

NEWS RELEASE



For Immediate Release
March 18, 2011 | 053-11

CONTACT

Jill Tracey, Assistant Professor
Department of Kinesiology and Physical Education
519-884-0710 ext. 4216 or jtracey@wlu.ca

Kevin Crowley, Director, Communications & Public Affairs
Wilfrid Laurier University
519-884-0710 ext. 3070 or kcrowley@wlu.ca

World-renowned sport psychology consultant Cal Botterill to speak at Laurier

WATERLOO – Cal Botterill, a top sport psychology consultant who has worked with Canadian Olympic athletes and National Hockey League players, will be speaking at Wilfrid Laurier University's Waterloo campus March 25 at 11:45 a.m. in the Senate and Board Chamber.

Botterill's lecture, "Sustainable High Performance: Lessons Learned From a Career in Sports Psychology," will focus on performance in sport and how it translates to other areas in life. His talk is part of the Dr. Fred Binding Memorial Lecture Series, which is an endowed annual event that features an internationally known professor and researcher who lectures on topics related to sport psychology.

"Botterill has had a very long career in applied sport psychology," said Jill Tracey, assistant professor of Kinesiology and Physical Education. "This is someone who has been an academic, but also a very applied person who has worked in consulting for a long time. And that's what we look for in a speaker for this lecture series."

As a sport psychology consultant, Botterill has supported Canadian athletes at nine Olympic Games and has consulted for five NHL teams. A former professor at the University of Winnipeg, he has also authored numerous articles and books, including *Human Potential: Perspective, Passion, Preparation*, which he co-wrote with sport psychologist Tom Patrick.

Botterill retired from the University of Winnipeg in 2007 after a 27-year career and has become very involved in the medical and health fields. He now conducts "high performance physician" courses for medical residents. In addition, he delivers workshops and presentations to organizations such as Coca-Cola, the Canadian Olympic Committee, the Australian Sports Institute, Great West Life and Investors Group.

Botterill is also part of an athletic family. His wife, Doreen, is a former two-time Olympian speed skater who was inducted into the Manitoba Sports Hall of Fame in 1995. Their daughter, Jennifer, is a three-time Olympic gold medalist in hockey. Their son, Jason, won three gold medals with the Canadian junior hockey team, and won the Stanley Cup as assistant general manager of the Pittsburgh Penguins.

Botterill's lecture is free and open to the public. For more information, contact Jill Tracey at jtracey@wlu.ca.

The Faculty of Science and the Department of Kinesiology and Physical Education are sponsoring the lecture, which is being held in conjunction with the Eastern Canada Sport and Exercise Psychology Symposium. The conference takes place March 24 to 26 at Laurier's Waterloo campus. For more information, go to www.ecseps.com.