

# 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 under recovery: 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

## PROFESSIONAL CERTIFICATIONS

- Certified Mental Performance Consultant (CMPC) #193** 2003 - present  
Association for Applied Sport Psychology
- Certified Consultant #193** 2003 - 2013  
United States Olympic Committee Sport Psychology Registry Member

## PROFESSIONAL EXPERIENCE

- Associate Professor of Athletic Coaching Education** 2013 – present  
**Assistant Professor of Athletic Coaching Education** 2006 – 2013  
West Virginia University  
College of Physical Activity and Sport Science  
Morgantown, WV
- Associated Faculty Member** 2009 – present  
West Virginia University  
Women & Gender Studies Program  
Morgantown, WV
- Positive Coaching Alliance Workshop Trainer & Speaker** 2002-2007  
Stanford, CA
- Adjunct Faculty** 2002 – 2006  
Frostburg State University  
Frostburg, MD

**Graduate Research Lab Director** 1999 – 2000  
University of North Carolina Greensboro  
Department of Sport and Exercise Psychology  
Applied Sport and Exercise Psychology Lab  
Greensboro, NC

**Graduate Research Assistant** 1998- 1999  
University of North Carolina Greensboro  
Department of Sport and Exercise Psychology  
Applied Sport and Exercise Psychology Lab  
Greensboro, NC

## CURRENT LEADERSHIP

*Note: Complete leadership & service history at end of document*

**WVU ADVANCE Inclusive Hiring Initiative Facilitator** 2020-present

**CPASS Center for Applied Coaching & Sport Sciences** 2017- present  
Director

**National Interscholastic Cycling Association – WV League** 2017 – present  
Board Member & Director of Coach Support

**WVU Teaching and Learning Commons** 2017-present  
Scholarship on Teaching and Learning (SoTL) committee

**National Strength and Conditioning Association** 2017 - present  
Inter Association Early Sport Specialization Task Force Member

**International Council on Coaching Excellence** 2017 - present  
Coach Developers Task Force Member

**WV Soccer Association** 2017 - present  
Adult Player Representative

**United States Center for Coaching Excellence** 2016- present  
Founder and President

**International Council on Coaching Excellence** 2015 - present  
UG Coach Education Guidelines Task Force

**WVU CPASS Center for Applied Coaching and Sport Science** 2015 - present  
Director

**WVU CPASS Bolton Center for Sport Ethics** 2015 - present  
Head of Research

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

**WVU Cycling Club** 2009 – present  
Academic Advisor

## PROFESSIONAL AWARDS & HONORS

<b>WVU Women's Leadership Initiative</b> Member	<b>2017 – present</b>
<b>Fellow</b> Association for Applied Sport Psychology	<b>Awarded 2016</b>
<b>NSSU Coach Developers Leadership Academy</b> ICCE Coach Developer Certification earned February 2017 Nippon University & International Council of Coaching Excellence Tokyo, Japan	<b>2016 - 2017</b>
<b>National Center for Faculty Development and Diversity Bootcamp Award</b> West Virginia University Office of the Provost & College of Physical Activity and Sport Studies	<b>2016</b>
<b>Information Literacy Course Enhancement Program Grant (\$3000)</b> Sponsored by the WVU Libraries & Office of the Provost	<b>2012</b>
<b>Excellence in Service Award</b> West Virginia University, College of Physical Activity and Sport Studies	<b>2009, 2010, 2011, 2012, 2013, 2015, 2017</b>
<b>Excellence in Research Award</b> West Virginia University, College of Physical Activity and Sport Studies	<b>2010, 2011, 2012, 2013, 2017</b>
<b>Dr. Sara Cree Endowment to support the Integration of Technology into Curriculum</b> West Virginia University	<b>2008</b>
<b>Edith Betts Graduate Scholarship</b> University of Idaho	<b>1997 – 1998</b>

## SCHOLARSHIP – REFEREED RESEARCH PUBLICATIONS

\*senior research

Hornsby, G., Gleason, B., **Dieffenbach, K.**, & Stone, M. (under review). Errors in sport science in intercollegiate athletics. *NSCA Coach*.

Chroni, A., & **Dieffenbach, K.** (Accepted 2020). Elite athlete-to-coach transition: Lessons learned from Norwegian coaches and federations. *Journal of Sport Psychology in Action*.

Chroni, A., Petterson, S., & **Dieffenbach, K.** (Accepted 2020) Elite Athletes to Coaching within Federations. *International Sport Coaching Journal*.

Bentzen, M., Kenttä, G., **Dieffenbach, K.** & Olusoga, P. (2020). Challenges experienced by women high performance coaches and its association with sustainability in the profession. Submitted to the *International Sports Coaching Journal*, 7, 200-2008.  
Doi.org/10.1123/iscj.2019-0029

Cropley, B., Thelwell, R., Mallett, C. J., & **Dieffenbach, K.** (2019). Guest Editorial: Exploring sport psychology in the discipline of sports coaching. *Journal of Applied Sport Psychology*, 1-8. doi/abs/10.1080/10413200.2019.1695295

