

# Kristen Dayle Dieffenbach

## EDUCATION

- Doctor of Philosophy: Exercise and Sport Science** **1998 - 2003**  
Specialization: Sport and Exercise Psychology, May 2003  
University of North Carolina at Greensboro, Greensboro, NC  
Advisor: Daniel Gould, Ph.D.  
Dissertation: "Overreaching and underrecovery: The antecedents and consequences for junior elite athletes."
- Masters of Science: Physical Education-Sport Science** **1996 - 1998**  
Concentration: Sport Psychology, December 1998  
University of Idaho, Moscow, ID  
Advisor: Damon Burton, Ph.D.  
Thesis: "Through athletes' eyes: How swimmers' perceptions of coaches' messages impact motivation and performance."
- Bachelor of Arts: Biology** **1988 - 1992**  
Minor: German  
Boston University, Boston, MA

## CERTIFICATIONS

- Certified Consultant #193** **2003 - present**  
**United States Olympic Committee Sport Psychology Registry Member**  
Association for Applied Sport Psychology

## ACADEMIC EXPERIENCE

- Associate Professor of Athletic Coaching Education** **2013 – present**  
**Assistant Professor of Athletic Coaching Education** **2006 – 2013**  
West Virginia University  
Department of Physical Education  
Morgantown, WV
- Adjunct Faculty** **September, 2002 – May, 2006**  
Frostburg State University  
Frostburg, MD
- Research Assistant** **August, 1998- May, 2002**  
Data coding  
Computer data entry  
Qualitative data analysis  
Project development  
University of North Carolina Greensboro  
Department of Sport and Exercise Psychology  
Applied Sport and Exercise Psychology Lab  
Greensboro, NC

**Lab Director**

5/1999 – 5/2000

Organization and scheduling of lab activities  
Supervision of lab projects and research assistants  
Project management  
Lab maintenance

University of North Carolina Greensboro  
Department of Sport and Exercise Psychology  
Applied Sport and Exercise Psychology Lab  
Greensboro, NC

**AWARDS & HONORS**

- WVU Information Literacy Course Enhancement Program Grant (\$3000)** 2012  
Sponsored by the WVU Libraries and Office of the Provost
- WVU Excellence in Research Award** 2010, 2011, 2012, 2013
- WVU Excellence in Service Award** 2009, 2010, 2011, 2012, 2013
- Dr. Sara Cree Endowment to support the Integration of Technology into Curriculum** 2008  
West Virginia University
- Edith Betts Graduate Scholarship** 1997 – 1998  
University of Idaho

**SCHOLARSHIP****Refereed Research Publications**

- Jaeschke, A. Sachs, M. & **Dieffenbach, K.** (under review). Mental toughness in ultramarathon running: A qualitative inquiry. *Sport, Exercise and Performance Psychology*.
- Murray, M., & **Dieffenbach, K.** (under review). Measuring professional ethics in coaching education. *International Journal of Sport Science and Coaching*.
- Nelson, J. & **Dieffenbach** (under review). Cultivating expertise: Time under tension with continuing education. *NCSA's Strength & Conditioning Journal*.
- Eccles, D., Kudlackova, K., & **Dieffenbach, K.** (Winter 2012). Use of relaxation skills and sleep in differentially skilled athletes. *Psychology of Sport and Exercise*.
- Murray, M., Bodey, K., Schoenstedt, L.J., & **Dieffenbach, K.** (Winter, 2012). Parental responses to professional behaviors in coaching and teaching. *Sports Science Review*.
- Dieffenbach, K.** & Statler, T. (2012). More similar than different: The psychological environment of Paralympic sport. *Journal of Sport Psychology in Action*, 3(2), 109-118.
- Appleby, K. M., **Dieffenbach, K.**, & Peterson, T. (Autumn, 2012). Demographic characteristics and motivational patterns of masters level competitive cyclists. *Athletic Insight: The Online Journal of Sport Psychology*.
- Dieffenbach, K.**, Murray, M., & Zakrajsek, R. (2011). The coaching education internship experience: An exploratory study. *International Journal of Coaching Science*.
- Dieffenbach, K.**, Lauer, L., & Johnson, D. (2010). One step at a time: Building coach ethics from the ground up. *Journal of Coaching Education*, 3, 84-95.

- Dieffenbach, K.** & Wayda, V. (2010). A critical review of American academic coaching education programs. *Journal of Coaching Education*, 3, 21-39.
- Murray, M., Zakrajsek, R., & **Dieffenbach, K.** (2010). Preparing the next generation: Practical tips for mentoring student coaches during internships. *Journal of Coaching Education*, 3, 100.
- Dieffenbach, K.** (2008). Exploring learning among USA Cycling licensed coaches. *Journal of Coaching Education*, 1(2), 1-19.
- Meisterjahn, R. & **Dieffenbach, K.** (2008). Winning vs. participation in youth sports: Kids' values and their perceptions of their coaches' attitudes. *Journal of Youth Sport*, 4(1), 4-7.
- Gould, D., **Dieffenbach, K.**, & Moffett, A. (2002). Psychological talent and their development in Olympic champions. *Journal of Applied Sport Psychology*, 14, 172-204.
- Gould, D., Greenleaf, C.A., Guinan, D., **Dieffenbach, K.**, & McCann, S. (2001). Pursuing performance excellence: Lessons learned from Olympic athletes and coaches. *Journal of Performance Excellence*, 4, 21-43.
- Greenleaf, C.A., Gould, D., & **Dieffenbach, K.** (2001). Factors influencing Olympic performance: Interviews with Atlanta and Nagano U.S. Olympians. *Journal of Applied Sport Psychology*, 13, 154-184.

### **Book Reviews**

- Dieffenbach, K.** (2010). [Review of the book: *Cornerstones of coaching: The building blocks of success for sport coaches and teams* by J.J. Hammermeister]. *Journal of Coaching Education*, 3(1), 1-3.
- Dieffenbach, K.** (2006). [Review of the book *Coaching for the Inner Edge*]. *The Sport Psychologist*, 20(2), 249-250.
- Dieffenbach, K.** & Burton, D. (1998). [Review of the book *Mental skills for young athletes: A mental skills workbook for athletes*]. *The Sport Psychologist*, 12(3), 358-360.

## **BOOK CHAPTERS**

- Lauer, L., & **Dieffenbach, K.** (2012). Psychosocial training intervention to prepare youth sport coaches. In P. Potrac, W. Gilbert & J. Denison (Eds), *Handbook of Sports Coaching*, Taylor & Francis: New York, NY.
- Murray, M., & **Dieffenbach, K.** (2012). Athletic coaching education. In T.G. Reeve, L. Dornier, W. Yang, & Liang, G. (Eds.), *Introduction to PE, Exercise Science and Recreation*, Beijing, China: Higher Education Press.
- Dieffenbach, K.**, & Kelleman, M. (2012). Overtraining and underrecovery for triathletes. In USA Triathlon (Ed.) *Training for Triathlon*, Champaign, IL: Human Kinetics.
- Dieffenbach, K.** (2010). Coaching issues: Working with junior and espoir athletes and parents. In S. Callan (Ed). *USA Cycling Level II Coach Manual*. Colorado Springs, CO: USA Cycling Organization.

- Dieffenbach, K.** (2010). Cycling for the young triathlete. In USA Triathlon (Ed.) *USA Triathlon Coaching Education Manual*. Colorado Springs, CO: USA Triathlon.
- Dieffenbach, K., & Medbery, R.** (2010). Mental toughness skills training: Getting started. In L. Lauer, D. Gould, P. Lubbers, & M. Kovacs (Eds.), *USTA Skills and Drills Handbook*. Monterey, CA: Coaches Choice.
- Dieffenbach, K.** (2010). Goal setting: Striving for success. In L. Lauer, D. Gould, P. Lubbers, & M. Kovacs (Eds.), *USTA Skills and Drills Handbook*. Monterey, CA: Coaches Choice.
- Dieffenbach, K.** (2010). Preventing overtraining, staleness and burnout in coaches and players. In L. Lauer, D. Gould, P. Lubbers, & M. Kovacs (Eds.), *USTA Skills and Drills Handbook*. Monterey, CA: Coaches Choice.
- Dieffenbach, K.** (2010). Team building. In L. Lauer, D. Gould, P. Lubbers, & M. Kovacs (Eds.), *USTA Skills and Drills Handbook*. Monterey, CA: Coaches Choice.
- Dieffenbach, K.** (2010). Keeping competition in perspective. In L. Lauer, D. Gould, P. Lubbers, & M. Kovacs (Eds.), *USTA Skills and Drills Handbook*. Monterey, CA: Coaches Choice.
- Dieffenbach, K.** (2009). Psychological aspects of recovery. In Kovacs, M.S., Ellenbecker, T.S. & Kibler, W.B. (Eds.), *Tennis Recovery: A Comprehensive Review of the Research*. White Plains, NY: United States Tennis Association.
- Dieffenbach, K.** (2005). Not a cloud of doubt in the sky. In N. Jamison, M. Moslow-Benway, & N. Stover (Eds.), *The Thrill of Victory, The Agony of My Feet: Tales from the World of Adventure Racing*. Halcottsville, NY: Breakaway Books.
- Dieffenbach, K.** (2004). More sport psychology for elite level coaches. In S. Callan (Ed.), *USA Cycling Elite Coach Manual*. Colorado Springs, CO: USA Cycling Organization.
- Dieffenbach, K.** (2003). Advanced coaching issues. In C. Carmichael (Ed.), *Carmichael Training System's Coaching Manual (2<sup>nd</sup> Ed.)*. Colorado Springs, CO: CTS.
- Dieffenbach, K.** (2003). An introduction to adventure racing and coaching adventure racers. In C. Carmichael (Ed.) *Carmichael Training System's Coaching Manual (2<sup>nd</sup> Ed.)*. Colorado Springs, CO: CTS
- Tuffey-Riewald, S., & **Dieffenbach, K.** (2002). Understanding and enhancing leadership effectiveness. In S. Riewald (Ed). *US Marine Corps Basis Fitness Correspondence Textbook*. Colorado Springs, CO: National Strength and Conditioning Association.
- Dieffenbach, K.** (2002). Sport psychology for club level coaches. In S. Callan (Ed). *USA Cycling Club Coach manual*. Colorado Springs, CO: USA Cycling Organization.
- Dieffenbach, K.** (2002). Sport psychology for elite level coaches. In S. Callan (Ed). *USA Cycling Elite Coach Manual - 2002*. Colorado Springs, CO: USA Cycling Organization.
- Gould, D., & **Dieffenbach K.** (2002). Overtraining, underrecovery, and burnout in sport. In M. Kelleman (Ed.), *Enhancing Recovery: Preventing Underperformance in Athletes*. Champaign, IL: Human Kinetics.
- Dieffenbach, K., & Gould, D.** (2001). Smart cycling: Mental skills training. In C. Carmichael (Ed). *Carmichael Training System's Coaching Manual*. Colorado Springs, CO: CTS.

