

Greg A. Shelley, Ph.D.
Teaching Vita

Rise Above Performance Consulting
3291 Jacksonville Road
Trumansburg, NY 14886
(607) 220-3760
www.riseaboveconsult.com

Department of Exercise and Sport Sciences
Ithaca College – 319 CHS
Ithaca, NY 14850
(607) 274-1275
gshelley@ithaca.edu

EDUCATION

University of Utah, Department of Exercise and Sport Science, Salt Lake City, UT

Ph.D. in Exercise and Sport Science with an emphasis in sport psychology and psychosocial aspects of sport, December 1997

Dissertation: "The Lived Experience of Athletic Injury: A Phenomenological Study"

University of Iowa, Department of Physical Education and Sport Studies, Iowa City, IA

M.A. with an emphasis in sport psychology, August 1990

Thesis: "Athletic Injuries: The Psychological Perspectives of High School Athletes"

University of Nebraska, Department of Psychology, Lincoln, NE

B.A. with honors in psychology, May 1988

Minor: Sociology

ADMINISTRATION

Graduate Program Director (Ithaca College), Department of Exercise and Sport Sciences: August 2003-July 2006 (Co-Chair: August 2006-August 2007). Ithaca College, Ithaca, NY 14850-7193.

The primary purpose of this position is to direct the Graduate Program in Exercise and Sport Sciences. This appointment includes graduate academic and theses advising in the areas of sport psychology, exercise physiology, and human performance. In addition, this position entails overseeing all program and curricular development, marketing and recruiting students, and the assignment and supervision of graduate research, teaching, and coaching assistantships.

TEACHING

Associate Professor (Ithaca College), Department of Exercise and Sport Sciences: (Assistant Professor: August 1996 – July 2003; Associate Professor August 2003-present). Ithaca College, Ithaca, NY 14850-7193.

Responsibilities include teaching (past and present) the following undergraduate and graduate sport and exercise psychology courses:

Undergraduate Courses:

Leadership/Team Building

Sport and Exercise Psychology

Sport and Exercise Counseling

Graduate Courses:

Leadership in Exercise and Sport
Effective Team Building
Motivation for Superior Performance
Psychological Perspectives
Psychological Applications
Counseling Student-Athletes

Adjunct Instructor, Exercise and Sport Science Department: September 1994 - June 1995. The University of Utah, Salt Lake City, UT 84112.

Adjunct teaching responsibilities included teaching the following undergraduate and graduate courses:

Teaching Responsibilities: 1994-1995
Applied Sport Psychology (Graduate)
Introduction to Sport Psychology
Sport and Social Processes (Graduate)

Graduate Teaching Assistant, Exercise and Sport Science Department: September 1991 - September 1994. The University of Utah, Salt Lake City, UT 84112.

Three year teaching responsibilities included teaching the following undergraduate courses:

Teaching Responsibilities: 1991-1994
Performance Enhancement II
Performance Enhancement I
Sport in American Society (TA)
Sociology of Sport

SCHOLARSHIP

REVIEW BOARD MEMBER, *Applied Research in Coaching and Athletics Annual (ARCAA)*, an annual journal for topics related to the psychology and sociology of coaching, and counseling athletes: August 1999 – August 2005; August 2007 – August 2008. Boston, MA: American Press.

A reviewer of submitted manuscripts related to Applied Psychology of Coaching and Athletics, Applied Sociology of Coaching and Athletics, and Athletic Sports Counseling.

ASSOCIATE EDITOR, *The Coaches Review*, a monthly newsletter publication for coaches: January 1994 - July 1994. Farmington, UT: Performance Publications.

Assisted in the design, layout, and marketing of the newsletter. Specific responsibilities included writing, editing, and summarizing current research articles in the Exercise and Sport Science Fields. Topical areas included Sport Psychology, Sociology, Physiology, Pedagogy, Management, Law, and Nutrition.

RESEARCH PUBLICATIONS

Books:

Shelley, G.A. (in progress). *Coach-up: 50 rules for building committed, confident, and motivated athletes and teams*. Ithaca, NY: Rise Above Performance Publications.

Miner, M.J., **Shelley, G.A.**, & Henschen, K. P. (1999). *Moving toward your potential: The athlete's guide to peak performance* (2nd ed.). Farmington, UT: Performance Publications.

Miner, M.J., **Shelley, G.A.**, & Henschen, K. P. (1995). *Moving toward your potential: The athlete's guide to peak performance*. Farmington, UT: Performance Publications.

Book Chapters:

Henschen, K.P., & **Shelley, G.A.** (2007). Counseling athletes with permanent disabilities. In D. Pargman (Ed.), *Psychological bases of sport injuries* (3rd ed.). Morgantown, WV: Fitness Information Technology.

Shelley, G.A. (1999). Using qualitative case analysis in the study of athletic injury: A model for implementation. In D. Pargman (Ed.), *Psychological bases of sport injuries* (2nd ed., pp. 305-319). Morgantown, WV: Fitness Information Technology.

Henschen, K.P., & **Shelley, G.A.** (1999). Counseling athletes with permanent disabilities. In D. Pargman (Ed.), *Psychological bases of sport injuries* (2nd ed., pp. 255-267). Morgantown, WV: Fitness Information Technology.

Shelley, G.A. (1995). The psychological ramifications of sport injuries. In K.P. Henschen & W.F. Straub (Eds.), *Sport psychology: An analysis of athlete behavior* (3rd ed., pp. 315-330). Longmeadow, MA: Mouvement.

Henschen, K.P., & **Shelley, G.A.** (1993). Counseling athletes with permanent disabilities. In D. Pargman (Ed.), *Psychological bases of sport injuries* (pp. 251-263). Morgantown, WV: Fitness Information Technology.

On-Line Published Articles:

Shelley, G.A. (2012). *Goal getting: A new way to think about goals and goal-setting*. <http://www.championshipcoachesnetwork.com> and/or <http://www.teamcaptainsnetwork.com>

Shelley, G.A. (2011). *Changing perspective: How you handle obstacles and opportunities determines your winning and whining!* <http://www.championshipcoachesnetwork.com> and/or <http://www.teamcaptainsnetwork.com>

Shelley, G.A. (2011). *The top ten lessons from academy leaders: The next generation speaks up*. <http://www.championshipcoachesnetwork.com> and/or <http://www.teamcaptainsnetwork.com>

Shelley, G.A. (2011). *Coaching reminders: 12 overlooked, taken-for-granted, yet fundamental coaching rules (Part I and II)*. <http://www.championshipcoachesnetwork.com> and/or <http://www.teamcaptainsnetwork.com>

Shelley, G.A. (2010). *20 Tips for building championship teams (Part I and II)*. Janssen Sports Leadership Center. <http://www.championshipcoachesnetwork.com> and/or <http://www.teamcaptainsnetwork.com>

Shelley, G.A. & Sager, C (2010). *How to create remarkable and memorable performances*. Janssen Sports Leadership Center. <http://www.championshipcoachesnetwork.com> and/or <http://www.teamcaptainsnetwork.com>

Shelley, G.A. (2010). *Great leaders = great teams: 10 Ways to expand your leadership (Part I & II)*. Janssen Sports Leadership Center. <http://www.championshipcoachesnetwork.com> and/or <http://www.teamcaptainsnetwork.com>

Shelley, G.A. (2010). *11 ways to think more successfully (Part I & II)*. Janssen Sports Leadership Center. <http://www.championshipcoachesnetwork.com> and/or <http://www.teamcaptainsnetwork.com>

Shelley, G.A., & Leonard, J. (2009). *Motivating for the long-term: What's the answer? (Part II)*. Janssen Sports Leadership Center. <http://www.championshipcoachesnetwork.com> and/or <http://www.teamcaptainsnetwork.com>

Shelley, G.A. (2009). *Motivating for the long-term: What's the answer? (Part I)*. Janssen Sports Leadership Center. <http://www.championshipcoachesnetwork.com> and/or <http://www.teamcaptainsnetwork.com>

Shelley, G.A., & Sager, C. (2009). *Coaching the Millennial student-athlete: Part II*. Janssen Sports Leadership Center. <http://www.championshipcoachesnetwork.com> and/or <http://www.teamcaptainsnetwork.com>

Shelley, G.A., & Sager, C. (2009). *Coaching the Millennial student-athlete: Part I*. Janssen Sports Leadership Center. <http://www.championshipcoachesnetwork.com> and/or <http://www.teamcaptainsnetwork.com>

Shelley, G.A. (2009). *The changing of your team . . . Are you ready?* Janssen Sports Leadership Center. <http://www.championshipcoachesnetwork.com> and/or <http://www.teamcaptainsnetwork.com>

Shelley, G.A. (2008). *Five keys for resolving team conflicts*. Janssen Sports Leadership Center. <http://www.championshipcoachesnetwork.com> and/or <http://www.teamcaptainsnetwork.com>

Shelley, G.A. (2008). *10 powerful "people points" for influencing your teammates*. Janssen Sports Leadership Center. <http://www.championshipcoachesnetwork.com> and/or <http://www.teamcaptainsnetwork.com>

Shelley, G.A. (2008). *How's your team trust? 4 ways to build a more trusting team.* Janssen Sports Leadership Center. <http://www.championshipcoachesnetwork.com> and/or <http://www.teamcaptainsnetwork.com>

Shelley, G.A. (2007). *It's all about attitude.* Janssen Sports Leadership Center. <http://www.championshipcoachesnetwork.com> and/or <http://www.teamcaptainsnetwork.com>

Journal Articles:

Blann, W.F., **Shelley, G.A.**, Gates, S.C. (2011). Marketing sport psychology consulting services. *Journal of Sport Psychology in Action*, 2:33-52.