- Cropley, B., Thelwell, R., Mallett, C. J., & **Dieffenbach, K.** (2019). Epilogue: A commentary and reflection on sport psychology in the discipline of sports coaching. *Journal of Applied Sport Psychology*, 1-14. doi.org/10.1080/10413200.2019.1695690
- Gano-Overway, L.A., & **Dieffenbach, K.** (2019). Current practices in United States higher education coach education programs. *International Sport Coaching Journal*, 6(2), 226-233. DOI:10.1123/iscj.2019-0013
- Sheehy, T., Zizzi, S., **Dieffenbach, K.**, & Sharp, L. A. (2019). "... Didn't Only Change My Coaching, Changed My Life": Coaches' Use of Sport Psychology for Their Own Development and Performance. *The Sport Psychologist*, 33(2), 137-147.
- Chroni, S., Peterson, S., & **Dieffenbach, K.** (2019). Going from Athlete-to-Coach in Norwegian winter sport: Understanding the Transition beyond the Change of Title. *Sport and Society: Special Issue on Transitions in Sport Life*, 1-22. <https://doi.org/10.1080/17430437.2019.1631572>
- Sheehy, T. L., **Dieffenbach, K.**\*, & Reed, P. (2018). An Exploration of Coaching Research in Journal of Applied Sport Psychology from 1989 to 2017. *Journal of Applied Sport Psychology*, 1-14.
- Dieffenbach, K.** & Statler, T. (2017). More similar than different: The psychological environment of Paralympic sport. *Republished in A.L. Caplan & B. Parent "The Ethics of Sport: Essential Readings" pp. 217-226. New York: Oxford.*
- Harvey, S., Voelker, D., Cope, E., & **Dieffenbach, K.** (2017). Navigating the leadership labyrinth: Barriers and supports of a women collegiate coach in a 20-year leadership role. *Sport Coaching Review*. DOI: 10.1080/21640620.2017.1353232
- Jaeschke, A. Sachs, M., & **Dieffenbach, K.** (2016). Ultramarathon runners' perceptions of mental toughness: A qualitative inquiry. *The Sport Psychologist*, 30, 242-255. DOI: 10.1123/tsp.2014-0153
- Appleby, K. & **Dieffenbach, K.** (2016) "Older and faster": Exploring the personal meaning and motivation of high-level masters cyclists. *The Sport Psychologist*, 30, 12-23.
- Harvey, S., **Dieffenbach, K.**, & Cope, E. (2015). Training and competition behaviors of a winning collegiate soccer coach. *Research Quarterly for Exercise and Sport*, 86(Supplement 2), A107-108.
- Thompson, M., & **Dieffenbach, K.** (2015). Measuring professional ethics in coaching education. *Ethics and Behavior*. DOI: 10.1080/10508422.2015.1060578
- Zakrajsek, R., Thompson, M., & **Dieffenbach, K.**, (2015). An exploration of the academic coaching education internship, *Sports Coaching Review*. DOI:10.1080/21640629.2015.1121624
- 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 parent's 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.

#### SCHOLARSHIP – REFEREED PUBLICATIONS: 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.

#### SCHOLARSHIP - BOOKS

- Dieffenbach, K.** (Ed). (proposal development in progress). *Developing a moral compass: A professional companion for coaching in modern professional sports*. London: Routledge.
- Dieffenbach, K.** (proposal development in progress). *Of women and wheels: The history and passion of women cyclists*. A project with NICA WV.

- Collins, K. & **Dieffenbach, K.** (under contract). *USCCE Guidelines for Coaching Education and Coach Development*. Submitted to Rowman & Littlefield
- Dieffenbach, K.** & Thompson, M. (Eds.), (2019). *Essential Coaching Education*. Champaign, IL: Human Kinetics.
- Dieffenbach, K.** & Thompson, M. (Eds.), (2019). *Resource Guide for Essential Coaching Education*. Champaign, IL: Human Kinetics.
- Dieffenbach, K.** & McCauley, S. (2008). *Bike racing for juniors: A guide for riders, parents and coaches*. Boulder, CO: Viol Press.

## SCHOLARSHIP - BOOK CHAPTERS

- Thompson, M. & **Dieffenbach, K.** (Publication date April 2021). Coaching effectiveness. For S. Sackett, & N. Durand-Bush. (Eds.). *AASP Essential Resources Book* Champaign, IL: Human Kinetics.
- Gould, D. & **Dieffenbach, K.** (2020). Key functions of the coach. In C. Mallett & D. Gould (Eds.), *The International Council on Coaching Excellence's Sport Coaching Handbook*. Champaign, IL: Human Kinetics.
- Dieffenbach, K.** (2019). Frameworks for coaching education and development. In K. Dieffenbach & M. Thompson (Eds.), *Essential Coaching Education*. Champaign, IL: Human Kinetics.
- Dieffenbach, K.** (2019). Professional issues and ethics in coaching. In R. Thelwell & M. Dicks (Eds.), *Professional advances in sports coaching: Research and Practice*. London: Routledge.
- Dieffenbach, K.** (June 2017). Long term athlete development in cyclists. In S. Cheung & M. Zabala (Eds.), *Cycling Science*. Champaign, IL: Human Kinetics.
- 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*, New York, NY: Taylor & Francis.
- 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 under recovery for triathletes. In USA Triathlon (Ed.), *Training for Triathlon*, Champaign, IL: Human Kinetics.
- 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.
- 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.
- 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.
- 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.

## SCHOLARSHIP - BOOKLETS & PROFESSIONAL MANUALS

- Center for Applied Coaching and Sport Science (King, R., Kuklick, C., Mellendick, J., & **Dieffenbach, K.**) (2016). *Steel Sports/Baseball Heaven Coaching Manual*, Morgantown, Steel Sports, CA.
- 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.,** 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.
- 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
- 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.
- Dieffenbach, K., & Gould, D.** (2001). Smart cycling: Mental skills training. In C. Carmichael (Ed). *Carmichael Training System's Coaching Manual*. Colorado Springs, CO: CTS.

### SCHOLARSHIP - GRANT REPORTS

- Dieffenbach, K., & Villalon, C.** (in progress). *The United States National Coaching Report*. USCCE & WVU Seminal Project Grants.
- Dieffenbach, K. & Villalon, C.** (2020). *Coaching education revision phase II report: Lacrosse athlete development report and coaching education objectives*. US Lacrosse, Project report.
- Dieffenbach, K. & Villalon, C.** (2019). *Coaching education revision phase I report: Staff and trainer advisory group interviews*. US Lacrosse, Project report.
- 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.