Gould, D., & **Dieffenbach, K.** (2000). Psychological Issues in Youth Sports: Competitive anxiety, overtraining, and burnout. In R. Malina and M. Clark (Eds.), *Youth Sports in the 21<sup>st</sup> century: Organized Sports in the lives of Children and Adolescents*. East Lansing, MI: Exercise Science Publications.

## RESEARCH & GRANT REPORTS

**Dieffenbach, K.** (2009). *NCAA Women Coaches Academy: Preliminary program impact report*. NCAA WinStar Foundation, Project Report.

**Dieffenbach, K.**, Statler, T., & Moffett, A. (2009). *Pre and Post Games Perceptions of Factors Influencing Coach and Athlete Performance at the Beijing Paralympics*. USOC and Paralympic Program. Final report. Colorado Springs, Colorado.

Gould, D., **Dieffenbach, K.**, & Moffett, A. (2001). *Psychological talent in Olympic medal winning athletes*. US Olympic Committee Sport Science and Technology Final Grant Report. Colorado Springs, CO.

Gould, D., Greenleaf, C., **Dieffenbach, K.**, Chung, Y., & Peterson, K. (1999). *Positive and negative factors influencing U.S. Olympic athlete and coaches: Nagano Games assessments*. US Olympic Committee Sport Science and Technology Final Grant Report. Colorado Springs, CO.

## BOOKS & BOOKLETS

**Dieffenbach, K.** (in progress). *Of women and wheels: The history and passion of women cyclists*.

**Dieffenbach, K.** & McCauley, S. (2008). *Bike racing for juniors: A guide for riders, parents and coaches*. Boulder, CO: Velo Press.

**Dieffenbach, K.**, Brewer, B., Van Raalte, J., & Petipas, A.J. (2006). *An Inside Look at Sport Psychology Consulting*. Virtual Brands: Wilbraham, MA.

**Dieffenbach, K.**, Brewer, B., Van Raalte, J., & Petipas, A.J. (2005). *Mental skills for young athletes: A viewer's manual*. Virtual Brands: Wilbraham, MA.

## PROGRAM DEVELOPMENT

**Dieffenbach, K.** & Brook, L. (2012). Content experts for the 'USADA True Sport' online coach education module course 1: The coach's role. Developed with the US Anti-doping Agency and ROOT Online Learning

**Dieffenbach, K.** & Brook, L. (2012). Content experts for the 'USADA True Sport' online coach education module course 2: Performance enhancing substances. Developed with the US Anti-doping Agency and ROOT Online Learning

**Dieffenbach, K.** & Brook, L. (2012). Content experts for the 'USADA True Sport' online coach education module 3: Supplements and nutrition. Developed with the US Anti-doping Agency and ROOT Online Learning

**Dieffenbach, K.** (2010). Spinning for kids. A coach education online continuing education training program for Mad Dogg Athletics available at <http://spinning.com/spinning-continuing-education/home-studies-and-online-courses.asp>

**Dieffenbach, K.** (2004). Make Your Move 2004 – A health and wellness workplace program for the National Association of Health and Fitness: The Network of State and Governor’s Councils. Available at [www.physicalfitness.org](http://www.physicalfitness.org).

**Dieffenbach, K.** (2004). Let’s Get Physical 2004 – A health and wellness workplace program for the National Association of Health and Fitness: The Network of State and Governor’s Councils. Available at [www.physicalfitness.org](http://www.physicalfitness.org).

**Dieffenbach, K.** (2003). Make Your Move 2003 – A health and wellness workplace program for the National Association of Health and Fitness: The Network of State and Governor’s Councils. Available at [www.physicalfitness.org](http://www.physicalfitness.org).

**Dieffenbach, K.** (2003). Let’s Get Physical 2003 – A health and wellness workplace program for the National Association of Health and Fitness: The Network of State and Governor’s Councils. Available at [www.physicalfitness.org](http://www.physicalfitness.org).

## GRANTS

### Funded

**Dieffenbach, K.** (August, 2013). *Examining the efficacy of USA Hockey's American Development Model (ADM)*. USA Hockey (\$10,000).

**Dieffenbach, K.** (January, 2012). *Developing and Evaluating ‘True Sport’ Coaching Educational Online Modules for the US Anti Doping Agency* (\$10,000).

**Dieffenbach, K.,** Taliaferro, A., & Wayda, V. (August, 2011). *Universal Design for Learning in Physical Education and Sport for Diverse Learners Workshop*. WVU Center for Excellence in Disabilities (\$2,286).

**Dieffenbach, K.** (January, 2010). *USA Cycling Junior Coach Certification Program*. USA Cycling (\$3,318).

Grubbs, J., Wayda, V., & **Dieffenbach, K.** (November, 2009). *Opportunities, Barriers and Interests in Physical Activity*. WVU Center for Excellence in Disabilities (\$1,100).

Gould, D., & **Dieffenbach, K.** (1999). *The Development of Psychological Talent in U.S. Olympic Medal Winners*. Sport Science and Technology Grant, USOC (\$ 22,000).

### Not Funded

**Dieffenbach, K.** Lauer, L., & Flett, R. (2012). Volunteer youth hockey coaches' commitment, understanding, concerns, and application of USA Hockey's American Development Model (ADM). USA Hockey (\$10,000).

**Dieffenbach, K.** & Liang, G. (2010). *Children first; A collaborative youth sports education program in China*. Grant for \$176,215 submitted to the Bureau of Educational and Cultural Affairs.

**Dieffenbach, K.** & Shannon, V. (2010). *A multidisciplinary approach*. Grant for \$2,800 submitted to the WVU Stitzel Award in March 2010.

- Brylinsky, J., Burkett, B., Culver, D., **Dieffenbach, K.**, Gilbert, W., Jowett, S., Trudel, P., & Werthner, P. (2010). *The role and impact of the coach in the Special Olympics World Games experience*. Grant for \$175,000 submitted to the Special Olympics.
- Dieffenbach, K.** (2009). *Young Researcher Consortium grant application*. Grant for \$6237.48 submitted to the AAHPERD Research Consortium.
- Zakrajsek, R., Czech, D.R., Houston, M., Martin, S.B., & **Dieffenbach, K.** (2009). *AASP Expo attendees' perceptions of the conference and sport psychology services*. Grant for \$5,000 submitted to AASP.
- Dieffenbach, K.** & Shannon, V. (2009). *A multidisciplinary approach*. Grant for \$2800 submitted to the WVU Stitzel Award.
- Liang, G., Watson, J., & **Dieffenbach, K.** (2009). *The United States and China: A collaborative approach to youth sport development*. Grant for \$170,000 submitted to the Bureau of Educational and Cultural Affairs
- Blom, L., **Dieffenbach, K.**, Bell, R.J. & Lauer, L. (2008). *PCA Assessment Project*. Grant for \$34,497 submitted to the Positive Coaching Alliance – grant call withdrawn by granting agent.
- Brewer, B., Archer, M, Cornelius, A.E., **Dieffenbach, K.**, Goldberg, L, Gould, D., Petipas, A.J., & Van Raalte, J.L. (2006). *Safe alternative to performance enhancing drugs in sport*. Submitted to NIH/SBIR grant review process, Washington, D.C.