Ives, J.C., & **Shelley, G.A.** (2003). Aroused intentions. *Pure Power*, 10-19.

Gates, S.C., DePalma, M.T., & **Shelley, G.A.** (2003). An investigation of the relationship between visual imagery perspective, kinesthetic imagery, and locus of control. *Applied Research in Coaching and Athletics Annual*, 18, 145-164.

Shelley, G.A., Trowbridge, C., & Detling, N. (2003). Practical counseling skills for athletic therapists. *Athletic Therapy Today*, 8 (2), 57-62.

Ives, J.C., & **Shelley, G.A.** (2003). Psychophysics in functional strength and power training: Review and implementation framework. *The Journal of Strength and Conditioning Research*, 17 (1), 177-186.

Ives, J.C., Straub, W.F., & **Shelley, G.A.** (2002). Enhancing athletic performance using digital video in consulting. *Journal of Applied Sport Psychology*, 14 (3), 237-245.

Ives, J.C., & **Shelley, G.A.** (1998). The Feldenkrais method in rehabilitation: A review. *Work*, 11, 75-90.

Shelley, G.A., & Sherman, C.P. (1997). Communication in coaching and athletics: Guidelines to promote successful interactions. *Applied Research in Coaching and Athletics Annual*, 12, 109-129.

Shelley, G.A., & Henschen, K. (1995). Athletic injuries: Individual and group concerns for the high school coach. *Applied Research in Coaching and Athletics Annual*, 10, 124-140.

Henschen, K., & **Shelley, G.** (1993). Basic mental training. *Norwegian Journal of Sports Medicine*, 4, 6-7.

Henschen, K., & **Shelley, G.** (1993). Why mental training? *Norwegian Journal of Sports Medicine*, 4, 7-8.

Henschen, K., & **Shelley, G.** (1993). Performance enhancement through practical mental skills exercises. *Norwegian Journal of Sports Medicine*, 4, 9-11.

Booth, A., **Shelley, G.**, Mazur, A., Tharp, G., & Kittok, R. (1989). Testosterone, and winning and losing in human competition. *Hormones and Behavior*, 23, 556-571.

Community Work/Publications:

Shelley, G.A., & Bensley, R.J. (1993). *Getting started in curbside recycling*. Kalamazoo, MI: Shelben Enterprises.

Brochures:

Shelley, G.A., & Gates, S.C. (2004). *Athletic injury: What to expect and actions to take*. Brochure available through the Ithaca College Athletic Training room facilities. Ithaca, NY 14853.

Shelley, G.A., Gates, S.C., & Chamberlain, M.W. (2003). *Athletic injury: What to expect and actions to take*. Brochure available through the Cornell Sports Medicine Department and the Cornell University athletic training room facilities. Ithaca, NY 14853.

Shelley, G.A., & Chamberlain, M.W. (1998). *Dealing with your athletic injury*. Brochure available through the Cornell Sports Medicine Department and the Cornell University athletic training room facilities. Ithaca, NY 14853.

Shelley, G.A., & Driscoll, D.L. (1997). *Understanding and coping with your athletic injury*. Brochure available through the Ithaca College Athletic Training room facilities. Ithaca, NY 14850.

Shelley, G.A. (1993). *Understanding the mental aspects of your athletic injury*. Brochure available through the University of Utah Sports Medicine Clinic or the University of Utah athletic training rooms. Quality Press, Inc., Salt Lake City, UT 84103.

Abstracts

Shelley, G., Sager, C., & Dughi, B. (2010). Marketing sports psychology services: Three perspectives on developing a sports consulting business. *2010 Association for Applied Sport Psychology (AASP) Abstracts*, p. 176.

Prior, R., King, D., & Shelley, G. (2010). Get in the hole: Putting putting and achievement motivation in the spotlight. *2010 Association for Applied Sport Psychology (AASP) Abstracts*, p. 100.

McAlarnen, M., & Shelley, G. (2010). Division III male and female student-athletes' definitions of mental toughness. *2010 Association for Applied Sport Psychology (AASP) Abstracts*, p. 88.

Michel, J., Shelley, G., & Gentner, N. (2009). The behaviors of NCAA Sport Captains. *2009 Association for Applied Sport Psychology (AASP) Abstracts*, p. 102.

Delgado, E., Gentner, N., & Shelley, G. (2009). A qualitative investigation of the mental preparation strategies and in-competition thoughts of two-time National Champion rowers. *2009 Association for Applied Sport Psychology (AASP) Abstracts*, p. 46.

- Shelley, G.A.** (2007). Communication 360°: Eight strategies to improve your effectiveness. *2007 Current Issues in Clinical Research Conference (Mayo Medical Clinic Abstracts)*, Minneapolis, MN.
- Shelley, G.A.** (September, 2007). Great leaders = great teams: Ten ways to expand your leadership. *2007 Current Issues in Clinical Research Conference (Mayo Medical Clinic Abstracts)*, Minneapolis, MN.
- Shelley, G.A., Gates, S.C., & Gentner, N.** (2006). A creative approach to mental training: A step-by-step method of teaching mental training to coaches, athletes, and performers. *2006 Association for the Advancement of Applied Sport Psychology (AAASP) Abstracts*, p. 112.
- Nickols, R. & **Shelley, G.A.** (2006). Cognitive and behavioral factors preceding an athlete's current sport season following a previous season ending injury: A qualitative retrospective study. *2006 Association for the Advancement of Applied Sport Psychology (AAASP) Abstracts*, p. 61.
- Lifrak, J.J., & **Shelley, G.A.** (2006). The motivation of America's best professional competition rock climber: A qualitative case study. *2006 Association for the Advancement of Applied Sport Psychology (AAASP) Abstracts*, p. 64.
- Shelley, G.A., Gates, S.C., Dale, G.A., & Naylor, S.L.** (2005). Team consulting: Practical strategies for developing successful and effective group leaders. *2005 Association for the Advancement of Applied Sport Psychology (AAASP) Abstracts*, p. 114.
- Moore, N., Dale, G.A., **Shelley, G.A., & Moore, B.** (2005). The nuts and bolts of building a sport psychology practice. *2005 Association for the Advancement of Applied Sport Psychology (AAASP) Abstracts*, p. 2.
- Gates, S.C., **Shelley, G.A., & VanGorden, K.** (2004). Training the intangibles: Applied practices for consultants, educators, and coaches to assist in developing transferable life skills in students and athletes. *2004 Association for the Advancement of Applied Sport Psychology (AAASP) Abstracts*, p. 99.
- Dale, G.A., Durand-Bush, N., **Shelley, G.A., & Harmison, R.** (2004). Coaching the coaches: Strategies for effectively gaining entry with the "gate keepers". *2004 Association for the Advancement of Applied Sport Psychology (AAASP) Abstracts*, p. 102.
- Lerner, B., **Shelley, G.A., & Dale, G.** (2003). Team building strategies: Consultants' views and strategies for building productive groups. *2003 Association for the Advancement of Applied Sport Psychology (AAASP) Abstracts*, p. 119.
- Gates, S.C., DePalma, M.T., & **Shelley, G.A.** (2003). Examining the use of kinesthetic sensations within internal and external visual imagery perspectives: Implications for applied practice and scientific research. *2003 Association for the Advancement of Applied Sport Psychology (AAASP) Abstracts*, p. 92.

- Vogan, R.R. & **Shelley, G.A.** (2003). Living through a season-ending injury: An exploratory study. *2003 Association for the Advancement of Applied Sport Psychology (AAASP) Abstracts*, p. 104.
- Shelley, G.A.**, Gates, S.C., & Dale, G.A. (2003). Brief counseling: A time-limited strategy for promoting effective performance solutions. *2003 Association for the Advancement of Applied Sport Psychology (AAASP) Abstracts*, p. 117.
- Blann, W., **Shelley, G.A.**, & Gates, S. C. (2003). Developing and implementing a sports consulting marketing plan. *2003 Association for the Advancement of Applied Sport Psychology (AAASP) Abstracts*, pre-conference supplement.
- Lerner, B., **Shelley, G.**, & Mueller, H. (2003). Building and maintaining successful consulting relationships: Consultants' and coaches' views. *2003 Association for the Advancement of Applied Sport Psychology (AAASP) Abstracts*, p. 42.
- Magee, E. & **Shelley, G.** (2003). Communication in sport: Coach-athlete interactions on a division III female track and field team. *2003 Association for the Advancement of Applied Sport Psychology (AAASP) Abstracts*, p. 67-78.
- Detling, N. & **Shelley, G.** (2002). An Assessment of coaches' and athletes' perceptions of coaching behaviors. *2002 Medicine & Science in Sports & Exercise Abstracts*, 34 (5), Supplement, p. MSSE #2.
- Shelley, G.** & Driscoll, D. (2001). Coaching style preferences of soccer athletes on successful division III college teams. *2001 Association for the Advancement of Applied Sport Psychology (AAASP) Abstracts*.
- Shelley, G.**, Vogan, R., & Valone Bell, C. (2000). Developing and conducting an applied coach-training workshop: Strategies for a successful outcome. *2000 Association for the Advancement of Applied Sport Psychology (AAASP) Abstracts*, p. 95.
- Hummel, C. & **Shelley, G.** (2000). Describing the division III Christian student-athlete: A qualitative exploratory study. *2000 Association for the Advancement of Applied Sport Psychology (AAASP) Abstracts*, p. 79.
- Valone Bell, C., Vogan, R., & **Shelley, G.** (2000). Understanding and promoting effective mental training programs: A model for athletes and coaches. *2000 Association for the Advancement of Applied Sport Psychology (AAASP) Abstracts*, p. 67.
- Detling, N., **Shelley, G.**, Smith, A., Dale, G., & Zaichkowsky, L., (2000). Bridging the gap: Integrating research into practice. *2000 Association for the Advancement of Applied Sport Psychology (AAASP) Abstracts*, p. 15.
- Poczwadowski, A., Dale, G., Conroy, D., **Shelley, G.**, & Gould, D. (2000). Qualitative research methods in sport psychology: Questions About the transition into the 21 century. *2000 Association for the Advancement of Applied Sport Psychology (AAASP) Abstracts*, p. 8.