### SCHOLARSHIP GRANTS FUNDED

- Center for Applied Coaching and Sport Studies (**Dieffenbach, K.**) (2020-21). *Morgantown Hockey Association masters student funding* (\$17,655)
- Troilo, J., **Dieffenbach, K.,** Tack, F., Prinzo, L., & Mikesell, M. (2020). *Coaches, athletic directors and the opioid crisis: An investigation of impact grant from CPASS & CEHS*. (\$3,700)
- Center for Applied Coaching and Sport Studies (**Dieffenbach, K.**) (2019). USA Lacrosse coaching education revision grant. (\$13,969)



- Dieffenbach, K.** (2018, deferred to 2019). *Seminal project – academic conference for the National Coaching Report*. Awarded by WVU Provosts Office (\$7,000.00)
- Dieffenbach, K.** (2018). *United States Center for Coaching Excellence research support with CPASS Center for Applied Coaching and Sport Sciences*. (\$4,039)
- Chroni, S., Pettersen, S., & **Dieffenbach, K.** (2018). *From competing to coaching: The transition experience by the employee*. Norwegian Olympiatoppen. (621,990 Kroener/ \$72,000 US)
- Center for Applied Coaching and Sport Studies (**Dieffenbach, K.**) (2016-2017). *USOC sport coaching doctoral student funding* (\$20,056)
- Center for Applied Coaching and Sport Studies (**Dieffenbach, K.**) (2015-2016). *USOC sport coaching doctoral student funding* (\$20,056)
- Center for Applied Coaching and Sport Studies (**Dieffenbach, K.**, King, R., & Kuklick, C.) (January, 2016). *Steel Sports Baseball Heaven coaching curriculum proposal* (\$8800)
- Center for Applied Coaching and Sport Studies (**Dieffenbach, K.**, King, R., & Kuklick, C.) (August, 2015). *USOC sport coaching doctoral student funding* (\$20,056)
- Center for Applied Coaching and Sport Studies (**Dieffenbach, K.**, King, R., & Kuklick, C.) (July, 2015). *Steel Sports Baseball Heaven coaching curriculum proposal* (\$7691)
- Dieffenbach, K** & Thompson, M. (July, 2014). *USADA Resource packet creation: Phase I* (\$1,377)
- Dieffenbach, K** & Thompson, M. (October, 2014). *USADA Resource packet creation: Phase II* (\$3,420)
- 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. (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).

#### SCHOLARSHIP GRANTS SUBMITTED - UNFUNDED

- Center for Applied Coaching and Sport Studies (**Dieffenbach, K.** & Villalon, C.) (2020). MonPlay WV for \$6,896 submitted for the WVU Provost's Office Community Grant.
- Reed, P. & **Dieffenbach, K.** (2017). *The Coach's Role in Developing Athlete's Attitudes and Beliefs towards Positive, Violence Free Relationships*. Grant for \$5900 submitted to the NCAA 2017 Graduate Student Research Grant.

- Bowers, L & **Dieffenbach, K.** (2017). Perceptions of Gender Equity in NCAA Athletic Organizations. Grant for \$5600 submitted to the NCAA 2017 Graduate Student Research Grant.
- Bowers, L & **Dieffenbach, K.** (2017). Gender Equality at WVU: Exploring the Other Side of Campus. Grant for \$2650 submitted to the Women of WVU Enrichment Fund Application.
- Sheehy, T. Zizzi, S. & **Dieffenbach, K.** (2017). Sport psychology and the elite coach client-International perspectives from the field. Grant for \$750 submitted to the AASP Gualberto Cremades International Research Grant.
- Kuklick, C., King, R., & **Dieffenbach, K.** (2016). Building technological knowledge in pre-service students. Grant for \$4,900 submitted to the CPASS Sarah Cree Grant.
- Dieffenbach, K.** Lauer, L., & Flett, R. (2012). *Volunteer youth hockey coaches' commitment, understanding, concerns, and application of USA Hockey's American Development Model (ADM)*. Grant for \$10,000 submitted to USA Hockey.
- 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 \$6,237.48 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 \$2,800 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.

## SCHOLARSHIP - INVITED INTERNATIONAL PRESENTATIONS

- Dieffenbach, K., Chroni, A., & Kenttä, G.** (2019, November). *Women in coaching: An examination*. A symposium for the International Council for Coaching Excellence's Research Fair in Tokyo, Japan.
- Dieffenbach, K.** (2019, July). *Theories of professionalism, adult learning and coach development: The role of the educational sport psychology consultant* A presentation in the Invited Association of Applied Sport Psychology Symposium: Theory to Practice to Enhance Performance at the European Congress on Sport & Exercise Psychology (FEPSAC) World Congress in Munster, Germany.
- Chroni, A., **Dieffenbach, K.**, & Peterson, S. (2019, July). *Exploring and supporting the athlete to coach transition*. An invited preconference professional development workshop at the European Congress on Sport & Exercise Psychology (FEPSAC) World Congress in Munster, Germany.
- Dieffenbach, K.** (2017, July). *Developing the Coach Developer*. A symposium for the ICCE's Research Fair in Liverpool. England.
- Dieffenbach, K.** (2016, November). *Women in coaching: Education and professional development*. An invited presentation at the Swedish Olympic Committee Women in Coaching Summit, Boson, Sweden.
- Dieffenbach, K.** (2016, November). *Coaching education and coach development: Key considerations*. An invited presentation at Hedmark University, Elverum, Norway.
- Dieffenbach, K.** (2016, November). *Key considerations for preparing and supporting volunteer youth sport coaches*. An invited presentation at the University of Oslo's Youth Sport Symposium, Oslo, Norway.
- Dieffenbach, K.** (2016, March). *Coaching and coach education in the US*. An invited keynote presentation at the UKCCE Level 4 Conference: Coaching as a Global Endeavor in Edinburgh, Scotland
- Dieffenbach, K. & Thompson, M.** (2015, August). A values-based approach to decision making. An invited presentation for the Swedish Olympic coach workshop, Stockholm, Sweden.
- Dieffenbach, K., Ito, M., Alder, J., & Sekiguchi, J.** (2015, August). *Coach developer masterclass workshop*. An invited presentation for the 2015 International Council of Coaching Excellence Research Fair, Vierumaki, Finland.
- 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.

## SCHOLARSHIP - INVITED NATIONAL PRESENTATIONS

- Dieffenbach, K.** (2020, November 17). *From coached to coach* presented at the Training Peaks Endurance Summit, (a virtual event due to COVID).
- Dieffenbach, K.** (2020, November 5). *USA Cycling, ADM and coaching juniors* presented at the USA Cycling Junior Coaching Summit (a virtual event due to COVID).