#### INVITED PRESENTATIONS - ACADEMIC

- Dieffenbach, K.** (2013, April). *A defuzzed tennis ball, double dribbling and a triple ironman: The cornerstones of a career*. Invited keynote address at the Northeast Atlantic Sport Psychology Conference, Philadelphia, PA.
- Dieffenbach, K.** (2012, September). *Using emotion to help rather than hinder athletic performance*. Invited presentation at the Medicine of Tennis: Preventing Injury, Optimizing Treatment, and Maximizing Performance at the NYU School of Medicine, New York, NY.
- Dieffenbach, K.** (2011, November). *The coaching role in long term athlete development*. Invited pre conference workshop presentation at the OAHPERD Conference, Columbus, OH.
- Dieffenbach, K.** (2011, November). *Developing your coaching skill and expertise*. Invited pre conference workshop presentation at the OAHPERD Conference, Columbus, OH.
- Dieffenbach, K.** (2011, September). *Talent development and effective coaching*. Invited presentation for the USA Hockey Youth Sport Symposium, Pittsburg, PA.
- Dieffenbach, K.** (2009, November). *Coaching ethics: An oxymoron, lost art or moot point?* Invited presentation for the Oklahoma Board of Education 11<sup>th</sup> Annual Safe and Health Schools Conference, Oklahoma City, OK.
- Dieffenbach, K.** (2007, October). *Erasing stinkin' thinking with the power of the positive using positive thinking to enhance performance*. Invited presentation in The Best of the Best:

Signature Sports Psychology Techniques that link theory to practice sponsored by the Performance Enhancement/Intervention Committee at the Association for Applied Sport Psychology, Louisville, KY.

**Dieffenbach, K.** (2007, June). *Overreaching and underrecovery in elite athletes*. Invited keynote at the Recovery in Practice and Competition Conference at the Swedish National Centre for Sports Research, Stockholm, Sweden.

**Dieffenbach, K.** (2006, October). *Underrecovery: Changing the language of overtraining*. Keynote presentation for the USAC International Coaching Summit. Colorado Springs, CO.

#### INTERNATIONAL PRESENTATIONS - ACADEMIC

Murray, M., **Dieffenbach, K.**, Bodey, K., & Schoenstedt, L.J. (2013, September). *A values based approach to teaching ethical decision making in coaching education*. A presentation at the International Council on Coaching Excellence Global Coach Conference, Durban, South Africa.

Bodey, K., Murray, M., **Dieffenbach, K.**, & Schoenstedt, L.J. (2013, September). *An examination of values and values education on moral processes in coaching education*. A presentation at the International Council on Coaching Excellence Global Coach Conference, Durban, South Africa.

**Dieffenbach, K.**, Murray, M., & Zakrajsek, R. (2009, November). *Are they ready? An examination of student coach internship training in U.S. coaching education programs*. Presentation at the International Conference on Coaching Education, Vancouver, Canada.

**Dieffenbach, K.** (2009, November). *Our profession is a powerful tool: A qualitative exploration of coaches' thoughts on ethics in sport*. Presentation at the International Conference on Coaching Education, Vancouver, Canada.

**Dieffenbach, K.** (2009, June). *An exploration of the diversity in sport psychology education in North America*. Presentation at the 12<sup>th</sup> World Congress of Sport Psychology, Marrakesh, Morocco.

Kenttä G. & **Dieffenbach, K.** (2009, June). *A struggle with the concept of functional recovery*. Presentation at the 12<sup>th</sup> World Congress of Sport Psychology, Marrakesh, Morocco.

**Dieffenbach, K.** (2007, September). *An examination of USA Cycling licensed coaches and their attitudes and habits regarding continuing coaching education*. Poster presented at the 12<sup>th</sup> European Congress on Sport Psychology, Halkadiki, Greece.

**Dieffenbach, K.** (1999, May). *Coach lessons*. In D. Gould (chair), Pursuing performance excellence: Lessons learned from Olympic athletes and coaches. Symposium presented at the World Congress on Mental Training, Salt Lake, UT.



## NATIONAL PRESENTATIONS - ACADEMIC

- Dieffenbach, K.**, Thompson, M., & Meeteer, W. (accepted). *You can lead them to water: But can you make them think?* A presentation submitted for the 2014 National Coaching Conference, Washington D.C.
- Thompson, M., **Dieffenbach, K.**, & Lauer, L. (accepted). *The deliberate development strategies of expert coaches.* A presentation submitted for the 2014 National Coaching Conference, Washington D.C.
- Zang, K. & **Dieffenbach, K.** (accepted). *What they don't know: The power and importance of parent education.* A presentation submitted for the 2014 National Coaching Conference, Washington D.C.
- Dieffenbach, K.**, Thompson, M., Bodey, K., & Schoensted, L.J. (2014, April). *Coaching, leadership and morality: Fostering four foundational processes.* A presentation at the 2014 SHAPE (formerly American Alliance of Health, Physical Education, Recreation and Dance) National Convention, St. Louis, MS.
- Dieffenbach, K.**, Kenttä, G., & Cheadle, C. (2013, October). *Ride of a lifetime: Consultations across the sport of cycling.* A presentation at the Association of Applied Sport Psychology Conference, New Orleans, LA.
- Castillo, S., & **Dieffenbach, K.** (2013, October). *Case studies for AASP Certified Consultants.* A presentation at the 2013 Association of Applied Sport Psychology Conference, New Orleans, LA.
- Martel, K., Mancini, B., Lauer, L., & **Dieffenbach, K.** (2013, June). *Detailing the process of developing USA Hockey's Athlete Development Model (ADM).* A presentation at the National Coaching Conference, Colorado Springs, CO.
- Dieffenbach, K.** & Henderson, N. (2013, June). *Exploring theories and application of talent development.* A presentation at the National Coaching Conference in Colorado Springs, CO.
- Murray, M., Schoensted, L., Bodey, K., & **Dieffenbach, K.** (2013, April). *Parental perceptions of professional behaviors in coaching and teaching.* A presentation accepted for the American Alliance of Health, Physical Education, Recreation and Dance National Convention, Charlotte, NC.
- Castillo, S., & **Dieffenbach, K.** (2012, October). *Case studies for AASP Certified Consultants.* A presentation at the Association of Applied Sport Psychology Conference, Atlanta, GA.
- Carson, S., Zakrajsek, R, Murray, M., & **Dieffenbach, K.** (2012, October). *Sport psychology's thread in coach education.* A presentation at the Association of Applied Sport Psychology Conference, Atlanta, GA.
- Vosloo, J., **Dieffenbach, K.**, & Watson, J. (2012, October). *Examining the impact of mentoring on retention of collegiate women coaches.* A presentation at the Association of Applied Sport Psychology Conference, Atlanta, GA.

- Dieffenbach, K.,** Hannan, E., & Books, L. (2012, June). *Becoming a True Sport Coach: Renewing the true spirit of athletic competition.* A presentation at the National Coaching Conference, Indianapolis, IN.
- Murray, M., Schoenstedt, L., **Dieffenbach, K.** & Bodey, K.J. (2012, June). *Ethical decision making in coaching education: New directions.* A presentation at the National Coaching Conference, Indianapolis, IN.
- Dieffenbach, K.,** Murray, M., & Meeteer, W. (2012, April). *Teaching critical thinking: Mission impossible?* A presentation accepted for the American Alliance of Health, Physical Education, Recreation and Dance National Convention, Boston, MA. (Note: Presentation could not be presented due to conference cancellation).
- Dieffenbach, K.** & Statler, T. (2011, September). *Coaching and the Paralympic athlete.* In M. Sorensen (chair), Sport psychology for athletes with a disability. Symposium presented at the Association of Applied Sport Psychology Conference, Honolulu, HI.
- Murray, M., **Dieffenbach, K.,** & Zakrajsek, B. (2011, September). *TBL as an instructional strategy for sport psychology courses.* A presentation at the Association of Applied Sport Psychology Conference, Honolulu, HI.
- Dieffenbach, K.** & Callan, S. (2011, June). *Developing successful sport science relationships between universities and NGB's.* A presentation at the National Coaching Conference, Colorado Springs, CO.
- Murray, M., Zakrajsek, R., & **Dieffenbach, K.** (2011, June). *Legal requirements and responsibilities for coaching education internships.* A poster presented at the National Coaching Conference, Colorado Springs, CO.
- Meeteer, W. & **Dieffenbach, K.** (2011, June). *Essential tools for the evolution of expertise in coaching.* A poster presented at the National Coaching Conference, Colorado Springs, CO.
- Dieffenbach, K.** & Statler, T. (2011, April). *Peak performance at any level.* A presentation at the Developing Amazing Leaders Paralympic Conference, Colorado Springs, CO.
- Dieffenbach, K.,** Flett, R., & Wayda, V. (2011, March). *Who are we? The Profession of coaching and coaching educators.* A presentation at
- Flett, R., **Dieffenbach, K.,** & Lauer, L. (2011, March). *We need a better measure of effective coaching: Instrument development.* A presentation at the American Alliance of Health, Physical Education, Recreation and Dance National Convention, San Diego, CA.
- Dieffenbach, K.,** Lauer, L., Medbery, R., & Collins, K. (2010, October). *An inside look at coaching education in action.* A pre-conference workshop at the Association of Applied Sport Psychology Conference, Providence, RI.
- Dieffenbach, K.** & Etzel, E. (2010, October). *Exploring the preparation, expectations and planning of U.S. coaches participating in the 2008 Beijing Olympic Games.* A poster presentation at the Association of Applied Sport Psychology Conference, Providence, RI.
- Vosloo, J. & **Dieffenbach, K.** (2010, October). *The experiences of developmental/club level female soccer coaches: A qualitative examination.* A poster presentation at the Association of Applied Sport Psychology Conference, Providence, RI.

