

Selected Notables:

Close to 30 years providing high-performance mindset training for athletes, coaches, and high-level performers.

24-25 Season:

- University at Albany Women's Lacrosse - America East Champions; NCAA tournament
- University at Albany Men's Lacrosse - America East Champions; NCAA tournament
- University at Albany Women's Basketball - America East regular season champions; American East Championship game; WBIT tournament.
- Providence College Men's Hockey - 21 win season; NCAA tournament
- Colorado College Hockey - 18 win season; 13 All-American Scholars
- Albany Firewolves Lacrosse - Playoff push with tremendously resilient team

23-24 Season:

- University at Albany Men's Lacrosse - America East regular season champions; America East Champions; NCAA tournament
- University at Albany Women's Basketball - America East regular season co-champions; American East Championship game; NIT tournament.
- University at Albany Women's Lacrosse - America East regular season champions
- Colorado College Men's Ice Hockey: 21 win season; #15 ranking
- Worked with 3 NCAA Division 1 Men's Lacrosse All-Americans; 3 NCAA Division 3 Men's Lacrosse All-Americans; Worked with 3 NCAA Division 1 Men's Ice Hockey All-Americans; Clients/Former Clients in NLL Championships and NHL playoffs

22-23 Season:

- University at Albany Women's Lacrosse - America East regular season champions; America East Champions; Final 8 of NCAA tournament
- University at Albany Women's Basketball - America East regular season co-champions; American East Championship game; NIT tournament.
- University at Albany Men's Lacrosse - America East Championship game
- Bowdoin College Men's Ice Hockey - NESCAC Champions
- Colorado College Men's Hockey - National Collegiate Hockey Conference (NCHC) Championship game
- USA Cycling National Champion
- Sixteen past-clients playing in the NHL Stanley Cup Playoffs

Past Seasons/NCAA:

- 2015 NCAA Division 1 Men's Ice Hockey National Championship - Providence College
- 2014 NCAA Division 1 Men's Ice Hockey National Championship - Union College
- Frozen Four NCAA Division 1 Men's Ice Hockey in 2012, 2014, 2015, 2019
- 4 NCAA Division 1 Men's ice Hockey regional Champions
- 6 NCAA Division 1 Men's ice Hockey Regional finalists
- 11 NCAA Division 1 Men's ice Hockey tournaments
- 3 NCAA Division 1 Men's Ice Hockey ECAC tournament championships
- 1 NCAA Division 1 Women's Ice Hockey ECAC tournament Championship
- 5 NCAA Division 1 Men's Ice Hockey regular season championships (4 ECAC and 1 Hockey East)
- 10 NCAA Division 1 Men's Ice Hockey league semi-finals/finals
- Worked with over 15 NCAA Hockey All-Americans including 3 All-American goalies
- Worked with 7 Hobey Baker Top 10 and two Hobey Baker Hat Trick (top 3) players
- Worked with one Mike Richter award winner
- Final 4 NCAA Division 1 Men's Lacrosse in 2022

- Final 8 NCAA Division 1 Men's Lacrosse in 2021 and 2022
- National Championship Runner-Up in NCAA Division 3 Men's Lacrosse in 2022
- 2016 and 2022 Big 10 Men's Lacrosse Tournament Runner-Up
- 5 appearances in NCAA Division 1 Men's Lacrosse Tournament
- Multiple Big 10 team members in lacrosse.
- Multiple All-Americans/honorable mentions in lacrosse; multiple participants in North/South All-Star Game in NCAA Lacrosse
- 3 NCAA Division 1 tournament appearances in women's volleyball
- 3 NCAA Division 1 league championships in women's volleyball
- 3 NCAA Division 1 men's basketball tournament berths; second round x 2 (worked individually with several members of the team)
- 3 NCAA Division 1 men's basketball league championships (worked individually with several members of team)
- 1 NIT Division 1 men's basketball appearance (worked with individually with members of the team)
- Individual athletes who've competed in the Division 1 NCAA tournaments in track and swimming
- Three teams have **set program records for most wins in a season** (Union Men's Hockey; Providence College Men's Hockey; Rutgers Men's Lacrosse)

Current NCAA Division 1 Lacrosse Teams: Rutgers Men's Lacrosse; University at Albany Men's lacrosse; University at Albany Women's Lacrosse. Past teams: Providence College Men's Lacrosse; Siena College Men's Lacrosse. Individuals on teams such as Virginia, North Carolina, Duke, University of Delaware.