- Dieffenbach, K.** (2020, September 21). Invited panelist “*Long term athlete development, coaching and physical education*” at the National Strength and Conditioning Association, Virtual Pre-Conference (a virtual event due to COVID)
- Dieffenbach, K.** (2019, April 12). Invited panelist “*Alternatives, interventions and guidelines for youth sport participation*” at the American Medical Society for Sports Medicine’s Youth early Sport Specialization Summit in Houston, Texas.
- Dieffenbach, K.** (2019, April 4). *The USCCE: The future of coaching education*. An invited presentation at the U.S. Department of Health and Human Services’ President’s Council on Sport, Fitness and Nutrition: Public Listening Day in Washington, D.C.
- Dieffenbach, K.** (2017, March) *Working with the long-term athlete development as a coach athlete*. An invited keynote at the Colby-Sawyer, Exercise and Sport Science Symposium in New London, New Hampshire.
- Dieffenbach, K.** (2016, July). *The coach: What research tells us about quality professional preparation*. Invited presentation at the Steel Sports Coach Summit, Long Island, NY.
- Dieffenbach, K.** (2016, June). *Off the front: NICA and the national youth sport initiative*. Invited keynote at the National Interscholastic Cycling Association (NICA) Annual Coaching Education Initiative Conference, Eagle, CO.
- Dieffenbach, K.** (2016, November). *The importance of understanding adolescent development and psychology*. Invited keynote at the USA Cycling Junior Summit, Colorado Springs, CO.
- Dieffenbach, K.** (2015, October). *NCAA presentation ‘Mind, Body, & Sport: Understanding and supporting student-athlete mental wellness’ response panelist*. Invited panelist for the Association for Applied Sport Psychology annual conference, Indianapolis, IN.
- Dieffenbach, K.** (2015, October). *Coaching education and coach development*. Invited speaker for the NCAA Data Blitz in conjunction with the Association for Applied Sport Psychology annual conference, Indianapolis, IN.
- 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.** (2006, October). *Underrecovery: Changing the language of overtraining*. Keynote presentation for the USAC International Coaching Summit. Colorado Springs, CO.

## SCHOLARSHIP – INVITED REGIONAL PRESENTATIONS

- Dieffenbach, K\***, Villalon, C., & Bowers, L. (2019, April) *Professionalism in strength and conditioning and sport science*. A workshop presented at the NSCA WV State Clinic, Morgantown, WV.
- Dieffenbach, K.** (2015, April). Invited panelist for the *Promoting Athlete Well-Being from Youth Sport to Elite Competition Conference* hosted by Penn State Athletics and US Anti-Doping Agency program, State College, PA.
- Dieffenbach, K.** (2014, May). *Women and sport speaker and panelist*. Invited speaker and panelist for the Smithsonian Hometown Sports Project, Elkins, WV.
- Dieffenbach, K.** (2014, May). *Women in sport: A ride through history*. Invited speaker for the Smithsonian Hometown Sports Project, Rowlesburg, WV.
- Gilbert, W. & **Dieffenbach, K.** (2014, April) *Athlete talent development: Current status and future directions*. Invited keynote address at the USOC/ LA 84 Academy, Los Angeles, CA.
- 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.** (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.

## SCHOLARSHIP INTERNATIONAL PRESENTATIONS – ACADEMIC/ PEER REVIEWED

- Dieffenbach, K.** & Gano-Overway, L. (2020, September). *Raising the bar in support of youth sport coaches*. A roundtable moderated at the Sports Integrity Week hosted by SIGA, the Sports Integrity Global Alliance. (a virtual event due to COVID).
- Dieffenbach, K.** & Kiosoglous, C. (2020, September). *Coaching the coaches: The growing field of coach development*. A roundtable presented at the Sports Integrity Week hosted by SIGA, the Sports Integrity Global Alliance. (a virtual event due to COVID).

- Chroni, S., Blackett, A., **Dieffenbach, K.**, Rynne, S., & Petterson, S. (submitted). *Moving forward: An athletic career does not equate and translate to coaching efficacy*. A symposium submitted for the International Council on Coaching Excellence's 12<sup>th</sup> Annual Global Coach Conference in Lisbon, Portugal.
- Dieffenbach, K.**, Kiosoglous, C., Thompson, M., & Woodburn, A. (2019, November). *The Professionalization of coaching and the ICCE International Coach Developer Program: NCDA Program impact and next steps beyond Tokyo 2020*. A workshop presented at the International Council on Coaching Excellence's 12<sup>th</sup> Annual Global Coach Conference, Tokyo, Japan.
- Woodburn, A., Thompson, M., & **Dieffenbach, K.** (2019, November). *An analysis of learning moments*. A symposium presented at the International Council on Coaching Excellence's 12<sup>th</sup> Annual Global Coach Conference, Tokyo, Japan.
- Dieffenbach, K.**, & Villalon, C. (2019, November). *Mapping the landscape: Understanding coaching and coach education in the United States*. A poster presented at the International Council on Coaching Excellence's 12<sup>th</sup> Annual Global Coach Conference, Tokyo, Japan.
- Dieffenbach, K.** (2017, November). *Sharing, learning, blending: Coach development in sport federations and higher education*. A presentation in a symposium on Global Trends in Coaching Development with Bales, J, Ito, M. & Cundari, G. at the Petro Canada Sport Leadership Conference in Calgary, Canada.
- Dubina, N, Snyder, C., & **Dieffenbach, K.** (2017, July). *The USOC's approach to coach education: Bringing the 'art' into the learning*. A presentation at the International Council of Coaching Excellence's 11<sup>th</sup> Annual Global Coach Conference, Liverpool, England.
- Harvey, S., Voelker, D., Cope, E., & **Dieffenbach, K.** (2017, July). *Navigating the 'leadership labyrinth': Barriers and supports of a woman coaching in a 20-year leadership role*. A presentation at the International Council of Coaching Excellence's 11<sup>th</sup> Annual Global Coach Conference, Liverpool, England.
- Dieffenbach, K.**, Thompson, M., Wyrick, D. & Orsini, M. (2015, August). *Online education: Learning from the experiences of NCAA Division II coaches*. A presentation at the International Council of Coaching Excellence's 10<sup>th</sup> Annual Global Coach Conference, Vierumaki, Finland.
- Dieffenbach, K.**, Sheehy, T., Kenttä, G., & Olusoga, P. (2015, August). *Self-awareness: What elite coaches say about the value and development within a high-performance environment*. A poster at the International Council of Coach Excellence's 10<sup>th</sup> Annual Global Coaching Conference, Vierumaki, Finland.
- Thompson, M., **Dieffenbach, K.**, Bodey, K., & Schoenstedt, L. (2015, August). *Do they lead by example? Examining professional coaching behaviors of competitive age group soccer coaches*. A poster at the International Council of Coach Excellence's 10<sup>th</sup> Annual Global Coaching Conference, Vierumaki, Finland.

