

SPORTS PSYCHOLOGY AND COACHING

→ PRE-GAME JITTERS

What are pre-game jitters – the damage they can cause – why it happens to sports teams and what to do about them so your team can succeed!

Dr. Tom Ferraro, PhD

Sport Psychologist

Dr. Ferraro is an internationally noted sport psychologist who works with professional and elite athletes in the fields of baseball, soccer, boxing, figure skating, gymnastics, golf, tennis and other athletic pursuits. He works with professional teams in the NY/Metro area and publishes in Asia and the US on topics ranging from team chemistry, anxiety, confidence and anger in sports.

→ SPORTS LAW & RISK MANAGEMENT FOR COACHES

Litigation is rampant in our society and the purpose of this discussion is to provide information on how to coach safely and how to avoid the court room.

Rod Mergardt

Territory Manager for CBS/MaxPreps

Rod has had an extensive career in business, education and athletics on both the high school and college levels. He is an Adjunct Professor of Sport Law at Manhattanville College and a director of the College of Sports Management. He is also a territory manager for CBS MaxPreps, the largest, most comprehensive high school sports Web site.

→ FOUNDATIONS OF EFFECTIVE COACHING

Examine the foundations of effective coaching and help coaches understand the needs and motivation of their players and the dynamics of different personalities.

Rod Mergardt