- Dieffenbach, K.,** Lauer, L., Brown, C., Strickland, M., & O'Connor, E. (2010, October). *AASP: The Expo, & evolution*. A symposium presented at the Association of Applied Sport Psychology Conference, Providence, RI.
- Murray, M., Gearity, B., McGadrey, B., & **Dieffenbach, K.** (2010, November). *Integrating social issues into a coaching education curriculum*. A roundtable presented at the North American Society for the Sociology of Sport Conference, San Diego, CA.
- Dieffenbach, K.** & Wayda, V. (2010, June). *A critical review of American academic coaching education programs*. Presentation at the National Coaching Educators Conference, Savannah, GA.
- Dieffenbach, K.,** Lauer, L., & Johnson, D. (2010, June). *One step at a time: Building coach ethics from the ground up*. Presentation at the National Coaching Educators Conference, Savannah, GA.
- Murray, M., Zakrajsek, R., & **Dieffenbach, K.** (2010, June). *Preparing the next generation: Practical tips for mentoring student coaches during internships*. Poster at the National Coaching Educators Conference, Savannah, GA.
- Dieffenbach, K.,** Lauer, L., & Johnson, D. (2010, April). *Grey matters: A practical approach to coaching ethics*. Presentation at the American Alliance of Health Physical Education Recreation and Dance National Convention, Indianapolis, IN.
- Dieffenbach, K.,** Statler, T., & Moffett, A. (2010, April). *Key lessons learned from 2008 Beijing Paralympic coaches and athletes*. Presentation at the Developing Amazing Leaders Paralympic Conference, Colorado Springs, CO.
- O'Neal, J.L., Shannon, V.R., & **Dieffenbach, K.** (2009, September). *Developmental coaches' perspectives on the process and purpose of mental skills*. Presentation at the Association for Applied Sport Psychology Conference, Salt Lake City, UT.
- Moffett, A., **Dieffenbach, K.,** & Statler, T. (2009, September). *Exploring the expectations and experiences of U.S. coaches and athletes participating in the Paralympic Games*. Presentation at to the Association for Applied Sport Psychology Conference, Salt Lake City, UT
- Dieffenbach, K.,** Watson, J., & Etzel, E. (2009, September). *Exploring coach's beliefs and behaviors regarding sports ethics: A key element of coaching education*. Presentation at the Association for Applied Sport Psychology Conference, Salt Lake City, UT.
- Watson, J., **Dieffenbach, K.,** & Etzel, E. (2009, August). *Identifying ethical issues for sport psychologists working with coaches*. Poster presentation at the American Psychological Association Convention, Salt Lake City, UT.
- Dieffenbach, K.** (2009, June). *The future of academic based coach education in the United States*. Presentation at the National Coaching Educators Conference in Pittsburgh, PA.
- Dieffenbach, K.** & Makara, M. (2009, June). *Parental knowledge and expectations regarding coach reputation and certification*. Poster presentation at the National Coaching Education Conference, Pittsburgh, PA.

- Dieffenbach, K.** (2009, April). *Coaching ethics: An oxymoron, a lost art, a moot point?* Presentation at the American Alliance of Health Physical Education Recreation and Dance National Convention, Tampa, FL.
- Dieffenbach, K.** & Vosloo, J. (2009, April). *A qualitative examination of the experiences of female coaches.* Poster presentation at the American Alliance of Health Physical Education Recreation and Dance, Tampa, FL.
- Dieffenbach, K.** & Kenttä, G. (2008, October). *Athlete perceptions of the role of recovery in elite training: Three case studies.* Poster presentation at the Association for Applied Sport Psychology Conference, St .Louis, MS.
- Dieffenbach, K.,** Vosloo, J., & Koveleski, K. (2008, October). *Women coaching developmental club sports: Shaping the future for the next generation?* Presentation at the Association for Applied Sport Psychology Conference, St .Louis, MS.
- Meisterjahn, R. & **Dieffenbach, K.** (2008, October). *Youth athletes' perceptions of parental attitudes towards winning versus participation and enjoyment.* Poster presentation at the Association for Applied Sport Psychology Conference, St .Louis, MS.
- Steege, E., **Dieffenbach, K.,** & Quartiroli, A. (2008, October). *Elucidating the role passion plays in the coach-athlete relationship.* Presentation at the Association for Applied Sport Psychology Conference, St .Louis, MS.
- Lauer, L, Johnson, D, Chung, Y., **Dieffenbach, K.,** & Strickland, M. (2008, April). *Coaching Mental Skills in Action!* Presentation at the American Alliance of Health, Physical Education, Recreation and Dance National Convention, Fort Worth, TX.
- Etzel, E., **Dieffenbach, K.,** & Tebbe, C. (2007, October). *Ethical issues relative to drug use related consultations.* Presentation at the Association for Applied Sport Psychology Conference, Louisville, KY.
- Dieffenbach, K.** & Appleby, K. (2007, October). *Understanding master cyclists.* Poster presented at the Association for Applied Sport Psychology Conference, Louisville, KY.
- Brown, C., Ravizza, K., Gould, D., Lauer, L., **Dieffenbach, K.,** O'Connor, E., Van Raalte, J.L., & Strickland, M. (2007, October). *Creating an AASP Expo: Melding Research and Practice through Service.* Presentation at the Association for Applied Sport Psychology Conference, Louisville, KY.
- Lauer, L, **Dieffenbach, K.,** Collins, K, & Dale, G. (2007, October). *Getting Started by Being Effective in Coaching Education.* Pre conference continuing education workshop presented at the Association for Applied Sport Psychology Conference, Louisville, KY.
- Benham, B., **Dieffenbach, K.,** & Collins, K. (2007, June). *Putting the "Work" into the coaching education workshop.* Presentation at the National Coaching Education Conference, Indianapolis, IN.
- Dieffenbach, K.** & Ziatz, D. (2007, June). *Where are they now? A look at ACE program graduates.* Presentation at the National Coaching Education Conference, Indianapolis, IN.
- Lauer, L, Medbury, R., **Dieffenbach, K.,** Chung, Y, & Lubbers, P. (2006, September). *Taking it to the court again: Teaching mental skills on the tennis court.* Continuing education

- workshop at the Association for Advancement of Applied Sport Psychology Conference, Miami, FL.
- Henderson, J.W. & **Dieffenbach, K.** (2006, August). *Practical presentations for goal setting and focus for coaches and athletes*. Presentation at the American Psychological Association Conference, New Orleans, LA.
- Dieffenbach, K.** (2005, October). *Overreaching, underrecovery, and cognitive hardiness in junior elite athletes*. Poster presented at the Association for the Advancement of Applied Sport Psychology Conference, Vancouver, BC.
- Dieffenbach, K.**, Moffett, A., & Gould, D. (2003, October). Parent's roles in developing Olympic champions. In D. Gould (chair) *Psychological Foundations of Sport Parenting*. Symposium presented at the Association for Advancement of Applied Sport Psychology Conference, Philadelphia, PA.
- Dieffenbach, K.**, Rolo, C., Sterk, S., Webber, N., Benko, P., & Zenner, D. (2003, October). *Performance excellence from the playing field to the stage and beyond*. Workshop presented at the Association for the Advancement of Applied Sport Psychology Conference, Philadelphia, PA.
- Dieffenbach, K.** & Medbery, R. (2001, October). Capturing peak performance lessons: The case of the USA men's and women's Sydney Olympic Water Polo teams. In D. Gould (chair), *Performance enhancement consulting with Olympic athletes*. Symposium conducted at the Association for the Advancement of Applied Sport Psychology Conference, Orlando, FL
- Dieffenbach, K.** (2001, October). The development of psychological talent in Olympic Champions. In D. Gould (chair), *Psychological talent and its development in Olympic champions*. Symposium conducted at the Association for the Advancement of Applied Sport Psychology Conference, Orlando, FL.
- Greenleaf, C., Collins, K., Waldron, J., Semerjian, T., & **Dieffenbach, K.** (2000, October). *Progressing with time: Graduate students' reflections on feminist research and practice*. Symposium conducted at the Association for the Advancement of Applied Sport Psychology, Nashville, TN.
- Dieffenbach, K.**, & Fletcher, T. (2000, October). *Normalizing stress and seeking sanity within a graduate degree program*. Workshop presented at the Association for the Advancement of Applied Sport Psychology Conference, Nashville, TN.
- Gould, D., Damarjian, N., Medbery, R., **Dieffenbach, K.**, Chung, Y., & Lauer, L. (2000, October). *Mental skills and drills: An applied teaching experience for sport professionals*. Continuing education workshop presented at the Association for the Advancement of Applied Sport Psychology Conference, Nashville, TN.
- Dieffenbach, K.**, & Burton, D. (1999, September). *Through swimmers eyes: How athlete's perceptions of the coach-athlete relationship impact motivation*. Paper presented at the Association for the Advancement of Applied Sport Psychology Conference, Banff, Canada.
- Dieffenbach, K.**, Roper, E., Holliday, B., & Whitney, J. (1999, September). *Presenting a professional image: Issues face by apprentices in applied sport psychology*. Paper

presented at the Association for the Advancement of Applied Sport Psychology Conference, Banff, Canada.