- 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 Coach Excellence's 9<sup>th</sup> 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 Coach Excellence's 9<sup>th</sup> 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*. A presentation at the International Council on Coach Excellence's 7<sup>th</sup> Global Coach Conference, Vancouver, Canada.
- Dieffenbach, K.** (2009, November). *Our profession is a powerful tool: A qualitative exploration of coaches' thoughts on ethics in sport*. A presentation at the International Council on Coach Excellence's 7<sup>th</sup> Global Coach Conference, 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.

#### SCHOLARSHIP NATIONAL PRESENTATIONS - ACADEMIC/ PEER REVIEWED

- Sheehy, T. & **Dieffenbach, K.** (2020, October). Examining high performance coaches' self-perceptions of performance effectiveness and success. A lecture at the Association of Applied Sport Psychology annual conference, (a virtual event due to COVID).
- Chroni, A. & **Dieffenbach, K.** (2020, October). *Transitioning from elite athlete to coach: Lessons learned from Norwegian winter sports*. A presentation in the International Symposium on Athlete Career Excellence at the Association of Applied Sport Psychology annual conference, (a virtual event due to COVID).
- Dieffenbach, K.**, & Chroni, S. A. (2019, June). *Supporting the athlete to coach professional transition*. A presentation at the North American Coach Development Summit in Colorado Springs, CO.

- Dieffenbach, K.** (2019, June). *Examining program readiness and resources to embrace professionalism in coaching, coach education and coach development support*. A master class presented at the North American Coach Development Summit, Colorado Springs, CO.
- Gano-Overway, L. & **Dieffenbach, K.** (2019, January). *Developing best practices in coaching education/ coach development programs*. A presentation at the National Association of Kinesiology in Higher Education Conference in Savannah, GA.
- Castillo, S., Barba, D., Statler, T. & **Dieffenbach, K.** (2018, October). Mentorship and supervision in applied sport psychology training: Strategies to promote student competencies. A CE workshop at the Association of Applied Sport Psychology Conference, Toronto, Canada.
- Dieffenbach, K.**, Thompson, M., & Kenttä, G. (2017, October). *The Role of Sport Psychology in Professional Coach Development*. A symposium at the Association of Applied Sport Psychology Conference, Orlando, FL.
- Sheehy, T., **Dieffenbach, K.** & Reed, P. (2017, October). *What does it mean to be the director of coaching education and development?* A poster presentation at the Association of Applied Sport Psychology Conference, Orlando, FL.
- Dieffenbach, K.** (2017, May). *What does it mean to be the director of coaching education and development?* A master class at the National Coaching Conference in Atlanta, GA.
- McQuade, S., & **Dieffenbach, K.** (2017, May). *Creating a vision for coaching: A case study from a private youth sports training provider perspective*. A presentation presented at the 2017 National Coaching Conference in Atlanta, GA.
- Thompson, M., Gano-Overway, L., Syer, T., & **Dieffenbach, K.** (2017, May). *Effective learning program design across coach development settings: A panel discussion*. A presentation presented at the 2017 National Coaching Conference in Atlanta, GA.
- Zang, K., & **Dieffenbach, K.** (2017, May). *Influences on parents' decision making prior to youth sport program enrollment*. A poster presentation presented at the 2017 National Coaching Conference in Atlanta, GA.
- Eluere, M., & **Dieffenbach, K.** (2017, May). *Learn how to manage the after game: Attribution training program effects over elite athletes*. A presentation presented at the 2017 National Coaching Conference in Atlanta, GA.
- Jaeschke, A.M. & **Dieffenbach, K.** (2016, October). *Helping ultramarathon runners go the distance*. A poster presentation at the Association of Applied Sport Psychology Conference, Phoenix, AZ.
- Dieffenbach, K.**, Sheehy, T., Kenttä, G., & Halbrook, M. (2016, October). *Examining the role of the sport psychology consultant in coaches' intra and inter personal knowledge development*. A symposium at the Association of Applied Sport Psychology Conference, Phoenix, AZ.



- Dieffenbach, K.** (2016, October). Not on my team: Are coaches prepared to identify and respond to domestic abuse in sport? A presentation as a part of a symposium on Aggression and Domestic Violence in Sport at the Association of Applied Sport Psychology Conference, Phoenix, AZ.
- Dieffenbach, K.** (2016, June). *Evaluating and enhancing your organization's readiness to provide quality coaching education.* A workshop at the National Coaching Conference, Seattle, WA.
- Dubina, N., & **Dieffenbach, K.** (2016, June). *Quality coaching: If you can't measure it, does it exist?* A workshop presented at the National Coaching Conference, Seattle, WA.
- Dieffenbach, K.** (2015, October). *Five slides in five minutes: Coaching.* A program at the Association for the Advancement of Applied Sport Psychology, Indianapolis, IN.
- Dieffenbach, K. & Butcher-Poffey, L.** (2015, October). *Case studies for certified consultants: Opportunities for peer consultation.* A presentation at the Association of Applied Sport Psychology Conference, Indianapolis, IN.
- Kenttä, G., **Dieffenbach, K.**, Sheehy, T., & Olusoga, P. (2015, October). Self-awareness in elite coaches: A potential buffer against burnout in high demanding environments. A presentation as part of a symposium at the Association of Applied Sport Psychology Conference, Indianapolis, IN.
- Dieffenbach, K. & Mead, A.** (2015, June). *NCACE update and vision forward.* President's update at the National Coaching Conference, Morgantown, WV.
- Thompson, M. & **Dieffenbach, K.** (2015, June). Camps and clinics: Promoting physical literacy, facilitating athletic development and feeding the talent pipeline. Presentation at the National Coaching Conference, Morgantown, WV.
- Thompson, M. & **Dieffenbach, K.** (2015, March). Goal orientation and professional behaviors of high school coaches. A poster presented at the SHAPE America Convention, Seattle, WA.
- Harvey, S. & **Dieffenbach, K.** (2015, March). Training and competition behaviors of a winning collegiate soccer coach. A presentation at the SHAPE America Convention, Seattle, WA.
- Appleby, K. & **Dieffenbach, K.** (2014, October). Older and faster: A qualitative investigation of competitive masters cyclists. A poster presentation at the 2014 Association of Applied Sport Psychology Conference, Las Vegas, NV.
- Castillo, S. & **Dieffenbach, K.** (2014, October). Case studies for certified consultants: Opportunities for peer consultation. A presentation at the 2014 Association of Applied Sport Psychology Conference, Las Vegas, NV.
- Dieffenbach, K., Thompson, M., & Meeteer, W.** (2014, June). *You can lead them to water: But can you make them think?* A presentation at the 2014 National Coaching Conference, Washington D.C.
- Thompson, M., **Dieffenbach, K., & Lauer, L.** (2014, June). *The deliberate development strategies of expert coaches.* A presentation at the 2014 National Coaching Conference, Washington D.C.

