

# NEWS RELEASE

Wilfrid Laurier  
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## **Sports Psychologist Dr. Dana Sinclair helps celebrate Outstanding Women of Laurier**

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Waterloo, ON – Dr. Dana Sinclair, one of North America’s leading sport and performance psychologists, will deliver the keynote address at the second annual Outstanding Women of Laurier event. Designed to recognize the contributions of female athletes, the reception and luncheon will take place at 11 a.m., Thursday, March 22, at the Waterloo Inn & Conference Centre.

A highlight of the luncheon will be the presentation of the Outstanding Women of Laurier Award to the athlete selected from three finalists. The award recognizes a female Laurier student who combines athletic and academic achievement with an active commitment to leadership and the development of young athletes through community teaching or coaching.

“We are thrilled to have Dr. Dana Sinclair join us for this event. Dana has worked with some of the top athletes in North America and several international corporations,” said Peter Baxter, director of athletics and recreation at Laurier. “She has helped many athletes and business people go from good to great.”

Dr. Sinclair is a licensed psychologist who holds doctorates from the University of Cambridge and the University of Ottawa and she is a Clinical Assistant Professor with the

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Faculty of Medicine at the University of British Columbia. Dr. Sinclair is a partner with Human Performance International, a management consulting firm dedicated to improving effectiveness in both the corporate and sport arenas through a variety of training and developmental programs. She was the performance psychologist on the hockey reality TV series *Making the Cut*.

Her sport client list includes such organizations as the NFL's Indianapolis Colts, the NHL's Anaheim Ducks, Florida Panthers, Philadelphia Flyers, Toronto Maple Leafs and Vancouver Canucks, the National Men's and Women's golf teams, the NBA's Portland Trail Blazers and Seattle SuperSonics, as well as the Laurier Golden Hawks and a number of individual NHL, Major League Baseball, PGA, LPGA and Olympic athletes.

A former international athlete herself, Dr. Sinclair served as captain of the Canadian Field Hockey Team, and was MVP of the Cambridge vs. Oxford Ice Hockey match.

Beverly Thomson, co-host of CTV's *Canada AM*, will host the second annual Outstanding Women of Laurier luncheon. Thomson has more than twenty years of experience as a news journalist in radio and television, and is an alumna of Seneca College.

Since publicly revealing her personal battle with breast cancer in 2003, Thomson created the special documentary *Where There is No Fear* and became the official spokesperson and Honourary Chair of the Canadian Breast Cancer Foundation in Ontario. Her high profile has resulted in greater awareness of the Foundation, and she continues to participate in fundraising and community events to support breast-cancer research.

In addition to the Canadian Breast Cancer Foundation, she serves on the board of directors for the Charles H. Best Diabetes Centre and the Rouge Valley Health Foundation.

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For more information on The Outstanding Women of Laurier luncheon, or to purchase tickets online, please visit [www.laurierathletics.com/owl](http://www.laurierathletics.com/owl).