Gould, D., Hardy, L., Medbery, R., **Dieffenbach, K.**, Lauer, L., Damarjian, N., & Jones, G. (1999, September). *Identifying the range of emotions involved in sport achievement striving*. Paper presented at the Association for the Advancement of Applied Sport Psychology Conference, Banff, Canada.

Burton, D., **Dieffenbach, K.**, Bull, S., Shambrook, C., Hogg, J., Ravizza, K., & Naylor, S. (1999, September). *Logbooks: Practical strategies to enhance mental training success*. Workshop presented at the Association for the Advancement of Applied Sport Psychology Conference, Banff, Canada.

**Dieffenbach, K.** (1999, August). Survey of 1998 U.S. Olympic Coaches. In D. Gould (Chair), *Factors Influencing U.S. Athlete and Coach Performance in the 1998 Nagano Olympics*. Symposium presented at the American Psychological Association Convention, Boston, MA.

Burton, D., **Dieffenbach, K.**, Holliday, B., & Naylor, S. (1998, September). *Why smart talk and opti-psych work: Examining the impact of learning styles and component skills on program effectiveness*. Poster presented at the Association for the Advancement of Sport Psychology Conference, Cape Cod, MA.

**Dieffenbach, K.** (1998, September). Logbooks: An essential but unappreciated component of mental training. In D. Burton & **K. Dieffenbach** (Chairs), *Logbooks: Their role in consulting success*. Symposium presented at the Association for the Advancement of Sport Psychology Conference, Cape Cod, MA.

Zientek, C.E., Yambor, J., Giges, B., & **Dieffenbach, K.** (1998, September). *Personal and social implications of sensitive gender issues*. Paper presented at the Association for the Advancement of Sport Psychology Conference, Cape Cod, MA.

Burton, D., Ludlum, K., & **Dieffenbach, K.** (1997, September). *Can Pygmalion survive in collegiate sport? Examining the self-fulfilling prophecy in college volleyball*. Poster presented at the Association for the Advancement of Applied Sport Psychology Conference, San Diego, CA.

#### REGIONAL PRESENTATIONS - ACADEMIC

**Dieffenbach, K.** (2009, October). *Coaching ethics*. Presentation at WVHAPERD, Flatwood, WV.

**Dieffenbach, K.** (1998, April). *Through athletes' eyes: A study proposal examining athletes' perceptions of the coach athlete relationship*. Proposal presented at the Northwest Student Sport and Exercise Psychology Symposium, Bellingham, WA.

Albright, E., **Dieffenbach, K.**, Gosnell, L., Harbaugh, S., Naylor, S., & Witt, R. (1997, April). *Enhancing athletes' commitments to psychological skills training: Development of an effective logbook*. Paper presented at the Northwest Student Sport and Exercise Psychology Symposium, Seattle, WA.

## APPLIED PUBLICATIONS

- Dieffenbach, K.** (2013, December). Safesport Parenting: Raising concerns. *USA Cycling December Member Newsletter* & hosted on USA Cycling Safe Sport website. [www.usacycling.org/safesport-parenting](http://www.usacycling.org/safesport-parenting)
- Dieffenbach, K.** (2013, November). Safesport Parenting: Building a successful partnership with a junior coach. *USA Cycling November Member Newsletter* & hosted on USA Cycling Safe Sport website. [www.usacycling.org/safesport-parenting](http://www.usacycling.org/safesport-parenting)
- Dieffenbach, K.** (2013, September). *Safesport Parenting: Selecting a junior coach.* *USA Cycling Member September Newsletter* & hosted on USA Cycling Safe Sport website. [www.usacycling.org/safesport-parenting](http://www.usacycling.org/safesport-parenting)
- Dieffenbach, K.** (2013, August). Safesport Parenting: Shaping future cyclists with the power of the peloton. *USA Cycling August Member Newsletter* & hosted on USA Cycling Safe Sport website. [www.usacycling.org/safesport-parenting](http://www.usacycling.org/safesport-parenting)
- Dieffenbach, K.** (2012). Off the Couch: Ask the Cycling Psych – If you could have gone harder, then why didn't you? *Performance Conditioning for Cycling, 18(1)*, 7-8.
- Dieffenbach, K.** (2012). Off the Couch: Ask the Cycling Psych - Race Fears? *Performance Conditioning for Cycling, 17(7)*, 2-3.
- Callan, S. & **Dieffenbach, K.** (2011, winter). Building better performance through applied science: How NGB's and universities can work together. *Olympic Coach*, 10-14.
- Dieffenbach, K.** (2010). Endurance mountain biking tips. *Adventure World Magazine, late summer/fall*, 22.
- Dieffenbach, K.** (2007). Developing coaching expertise: Moving through the beginning-competent-proficient-expert continuum. *Performance Conditioning for Cycling, 12(4)*, 1, 12.
- Dieffenbach, K.** (2006). Cycling psychology: Dealing with defeat. *USAC Cycling News, 1(1)*, 6.
- Dieffenbach, K.** (2006, May). How complete is your training? *Predator: The Journal of Metal Conditioning for Serious Athletes*, [http://predator-online.com/index.php?option=com\\_magazine&func=show\\_article&id=1&Itemid=30](http://predator-online.com/index.php?option=com_magazine&func=show_article&id=1&Itemid=30).
- Dieffenbach, K.** (2005). Coaches' role in the injury rehabilitation process. *Performance Conditioning for Cycling, 10(5)*, 4-5.
- Dieffenbach, K.** (2005). Coaching juniors: How to get started. *Performance Conditioning for Cycling, 10(5)*, 9-10, 12.
- Dieffenbach, K.** (2005). Choosing the right sport psychology professional for your needs. *Performance Conditioning for Cycling, 10(2)*, 7-9.
- Dieffenbach, K.** (2004). Conditioning the mind interview: Pre race routine, ritual and dealing with race day adversity. *Performance Conditioning for Cycling, 9(7)*, 5-6, 10-11.
- Dieffenbach, K.** (2004, July). Balancing life and sport. *Hope Notes*. Tour of Hope Newsletter.

- Dieffenbach, K.** (2004, October). Training with the sniffles. *Adventure Sports Magazine*, 18.
- Dieffenbach, K.** (2003, July). Picking yourself up again. *InsideTriathlon.com Journal of multisport online*. [www.insidetriathlon.com/train/tips/articles/1652.0.html](http://www.insidetriathlon.com/train/tips/articles/1652.0.html)
- Dieffenbach, K.** (2003). The good, the bad, and the ugly. *Performance Cycling Conditioning*, 8(6), 10-11.
- Dieffenbach, K.,** Gould, D., & Moffett, A. (2002). Coaches' roles in developing champions. *The USTA Newsletter for Tennis Coaches*, 4 (3), 3-5.
- Dieffenbach, K.,** Gould, D., & Moffett, A. (Spring, 2002). Coaches' roles in Olympic championship development. *Olympic Coach*, 12 (3), 1-9.
- Gould, D., **Dieffenbach, K.,** & Moffett, A. (Winter, 2002). Psychological characteristics of U.S. Olympic champions. *Olympic Coach*, 12(1), 1-3.
- Dieffenbach, K.** (2001, October). How many hours are in your day? A woman's guide to finding time. *Inside Triathlon*.
- Dieffenbach, K.** (2001, September). Trauma, tragedy, and training: Finding ways to go forward. *Carmichael Training Systems Website*, [www.trainright.com](http://www.trainright.com).
- Dieffenbach, K.** (2001, July). Heads up. *VeloNews*, 30(12). 40.
- Dieffenbach, K.** (2001, July). Heads up: I think I can, I think I can... *VeloNews*, 30(12), 40.
- Dieffenbach, K.** (2001, June). A checklist for training with intent. *Greensboro Velo Club Newsletter*.
- Dieffenbach, K.** (2001, April). More than just talent. *Carmichael Training Systems Website*, [www.trainright.com](http://www.trainright.com).
- Dieffenbach, K.** (2001, April). Getting out of your own way. *Carmichael Training Systems Website*, [www.trainright.com](http://www.trainright.com).
- Dieffenbach, K.** (2000, October). Knowing your body. *VeloNews*, 29(17), 64.
- Dieffenbach, K.** (2000, June). Single track mind: Keys to training with a busy life. *VeloNews*, 29(10), 51.
- Dieffenbach, K.** (2000, May). Using your head. *Dirt Rag*, 78, 32-33.
- Dieffenbach, K.** (2000, February). Spinning your wheels. *Greensboro Velo Club Newsletter*.
- Dieffenbach, K.** (1999, May). Pedal through. *Greensboro Velo Club Newsletter*.
- Gould, D., Damarjian, N., Medbery, R., **Dieffenbach, K.,** Chung, Y., & Lauer, L. (2000). US Tennis Association Coaches Sport Psychology Manual. *UNCG Sport and Exercise Sport Psychology Lab: Greensboro, NC*.

## APPLIED PRESENTATIONS

- Dieffenbach, K. & McGregor, S.** (2013, November). USA Cycling elite coaching education academy. Developed the curriculum and ran the four day elite level license training program for USA Cycling. Colorado Springs, CO.



