

Est.
1841

YORK
ST JOHN
UNIVERSITY

Hill, Andrew P. (2021) Perfectionism myths in sport and exercise psychology. In: Psychological Insights Into Coaching Practice Annual Conference, 23 June 2021, Online/Newcastle University, UK.. (Unpublished)

Downloaded from: <https://ray.yorks.ac.uk/id/eprint/7169/>

Research at York St John (RaY) is an institutional repository. It supports the principles of open access by making the research outputs of the University available in digital form. Copyright of the items stored in RaY reside with the authors and/or other copyright owners. Users may access full text items free of charge, and may download a copy for private study or non-commercial research. For further reuse terms, see licence terms governing individual outputs. [Institutional Repository Policy Statement](#)

RaY

Research at the University of York St John

For more information please contact RaY at ray@yorks.ac.uk

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		

CLOSE