Current NCAA Division 1 Hockey Teams: Union College Men's Hockey; Union College Women's Hockey, Colorado College Men's Hockey. Past Teams: Providence College Men's Hockey; University of Maine Men's Hockey; UVM men's hockey; RPI men's hockey; Sacred Heart men's Hockey; Holy Cross men's hockey; University of Maine Women's Hockey; Northeastern University women's hockey; Providence College women's hockey.

Current NCAA Division 1 Basketball Teams: University at Albany Women's Basketball. Past Teams: Siena College Men's Basketball; Siena College Women's Basketball.

Professional and International Competition:

- 50+ former/current NHL players including Stanley Cup finalists
- Springfield Falcons of the American Hockey League in 2015-2016 (prior to team's relocation to Arizona)
- Well over 75 former/current 3 American Hockey League All-Stars.
- 1 American Hockey League Most Valuable Player recipient.
- Players in the KHL
- Well over 50 former/current players playing professional hockey in the East Coast Hockey League or in European Leagues.
- Multiple Men's Ice Hockey players in the World Junior Hockey Championships over multiple years
- Multiple Women's Ice Hockey Players at the international level representing their countries.
- Professional lacrosse players in each of the North American Leagues
- Multiple NLL and PLL all-stars
- Multiple men's and women's basketball players in Europe and North America.
- Professional cyclists (North America and Europe) - USA Champion in 2023

Education and Certifications:

2001 Boston University, Boston, MA
Doctor of Education. Counseling Psychology; Specialization in Sport Psychology

1996 Springfield College, Springfield, MA
M. Ed. Counseling and Psychological Services; Specialization in Athletic Counseling

1994 Union College, Schenectady, NY
B.S. Psychology, Departmental Honors

1990 Vancouver Island University (formerly Malaspina College/University) Nanaimo, British Columbia, Canada: Associate Degree in Physical Education

New York State Licensed Psychologist, License # 015981

Mental Health First Aid certified through the National Council for Mental Health Wellbeing sponsored by the NCAA.

Psychological First Aid certification through the American Red Cross; APA Proficiency in Sport Psychology

Related Employment History:

Current: Assistant Director of Athletics for Sport Psychology and Student-Athlete Well-Being. *Union College*

2005 – 2015: Director, Center for Counseling and Student Development. *Siena College.*

2001 – 2005: Psychologist, Counseling Center. *Siena College.*

07/00 – 12/01: Assistant Director, Archer Center for Student Leadership Development. *Rensselaer Polytechnic Institute.*

1996 – 2000: Assistant Director, Office of Student Athlete Support Services. *Northeastern University.*

Past adjunct faculty positions held at Siena College and Skidmore College. Guest-lectured in classes at Boston University and Union College.

Community/Personal:

I grew up in Nanaimo, British Columbia, Canada. Multi-sport athlete; played Junior B lacrosse in BC; played Junior A hockey in the BCHL (captain final season); played college hockey at Union College in its final season of Division 3 and first season of Division I.

2016 Outstanding Service Award for the College of Holy Cross Ice Hockey program

2016 Schenectady Youth Hockey Association Service Recognition Award

2009 – 2023 Youth Ice Hockey Coach

2009-2016 Schenectady Youth Hockey Association Board of Directors Member

2010-2014 Youth Lacrosse Coach

2012-2014 Adult Education Coordinator for Northern Zone of New York State Amateur Hockey

2012-2014 The Lay Advisory Board for the Franciscan Friars of Holy Name Province

1998 Olympic Torch Bearer (Calgary Olympics)

*USA Hockey Level 5 Coach

*Coach of the 2018 12U tier 2 boy's New York State Hockey Championship Team

*2019 – 2023: Assistant Coach of the GMSVS Storm High School Hockey Team. In my first season the team set its season win record; second season surpassed it and had the best season in program history to that date; 21-22 season most wins in program history and first time in Section Final Four

*Married for 27 years; two adult sons

Recent Trainings

2025	Mental Health First Aid certification
2025	Member of the High-Performance Circle - performance consulting group
2024	Mindfulness Certification Course
2024	Neurodiversity Training
2023	Mindfulness: Not a dirty word
2023	Ethics: What happens in therapy stays in therapy
2022	Demystifying Acceptance and Commitment Therapy
2021	Feedback Informed Treatment - Dr. Scott Miller
2020	Tony Blauer KNOW FEAR online training
2020	Compete to Create 8-week High Performance online course
2020	Changing the Game 6-week online course