- Dieffenbach, K.** & Lauer, L. (2012, October). *Sport and talent: Coaching and parenting best practices*. Presented as part of the 'Parent Town hall Meeting' program in Atlanta, GA.
- Dieffenbach, K.** (2012, July). *USA Tennis Championships: Talent development for young performers*. USA Tennis Zonal Championships in Knoxville, TN.
- Murray, M. & **Dieffenbach, K.** (2012, June). *Optimizing athlete development*. Presented as part of the 'Parent Town hall Meeting' program in Indianapolis, IN.
- Dieffenbach, K.** (2012, April). *Mountain biking middle school: A workshop for middle school PE teachers*. Greenbrier School District for a PEP grant in Greenbrier, WV.
- Dieffenbach, K.** (2012, April). *Outcomes and social consequences vs. development*. USA Hockey American Development Program in Burlington, VT.
- Dieffenbach, K.** (2011, September). *Achieving optimal performance through age appropriate coaching*. Presented as part of the 'Secrets of Success in High School Sports' program in Honolulu, HI.
- Dieffenbach, K.** (2010, December). *Talent development: Coaching young athletes*. US Rowing Annual Coaches Convention in Tampa, FL.
- Dieffenbach, K.** (2010, December). *Overtraining and underrecovery: Enhancing performance through understanding*. US Rowing Annual Coaches Convention in Tampa, FL.
- Dieffenbach, K.** (2010, October). *Coaching talent in junior mountain biking*. USA Cycling National Coaching Conference in Colorado Springs, CO.
- Dieffenbach, K.** (2010, July). *USA Tennis Championships: Recovery summary for athletes*. USA Tennis Zonal Championships in Cary, NC.
- Dieffenbach, K.** (2010, July). *USA Tennis Zonal Championships: Recovery summary for parents*. USA Tennis Zonal Championships in Cary, NC.
- Dieffenbach, K.** (2010, May). *Coaching the college student athlete*. Invited coaching Seminar at the USA Cycling Collegiate National Road Championships, Madison, WI.
- Dieffenbach, K.** (2010, April). *Title IX in theory and practice*. American Association of University Women - WV Annual Meeting in Morgantown, WV.
- Dieffenbach, K.** (2008, July). *USA Tennis Zonal Championships: Introduction to sport psychology for athletes*. USA Tennis Zonal Championships in Nashville, TN.
- Collins, K, Lauer, L, & **Dieffenbach, K.** (2007, October). *Talkin the Talk' Walkin the Walk': Using effective communication to link your values to actions*. Area coach outreach program presented at the October 2007 annual meeting of the Association for Applied Sport Psychology, Louisville, KY.
- Dieffenbach, K.** & Fisher, B. (2007, July). *Mental skills and peak time trialing*. USA National Road Cycling Festival – Elite, U-23, Junior, and Masters Nationals. Seven Springs, PA.
- Dieffenbach, K.** (2006, October). *Communication for coaches*. Invited workshop for the USAC International Coaching Summit. Colorado Springs, CO.
- Dieffenbach, K.** (2006, October). *Understanding sport psychology*. Invited presentation for the USAC International Coaching Summit. Colorado Springs, CO.

- Dieffenbach, K.** (2006, October). *Coaching juniors*. Invited presentation for the USAC International Coaching Summit. Colorado Springs, CO.
- Dieffenbach, K.** (2006, July). *On being an elite female cyclist*. USAC Women's talent identification endurance camp. Colorado Springs, CO.
- Dieffenbach, K.** (2006, June). *Cycling success for junior and espior athletes*. USAC Junior/U23 Regional Developmental Camp. Flagstaff, AZ.
- Dieffenbach, K.** (2005, December). Fostering talent development through camp. USAC Development Camp Summit. Colorado Springs, CO.
- Dieffenbach, K.** (2005, October). *Getting ahead: What can sport psychology do for me?* Peaks Coaching and Athlete Performance Summit. Bedford, VA.
- Dieffenbach, K.** (2005, June). *Cycling success for junior and espior athletes*. USAC Junior/U23 Regional Developmental Camp. Flagstaff, AZ.
- Dieffenbach, K.** (2005, June). *Steps to basketball success*. WCC High School Girls Basketball Camp at Concordia University. Milwaukee, WI.
- Dieffenbach, K.** (2005, April). *Goal setting for cycling success*. Peaks Coaching Group Training Camp. Bedford, VA.
- Dieffenbach, K.** (2005, March). *Creating a healthy environment for youth sport*. Cascade Bicycling Club. Seattle, WA.
- Dieffenbach, K.** (2005, March). *Working with junior athletes: A workshop for youth sport coaches*. Cascade Bicycling Club. Seattle, WA.
- Dieffenbach, K.** (2005, February). *Understanding overreaching and underrecovery*. USA Cycling 2005 Elite Coach Clinic. Colorado Springs, CO.
- Dieffenbach, K.** (2005, February). *Stress management for coaches and athletes*. Colorado Springs, CO.
- Dieffenbach, K.** (2004, August). *Sport psychology: Enhancing focus and concentration*. USA Cycling U-23, Junior, and Masters Nationals. Park City, UT.
- Dieffenbach, K.** (2004, August). *Sport psychology and the junior/Espior athlete*. USA Cycling U-23, Junior, and Masters Nationals. Park City, UT.
- Dieffenbach, K.** (2004, January). *Understanding overreaching and underrecovery*. USA Cycling 2004 Elite Coach Clinic. Colorado Springs, CO.
- Dieffenbach, K.** (2003, November). *Sport psychology and coaching*. Carmichael Training Systems 2003 Coaching retreat. Colorado Springs, CO.
- Dieffenbach, K.** (2003, September). *Introduction to exercise and sport science*. Bishop Walsh High School. Cumberland, MD.
- Dieffenbach, K.** (2003, February). *Performing at your peak*. Carmichael Training Systems Cycling Camp. Buellton, CA.
- Dieffenbach, K.** (2001, March). *Riding smart: Getting the most from you miles*. Greensboro Velo Club. Greensboro, NC.

- Dieffenbach, K.** (2001, February). *Mental skills training: Coaching the whole person.* Carmichael Training Systems Cycling Camp. Buellton, CA.
- Dieffenbach, K.** (2001, February). *Helping members use goal setting effectively: What coaches can do.* Carmichael Training Systems Cycling Camp. Buellton, CA.
- Dieffenbach, K.** (2001, February). *Riding smart: Using goal setting effectively.* Carmichael Training Systems Cycling Camp. Buellton, CA.
- Dieffenbach, K.** & Taylor, M. (2000, November). *An introduction to the field of sport psychology.* Peace College Psychology Majors Club. Durham, NC.
- Dieffenbach, K.** (2000, May). *Staying positive in tough situations.* U-11 Twisters. Greensboro, NC.
- Dieffenbach, K.** (2000, April). *Practicing patience.* U-11 Twisters. Greensboro, NC.
- Dieffenbach, K.** (2000, March). *Communication and self-talk.* Westside Women's Tennis Club. Greensboro, NC.
- Dieffenbach, K.** (2000, March). *Playing better doubles tennis.* Westside Women's Tennis Club. Greensboro, NC.
- Gould, D., Medbury, R., & **Dieffenbach, K.** (2000, February). *Teambuilding.* University of North Carolina at Greensboro Men's and Women's Tennis Teams. Greensboro, NC.
- Dieffenbach, K.** (1999, December). *Stress management.* Westside Women's Tennis Club. Greensboro, NC.
- Dieffenbach, K.** (1999, September). *Goal setting for success: From the "to do" list to graduation and beyond.* University of North Carolina at Greensboro Phi Sigma Pi Honors Sorority Seminar. Greensboro, NC.
- Dieffenbach, K.** (1999, August). *Team building retreat.* University of North Carolina at Greensboro Women's Soccer Team. Greensboro & Boone, NC.
- Dieffenbach, K.** & Reel J. (1999, July). *A beginner's guide to relaxation.* UNCG Spartan Summer Soccer Camp. Greensboro, NC.
- Dieffenbach, K.** & Reel J. (1999, July). *Effective goal setting.* UNCG Spartan Summer Soccer Camp. Greensboro, NC.
- Dieffenbach, K.** (1999, July). *Be nice to yourself: Fighting stinkin' thinkin'.* Spartan Summer Soccer Camp. Greensboro, NC.
- Dieffenbach, K.** (1999, February). *Effective goal setting.* University of North Carolina at Greensboro Women's Soccer Team. Greensboro, NC.
- Dieffenbach, K.** (1999, January). *Creating a team performance profile.* University of North Carolina at Greensboro Women's Soccer Team. Greensboro, NC.
- Dieffenbach, K.** (1998, December). *Visions and goal setting: From the "to do" list to graduation and beyond.* University of North Carolina at Greensboro Lead Seminar. Greensboro, NC.
- Dieffenbach, K.** (1998, December). *YES clinic for parents: Panel discussant.* NCAA Women's Soccer Final Four YES Clinic, Greensboro, NC.

- Dieffenbach, K.** (1998, September). *Relaxation techniques*. University of North Carolina at Greensboro Women's Soccer Team. Greensboro, NC.
- Dieffenbach, K.** (1998, August). *What is sport psychology and how can it help you?* University of North Carolina at Greensboro Women's Soccer Team. Greensboro, NC.
- Dieffenbach, K.** (1998, June). *Building and practicing mental skills for riding*. Palouse Pony Club. Moscow, ID.
- Dieffenbach, K.** (1998, June). *Smart riding*. Palouse Pony Club, Moscow, ID.

