



## 2013 PEP Speaker Biographies

**Dr. Don Greene:** In a 25 year career, Dr. Don Greene has worked with a variety of people struggling to do their best under extreme pressure: police SWAT officers, professional golfers, Grand Prix drivers, Olympic athletes, conductors, instrumentalists, singers, dancers, and actors. Through his personal assessment research, he developed the Performance Mastery Program which covers an in-depth exploration of intense focus, flow states, and the zone. You'll discover practical ways to increase the frequency and intensity of your peak performances and the amount of time you spend in the zone. He has worked extensively with Olympic athletes as a consultant for various national governing bodies, including US Swimming.

Most recently, he has expanded his clients by delivering his proven strategies to artists with the New York Met, Chicago Lyric Opera, Atlanta Symphony, and well as students at the Julliard School of Performing Arts.

**Dr. Leslie Sherlin:** Leslie Sherlin, PhD completed degrees of BA in Psychology, MS in Clinical Psychology and PhD in Psychology. Following the first years of primarily research in QEEG and LORETA, he then began providing QEEG analysis and neuro-feedback clinically and was been involved in client care since 2002 while continuing to pursue research projects in the field of QEEG and psychophysiology. In 2008 Dr. Sherlin focused his efforts in the domain of athlete performance when he became employed as the Chief Science Officer for Neurotopia, Inc., a company that specializes in research and development of tools and paradigms for high performance in elite athletes. From May 2012 through May 2013 he completed his professional re-specialization in sport psychology and completed a postdoctoral fellowship in sport psychology with Pinnacle Performance at D.I.S.C. Sport and Spine Center in Marina Del Rey, CA under the supervision of Michael Gervais, PhD. He has the academic appointments and is employed as Adjunct Associate Professor in the department of mind-body medicine at Southwest College of Naturopathic Medicine; Associate Faculty in the department of psychology at the University of Phoenix main campus; Adjunct Faculty in the department of psychology at Northern Arizona University; and clinical faculty at Southwest Naturopathic Medical Center. He is certified at the Diplomat level in quantitative electroencephalography (QEEG) and is BCIA Board Certified both in

Biofeedback and neurofeedback. Dr. Sherlin maintains membership and adheres to the guidelines of multiple professional organizations in the fields of psychology, psychophysiology and sport psychology.

**Jeff Troesch:** Mental Coach for Neurotopia and sports psychology consultant to professional athletes from all sports. He currently fulfills roles with several colleges and universities throughout the United States. He works closely with UC- Berkley athletics department including their national championship swim program.

**Jay Dicharry:** Jay Dicharry is an educator, clinician, researcher, and leader in the field of sports analysis. His innovative approach has blurred the lines between rehab and performance training. He carved his niche as director of the University of Virginia's SPEED Clinic, and currently directs the REP Biomechanics Lab in Bend, OR. Jay earned his Masters of Physical Therapy through Louisiana State University, and is a certified coach through United States Track and Field, and United States Cycling Federation. Jay literally wrote the book on running assessment, "Anatomy for Runners", is author of [anathletesbody.com](http://anathletesbody.com), and has published over 20 professional journals and book chapters. Having taught at the Sports Medicine program at UVA, he brings a strong bias towards education and continues to teach nationally to elevate the standard of care for Therapists, Physicians, and Coaches. Jay is deeply rooted in the sport, and consults to both local and nationally ranked athletes, teams, the running shoe industry, the media, USATF, and the US Air Force. His passion is combining his personal, clinical, and research focus to help athletes achieve their full potential. He is a Board Certified Sports Clinical Specialist through the American Physical Therapy Association, is a Certified Strength and Conditioning Specialist, a certified coach through both the United States Track and Field Association and the United States Cycling Federation, and certified Golf Fitness Instructor through Titleist Performance Institute. Jay has a competitive history in swimming, triathlon, cycling, and running events on both the local and national level, and has coached athletes from local standouts to national medalists.

**Mac Wilkins:** One of USATF's all-time most successful throwers, Mac Wilkins has recently completed a successful stint as throws coach at Concordia University in Portland and accepted a coaching position for USATF at the Olympic Training Center in Chula Vista, California. An Olympic Gold medalist and multi-time national champion and top world ranked thrower, Mac has also been a clinician, private coach, and developed the Concordia Throwing Center for post collegiate throwers.

**Joel Skinner:** Joel is a top club coach in Ontario, Canada with a specialty in the Jumps. He developed Olympic bronze medalist, Derek Drouin through his youth and interscholastic career and is resuming his coach role with Derek as the athlete

transitions to professional athlete. Joel holds a Level 5 elite coach certification from the IAAF.

**Dr. Matt Lydum:** Matt is a long time contributor, coach and clinician for USATF Coaching Education Programs. His interest and passion is the long term development of the youth athlete. After a head coaching stint at San Francisco State University, he has most recently served as Head Coach at Defiance College and an assistant professor. Matt oversees the Instructor Training program for USATF Coaching Education, teaches and directs Level 1 schools throughout the US.

**Jim Bemiller:** Jim is a lawyer and former coach of Olympic gold medalist in the pole vault, Tm Mack. He is a professor in the Sport Management's graduate program at the University of Tennessee. Jim has been a successful college coach, developing several world class pole vaulters, and a major contributor to the annual Pole Vault Summit in Reno, Nevada.

**Dr. Andi Drake:** Andi is National Coach Mentor – Endurance for England Athletics. He is employed by England Athletics and works from the campus at Leeds Metropolitan University, which is home to the National Centre for Race Walking for which he is the Head Coach. He works as a mentor to a group of endurance coaches who have applied to be members of the England Athletics National Coach Development Programme (a mix of track middle distance, marathon and race walk coaches). His broader role includes event specific coach development activity, organizing activities for all race walk coaches; team coaching/leadership at international events/championships for race walking and long distance track/road racing.

World Class Coaches Panel: Beth Alford-Sullivan, Director of Track and Field, Penn State University; Tina Fernandes-Davis, Director of Track and Field, Cal State University, Los Angeles, formerly coach at University of Southern California; Mike Holloway, Director of Track and Field, University of Florida.