- Zang, K. & **Dieffenbach, K.** (2014, June). *What they don't know: The power and importance of parent education.* A presentation at the 2014 National Coaching Conference, Washington D.C.
- Dieffenbach, K.**, Thompson, M., Bodey, K., & Schoenstedt, 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 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 hardness 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.

#### SCHOLARSHIP REGIONAL PRESENTATIONS - ACADEMIC/ PEER REVIEWED

**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.

#### GRADUATE STUDENT SUPERVISION

##### Matriculated Graduate Students – chaired

2021\* Richard A. West, EdD. - *Barriers of volunteerism for coaches of collegiate division I swimming programs* (\*passed doctoral defense November 2020, ETD pending)

2020 Lynda Bower, PhD. - *Toward an understanding of the professional work of NCAA division I soccer coaches*

- 2017 Joshua Nelson, Ed.D. - *Continuing education dispositions of NCAA-DI football strength and conditioning coaches: A qualitative analysis*
- 2016 Lauren Deckelbaum, Ph.D. - *An examination of collegiate athlete' undergraduate sport science majors and athlete majors' intent to pursue collegiate coaching as a career*
- 2015 Lindsay Brooke Hammond, Ph.D. - *The influences of participation in an elite Paralympic military program on self-identity of active duty service members with acquired disabilities*
- 2015 Karl Zang, MS - *Influences on parents decision making prior to youth sport program enrollment*
- 2011 Wesley Meeteer II, Ph.D. - *Improving student coaches' learning through teaching reflective techniques*

## TEACHING

### **WVU Graduate Courses Taught**

- Advanced Training Theory\*
  - Coaching Administration
  - Contemporary Issues in Sport \*
  - Healthy Competitive Environments\*
  - Internship
  - Positive Youth Development \*
  - Professionalism and Coaching Techniques \*
  - Psychology of Coaching \*
  - Readings in Teaching and Coaching (doctoral course) \*
  - Sport Movement Analysis
  - Sports and Drugs
- \* *Responsible for course development or major course revisions*

### **WVU Undergraduate Courses Taught**

- Coaching the Exceptional Athlete
  - Introduction to Athletic Coaching Education \*
  - Principles and Problems of Coaching \*
  - Special Topic: The Science Behind the Sport: Mountain Biking \*
  - Sports Officiating \*
  - Techniques of Coaching Track and Field
- \* *Responsible for course development or major course revisions*

### **Additional Undergraduate Courses Taught**

- A wide variety of fitness classes such as Fitness Walking, Water Aerobics, Level 1 Swimming, and Fitness Boot Camp (UNCG, UI)
- Evaluation and Prescription in Exercise Science (FSU)
- Freshman Orientation (FSU)
- Gender and Sport (FSU)
- Human Sexuality (FSU)



- Introduction to Biology (FSU)
- Introduction to Computer Science (FSU)
- Introduction to Mental Skills Training (UI)
- Organization and Administration in Athletic Training (FSU)
- Pharmacology for Athletic Training (FSU)
- Sport psychology (UNCG)

*FSU – Frostburg State University*

*UI- University of Idaho*

*UNCG- University of North Carolina – Greensboro*

### ADDITIONAL SERVICE- UNIVERSITY

<p><b>WVU College of Physical Activities and Sport Studies</b>  <i>Service within CPASS has included year-long appointments to committees such as those noted here:</i>          Academic Standards and Graduate Council          College Transformation Committee          CPASS Graduate Committee          International Advisory Committee          Multiple Academic Search Committees including an associate dean search          Promotion and Tenure Review Committee          Undergraduate and Graduate Awards Committee</p>	<b>2006 - present</b>
<p><b>WVU Core Transformation Committee</b>          Appointed to a 25-member committee responsible for drafting the WVU 2025 Strategic Plan</p>	<b>2019</b>
<b>WVU E-Campus Representative for CPASS</b>	<b>2017 – 2018</b>
<b>WVU Teaching and Learning Commons Representative for CPASS</b>	<b>2015- 2017</b>
<b>WVU Women &amp; Gender Studies Program Curriculum Committee</b>	<b>2009 – 2012</b>
<b>WVU Council for Women’s Concerns</b>	<b>2007 - 2014</b>
<b>Frostburg State University Women’s Studies Committee</b>	<b>2003 – 2006</b>
<p><b>University of Idaho Dept of Physical Education, Health, Recreation &amp; Dance</b>          Graduate Student Association Department Representative</p>	<b>1996 - 1998</b>