## WEBINARS

- Dieffenbach, K.** (2014, January). Common coaching concerns. USA Cycling Webinar.
- Dieffenbach, K & Cheadle, C.** (2013, October). *Risk vs. reward: Helping coaches and athletes deal with injury and loss in cycling*. USA Cycling Webinar.
- Dieffenbach, K.** (2013, July). *Cycling in schools: Facilitating cycling in a scholastic environment*. USA Cycling Webinar.
- Dieffenbach, K.** (2013, May). *Putting the team back into team: Developing positive competitive dynamics*. USA Cycling Webinar.
- Dieffenbach, K.** (2013, March). *Preparing for the season: Mind and body*. Peaks Coaching Group Webinar.
- Dieffenbach, K.** (2012, January). *Developing a healthy competitive mindset*, Peaks Coaching Group Webinar.
- Dieffenbach, K.** (2011, December). *Designing an effective off season for an improved season*. USA Cycling Webinar.
- Dieffenbach, K.** (2011, November). *How did it go? Keys for an honest and effective season evaluation*. USA Cycling Webinar.
- Dieffenbach, K.** (2011, September). *Cyclocross: How to love the suffer*. USA Cycling Webinar.
- Dieffenbach, K.** (2011, June). *Preparing for Masters Nationals*. USA Cycling Webinar.
- Dieffenbach, K.** (2011, May). *Preparing for Junior Nationals*. USA Cycling Webinar.
- Dieffenbach, K.** (2010, March). *Ultra endurance training*. USA Cycling Webinar.
- Dieffenbach, K.** (2010, February). *My first bike race: What the rest of the pack wishes you knew but was afraid to tell you*. USA Cycling Webinar.
- Dieffenbach, K.** (2009, October). *Winter- Bring it on: A presentation for coaches*. USA Cycling Webinar.
- Dieffenbach, K. & Callan, S.** (2009, August). *Body compositions – Methodology and feedback: A presentation for coaches*. USA Cycling Webinar.
- Dieffenbach, K.** (2009, May). *Building your profession- Being a professional coach: A presentation for coaches*. USA Cycling Webinar.

- Dieffenbach, K.** (2009, April). *Training on limited time: A presentation for coaches and athlete.* USA Cycling Webinar.
- Dieffenbach, K.** (2009, April). *Coaching the transition athlete: A presentation for coaches.* USA Cycling Webinar.
- Dieffenbach, K.** (2007, September). *Goal setting with the athlete: A presentation for coaches.* USA Cycling Webinar.

## MEDIA WORK

- Dieffenbach, K.** (2012, July 12). *Sports psychology, athlete performance and the intersection between the two.* Radio interview with Dr. Dennis Cardone and Warren Young on Sirius XC's "Doctor Radio".
- Dieffenbach, K.** (2006, August). *Underrecovery and overtraining for coaches and athletes.* Podcast interview for Podium Mental Sports Journal. [www.podiumsportsjournal.com](http://www.podiumsportsjournal.com)
- Dieffenbach, K.** (2006, August). *Mental skills training for athletes.* Podcast interview for EndurancePlanet, [www.enduranceplant.com](http://www.enduranceplant.com).
- Dieffenbach, K.** (2004, July). Expert panelist for Outdoor Life Network Television special: OLN Top 25 Courageous: Episodes 2, 3, & 4
- Dieffenbach, K.** (2003, October). *Tuning in to training.* Outdoor Life Network Television show SportZone's coaching corner.
- Dieffenbach, K.** (2003, June). *Introducing sport psychology.* Outdoor Life Network Television show SportZone's coaching corner.

## COURSES DEVELOPED at WVU

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|--|-------------|
| <b>ACE Psych of Sport</b>  | in progress |
| <b>ACE Special Topic: The Science Behind the Sport: Mountain Biking</b><br><i>Undergraduate.</i> A cross discipline class currently being team developed. Designed to prepare students to use cycling to teach physics, physical science, and engineering principles based on STEM initiatives in scholastic programs. | 2013        |
| <b>ACE 106 Introduction to Athletic Coaching Education</b><br><i>Undergraduate.</i> Re-designed to introduce students to the new undergraduate program and modern multi-discipline based coaching education. A second re-design is focusing on the inclusion of WVU freshman experience requirements.                  | 2008, 2012  |
| <b>ACE 168 Sports Officiating</b><br><i>Undergraduate.</i> Returned to the active course list and re-designed based on the National Association of Sports Officials and National Federation of High School's guidelines.   | 2010        |

<b>ACE 256 Principles and Problems of Coaching</b>	2006, 2011
<i>Undergraduate.</i> Two major revisions. First it was re-designed to incorporate the eight domains (level 1) of the NASPE National Standards for Sport Coaches (2 <sup>nd</sup> edition) and the course was revised again to also incorporate the specific coaching education requirements of WVSSAC, the WV state high school sport governing body.	
<b>ACE 315 Coaching the Exceptional Athlete</b>	2012
<i>Undergraduate.</i> Co-developed with a colleague and incorporates the US Paralympic guidelines for working with athletes with disabilities, coaching education guidelines from the Special Olympics and AAHERD guidelines for sport and recreational activity inclusion.	
<b>ACE 359 Techniques of Coaching Track and Field</b>	2010
<i>Undergraduate.</i> Re-designed to meet the NASPE National Standards for Sport Coaches (2 <sup>nd</sup> edition) sports skills and tactics domain (6), USA Track and Field level 1 coaching education standards and the IAAF entry level coach standards.	
<b>ACE 410 Training Theory</b>	2011
<i>Undergraduate.</i> Developed for the new program curriculum. Incorporates the NASPE National Standards for Sport Coaches (2 <sup>nd</sup> edition) domains specific to physical conditioning (3) and growth and development (4).	
<b>ACE 610 Advanced Training Theory</b>	2011
<i>Graduate.</i> Developed for the new program curriculum. Incorporates the NASPE National Standards for Sport Coaches (2 <sup>nd</sup> edition) domains specific to physical conditioning (3) and growth and development (4).	
<b>ACE 630 Coaching Administration</b>	2011
<i>Graduate.</i> Re-designed to incorporate the NASPE National Standards for Sport Coaches (2 <sup>nd</sup> edition) domains specific to organization and administration (7) and evaluation (8).	
<b>ACE 645 Contemporary Issues in Sport</b>	2008
<i>Graduate.</i> Re-designed to cover current issues in sport as they pertain to sport coaching, coaching education, sport science, and pedagogy.	
<b>ACE 650 Sport Movement Analysis</b>	2007
<i>Graduate</i> Redesigned to incorporate the NASPE National Standards for Sport Coaches (2 <sup>nd</sup> edition) domains specific to physical conditioning (3), growth and development (4) and sport skills and development (6). Also incorporated Dartfish technology.	
<b>ACE 660 Sport Safety</b>	2011
<i>Graduate</i> Redesigned to incorporate the NASPE National Standards for Sport Coaches (2 <sup>nd</sup> edition) domain specific to sport safety and injury prevention (2).	
<b>ACE 662 Sport and Drug</b>	2011

*Graduate* Redesigned to incorporate the NASPE National Standards for Sport Coaches (2<sup>nd</sup> edition) domain specific to philosophy and ethics (1).

**ACE 671 Women in Sport** 2009

*Graduate* Redesigned to incorporate the Title IX standards.

**ACE 688 Coaching Techniques** 2006, 2010, 2012

*Graduate*. The first major revision was based on the course being redesigned to incorporate and the NASPE National Standards for Sport Coaches (2<sup>nd</sup> edition) domain specific to philosophy and ethics (1) as well as teaching and communication (5). The second major revision added the international ICCE suggestions for coaching education design. The latest major revision is to incorporate the elements of critical thinking and the library literacy standards using the ILCPE award.

## UNIVERSITY & ORGANIZATIONAL SERVICES

**International Council on Coaching Excellence** 2013 - present  
Research Program Committee Member CCE Program Committee member

**Invited Journal Manuscript Reviewer** Ongoing

International Journal of Coaching Education  
International Journal of Sport & Exercise Psychology  
Journal of Applied Sport Psychology  
Journal of Coaching Education  
Journal of Sport Psychology in Action  
Journal of Sport Science  
Psychology of Sport and Exercise Psychology  
Research Quarterly for Exercise and Sport  
The Sport Psychologist  
Women in Sport and Physical Activity Journal

**Invited Conference Abstract Reviewer** 2008 – present  
AAHPERD/NASPE National Convention

**National Council for the Accreditation of Coaching Education (NCACE)** 2012 – present  
President

**U.S. Olympic Committee** 2012, 2013, 2014  
Coach of the Year Award Reviewer

**U.S. Olympic Committee** 2011 – present  
Coaching Education Task Force

**Association of Applied Sport Psychology** 2011  
Leadership Team

**National Association of Sport and Physical Education** 2010 - present  
Sport Steering Committee - Coaching Education Representative

