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Hill, Andrew P. ORCID:

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9.00-9.15 ARRIVALS		
9.15-9.30 WELCOME		
9.30-10.25 MORNING KEYNOTE Chair: Tracy Donachie Professor Andy Hill (York St John University) Perfectionism Myths in Sport and Exercise Psychology (40 minutes then 15 minutes for questions)		
10.25-10.40 TEA BREAK		
10.40-11.45 MORNING TALKS (12-minute talks with 3 minutes of questions)		
MOTIVATION	PERFORMANCE	WELLBEING
10.40-10.55 Dean Watson (Durham Cricket & York St John University) – How to manage athlete perfectionism	10.40-10.55 Dr Olivier Rouquette (Belgium Sport Psychologist & Swansea University) – Talk title TBC	10.40-10.55 Katelynn Slade (Loughborough University) - On understanding challenging situations in the coach-athlete relationship: the grey zone
10.55-11.10 Gilly McKeown (University of Tasmania) – Coaching young autistic people	10.55-11.10 Alex Lascu (University of Canberra) - Manipulating constraints to develop game-ready athletes	10.55-11.10 Iwan Rowland (University of South Wales) – Can heart-rate variability biofeedback improve physical recovery
11.10-11.25 Luke Olsson (York St John University) – Athlete burnout: What is it and how important is the coach?	11.10-11.25 Dr Rob Vaughan (York St John University) – Executive functions in sport: What we know so far	11.10-11.25 Alan McKay (University of South Wales) – “Not getting too high and not getting too low”: Exploring mental toughness development in youth international football
11.25-11.40 Dr Nils Gatzmaga (Sport Psychologist and Team Coach with RB Leipzig Youth Academy) - Video	11.25-11.40 Adam Nichol (Durham University) – Towards a critical examination of	11.25-11.40 Luke Norris (University of Exeter) – Importance of social support in coaching

and audio feedback in practice for coaches and athletes	influence in sport coaching	
11.45-12.15 STUDENT TALKS (5-minute talks with 2 minutes of questions)		
MOTIVATION	PERFORMANCE	WELLBEING
11.40-11.50 Karl Ramos – The Relationship Between the Dark Triad, Aggression and Antisocial Behaviour in Athletes	11.40-11.50 Arun Phillipson – Psychological interventions within sports psychology and their effect on performance and wellbeing among athletes	11.40-11.50 Bella Harness - Eating disorders in perfectionistic athletes.
11.50-12.00 Douglas Blackwood – The effect of perceived and received social support from coaches on athlete's psychological well-being and self-confidence with reference to the importance of the coach-athlete relationship	11.50-12.00 Will Mitchell - Perfectionism, coping and performance	11.50-12.00 George Clifford - Investigating the sources of perceived stress and associated psychological experience during serious injury in student-athletes
12.00-12.10 Brittany Culverwell - Autism surf therapy and improving disability access in sport	12.00-12.10 Sam Devey - Paradoxical performance effects: The relationship between perfectionism, perfectionistic rumination, and choking in sport	12.00-12.10 Elanor Cormack – Impact of gender stereotypes in youth sport
12.15-13.00 LUNCH/BREAK		
13.00 – 13.20 COACH WORKSHOPS (15-minute talks with 5 minutes of questions)		
Dr David McHugh (UEFA A Qualified Football Coach & Sport	Nick Scott (Director of Rugby at Rugby Colorno) - Mama Mia!	Kevin Harper (Former Professional Footballer

Psychologist) - Integrating psychological outcomes within a tactical periodisation framework in football	Managing a sporting environment in a new culture and language	Turned Football Coach) - Talk title TBC
13.25 – 14.10 SPORT AND PERFORMANCE PSYCHOLOGY WORKSHOPS (15-minute talks with 5 minutes of questions)		
MOTIVATION	PERFORMANCE	WELLBEING
13.25-13.45 Iain Shippey (Founder of Thincsport - Applied Psychology Consultancy) - Building a coaching philosophy and stories from the Springboks and South Africa Hockey	13.25-13.45 Dr Amy Whitehead (Reader at Liverpool John Moores University & HCPC Registered Sport & Exercise Psychologist) and Dr. Laura Swettenham (Blackburn Rovers Academy). - Developing reflection in coaching using Think Aloud	13.25-13.45 Philip Lew (National Sport Institute of Malaysia) - Developing the champion mindset in sports and life: Multidisciplinary and multicultural competency
13.45-14.05 Michael Grugan (York St John University) – The coach says you will be released if you don't start bucking your ideas up": Introducing Perfectionistic Climate to Sport	13.45-14.05 Stephen Feeney (Mental Conditioning Consultant) - Simplifying the process for performance	13.45-14.05 Sue Jones (Liverpool John Moores University & Sport & Exercise Psychologist in training) - Creating resilient players
TEA BREAK 14.10-14.25		
14.25–15.00 ATHLETE PANEL Chair: Max Stone, Adam Coussens, Tracy Donachie (25-minute Q&A with 10 minutes of audience questions) Anushka Bovill (Retired Gymnast), Jenny Tong (GB Weightlifting)		
15.05–15.55 AFTERNOON KEYNOTE (40-minute talk with 15 minutes of questions) Chair: Adam Coussens Kim Blewett (Lead Sports Performance Coach at West Bromwich Albion FC & HCPC Registered Sport & Exercise Psychologist)		
15.55-16.00		

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