

# NEWS RELEASE

Wilfrid Laurier  
University



## **Memorial lecture on sport psychology to honour Fred Binding**

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WATERLOO – The director of sport psychology services at Penn State University will deliver the inaugural lecture at a series designed to honour Fred Binding, a Laurier faculty member who passed away last year.

David Yukelson, now in his 15th year as sport psychologist with Penn's Morgan Academic Support Centre for Student-Athletes, will deliver a lecture entitled Performance Excellence In Sport and In Life. He will deliver his address in room N1044 of the science building at 7:30 p.m. on October 27.

"We are thrilled that so eminent a sport psychologist will share his insights on this topic, of so great an interest to Dr. Binding, for this inaugural talk," said Peter Tiidus, chair of kinesiology and physical education. "Dr. Yukelson has a wealth of experience, garnered during his years as the co-ordinator of sport psychology and mental training for 29 teams at so prestigious a U.S. university."

Yukelson provides counselling and support to athletes and coaches in the areas of mental skills training for enhanced performance, motivation and self-confidence, anxiety and stress management, concentration and focusing skills, coping skills for dealing with adversity, and issues pertaining to self-esteem development and student-athlete welfare.

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He offers support and assistance to student-athletes having difficulty making the transition from high school to college, or coping with the frustration of athletic injury. In addition to individual counselling, he offers educational programs for teams in the areas of group cohesion and team building, goal setting and performance profiling, leadership development, communication, and mental focusing techniques for enhanced performance.

To learn more about Yukelson, please visit [www.mascsa.psu.edu/psychology2](http://www.mascsa.psu.edu/psychology2)

Yukelson's address is the first of an annual series planned by Laurier's department of kinesiology and physical education in memory of Binding. A member of Laurier's psychology department, one of his areas of expertise was the psychology of sports and athletic performance.

Binding passed away in August of 2003, one month after retiring, following a 32-year career at Laurier. His academic interests were closely aligned with his community involvements, and included work in the areas of disaster management, athletic and recreational programs, leadership and group processes. He taught a wide range of courses specializing in the areas of social, personality and sport psychology. His long-standing involvement in sport included Olympic-level marksmanship and avid support of the University of Kansas Jayhawks basketball team.

Binding was a colourful character who enriched the Laurier community immensely. He is fondly remembered for his leadership and flair at convocation ceremonies, serving as the university marshal since 1994. He played an active role with the local Greek societies and was selected by the members of those organizations as honorary dean of Greek life.