- Blann, W. & **Shelley, G.A.** (1999). Marketing sport psychology services. *1999 Association for the Advancement of Applied Sport Psychology (AAASP) Abstracts*, p. 100.
- Detling, N., Maniar, S., Maltbie, R., Avondoglio, J., Howland, B., Cohen, B., & **Shelley, G.** (1999). Graduate students speak out: Erudition and implications. *1999 Association for the Advancement of Applied Sport Psychology (AAASP) Abstracts*, p. 24.
- Shelley, G.A.** & Dale, G. A. (1999). Using qualitative inquiry in applied sport psychology research: Understanding the various paradigms. *1999 Association for the Advancement of Applied Sport Psychology (AAASP) Abstracts*, p. 31.
- McGowan, R., **Shelley, G.**, Detling, N., & Stawinski, S. (1999). Affects and attributions following ruminations of success and failure in sport in female and male secondary school athletes: A cross-cultural perspective. *1999 Association for the Advancement of Applied Sport Psychology (AAASP) Abstracts*, p. 37.
- Stawinski, S. & **Shelley, G.A.** (1999). An exploratory study assessing the effectiveness of a psychological distress checklist for injured athletes used by sports medicine providers. *1999 Association for the Advancement of Applied Sport Psychology (AAASP) Abstracts*, p. 79.
- Howland, B. & **Shelley, G.** (1999). Career termination from intercollegiate athletics: The experience of former division III Female athletics. *1999 Association for the Advancement of Applied Sport Psychology (AAASP) Abstracts*, p. 90.
- Detling, N. & **Shelley, G.** (1999). Coaches' and athletes' perceptions of coaching behaviors: A phenomenological study. *1999 Association for the Advancement of Applied Sport Psychology (AAASP) Abstracts*, p. 72.
- Shelley, G.**, Howland, B., & Detling, N. (1999). Promoting coaching effectiveness: Integrating sport counseling skills and combating burnout. *1999 AAHPERD National Convention & Exposition Program Abstracts*, 137, p.36.
- Shelley, G.A.**, & Poczwardowski, A. (1998). Qualitative methodologies in applied sport psychology: A phenomenological research model. *Journal of Applied Sport Psychology: 1998 AAASP Abstracts*, 10, S78.
- Butler, K.C. & **Shelley, G.A.** (1998). Team goal setting and its influences on team cohesion: A phenomenological study. *Journal of Applied Sport Psychology: 1998 AAASP Abstracts*, 10, S103.
- Detling, N.J., Howland, B.A., & **Shelley, G.A.** (1998). A supplemental basketball guide. *Journal of Applied Sport Psychology: 1998 AAASP Abstracts*, 10, S148.
- Poczwardowski, A., Sherman, C., Henschen, K., Gordin, R., Ravizza, K., & **Shelley, G.** (1998). Making sport psychology consulting effective: Demonstrations from applied sport psychology classes. *Journal of Applied Sport Psychology: 1998 AAASP Abstracts*, 10, S169.

- Shelley, G.A.** (1997). Coach-athlete communication: A workshop in facilitating effective communication in sport. *1997 AAHPERD National Convention & Exposition Program Abstracts*, 228, p. 61.
- Shelley, G.A., & Sherman, C.P.** (1996). The sport injury experience: A qualitative case study. *Journal of Applied Sport Psychology: 1996 AAASP Abstracts*, 8, S164.
- Shelley, G.A., & Carroll, S.A.** (1996). Athletic injury: A qualitative, retrospective case study. *Journal of Applied Sport Psychology: 1996 AAASP Abstracts*, 8, S162.
- Sherman, C.P., **Shelley, G.A.**, & Henschen, K. P. (1996). The sport psychology graduate student internship: Current program trends, faculty/mentor attitudes, and future directions. *Journal of Applied Sport Psychology: 1996 AAASP Abstracts*, 8, S80.
- Shelley, G.A.**, Miner, M. J., & Sherman C.P. (1996). Men working in women's athletics: Perspectives and strategies. *1996 AAHPERD National Convention & Exposition Program Abstracts*, 111, p. 57.
- Miner, M.J., & **Shelley, G.A.** (1996). Performance enhancement for coaches: Designing and implementing. *1996 AAHPERD National Convention & Exposition Program Abstracts*, 128, p. 62.
- Miner, M. J., & **Shelley, G.A.** (1995). Offering performance enhancement services to high school athletes, teams, and coaches. *Journal of Applied Sport Psychology: 1995 AAASP Abstracts*, 7, S93.
- Shelley, G.A.** (1994). Athletic injuries: The psychological perspectives of high school athletes. *1994 AAASP Program Abstracts: Ninth Annual Conference*, p. 207.

International Proceedings:

- McGowan, R.W., **Shelley, G.A.**, Detling, N.J., & Stawinski, S.C. (1999). Affects and attributions following ruminations of success and failure in sport in junior and senior secondary school athletes: A cross-cultural perspective. *Proceedings of The Third World Congress on Mental Training*, 76-78. Salt Lake City, UT. May 22, 1999.
- Shelley, G.A.**, Detling, N.J., Howland, B.A., & Blann, W. (1999). Promoting excellence in the transition process for current professional women team sport athletes: An exploratory analysis. *Proceedings of The Third World Congress on Mental Training*, 116-119. Salt Lake City, UT. May 21, 1999.
- Shelley, G.A.** (1999). Important concepts of excellence in the healing process. *Proceedings of The Third World Congress on Mental Training*, 101-104. Salt Lake City, UT. May 20, 1999.
- Henschen, K., & **Shelley, G.A.** (1993). Counseling athletes with permanent disabilities. *Proceedings of the VIII World Congress of Sport Psychology*, pp. 577-581.

Newsletter Supplements:

- Shelley, G.A.** (1994). Nutritional guidelines for athletes too! In M. J. Miner and G. A. Shelley (Eds.), *The Coaches Review*, 1(1), 2.
- Shelley, G.A.** (1994). What are the energy needs of your sport? In M. J. Miner and G. A. Shelley (Eds.), *The Coaches Review*, 1(1), 3.
- Shelley, G.A.** (1994). Psychological concerns of injured athletes. In M. J. Miner and G. A. Shelley (Eds.), *The Coaches Review*, 1(1), 6.
- Shelley, G.A.** (1994). Mental skills training: Part 1 of 2. In M. J. Miner and G. A. Shelley (Eds.), *The Coaches Review*, 1(1), 7.
- Shelley, G.A.** (1994). Carbohydrate loading. In M. J. Miner and G. A. Shelley (Eds.), *The Coaches Review*, 1(2), 2.
- Shelley, G.A.** (1994). Principles of weight training. In M. J. Miner and G. A. Shelley (Eds.), *The Coaches Review*, 1(2), 3.
- Shelley, G.A.** (1994). Students or athletes: Who are they really? In M. J. Miner and G. A. Shelley (Eds.), *The Coaches Review*, 1(2), 5.
- Shelley, G.A.** (1994). Recognizing eating disorders. In M. J. Miner and G. A. Shelley (Eds.), *The Coaches Review*, 1(2), 6.
- Shelley, G.A.** (1994). Mental skills training: Part 2 of 2. In M. J. Miner and G. A. Shelley (Eds.), *The Coaches Review*, 1(2), 7.
- Shelley, G.A.** (1994). Water and performance. In M. J. Miner and G. A. Shelley (Eds.), *The Coaches Review*, 1(3), 1.
- Shelley, G.A.** (1994). Plyometrics to enhance skill. In M. J. Miner and G. A. Shelley (Eds.), *The Coaches Review*, 1(3), 3.
- Shelley, G.A.** (1994). Confronting racism in sport. In M. J. Miner and G. A. Shelley (Eds.), *The Coaches Review*, 1(3), 5.
- Shelley, G.A.** (1994). Choosing a team doctor. In M. J. Miner and G. A. Shelley (Eds.), *The Coaches Review*, 1(3), 6.
- Shelley, G.A.** (1994). Stages in team development. In M. J. Miner and G. A. Shelley (Eds.), *The Coaches Review*, 1(3), 7.
- Shelley, G.A.** (1994). The pregame meal. In M. J. Miner and G. A. Shelley (Eds.), *The Coaches Review*, 1(4), 2.
- Shelley, G.A.** (1994). Specificity. In M. J. Miner and G. A. Shelley (Eds.), *The Coaches Review*, 1(4), 3.

