

Colby-Sawyer Presents:

26th Annual Exercise and Sport Sciences & Athletics Symposium

The Olympics: Lessons Learned from Working with Elite Athletes and Teams



Monday, March 5, 2018

8:30 AM to 12:30 PM

Wheeler Hall, Ware Student Center

Lectures are Free and Open to the Public

Lunch with presenters and Exercise and Sport Sciences Faculty is available in the Dining Hall (\$7.09 for off-campus visitors)

<p>8:40 AM Adam Naylor The Mental Game of Preparing and Performing on the Olympic Stage</p> <p>Dr. Naylor brings over a decade and a half of applied sport psychology experience (Olympic, professional, collegiate, and elite junior) to his clients. His clients include U.S. Open competitors, Stanley Cup champions, Olympic/International medalists, NCAA champions, and UFC martial artists. Currently he is coach educator for USA Hockey, Associate Director of Mental Training for the Junior Sports Corporation, part of the leadership of the Institute for Rowing Leadership, a Column Editor on Sport Psychology and Counseling for the International Journal of Athletic Therapy, and teaching at Boston University. Adam Naylor's doctoral degree is in counseling psychology and developmental studies (specializing in sport psychology).</p>	<p>9:50 AM Bill Ito Rio 2016: My Journey to the Olympic Games</p> <p>Bill Ito began his career at Mt. San Antonio College in January of 2008, as a Head Athletic Trainer. Ito is considered by many, as one of premier Athletic Trainers in the world and has worked with many of the top athletes and trainers from throughout the world.</p> <p>Bill Ito volunteers with USA Track and Field. He has been part of the medical staff of numerous national team delegations. He also serves as the Medical Director for the USA Track and Field Pole Vault Development/High Performance serving the needs of our nation's top pole vaulters and pole vaulting events including the National Pole Vault Summit in Reno, Nevada.</p>	<p>11:00 AM Melissa Weymouth Path to the Podium</p> <p>Melissa Weymouth was a three year letter winner for the Colby-Sawyer Chargers volleyball team and graduated with a degree in sport management and a minor in business. Following graduation, she attended the University of Connecticut where she earned her Master's Degree in sport management. She then completed an internship with the USOC and worked directly with USA Fencing in Colorado Springs, Colorado. For the past 15 years Melissa has worked for USA Volleyball where she is the Director, Beach & National Team Events & Sponsorship. In her spare time, she is an avid hiker, runner, and is a certified yoga instructor.</p>
<p>12:00 PM Open Question and Answer Session</p>		<p>12:30 PM Lunch</p>

For more information contact Terri Herman at thermann@colby-sawyer.edu or 603-526-3616.