<b>National Council for the Accreditation of Coaching Education (NCACE)</b> Board of Directors	<b>2010 – 2012</b>
<b>WVU Women Studies Program</b> Associated Faculty Member Curriculum Committee	<b>2009 – present</b>
<b>WVU Cycling Club</b> Academic Advisor	<b>2009 – present</b>
<b>Coaching Science Special Interest Group Representative</b> Association for Applied Sport Psychology	<b>2008 - present</b>
<b>WVU Council for Women’s Concerns</b> Member	<b>2007 - present</b>
<b>Women and Coaching Special Interest Group Leader</b> USA Cycling	<b>2006 - 2011</b>
<b>Podium Sports – Online Mental Training Journal</b> Advisory Board Director	<b>2006 - 2010</b>
<b>Association of Applied Sport Psychology EXPO for Coaches, Parents &amp; Athletes</b> Project Founder Team Member and Project Advisory Board Member	<b>2006 - 2009</b>
<b>ENYSSP American Liaison</b> European Network of Young Specialists in Sport Psychology	<b>2005 - 2007</b>
<b>APA Division 47 Giveaway-a-thon Presenter</b> Organizer and speaker for a free public education sport psychology workshop for endurance athletes done in conjunction with APA national convention in Washington DC	<b>August 2005</b>
<b>Coaching Education Advisory Board</b> USA Cycling	<b>2004 - present</b>
<b>Ethics Committee Member</b> Association for Applied Sport Psychology	<b>2003 - 2008</b>
<b>Women’s Studies Committee Member</b> Frostburg State University	<b>2003 – 2006</b>
<b>SIG Representative</b> Performance Excellence Special Interest Group Association for Applied Sport Psychology	<b>2002 - 2007</b>
<b>Ethics committee - Graduate Student Representative</b> Association for Applied Sport Psychology	<b>2001 - 2003</b>
<b>Graduate Student Association Department Representative</b> Department of Physical Education, Health, Recreation and Dance University of Idaho	<b>1996 - 1998</b>

**MAJOR GRADUATE LEVEL RESEARCH**



**Psychological Factors and Talent Development in US Olympic Champions**

University of North Carolina at Greensboro

Supervisor: Dr. Daniel Gould

**Positive and Negative Factors Influencing U.S. Olympians and Coaches**

University of North Carolina at Greensboro

Supervisor: Dr. Daniel Gould

**Emotions in Sport**

University of North Carolina at Greensboro

Supervisor: Dr. Daniel Gould

**United States Tennis Association Skills and Drills**

University of North Carolina at Greensboro

Supervisor: Dr. Daniel Gould

**Stress and Anxiety Research in Sport**

University of Idaho

Supervisor: Dr. Damon Burton

**University Guest Lecturer outside WVU**

EXSS3600 Coaching Theory November 2011  
Eastern Carolina University

Coach's Introduction to Sport Psychology July 2005  
Rio Grande University, Rio Grande, OH  
Guest lecturer in graduate level coaching theory class

Overtraining and Underrecovery Issues for Athletes November 2004  
Frostburg State University, Frostburg, MD  
Guest lecturer graduate level exercise physiology class

Coaching Adults as a Private Coach April 2004  
Frostburg State University, Frostburg, MD  
Guest lecturer upper division/graduate level coaching class

An Introduction to Exercise Psychology and Exercise Science April 2003  
Frostburg State University, Frostburg, MD  
Guest lecturer undergraduate level health psychology class

Overtraining and Underrecovery Issues for Athletes October 2002  
Frostburg State University, Frostburg, MD  
Guest lecturer graduate level exercise physiology class

Coping Skills and Relaxation September 2002  
Frostburg State University, Frostburg, MD  
Guest lecturer for freshman health and fitness class

Burnout and Overtraining in Athletes Summer 2002  
Frostburg State University, Frostburg, MD  
Guest lecturer for special topics undergraduate psychology course in sport psychology

Special Topics: Performance Enhancement West Virginia University, Morgantown, WV (pre-appointment) Guest lecturer for undergraduate sport psychology course	Spring 2002
Foundations of Sport and Exercise Psychology University of North Carolina at Greensboro Occasional guest lecturer for undergraduate sport and exercise psychology course on multiple topics	Spring 2001
Foundations of Sport and Exercise Psychology University of North Carolina at Greensboro Occasional guest lecturer for undergraduate sport and exercise psychology course on multiple topics	Fall 1999
Research and Practice in Applied Sport Psychology University of North Carolina at Greensboro Guest lab discussant for graduate course on multiple topics	Fall 1999

### PROFESSIONAL COACHING/ COACH EDUCATION EXPERIENCE

<b>Camp Director</b> <b>USA Cycling Regional Junior Mountain Bike Development Camp</b> Garrett College, McHenry, MD	<b>2012 - present</b>
<b>Racing Team Co-Manager</b> <b>USA Cycling Junior Mountain Bike Talent Identification Development Program</b> Garrett College, McHenry, MD	<b>August 2012</b>
<b>Assistant Coach</b> <b>USA Cycling Women's Talent Identification Endurance Camp</b> Olympic Training Center, Chula Vista, CA	<b>August 2009</b>
<b>Assistant Coach</b> <b>USA Cycling Junior National team</b> Tour d'Labitbie, Val'd Or, Canada	<b>July 2009</b>
<b>Assistant Coach</b> <b>USA Cycling Women's Talent Identification Camp</b> Allentown, PA	<b>August 2008</b>
<b>Assistant Coach</b> <b>USA Cycling Regional Development Camp</b> Flagstaff, AZ	<b>June 2008</b>
<b>Assistant Coach</b> <b>USA Cycling Women's Talent Identification Endurance Camp</b> Olympic Training Center, Colorado Springs, CO	<b>August 2007</b>
<b>Assistant Coach</b> <b>USA Cycling Regional Development Camp</b>	<b>June 2007</b>

Allentown, PA	
<b>Assistant Coach</b>	<b>July 2006</b>
<b>USA Cycling Women's Talent Identification Endurance Camp</b>	
Olympic Training Center, Colorado Springs, CO	
<b>Head Coach</b>	<b>July 2005</b>
<b>USA Cycling National Road Camp</b>	
Coaching category 3 and women racers	
Emphasis on skill development and race analysis	
Milwaukee, WI	
<b>Assistant Coach</b>	<b>June 2005 &amp; June 2006</b>
<b>USA Cycling Regional Road Development Camp</b>	
Coaching junior/U23 athletes	
Mental skills training presentations and workshops	
Flagstaff, AZ	
<b>Independent Contractor</b>	<b>2005 -present</b>
<b>Peaks Coaching Group</b>	
Coaching, coach education & sport psychology consultant for affiliated coaches and athletes	
Information dissemination through web and print articles	
Bedford, VA	
<b>Head Coach – BMS Tour of Hope</b>	<b>2004</b>
Bristol Myers Squibb cross country cancer clinical trials awareness ride	
In charge of Carmichael Training Systems coaching staff	
Developed and ran team cohesion/team building program	
Trained and supervised team of riders	
Colorado Springs, CO	
<b>Ask the Expert Consultant for Adventure Sports Magazine</b>	<b>2004 - 2006</b>
Field exercise and sport training and psychology related questions	
Boulder, CO	
<b>USA Cycling Assistant Coach</b>	<b>August 2003</b>
Junior & U23 Mountain Bike World Championship Preparation Camp	
Colorado Springs, CO	
<b>Positive Coaching Alliance Workshop Speaker</b>	<b>2002-2007</b>
Certified trainer for parent, coach, and administration workshops in 2003	
Associate trainer in 2002	
Stanford, CA	
<b>Roundtable Consultant</b>	<b>2002 – 2005</b>
<b>Performance Conditioning for Cycling</b>	
Lincoln, NE	
<b>Independent contractor – coach and consultant</b>	<b>2001 – 2005</b>
<b>Carmichael Training Systems</b>	

Sport psychology consultant for affiliated coaches and athletes  
Information dissemination through web and print articles  
Coaching newsletter contributor  
Cycling and running coach  
Content designer for the 2003 & 2004 National Association of Health and Fitness programs  
Customer service for the 2003 & 2004 National Association of Health and Fitness programs  
Colorado Springs, CA

**Sport Psychology Consultant** **2000 – present**

Sport psychology educator for parents, athletes, and coaches  
Performance excellence consultant for teams, businesses, and individuals  
Mountains, Marathons, & More  
Frostburg, MD

**UNCG Women’s Soccer Performance Enhancement Consultant** **1998-2001**

Team and individual consultation  
Planning and implementation of team building activities and retreat  
University of North Carolina Greensboro  
Greensboro, NC

**Volunteer Coach with Women’s Cross Country and Track Program** **1996-1998**

University of Idaho  
University of Idaho Athletic Department  
Moscow, ID

**Assistant Cross-Country Coach and Head Sprint Coach** **1995-1996**

Cedarburg School District  
Cedarburg, WI

## PROFESSIONAL ORGANIZATIONS

### **Memberships**

American Alliance for Health, Physical Education, Recreation and Dance (AAPHERD)  
American College of Sports Medicine (ACSM)  
American Psychological Association - Division 47 (APA)  
Association for Applied Sport Psychology (AASP)  
National Strength and Conditioning Association (NSCA)  
Positive Coaching Alliance (PCA)  
United States Adventure Racing Association (USARA)  
United States Cycling Federation (USA Cycling)  
United States Track and Field Association (USATF)

### **Additional Certifications**

American Coaching Effectiveness Program (ASEP) - Instructor, September, 1996  
Carmichael Training Systems Expert Coach 2001  
Positive Coaching Alliance Trainer 2003  
United States Track and Field Level II Coach: Endurance Specialization, August 1997

Level I Coach, July 1995  
USA Cycling Elite (Cat 1) Level Coaching Certification, May, 2004  
USA Cycling Expert (Cat 2) Level Coaching Certification, June, 2002