- Shelley, G.A.** (1994). From rice to price in treating injuries. In M. J. Miner and G. A. Shelley (Eds.), *The Coaches Review*, 1(4), 6.
- Shelley, G.A.** (1994). Amenorrhea: What are the signs? In M. J. Miner and G. A. Shelley (Eds.), *The Coaches Review*, 1(5), 2.
- Shelley, G.A.** (1994). Body fat. In M. J. Miner and G. A. Shelley (Eds.), *The Coaches Review*, 1(5), 3.
- Shelley, G.A.** (1994). Theories of sport in society. In M. J. Miner and G. A. Shelley (Eds.), *The Coaches Review*, 1(5), 5.
- Shelley, G.A.** (1994). Treating ankle sprains. In M. J. Miner and G. A. Shelley (Eds.), *The Coaches Review*, 1(5), 6.
- Shelley, G.A.** (1994). Principles of effective communication. In M. J. Miner and G. A. Shelley (Eds.), *The Coaches Review*, 1(5), 7.

PRESENTATIONS

2011 Team/Coach Presentations

Georgetown University Athletics - 18 team/coach presentations
Colgate University Athletics - 33 team/coach presentations
Lafayette University - 9 team/coach presentations
University of Delaware - 4 team/coach presentations
Carnegie Mellon University Athletics - 12 team/coach presentations
Binghamton University Athletics - 2 team/coach presentations
Sacred Heart University – 2 team/coach presentations
Hobart College Athletics - 27 team/coach presentations
Ithaca College Athletics - 4 team/coach presentations
Rochester Institute of Technology (RIT) Athletics - 8 team/coach presentations
Columbia High School (NY) - 1 half-day team coach presentation

Total 2011 Presentations = 120

Shelley, G., (2011). *Developing the next generation student-athlete leader*. Workshop presentation to the Lafayette Board of Directors, March 25; Lafayette College, Easton, PA.

Shelley, G., (2011). *Coach up: Developing a culture of mental toughness and leadership*. Half-day workshop presentation to the USA Women's Ice Hockey coaches, July 21; Rochester, NY.

2010 Team/Coach Presentations

Georgetown University Athletics - 20 team/coach presentations
Colgate University Athletics - 38 team/coach presentations
Lafayette University - 4 team/coach presentations
Carnegie Mellon University Athletics - 11 team/coach presentations
Binghamton University Athletics - 2 team/coach presentations
Hobart College Athletics - 19 team/coach presentations
William Smith College Athletics - 8 team/coach presentations
Ithaca College Athletics - 6 team/coach presentations
Rochester Institute of Technology (RIT) Athletics - 17 team/coach presentations

Total 2010 Presentations = 125

Shelley, G., Sager, C. & Dughi, B. (October, 2010). *Marketing sports psychology services: Three perspectives on developing a sports consulting business*. Workshop presentation at the 2010 Association for Applied Sport Psychology (AASP) Annual National Convention; Providence, Rhode Island.

Prior, R., King, D., & Shelley, G. (October, 2010). *Get in the hole: Putting putting and achievement motivation in the spotlight*. Poster presentation at the 2010 Association for Applied Sport Psychology (AASP) Annual National Convention; Providence, Rhode Island.

McAlarnen, M., & Shelley, G. (October, 2010). *Division III male and female student-athletes' definitions of mental toughness*. Poster presentation at the 2010 Association for Applied Sport Psychology (AASP) Annual National Convention; Providence, Rhode Island.

2009 Team/Coach Presentations

Wake Forest University Athletics - 12 team/coach presentations
Georgetown University Athletics - 16 team/coach presentations
Colgate University Athletics - 36 team/coach presentations
Cornell Athletics - 3 team/coach presentations
Carnegie Mellon University Athletics - 13 team/coach presentations
Binghamton University Athletics - 2 team/coach presentations
Hobart College Athletics - 6 team/coach presentations
William Smith College Athletics - 14 team/coach presentations
Ithaca College Athletics - 6 team/coach presentations
Rochester Institute of Technology (RIT) Athletics - 28 team/coach presentations
Cazenovia High School - 1 team presentation

Total 2009 Presentations = 137

Delgado, E., Gentner, N., & Shelley, G. (September, 2009). *A qualitative investigation of the mental preparation strategies and in-competition thoughts of two-time National Champion rowers*. Lecture presentation at the 2009 Association for Applied Sport Psychology (AASP) Annual National Convention; Salt Lake City, Utah.

Michel, J., Shelley, G., & Gentner, N. (September, 2009). *The behaviors of NCAA sport captains*. Poster presentation at the 2009 Association for Applied Sport Psychology (AASP) Annual National Convention; Salt Lake City, Utah.

2008 Team/Coach Presentations

Wake Forest University Athletics - 18 team/coach presentations
Georgetown University Athletics - 7 team/coach presentations
Colgate University Athletics - 5 team/coach presentations
Carnegie Mellon University Athletics - 26 team/coach presentations
Binghamton University Athletics - 3 team/coach presentations
Hobart College Athletics - 5 team/coach presentations
William Smith College Athletics - 21 team/coach presentations
Ithaca College Athletics - 8 team/coach presentations
Rochester Institute of Technology (RIT) Athletics - 44 team/coach presentations
Spectrum Health Research Conference - 1 conference presentation

Total 2008 Presentations = 138

Shelley, G.A. (October, 2007). *No one can know it all or do it all: But . . . What can we do as a team?* Workshop presented to the Office of Information Technology Services at Ithaca College; Ithaca, NY.

Shelley, G.A. (September, 2007). *Communication 360°: Eight strategies to improve your effectiveness*. Workshop presented at the 2007 Current Issues in Clinical Research conference at the Mayo Medical Clinic; Minneapolis, MN.

Shelley, G.A. (September, 2007). *Great leaders = great teams: Ten ways to expand your leadership*. Workshop presented at the 2007 Current Issues in Clinical Research conference at the Mayo Medical Clinic; Minneapolis, MN.

Shelley, G.A. (July, 2007). *Hello! I am supposed to be leading a team . . . Can I get a little help here?* Workshop presented for the University Athletic Association; Pittsburgh, PA.

Shelley, G.A. (June, 2007). *Mental training for musicians: Skills to perform with confidence and consistency*. Workshop presented to participants of the Healthy Musician conference at Ithaca College; Ithaca, NY.

Shelley, G.A. (June, 2007). *Teamwork: Building a productive group from the inside out*. Workshop presented to the Office of Information Technology Services at Ithaca College; Ithaca, NY.

Shelley, G.A., Gates, S.C., & Gentner, N. (2006). *A creative approach to mental training: A step-by-step method of teaching mental training to coaches, athletes, and performers*. Workshop presentation at the 2006 Association for the Advancement of Applied Sport Psychology (AAASP) Annual National Convention; Miami, FL (September 28, 2006).

- Nickols, R. & **Shelley, G.A.** (2006). *Cognitive and behavioral factors preceding an athlete's current sport season following a previous season ending injury: A qualitative retrospective study*. Poster board presentation at the 2006 Association for the Advancement of Applied Sport Psychology (AAASP) Annual National Convention; Miami, FL (September 28, 2006).
- Lifrak, J.J., & **Shelley, G.A.** (2006). *The motivation of America's best professional competition rock climber: A qualitative case study*. Poster board presentation at the 2006 Association for the Advancement of Applied Sport Psychology (AAASP) Annual National Convention; Miami, FL (September 28, 2006).
- Shelley, G.A.** (2005). *Looking forward: Influence for the future*. Keynote address for the Ithaca College December Reception for Graduates, Ithaca College; Ithaca, NY (December 11, 2005).
- Shelley, G.A.**, Gates, S.C., Dale, G.A., & Naylor, S.L. (2005). *Team consulting: Practical strategies for developing successful and effective group leaders*. Workshop presentation at the 2005 Association for the Advancement of Applied Sport Psychology (AAASP) Annual National Convention; Vancouver, Canada (October 27, 2005).
- Moore, N., Dale, G.A., **Shelley, G.A.**, & Moore, B. (2005). *The nuts and bolts of building a sport psychology practice*. Workshop presentation at the 2005 Association for the Advancement of Applied Sport Psychology (AAASP) Annual National Convention; Vancouver, Canada (October 27, 2005).
- Dale, G.A., Durand-Bush, N., **Shelley, G.A.**, & Harmison, R. (2004). *Coaching the coaches: Strategies for effectively gaining entry with the "gate keepers"*. Workshop presentation at the 2004 Association for the Advancement of Applied Sport Psychology (AAASP) Annual National Convention; Minneapolis, MN (October 2, 2004).
- Gates, S.C., **Shelley, G.A.**, & VanGorden, K. (2004). *Training the intangibles: Applied practices for consultants, educators, and coaches to assist in developing transferable life skills in students and athletes*. Workshop presentation at the 2004 Association for the Advancement of Applied Sport Psychology (AAASP) Annual National Convention; Minneapolis, MN (September 30, 2004).
- Shelley, G.A.** (2003). *Applied sport psychology in the Exercise and Sport Sciences: A consultant's view*. Lecture and workshop presentation at the 2003 Mid-Atlantic Regional Chapter (MARC) of the American College of Sports Medicine Conference (ACSM); Bushkill, PA (October 31, 2003).
- Lerner, B., **Shelley, G.A.**, & Dale, G. (2003). *Team building strategies: Consultants' views and strategies for building productive groups*. Workshop presentation at the 2003 Association for the Advancement of Applied Sport Psychology (AAASP) Annual National Convention; Philadelphia, PA (October 11, 2003).

