psychology experts will work closely and interactively with participants:

Nadine Debois • Institut National du Sport, de l'Expertise et de la Performance, Research Department



Nadine Debois is researcher at the National Institute of Sport, Expertise and Performance (INSEP). She first graduated in Physical Education then completed her PhD in human (sport psychology) sciences in 2001. She is also a former elite athlete (Olympic finalist in 1988). Her research interests focus on lifestyle management, career development and career transitions in elite sport. Besides her research Nadine provides seminars and lectures in sport psychology in initial and continuing education for coaches as well as applied sport psychological services to elite athletes and coaches in various sports. She is member of the Board of the French Society of Sport Psychology (SFPS) for which she was President from 2008 to 2011. She is also member of the managing council of the European Federation of Sport Psychology (FEPSAC) since 2011 as well as member of the FAST (Forum for Applied Sport Psychologists in Top-Sport) European group since 2004.

Chris Harwood • Loughborough University



Chris Harwood, PhD is a Reader in Applied Sport Psychology at Loughborough University. His research interests lie in the psychosocial aspects of youth sport and athlete development including the roles of the coach, parents, and the wider social environment. He served as the Vice-President of the European Federation of Sport Psychology (FEPSAC) from 2007-2011, and continues to serve as an Associate Editor of the Journal of Applied Sport Psychology. He is currently an editorial board member for The Sport Psychologist and the Journal of Sport Psychology in Action. Beyond his academic work, Chris is a HCPC Registered Practitioner Psychologist and holds dual accreditations with BASES and BPS. He held the position of Club Psychologist for Nottingham Forest FC between 2002-2004, and continues to coordinate their youth academy psychological support programme. In 2010, he became the Lead Sport Psychologist for the Lawn Tennis Association on a part-time basis, and continues to provide psychological services to players and coaching staff. Chris is a Fellow of both AASP and BASES, and an active supervisor and assessor for the British Psychological Society. In his spare time, he continues to compete as a national veteran tennis player and maintains his passion for running, music and golf.

Urban Johnson • Halmstad University



Urban Johnson is Professor in Sport & Exercise Psychology at Halmstad University, Sweden. After gaining an elite-trainer certificate, Dr. Johnson worked several years as a professional trainer in Handball. Since 1990 he has primarily worked at Halmstad University as a lecturer, researcher and administrator in the field of sport psychology and sport science. The main areas in his research are about psychological aspects of sports injury, with a focus on rehabilitation, prevention and intervention. In these areas Dr. Johnson has an extensive international publication record. Moreover, Dr. Johnson has vast experience in working with applied sport psychology, especially for team sport athletes. He is a member of the Swedish Sport Psychology Association since 2000, and was a regular member of the managing council of European Federation of Sport Psychology (FEPSAC) between 2003-2007 and a Secretary General 2007-2011. Currently Dr. Johnson has been appointed as research director of Centre of Research of Welfare, Health and Sport at above mentioned university.

Hardy Menkehorst • Director Mental Training & Coaching Centre



Hardy Menkehorst has a professional background in Social Psychology and Psychophysiology. He is an invited professor at the University of Twente and the VU University in Amsterdam where he teaches Sport Psychology and Team-development. He is head of the Mental Training & Coaching Centre (MTCC) since 1986, a private practice which delivers sport psychology services to athletes and coaches all around the Netherlands. MTCC is aimed at developing and supporting elite athletes in their endeavor to be the world's best. He is an embedded sport psychologist at a center for education and development of talented young athletes (CTO). Hardy is the president of VSPN (the Dutch Association for Sport Psychology). Hardy is also a member of FAST (the Forum of Applied Sport psychologists in Topsport) and he is an invited professor at INSEP (the National Institute of Sport, Expertise and Performance) in Paris. Hardy is a former trainer/coach of elite volleyball teams. He has worked with Olympic gold winners in the sports of volleyball, field hockey, swimming, gymnastics, sailing and cycling. Hardy was the on-site sport psychologist of the Dutch Paralympic Team for the National Olympic Committee in London 2012. He was the coordinator of the sport psychology services for sailing, track and field, boxing, gymnastics and shooting for the athletes who qualified for the 2012 Olympics. He enjoys jogging and riding his motorbike.

Paul Wylleman • Research Group Sport psychology and Mental Support, Department of Sports Policy and Management, Vrije Universiteit Brussel



Paul Wylleman is professor at the Vrije Universiteit Brussel where he teaches Sport psychology, Mental training and support throughout the athletic career, Career and lifestyle management for athletes, Skills for performance managers, and Human Resources Management at the faculties of Physical Education and Physiotherapy and of Psychology and Educational Sciences. Paul is the current President of the European Federation of Sport Psychology (FEPSAC) and founder and coordinator of the European Forum for Applied Sport psychologists in Topsport (FAST) which brings together sport psychology service providers working with elite and Olympic athletes and teams in from around Europe. As sport psychology consultant he provides sport psychology support in elite sports school and to elite athletes at European/World Championships and at the Olympic Games in tennis, swimming, figure ice skating, fencing, athletics, archery, and eventing. He has been involved in preparing Olympians for the 2006 and 2010 Winter and the 2008 and 2012 Summer Olympic Games, and has provided on-site support during the 2006 Winter Olympic Games in Torino. Paul is head sport psychologist to the Flemish Tennis Federation, providing on-site services at for example Wimbledon and as team psychologist to the Belgian Davis Cup and FedCup teams. He developed the "Sport psychology support" service providing mental support services to coaches and talented and elite athletes in nine elite sports federations in Flanders. Research in sport and performance psychology has been related to the developmental nature of mental skills usage, the quality of sport psychology support provision, and to the development of the career and competencies of sport psychologists.

Fees and registration for the Expert class PE4EP 2013

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| - Registration PE4EP (incl. access Roland Garros on Tuesday 21 May 2013) | 1470€ |
| - Stay at INSEP the nights of May 20 – 21 – 22, 2013 (3 nights + breakfast) | 290€ |
| - Additional night(s) + breakfast: | |
| • Sunday May 19, 2013 | 75€ |
| • Thursday May 23, 2013 | 75€ |

Payment of registration fee

The registration fee can be paid **from 15 February 2013** via the registration form at the INSEP conference site www.insep.fr or via the link from the FEPSAC conference website www.fepsac.com.

Incorrectly made payments may not be refunded. All transfer costs needs to be covered by the participant. Transfer costs not covered by the participant may be charged to the participant at registration (payment will have to be made in cash Euro).

Combine Expert class PE4EP 2013 2013 with the FEPSAC Conference in Paris!

Participants in the Expert class *PE4EP 2013* are provided the opportunity to increase their applied sport psychology knowledge and skills by attending the *2013 FEPSAC Conference 'The development of expertise and excellence in applied sport psychology'* organised at INSEP, Paris on 18 to 19 May 2013.

For more information on the 2013 FEPSAC Conference *'The development of expertise and excellence in applied sport psychology'* see the FEPSAC conference website www.fepsac.com or the INSEP conference site www.insep.fr.

Register for *PE4EP 2013* and the *2013 FEPSAC Conference* and receive a 5% reduction on your total registration fee.