## ADDITIONAL SERVICE - PROFESSIONAL

<b>Invited Journal Manuscript Reviewer</b>	<b>Ongoing</b>
<i>Journals include</i>	
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	
<b>FEPSAC (European Congress on Sport &amp; Exercise Psychology)</b>	<b>2019</b>
Conference Abstract Review	
<b>Journal of Applied Sport Psychology</b>	<b>2017 – 2019</b>
Special Edition Coaching: Invited Guest Editor	
<b>SHAPE America National Standards for Sport Coaches revision</b>	<b>2017 - 2018</b>
Reviewer	
<b>North American Adventure Racing</b>	<b>2016 – 2017</b>
Board of Directors	
<b>North American Coach Development Summit</b>	<b>2015 – 2019</b>
<i>(formerly the National Coaching Conference)</i>	
Conference Director	
<b>Association of Applied Sport Psychology</b>	<b>2015 - 2018</b>
PR Outreach Executive Board Member	
<b>International Council on Coaching Excellence</b>	<b>2015 - 2017</b>
Undergraduate Program Standards Task Force	
<b>WVU Teaching and Learning Commons</b>	<b>2014-2016</b>
Faculty Advisory Committee	
<b>USA Cycling</b>	<b>2014 - 2016</b>
Membership Elected Mountain Bike Coach Representative	
<b>Association of Applied Sport Psychology</b>	<b>2014 - 2016</b>
Graduate Program Committee	
<b>National Committee for the Accreditation of Coaching Education</b>	<b>2013 - 2016</b>
President/Chair	
<b>USA Football</b>	<b>2013 - 2016</b>
Coaching Education Advisory Board	

<b>U.S. Olympic Committee</b> Coach of the Year Award Reviewer	<b>2012 - 2016</b>
<b>U.S. Olympic Committee</b> Coaching Education Task Force Member	<b>2011 – 2014</b>
<b>Association of Applied Sport Psychology</b> Leadership Team	<b>2011</b>
<b>National Association of Sport and Physical Education</b> Sport Steering Committee - Coaching Education Representative	<b>2010 - 2013</b>
<b>National Council for the Accreditation of Coaching Education (NCACE)</b> Board of Directors	<b>2010 – 2012</b>
<b>SHAPE (formerly AAHPERD/NASPE)</b> Conference Abstract Reviewer	<b>2008 – 2015</b>
<b>Association for Applied Sport Psychology</b> Coaching Science Special Interest Group Leader	<b>2008 - 2015</b>
<b>USA Cycling</b> Women and Coaching Special Interest Group Leader	<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 Event</b> 2006 - 2009 Project Founder Team Member and Advisory Board Member	
<b>ENYSSP American Liaison</b> European Network of Young Specialists in Sport Psychology	<b>2005 - 2007</b>
<b>Coaching Education Advisory Board</b> USA Cycling	<b>2004 - 2011</b>
<b>Association for Applied Sport Psychology</b> Ethics Committee Member	<b>2003 - 2008</b>
<b>Association for Applied Sport Psychology</b> Performance Excellence Special Interest Group Leader	<b>2002 - 2007</b>
<b>Association for Applied Sport Psychology</b> Ethics Committee - Graduate Student Representative	<b>2001 - 2003</b>
<b>Roundtable Consultant for Performance Conditioning for Cycling</b> Lincoln, NE	<b>2002 – 2005</b>
<b>Association of Applied Sport Psychology</b> Conference Abstract Reviewer	<b>1997 – present</b>

## PROGRAM DEVELOPMENT

- Dieffenbach, K. & McGregor, S. (2019, November).** USA Cycling elite coaching (L1) education academy. Updated the curriculum and testing materials and co-presented the four-day elite level license training program for USA Cycling. Colorado Springs, CO.
- Dieffenbach, K. & McGregor, S. (2017, November).** USA Cycling elite coaching education academy. Updated the curriculum and testing materials and co-presented the four-day elite level license training program for USA Cycling. Colorado Springs, CO.
- Dieffenbach, K. & McGregor, S. (2015, November).** USA Cycling elite coaching education academy. Developed the curriculum and testing materials and co-presented the four-day elite level license training program for USA Cycling. Colorado Springs, CO.
- Dieffenbach, K. & McGregor, S. (2013, November).** USA Cycling elite coaching education academy. Developed the curriculum and co-presented the four-day elite level license training program for USA Cycling. Colorado Springs, CO.
- 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).

## APPLIED PUBLICATIONS

### **Editor for –**

*WVU CPASS Center for Applied Coaching and Sport Science's 'Coaching Matters Newsletter (4 publications a year)*

*NICA WV- Coaching Support Newsletter (published monthly April – October)*

**Dieffenbach, K.** (2019). Coaching education: The secret behind long term program success. *Olympic & Paralympic Coach*, 30(2), 4-9.

Etzel, E., McAlanen, M., Gross, M., & **Dieffenbach, K.**, (2015). Mindfulness for the elite coach. *Olympic Coach*, 26(3), 4-11.

**Dieffenbach, K.** (2014, October). What did you achieve? *Psychology blog section of PezCyclingnews.com*

**Dieffenbach, K.** (2014, August). Back to basics. *Psychology blog section of PezCyclingnews.com*

**Dieffenbach, K.** (2014, July). When bad DNFs happen to good athletes. *Psychology blog section of PezCyclingnews.com*

**Dieffenbach, K.** (2014, March). When play becomes work. *Psychology blog section of PezCyclingnews.com*

**Dieffenbach, K.** (2014, January). Develop focus across the miles. *Psychology blog section of PezCyclingnews.com*

**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 peleton. *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*.

### COACH & ATHLETE FOCUSED APPLIED PRESENTATIONS

- Dieffenbach, K.** (2019, March) *How to work with female student –athletes*. A workshop at the NICA WV Leader’s Summit in Cairo, WV.
- Dieffenbach, K.** (2019, March) *Effective practice structure, season planning and communication*. A workshop at the NICA WV Leader’s Summit in Cairo, WV.
- Dieffenbach, K.** (2018, March) *How to recruit, coach female student –athletes*. A workshop at the NICA WV Leader’s Summit in Cairo, WV.
- Dieffenbach, K.** (2018, March) *Understanding long term athlete development and working with NICA student athletes*. A workshop at the NICA WV Leader’s Summit in Cairo, WV.
- Dieffenbach, K.** (2017, March) *A coach’s guide to peak adolescent sport performance*. An invited keynote at the Pennsylvania NICA Coaching Education Series in Hershey, PA.
- Dieffenbach, K.** (2016, February). *Working with the middle school and high school athlete*. Invited keynote speaker for the Virginia NICA Leader’s Summit, Charlottesville, VA.
- Dieffenbach, K.** (2014, November) *Teen talent: Tactics and strategies for a united parent and coach front*. An invited presentation at the 2014 National USA Cycling Coaching Summit in 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.** (2011, September). *Talent development and effective coaching*. Invited presentation for the USA Hockey Youth Sport Symposium, Pittsburg, PA.
- 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.
- APA Division 47 Giveaway-a-thon Presenter** (2005, August) Organizer and speaker for a free public education sport psychology workshop for endurance athletes done in conjunction with APA national convention in Washington DC
- 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.