- Gates, S.C., DePalma, M.T., & **Shelley, G.A.** (2003). *Examining the use of kinesthetic sensations within internal and external visual imagery perspectives: Implications for applied practice and scientific research*. Poster board presentation at the 2003 Association for the Advancement of Applied Sport Psychology (AAASP) Annual National Convention; Philadelphia, PA (October 11, 2003).
- Vogan, R.R., & **Shelley, G.A.** (2003). *Living through a season-ending injury: An exploratory study*. Poster board presentation at the 2003 Association for the Advancement of Applied Sport Psychology (AAASP) Annual National Convention; Philadelphia, PA (October 11, 2003).
- Shelley, G.A.**, Gates, S.C., & Dale, G.A. (2003). *Brief counseling: A time-limited strategy for promoting effective performance solutions*. Workshop presentation at the 2003 Association for the Advancement of Applied Sport Psychology (AAASP) Annual National Convention; Philadelphia, PA (October 9, 2003).
- Blann, W., **Shelley, G.A.**, & Gates, S.C. (2003). *Developing and implementing a sports consulting marketing plan*. Pre-conference workshop presentation at the 2003 Association for the Advancement of Applied Sport Psychology (AAASP) Annual National Convention; Philadelphia, PA (October 9, 2003).
- *Detling, N., & **Shelley, G.A.** (2002). *An assessment of coaches' and athletes' perceptions of coaching behaviors*. Poster board presentation at the Sixth IOC World Congress on Sport Sciences; St. Louis, MO (May, 2002). * A Behavioral Section Award Finalist.
- Lerner, B., **Shelley, G.**, & Mueller, H. (2002). *Building and maintaining successful consulting relationships: Consultants' and coaches' views*. Colloquium presentation at the 2002 Association for the Advancement of Applied Sport Psychology (AAASP) Annual National Convention; Tucson, AZ (November 1, 2002).
- Magee, E., & **Shelley, G.** (2002). *Communication in sport: Coach-athlete interactions on a division III female track and field team*. Poster board presentation at the 2002 Association for the Advancement of Applied Sport Psychology (AAASP) Annual National Convention; Tucson, AZ (October 31, 2002).
- Shelley, G.A.** (2002). *Effective leadership: Will you make the choice?* Keynote address at the Vermont State Athletic Directors' Association - Athletic Leadership Conference; Burlington, VT (March 12-13, 2002).
- Shelley, G.A.**, & Driscoll, D. (2001). *Coaching style preferences of soccer athletes on successful division III college teams*. Poster board presentation at the 2001 Association for the Advancement of Applied Sport Psychology (AAASP) Annual National Convention; Orlando, FL (October 4, 2001).
- Giges, B., & **Shelley, G.A.**, (2001). *Consultant's self-awareness in sport psychology consultation*. Symposium presentation at The Eighteenth Annual Conference on Counseling Athletes; Springfield, MA (June 16, 2001).

- Shelley, G.A., & Stawinski, S.C.** (2001). *Leadership training and development for coaches, athletes, and administrators: From theory to discussion to application*. Workshop presentation at The Eighteenth Annual Conference on Counseling Athletes; Springfield, MA (June 16, 2001).
- Stawinski, S.C., & **Shelley, G.A.**, (2001). *Pilot study: Development of an alcohol and drug education program for a division I university*. Workshop presentation at The Eighteenth Annual Conference on Counseling Athletes; Springfield, MA (June 17, 2001).
- Howland, B.A., & **Shelley, G.A.** (2001). *Career termination and transition from intercollegiate athletics: The experience of former division III female athletes*. Symposium presentation at the Central New York Research Symposium, Syracuse University; Syracuse, NY (April, 6, 2001).
- Shelley, G.A.** (2000). *From theory to research to practice: Developing and applying mental and coach-training programs and strategies*. Symposium presentation at the 2000 Association for the Advancement of Applied Sport Psychology (AAASP) Annual National Convention; Nashville, TN (October 20, 2000).
- Shelley, G.A.**, Vogan, R., & Valone Bell, C. (2000). *Developing and conducting an applied coach-training workshop: Strategies for a successful outcome*. Workshop presentation at the 2000 Association for the Advancement of Applied Sport Psychology (AAASP) Annual National Convention; Nashville, TN (October 20, 2000).
- Hummel, C., & **Shelley, G.A.** (2000). *Describing the division III Christian student-athlete: A qualitative exploratory study*. Poster board presentation at the 2000 Association for the Advancement of Applied Sport Psychology (AAASP) Annual National Convention; Nashville, TN (October 20, 2000).
- Dale, G.A., & **Shelley, G.A.** (2000). *Research in sport psychology: Allowing the questions we ask to dictate the methodologies we use*. Symposium presentation at the 2000 Association for the Advancement of Applied Sport Psychology (AAASP) Annual National Convention; Nashville, TN (October 19, 2000).
- Valone Bell, C., Vogan, R., & **Shelley, G.A.** (2000). *Understanding and promoting effective mental training programs: A model for athletes and coaches*. Poster board presentation at the 2000 Association for the Advancement of Applied Sport Psychology (AAASP) Annual National Convention; Nashville, TN (October 19, 2000).
- Blann, W., & **Shelley, G.A.** (1999). *Marketing sport psychology services*. Workshop presentation at the 1999 Association for the Advancement of Applied Sport Psychology (AAASP) Annual National Convention; Banff, Alberta, Canada (September 26, 1999).

- Detling, N., Maniar, S., Maltbie, R., Avondoglio, J., Howland, B., Cohen, B., & **Shelley, G.** (1999). *Graduate students speak out: Erudition and implications*. Panel discussion at the 1999 Association for the Advancement of Applied Sport Psychology (AAASP) Annual National Convention; Banff, Alberta, Canada (September 26, 1999).
- Shelley, G.A., & Dale, G.A. (1999). *Using qualitative inquiry in applied sport psychology research: Understanding the various paradigms*. Colloquium presentation at the 1999 Association for the Advancement of Applied Sport Psychology (AAASP) Annual National Convention; Banff, Alberta, Canada (September 25, 1999).
- McGowan, R., **Shelley, G.**, Detling, N., & Stawinski, S. (1999). *Affects and attributions following ruminations of success and failure in sport in female and male secondary school athletes: A cross-cultural perspective*. Lecture presentation at the 1999 Association for the Advancement of Applied Sport Psychology (AAASP) Annual National Convention; Banff, Alberta, Canada (September 25, 1999).
- Stawinski, S., & **Shelley, G.A.** (1999). *An exploratory study assessing the effectiveness of a psychological distress checklist for injured athletes used by sports medicine providers*. Poster board presentation at the 1999 Association for the Advancement of Applied Sport Psychology (AAASP) Annual National Convention; Banff, Alberta, Canada (September 24, 1999).
- Howland, B. & **Shelley, G.** (1999). *Career termination from intercollegiate athletics: The experience of former division III female athletics*. Poster board presentation at the 1999 Association for the Advancement of Applied Sport Psychology (AAASP) Annual National Convention; Banff, Alberta, Canada (September 24, 1999).
- Detling, N. & **Shelley, G.** (1999). *Coaches' and athletes' perceptions of coaching behaviors: A phenomenological study*. Poster board presentation at the 1999 Association for the Advancement of Applied Sport Psychology (AAASP) Annual National Convention; Banff, Alberta, Canada (September 23, 1999).
- McGowan, R.W., **Shelley, G.A.**, Detling, N.J., & Stawinski, S.C. (1999). *Affect and attributions following ruminations of success and failure: Effects in high school athletes*. Lecture presentation at The Sixteenth Annual Conference on Counseling Student Athletes, Springfield College; Springfield, MA (May 29, 1999).
- Shelley, G.A.** (1999). *Permanent disabilities: Counseling strategies for working with athletes*. Lecture presentation at The Sixteenth Annual Conference on Counseling Student Athletes, Springfield College; Springfield, MA (May 29, 1999).
- Shelley, G.**, Howland, B., & Detling, N. (1999). *Promoting coaching effectiveness: Integrating sport counseling skills and combating burnout*. Lecture and workshop presentation at the 1999 American Alliance for Health, Physical Education, Recreation, and Dance (AAHPERD) National Convention; Boston, MA (April 20, 1999).

