

# Introduction

## About the Authors

### **Wayne Halliwell, PhD**

Wayne has been working as a performance enhancement consultant for 20 years. He has worked with hundreds of athletes in both individual and team sports at the amateur and professional level. A former professional athlete and university coach, Wayne has been a consultant with numerous Olympic sports and many World Champion ice hockey teams. He has been teaching sport psychology in the Department of Physical Education at the University of Montreal for 20 years. Wayne stays fit by working out on a regular basis and enjoys skiing with his family in the winter.

### **Terry Orlick, PhD**

Terry has been working as a performance and life enhancement consultant with Olympic and professional athletes and coaches for over 25 consecutive years. He has worked with a wide range of athletes and performers in variety of disciplines, from children to professional teams, from musicians and astronauts to corporate executives. A former gymnastics champion and university coach, he has been teaching courses in sport psychology, mental training and excellence in the School of Human Kinetics at the University of Ottawa for over 25 years. Terry balances his life mainly through outdoor activities, trail running, kayaking, cross-country skiing and sharing special time with his family.

### **Kenneth Ravizza, PhD**

Ken has been working as a performance enhancement consultant for over 20 years. He has served as a mental training consultant for U.S. Olympic teams in field hockey, equestrian, baseball and water polo as well as numerous university and professional teams, including the New York Jets football team and Anaheim Angels baseball team. He has been teaching sport psychology and stress management in the Department of Kinesiology and Health Promotion at California State University for over 20 years. A former athlete, Ken runs on a regular basis and loves his gardening and family activities.

### **Bob Rotella, PhD**

Bob has been working as a performance enhancement consultant with high performance athletes for over 20 years. He has worked with some of the world's best professional golfers, as well as many university and professional athletes in a variety of different sports. A former national champion in lacrosse and a scratch golfer, he taught sport psychology in the Department of Physical Education at the University of Virginia for 20 years. Bob is passionate about consulting, golf and his family. He gets out on the course with his daughter and clients on a very regular basis.