## SAMPLING OF APPLIED WEBINARS & MEDIA WORK

**Dieffenbach, K.** (2020, November). Guest on Press Play Not Pause Podcast with Selena Yeager speaking about goal setting, women and competitive athletics past 50.

**Dieffenbach, K.** (2019, February). Guest on Episode #102 Changing the Game Podcast with John O’Sullivan speaking about coaching girls.

*Note: From 2015-2018, I served as the PR and Outreach Executive Board representative for the Association for Applied Sport Psychology. In this role, I spoke to between 2-6 reports a month and worked weekly with our PR firm.*

**Dieffenbach, K.** (2016, October). *Winter is coming: Are you ready?* Peaks Coaching Group Webinar.

**Dieffenbach, K.** (2014, April). Coaching Education within an NGB: A program evaluation resource. USOC Coaching Education Department webinar series.

**Dieffenbach, K.** (2014, April). Building the foundation for providing quality coaching education. USOC Coaching Education Department webinar series.

**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, 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.** (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.
- 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.
- Consultant** for Ask the Expert Consultant for *Adventure Sports Magazine* in Boulder, CO (2004 – 2006) – responsible for providing responses to exercise and sport training and psychology related questions

## PROFESSIONAL COACHING & CONSULTING EXPERIENCE

- |  |                       |
|--|-----------------------|
| <b>Camp Director</b>   | <b>2012 - present</b> |
| <b>USA Cycling Annual Regional Junior Mountain Bike Talent ID Camp</b> |                       |
| Various locations in WV and MD   |                       |
| <b>Junior Race Team Manager</b>  | <b>July 2015</b>      |
| <b>USA Cycling Junior Mountain Bike Talent ID Program</b>              |                       |
| Boston Pro XCT   |                       |

<b>Junior Race Team Manager</b> <b>USA Cycling Junior Mountain Bike Talent ID Program</b> New Hampshire Pro XCT	<b>August 2013</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 delegitimizing, 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> Allentown, PA	<b>June 2007</b>
<b>Assistant Coach</b> <b>USA Cycling Women’s Talent Identification Endurance Camp</b> Olympic Training Center, Colorado Springs, CO	<b>July 2006</b>
<b>Head Coach</b> <b>USA Cycling National Road Camp</b> Milwaukee, WI Coaching category 3 and women racers Emphasis on skill development and race analysis	<b>July 2005</b>
<b>Assistant Coach</b> <b>USA Cycling Regional Road Development Camp</b> Flagstaff, AZ Coaching junior/U23 athletes Mental skills training presentations and workshops	<b>June 2005 &amp; June 2006</b>

<b>Independent Contractor</b> <b>Peaks Coaching Group</b> Bedford, VA Coach recreational and competitive cyclist, runners and multi-sport athletes with a specialization in Espiors and talent development and in ultra-endurance. Notable athlete accomplishments- Multiple national titles Junior national title Secured a spot on the US Olympic team Multiple semi-pro and pro contracts Provide coach education & sport psychology consultant for affiliated coaches and athletes within Peaks Information dissemination through web and print articles	<b>2005 -present</b>
<b>Head Coach – BMS Tour of Hope</b> Colorado Springs, CO 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	<b>2004</b>
<b>USA Cycling Assistant Coach</b> Colorado Springs, CO Junior & U23 Mountain Bike World Championship Preparation Camp	<b>August 2003</b>
<b>Independent Contractor – Coach and Consultant</b> <b>Carmichael Training Systems</b> Colorado Springs, CA 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	<b>2001 – 2005</b>
<b>Sport Psychology Consultant</b> <b>Mountains, Marathons, &amp; More</b> Frostburg, MD Sport psychology educator for parents, athletes, and coaches Performance excellence consultant for teams, businesses, and individuals	<b>2000 – present</b>
<b>UNCG Women’s Soccer Performance Enhancement Consultant</b> University of North Carolina Greensboro Greensboro, NC Team and individual consultation Planning and implementation of team building activities and retreat	<b>1998-2001</b>

<b>Volunteer Coach with Women's Cross Country and Track Program</b> University of Idaho Athletic Department Moscow, ID	<b>1996-1998</b>
<b>Assistant Cross-Country Coach and Head Sprint Coach</b> Cedarburg School District Cedarburg, WI	<b>1995-1996</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

### PROFESSIONAL ORGANIZATIONS

#### **Memberships**

Association for Applied Sport Psychology (AASP)  
National Strength and Conditioning Association (NSCA)  
United States Adventure Racing Association (USARA)  
United States Cycling Federation (USA Cycling)  
United States Center for Coaching Excellence (USCCE)  
United States Track and Field Association (USATF)  
USA Hockey

#### **Additional Certifications**

American Coaching Effectiveness Program (ASEP) - Instructor, September, earned 1996  
Carmichael Training Systems Expert Coach, earned 2001  
International Council for Coaching Excellence (ICCE) trained coach developer, earned 2017  
NICA Level 101 Skills Instructor, earned 2019  
Positive Coaching Alliance Trainer, earned 2003  
United States Track and Field Level II Coach: Endurance Specialization, earned 1997  
Level I Coach, earned 1995

USA Cycling Elite (Cat 1) Level Coaching Certification, earned 2004  
USA Cycling Expert (Cat 2) Level Coaching Certification, earned, 2002  
US Center for Safe Sports – certification current 2019-2020  
USA Hockey Level 1 and U8 coach – earned 2019