- Detling, N.J. & **Shelley, G.A.** (1999). *Assessing and combating burnout*. Lecture presentation at the Central South Zone of New York State Alliance of Health, Physical Education, Recreation and Dance (NYSAPERD) Conference, Ithaca College; Ithaca, NY (March 19, 1999).
- Shelley, G.** & Poczwardowski, A. (1998). *Qualitative methodologies in applied sport psychology: A phenomenological research model*. Colloquium presentation at the 1998 Association for the Advancement of Applied Sport Psychology (AAASP) conference; Cape Cod, MA (September 24, 1998).
- Butler, K.C., & **Shelley, G.A.** (1998). *Team goal setting and its influences on team cohesion: A phenomenological study*. Poster board presentation at the 1998 Association for the Advancement of Applied Sport Psychology (AAASP) Annual National Convention; Cape Cod, MA (September 24, 1998).
- Detling, N.J., Howland, B.A., & **Shelley, G.A.** (1998). *A suppleMENTAL basketball guide*. Poster board presentation at the 1998 Association for the Advancement of Applied Sport Psychology (AAASP) Annual National Convention; Cape Cod, MA (September 25, 1998).
- Poczwardowski, A., Sherman, C., Henschen, K., Gordin, R., Ravizza, K., & **Shelley, G.** (1998). *Making sport psychology consulting effective: Demonstrations from applied psychology classes*. Workshop presentation at the 1998 Association for the Advancement of Applied Sport Psychology (AAASP) Annual National Convention; Cape Cod, MA (September 27, 1998).
- Shelley, G.A.** (1998). *A three phase model for counseling injured athletes*. Presentation at The Fifteenth Annual Conference on Counseling Student Athletes, Springfield College; Springfield, MA (May 30, 1998).
- Blann, W., **Shelley, G.** (1998). *Australian athletes career development and transition*. Presentation at the Second Annual Eastern Canada Sport and Exercise Psychology Symposium (ECSEPS), The University of Ottawa, Ottawa; Ontario, Canada (March 21, 1998).
- Howland, B.A., Detling, N.J. & **Shelley, G.A.** (1998). *A qualitative case study of the athletic injury experience*. Presentation at the Second Annual Eastern Canada Sport and Exercise Psychology Symposium (ECSEPS), The University of Ottawa; Ottawa, Ontario, Canada (March 21, 1998).
- Howland, B.A., Detling, N.J. & **Shelley, G.A.** (1998). *Assessing and improving coach-athlete communication*. Workshop presentation at the Central South Zone of New York State Alliance of Health, Physical Education, Recreation and Dance (NYSAPERD) Conference, Ithaca College; Ithaca, NY (March 20, 1998).
- Shelley, G.A.** (1997). *Coach-athlete communication: A workshop in facilitating effective communication in sport*. Workshop presentation at the 1997 American Alliance for Health, Physical Education, Recreation, and Dance (AAHPERD) National Convention; St. Louis, MO (March 21, 1997).

- Sherman, C.P., **Shelley, G.A.** & Henschen, K.P. (1996). *The sport psychology graduate student internship: Current program trends, faculty/mentor attitudes, and future directions*. Colloquium presentation at the Association for the Advancement of Applied Sport Psychology (AAASP) Annual National Convention; Williamsburg, VA (October 16-20).
- Shelley, G.A.** & Carroll, S.A. (1996). *Athletic injury: A qualitative, retrospective case study*. Poster board presentation at the Association for the Advancement of Applied Sport Psychology (AAASP) Annual National Convention; Williamsburg, VA (October 16-20).
- Shelley, G.A.** & Sherman, C.P. (1996). *The athletic injury experience: A qualitative case study*. Poster board presentation at the Association for the Advancement of Applied Sport Psychology (AAASP) Annual National Convention; Williamsburg, VA (October 16-20).
- Miner, M.J. & **Shelley, G.A.** (1996). *Applied sport psychology in the high school setting*. Workshop presentation at the 1996 University of Utah, Department of Exercise and Sport Science - Sport and Exercise Psychology Symposium; Salt Lake City, UT (May 11, 1996).
- Shelley, G.A.**, Miner, M.J. & Sherman, C.P. (1996). *Men working in women's athletics: Perspectives and strategies*. Half -day workshop presentation at the 1996 American Alliance for Health, Physical Education, Recreation, and Dance (AAHPERD) National Convention; Atlanta GA (April 16, 1996).
- Miner, M.J., **Shelley, G.A.** & Barber, L.H. (1996). *Performance enhancement for coaches: Designing and implementing mental training programs using materials and resources that work*. Half -day workshop presentation at the 1996 American Alliance for Health, Physical Education, Recreation, and Dance (AAHPERD) National Convention; Atlanta, GA (April 16, 1996).
- Shelley, G.A.** (1996). *Sport psychology: Skills to enhance performance - Part II*. Workshop presentation at Highland High School; Salt Lake City, UT (April 10, 1996).
- Shelley, G.A.** (1996). *Sport psychology: Skills to enhance performance - Part I*. Workshop presentation at Highland High School; Salt Lake City, UT (April 8, 1996).
- Shelley, G.A.** & Sherman, C.P. (1996). *Communication in coaching: A workshop in facilitating effective coach-athlete communication*. Workshop presentation at the 1996 Utah Alliance for Health, Physical Education, Recreation, and Dance (UAHPERD) Convention; Orem, UT (March 2, 1996).
- Shelley, G.A.** (1996). *The mental game of softball*. Presentation at the Rowland Hall Saint Mark's (RHSM) Winter Softball Clinic: Rowland Hall Saint Mark's High School Gymnasium; Salt Lake City, UT (January 27, 1996).

- Miner, M.J. & Shelley, G.A. (1995). *Offering performance enhancement services to high school athletes, teams, and coaches*. Workshop presentation at the Association for the Advancement of Applied Sport Psychology (AAASP) Annual Convention; New Orleans, LA (September 27, 1995).
- Shelley, G.A. (1995). *Balancing sports and academics*. Presentation at the Rowland Hall Saint Mark's (RHSM) annual parents meeting, Rowland Hall Saint Mark's High School; Salt Lake City, UT (August 22, 1995).
- Shelley, G.A. (1995). *Supporting your superstar*. Presentation at the Intermountain Christian School (ICS) annual parents meeting, Intermountain Christian High School; Salt Lake City, UT (August 17, 1995).
- Shelley, G.A. (1995). *Parental influence: Communicating with and supporting your kids*. Presentation at the Hillcrest High School parents and coaches meeting, Hillcrest High School; Salt Lake City, UT (January 25, 1995).
- Shelley, G.A. (1994). *Athletic injuries: The psychological perspectives of high school athletes*. Poster board presentation at the Association for the Advancement of Applied Sport Psychology (AAASP) National Convention; Incline Village-Lake Tahoe, NV (October 7, 1994).
- Shelley, G.A. (1994). *The role of sport in life and the role of parents in sport*. Presentation at the Youth Education Through Sports (YES): National Collegiate Athletic Association (NCAA) National Gymnastics Championships; Salt Lake City, UT (April 23, 1994).
- Shelley, G.A. (1994). *Understanding the mental aspects of athletic injuries*. Lecture presentation at the Annual Southwest District American Alliance for Health, Physical Education, Recreation, and Dance (SWDAAHPERD) Convention; Salt Lake City, UT (February 9, 1994).
- Shelley, G.A. (1993). *Sport psychology: Application beyond sport*. Presentation at the Sparta '79 Classic, Utah Youth Soccer Association coaches and parents meeting; Sandy City, UT (August 24, 1993).
- Henschen, K.P. & Shelley, G.A. (1993). *Counseling athletes with injuries*. Presentation at the VIII World Congress of Sport Psychology; Lisbon, Portugal (June 23, 1993).
- Shelley, G.A. (1993). *Mental training strategies for youth soccer*. Presentation at the Sparta '79 Classic, Utah Youth Soccer Association; Sandy City, UT (February 15, 1993).
- Shelley, G.A. (1990). *Sport psychology and the injured athlete*. Lunch hour seminar presentation at the University of Iowa Hospitals and Clinics, Department of Physical Therapy; Iowa City, IA (March 5, 1990).

SERVICE

ITHACA COLLEGE *HSHP* and *ALL-COLLEGE* COMMITTEE MEMBERSHIP

- Member: HSHP Personnel Committee (Fall 2011 – present).
- Member: Counseling Center Advisory Board, Ithaca College (Fall 2001 – Fall 2007).
- Member: All-College Graduate Council, Ithaca College (Fall 2003 - Fall 2005).
- Member: Graduate Committee, School of Health Sciences and Human Performance (Fall 2003 - Fall 2005).
- Member: Faculty Justices Committee: Ithaca College Conduct Review Board (Fall 1997 - Fall 2004).
- Member: Calendar Committee, Ithaca College (Spring 2003).
- Member: Animal Welfare Committee, Ithaca College (Fall 1997 – Fall 2003).
- Member: Center for Faculty Research and Development (CFRD) Review Committee, Ithaca College (Fall 2001).
- Member: Chapel Board of Directors (Treasurer), Ithaca College (Fall 1998 - Spring 2000).
- Member: Rape Awareness Committee, Ithaca College (Fall 1997 - Spring 1999).
- Member: Eating Disorders Task Force, Ithaca College Athletic Department (Spring 1998 - Fall 1998).

SERVICES TO ITHACA COLLEGE/COMMUNITY

- Faculty Advisor for Lifelines Ministry – Ithaca College (Fall 2010-present)
- Head Coach: Trumansburg 12U Travel Basketball; Trumansburg, NY (Fall 2011-present).
- Assistant Football Coach: Trumansburg Major League; Trumansburg, NY (Fall 2011).
- Head Baseball Coach: Ithaca City Youth Majors Baseball; Ithaca, NY (Summer, 2011).
- Assistant Football Coach: Trumansburg Minor League; Trumansburg, NY (Fall 2010).
- Assistant Baseball Coach: Ithaca City Youth Minors Baseball; Ithaca, NY (Summer, 2010).
- Assistant Softball Coach: Trumansburg Middle School; Trumansburg, NY (Summer 2010).
- Head Girls Basketball Coach: Ithaca City Youth Basketball; Ithaca, NY (Winter 2009, 2008, 2007).
- Head Baseball Coach: Ithaca City Youth Baseball; Ithaca, NY (Summer 2009, 2008, 2007).

- Assistant Football Coach: Ithaca City Youth Football; Ithaca, NY (Fall 2008).
- Head Softball Coach: Ithaca City Youth Softball; Ithaca, NY (Summer 2008).
- Assistant Softball Coach: Ithaca City Youth Softball; Ithaca, NY (Summer 2005, 2006, 2007).
- Chair: Strategic Leadership Team, Bethel Grove Bible Church; Ithaca, NY (2003-Fall 2004).
- Volunteer: Ithaca Pregnancy Center “Walk for Life”; Ithaca, NY (1998-present).
- Presenter: Ithaca Today Programs; Ithaca, NY (Spring 2004, Spring 2005).
- Facilitator: HSHP Task Force Goal Setting and Planning (in coordination with Interim Associate Dean Katherine Beissner); Ithaca College, Ithaca, NY (February 15, 2002).
- Attendant: South Hill Community Clean-up, Ithaca, NY (March 24, 2001).
- Published Interview Excerpts: “Where There’s a Will . . . There’s a Way to Reach Your Fitness Goals” by Tracy Teare, printed in *Cooking Light: The Magazine of Food and Fitness* (November 2000).
- Workshop presenter: Ithaca City School District (for athletes, coaches, and administrators); Ithaca City School District, 400 Lake Street, Ithaca, NY (Fall 2000 – Spring 2002).
- Co-Director: Ithaca College Fellowship of Christian Athletes (FCA), Ithaca College; Ithaca, NY (Spring 1998 – Fall 2001).
- Presenter: Ithaca College Residence Hall - “Motivating Myself: What Can I Do?”, Ithaca College; Ithaca, NY (October 11, 2000).
- Published Interview Excerpts: “Sporting Superstitions: Bomber Athletes Reveal the Secrets Behind their Success” by Mary Rogers, printed in the *Ithacan Sports Page*, Ithaca, NY (February 10, 2000).
- Presenter: Ithaca College Residence Hall - “Overcoming Stress”, Ithaca College; Ithaca, NY (February 3, 2000).
- Presenter at Evensong Christian Organization, Ithaca College; Ithaca, NY (November 17, 1999).
- Presenter: Ithaca College Residence Life Inservice - “Stress”, Ithaca College; Ithaca, NY (November 4, 1999).
- Panel Discussant: “Ready or Not, Here They Come” - an Ithaca College documentary about middle school students who play high school varsity sports, Ithaca College; Ithaca, NY (May 6, 1999).

- Presenter: “The Balancing Gymnastics with Everything Else. . . How?”, Presentation for the Southern Tier Gymnastics Academy (STGA), Parents Gymnastics Association, Inc.; Endwell, NY (April, 30, 1999).
- Presenter: Ithaca College Residence Hall - “What Stresses You Out?” Ithaca College; Ithaca, NY (April 28, 1999).
- Published Interview Excerpts: “Weighing In: Eating Disorders Still Prevalent in College Sports” by Betsy Crawford, printed in the Ithacan Sports Page; Ithaca, NY (February 11, 1999).
- Presenter: “The Psychology of Gymnastics”, Presentation for the Southern Tier Gymnastics Academy (STGA), Parents Gymnastics Association, Inc.; Endwell, NY (December, 1, 1998).
- Presenter: South Hill Elementary Soccer Clinic - Hosted by the Ithaca College Men’s Soccer Team, “Understanding Sports Psychology and the Parents Role in Promoting Performance Enhancement”; Ithaca, NY (October 2, 1998).
- Preacher: Sunday Protestant Community Worship Ithaca College; Ithaca, NY (April 11, 1997).
- Presenter: Dayspring Christian Organization, Ithaca College; Ithaca, NY (April 10, 1997).
- Presenter: Evensong Christian Organization, Ithaca College; Ithaca, NY (March 26, 1997).
- Participant: Hoops for Hunger, Ithaca College; Ithaca, NY (1996-1997).

ATTENDANCE AT ITHACA COLLEGE FACULTY DEVELOPMENT WORKSHOPS AND ACTIVITIES

- Attendant: Ithaca College Spring Graduate Student Hooding Ceremony
- Attendant: Ithaca College Fall Graduate Student Luncheon.
- Attendant: Ithaca College Spring Graduate Colloquium.
- Brown Bag Luncheon: “A Discussion of Ithaca College’s New Tenure and Promotion Guidelines”, presented by Provost and Vice President for Academic Affairs James Malek and William Scoones (March 20, 2001).
- Faculty Workshop Discussion on A Faculty-Student Nonaggressive Pact: Does Such an Unstated Arrangement Exist at Ithaca College? (March 3, 2001).
- Brown Bag Luncheon: “Xenophobia at Williamsport: ESPN’S Coverage of the Little League World Series”, presented by Professor Stephen Mosher (April 18, 2000).

- Fitness Center Progress Celebration (November 12, 1998).
- Brown Bag Luncheon: Roundtable on Critical Thinking (November, 10, 1998).
- Brown Bag Luncheon: Follow-up to the Critical Thinking Conference (February, 28, 1998) (April 14, 1998).
- Faculty Workshop on Critical Thinking: Dr. John Chaffee, Director New York Center for Critical Thinking and Language Learning (February 28, 1998).
- Counseling Center Open House for Faculty and Administrative Staff (September 10, 1997).
- Teaching the Ithaca College Student: A Workshop for Faculty (October 5, 1996).

SERVICES TO THE EXERCISE AND SPORT SCIENCES DEPARTMENT

- Member: Exercise and Sport Sciences Department: Anatomy and Physiology Instructor Position Search x 2 (Fall 2010 – Spring 2011).
- Member: Exercise and Sport Sciences Department: Sport and Exercise Psychology Search (Fall 2009 – Spring 2010).
- Member: Exercise and Sport Sciences Department: Sport and Exercise Psychology Search (Fall 2008 – Spring 2009).
- Member: Exercise and Sport Sciences Department: Statistics Search (Fall 2005 – Spring 2006, Fall 2008 – Spring 2009).
- Member: Exercise and Sport Sciences Department: Personnel Committee (Fall 2000 – Fall 2006, **Chair**: Spring 2003 – Fall 2007, Fall 2008 – Spring 2009).
- Member: Exercise and Sport Sciences Department: Sport and Exercise Psychology Search (Spring 2003 – Spring 2005).
- Member: Exercise and Sport Sciences Department: Administrative Assistant Search (Spring 2004).
- Member: Exercise and Sport Sciences Department: Graduate Thesis Subcommittee (Fall 2001 – Fall 2004).
- Member: Exercise and Sport Sciences Department: Exercise Physiology Search (Spring 2002).
- Member: Exercise and Sport Sciences Department: Ad Hoc Committee established to evaluate and make recommendations for faculty and staff position searches (Fall 2000).
- Member: Exercise and Sport Sciences Department: Mission Statement Review Committee (Spring 2001).

Member: Exercise and Sport Sciences Department: Faculty Curricular Planning Committee (1998 - 2000).

Member: Exercise and Sport Sciences Department: Faculty Curricular Planning Committee (1997 - 1999).

Member: Exercise and Sport Sciences Department: Planning Unit (Fall 1999).

- Guest Lecturer: Introduction to Fitness and Exercise Science, “What is Sport Psychology” (Fall 2010).
- Guest Lecturer: Introduction to Fitness and Exercise Science, “What is Sport Psychology” (Fall 2008).
- Guest Lecturer: Introduction to Fitness and Exercise Science (ESS 663-162), “What is Sport Psychology” (April 13, 2004).
- Guest Lecturer: Introduction to Fitness and Exercise Science (ESS 663-162), “What is Sport Psychology” (December 4, 2002).
- Guest Lecturer: Research Methods (Graduate: ESS 665-611), 4-lectures, “Using Qualitative Methods in the Exercise Sciences” (October, 10, 17, 24, 31, 2000)
- Guest Lecturer: Foundations of Sport and Exercise Science (ESS 660-103), “Enhancing Performance through Sport Psychology” (October 27, 2000).
- Guest Lecturer: Foundations of Sport and Exercise Science (ESS 660-103), “Sport, Psychology, and Performance” (October 29, 1999).
- Presenter: Shelley, G.A. (1998). “Motivation: Practical Applications”, Presentation at the 1998 Ithaca College Symposium for Athletes: Guidelines to Optimize Health and Performance (November 1, 1998).
- Guest Lecturer: Foundations of Sport and Exercise Science (ESS 660-103), “Sport and Exercise Psychology” (October 30, 1998)
- Guest Lecturer: Foundations of Sport and Exercise Science (ESS 660-103), “What is Sports Psychology” (October 24, 1997).
- Presenter: Shelley, G.A. (1997). “Mental Training: Gaining the Competitive Edge”, Presentation at the 1997 Ithaca College Symposium for Athletes: Guidelines to Optimize Health and Performance (October 5, 1997).

SERVICES TO CORNELL UNIVERSITY

- Guest Lecturer: Summer Sports Psychology Course at Cornell University taught by Dr. Mary DePalma, “What is it Like to See and Be an Applied Sports Psychologist? - Practical Examples” (June 17, 2011).

- Guest Lecturer: Summer Sports Psychology Course at Cornell University taught by Dr. Mary DePalma, “What is it Like to See and Be an Applied Sports Psychologist? - Practical Examples” (June 22, 2010).
- Guest Lecturer: Summer Sports Psychology Course at Cornell University taught by Dr. Mary DePalma, “What is it Like to See and Be an Applied Sports Psychologist? - Practical Examples” (June 16, 2009).
- Guest Lecturer: Summer Sports Psychology Course at Cornell University taught by Dr. Mary DePalma, “What is it Like to See and Be an Applied Sports Psychologist? - Practical Examples” (June 20, 2006).
- Guest Lecturer: Summer Sports Psychology Course at Cornell University taught by Dr. Mary DePalma, “What is it Like to See and Be an Applied Sports Psychologist? - Practical Examples” (June 16, 2005).
- Guest Lecturer: Summer Sports Psychology Course at Cornell University taught by Dr. Mary DePalma, “What is it Like to See and Be an Applied Sports Psychologist? - Practical Examples” (June 16, 2004).
- Guest Lecturer: Summer Sports Psychology Course at Cornell University taught by Dr. Mary DePalma, “What is it Like to See and Be an Applied Sports Psychologist? - Practical Examples” (June 16, 2003).
- Guest Lecturer: Summer Sports Psychology Course at Cornell University taught by Dr. Mary DePalma, “What is it Like to See and Be an Applied Sports Psychologist? - Practical Examples” (June 14, 2002).
- Guest Lecturer: Summer Sports Psychology Course at Cornell University taught by Dr. Mary DePalma, “What is it Like to See and Be an Applied Sports Psychologist? - Practical Examples” (June 19, 2001).
- Guest Lecturer: Summer Sports Psychology Course at Cornell University taught by Dr. Mary DePalma, “What is it Like to See and Be an Applied Sports Psychologist?” (June 2, 2000)
- Adjunct Lecturer: Cornell University Athletic Department (August, 1999 - May 2000).
- Guest Lecturer: Summer Sports Psychology Course at Cornell University taught by Dr. Mary DePalma, “The Application of Sport Psychology: Working with Athletes and Coaches” (June 22, 1999).
- Guest Lecturer: Summer Sports Psychology Course at Cornell University taught by Dr. Mary DePalma, “Applied Sport Psychology” (June 23, 1998).

GRADUATE MASTERS THESES COMMITTEE MEMBERSHIP

Theses (In Progress)

Student: Colleen Sager

Project Title: A Retrospective Study Assessing the Influence of Imagery on Cyclists' Self-Efficacy

Thesis Defense: Projected – Summer 2012

Position on Committee: **Chair**

Student: Jacque Vanaman

Project Title: Burned Out: Factors Affecting Athlete Burnout

Thesis Defense: Projected – Summer 2012

Position on Committee: **Chair**

Completed Theses

Student: Emanuel Delgado

Project Title: A Qualitative Investigation of the Mental Preparation Strategies and In-Competition Thoughts of Two-Time National Champion Rowers

Thesis Defense: December 9, 2010

Position on Committee: **Chair**

Student: Michelle McAlarnen

Project Title: Division-III Male and Female Student-Athletes' Definition of Mental Toughness

Thesis Defense: July 19, 2010

Position on Committee: **Chair**

Student: Raymond Prior

Project Title: Get in the Hole: Putting Putting and Fear of Failure in the Spotlight

Thesis Defense: June 22, 2010

Position on Committee: **Second Reader**

Student: Shira Pope

Project Title: Body Satisfaction and Self-Esteem: A Qualitative Investigation of Female Collegiate Athletes with Eating Disorders

Thesis Defense: May 19, 2010

Position on Committee: **Chair**

Student: Jesse Michel

Project Title: The Behaviors of NCAA Sport Captains

Thesis Defense: May 28, 2009

Position on Committee: **Chair**

Student: Jes Leonard

Project Title: A Qualitative Investigation of Student-Athletes' Experiences with the Bereavement Process

Thesis Defense: May 8, 2009

Position on Committee: **Chair**

Student: Lilyana Mladenova
Project Title: Qualitative Case Study of a NCAA Division-III Female Tennis Player's Self-Regulation Prior to, During, and After a Singles Tennis Match
Thesis Defense: May 8, 2009
Position on Committee: **Chair**

Student: Kristen Sackett
Project Title: Getting Back in the Saddle: The Experience of Equestrian Athletes Returning to Competition After a Fall
Thesis Defense: April 22, 2009
Position on Committee: **Chair**

Student: Amanda Smith
Project Title: A Qualitative Investigation of the Impact of Mothers, Peers, and Coaches on Eating Disorders in Female Student-Athletes.
Thesis Defense: November 9, 2007
Position on Committee: **Chair**

Student: Sarah Rowland
Project Title: Parenting Styles and Self-Confidence in Youth Figure Skaters.
Thesis Defense: May 18, 2007
Position on Committee: **Chair**

Student: Carolyn Valone Bell
Project Title: Factors that Influence the Confidence of Elite Junior Olympic Female Volleyball Players.
Thesis Defense: August 4, 2005
Position on Committee: **Chair**

Student: Riley Nickols
Project Title: Cognitive and Behavioral Factors that Influence an Athlete's Current Sport Season Preparation Following a Previous Season Ending Injury: A Qualitative Retrospective Study.
Thesis Defense: June 30, 2005
Position on Committee: **Chair**

Student: Josh Lifrak
Project Title: The Motivation of America's Best Professional Competition Rock Climber: A Qualitative Case Study.
Thesis Defense: April 8, 2005
Position on Committee: **Chair**

Student: Cristen Halladay
Project Title: Fear of Failure: An Exploratory Study of Division III Student-Athletes.
Thesis Defense: June 26, 2003
Position on Committee: **Chair**

Student: Rex Vogan
Project Title: Living Through a Season-Ending Injury: An Exploratory Study.
Thesis Defense: March 21, 2003
Position on Committee: **Chair**

Student: Sarah Hooper
Project Title: The Perception of Indoor and Outdoor Exercise Environments and their Effect on Mood State and Physiological Stress Measures.
Thesis Defense: August 18, 2002
Position on Committee: **Second Reader**

Student: Eilis Magee
Project Title: Understanding Coach-Athlete Communication in Division III athletics.
Thesis Defense: December 13, 2001
Position on Committee: **Chair**

Student: Beth Howland
Project Title: Career Termination and Transition from Intercollegiate Athletics: The Experiences of Former Division III Female Athletes.
Thesis Defense: April 5, 2001
Position on Committee: **Chair**

Student: Nicole Detling
Project Title: An Assessment of Coaches' and Athletes' Perceptions of Coaching Behaviors.
Thesis Defense: March 2, 2001
Position on Committee: **Chair**

Student: Chris Hummel
Project Title: Describing the Division III Christian Student-Athlete: An Exploratory Study.
Thesis Defense: March 3, 2000
Position on Committee: **Chair**

Student: Dawson Driscoll
Project Title: Coaching Style Preferences of Successful Division III College Soccer Players.
Thesis Defense: July 16, 1999
Position on Committee: **Chair**

Student: Mary Ann O'Hanesian
Project Title: Time, Self-Efficacy and Exercise in Recent Retirees.
Thesis Defense: June 17, 1999
Position on Committee: **Chair**

Student: Kathleen C. Butler

Project Title: The Influences of a Season Long Group Goal Setting Program on Team Cohesion.

Thesis Defense: July 8, 1998

Position on Committee: **Chair**

SPECIAL HONORS

Nomination for the Ithaca College **Excellence in Teaching Award** for the academic year 2003-2004. This award emphasizes a commitment to teaching and denotes recognition by students and colleagues for teaching excellence.

Nomination for the Ithaca College **Excellence in Teaching Award** for the academic year 2002-2003. This award emphasizes a commitment to teaching and denotes recognition by students and colleagues for teaching excellence.

Nomination for the **Presidential Teaching Scholar Award** at the University of Utah for the academic year 1993-94. This award emphasizes a commitment to undergraduate teaching over a sustained period of time. To be nominated for this award is to be recognized by undergraduate students and professional colleagues as a symbol of superior undergraduate teaching service.

Vice President: Graduate Student Association of Exercise and Sport Science,
Department of Exercise and Sport Science, University of Utah, Salt Lake City, UT
(May 1993 - April 1994).

CURRENT PROFESSIONAL ORGANIZATION AFFILIATIONS

- Association of Applied Sport Psychology (AASP)
- National Youth Sport Coaches' Association (NYSCA)

ACADEMIC, TEACHING, AND PERSONAL REFERENCES

John Sigg, Ph.D.

Health Science and Human Performance
Exercise and Sport Sciences
Ithaca College
Ithaca, NY 14850-7193
(607) 274-3152

Jeffrey C. Ives, Ph.D.

Health Science and Human Performance
Exercise and Sport Sciences
Ithaca College
Ithaca, NY 14850-7193
(607) 274-1751

Gary Sforzo, Ph.D.

Health Science and Human Performance
Exercise and Sport Sciences
Ithaca College
Ithaca, NY 14850-7193
(607) 274-3359

Wayne Blann, Ed.D.

Health Science and Human Performance
Exercise and Sport Sciences
Ithaca College
Ithaca, NY 14850-7193
(607) 274-3155

Tom Swensen, Ph.D.

Health Science and Human Performance
Exercise and Sport Sciences
Ithaca College
Ithaca, NY 14850-7193
(607) 274-3114

Keith Henschen, P.E.D.

College of Health
Department of Exercise and Sport Science
University of Utah
Salt Lake City, UT 84112
(801) 581-7772