

Kristen Dayle Dieffenbach

(301) 697-1142 cell
kdieffenbach@sportpsychonline.com
www.sportpsychonline.com

EDUCATION:

Graduate

Doctor of Philosophy: Exercise and Sport Science
Specialization: Sport and Exercise Psychology, May 2003
University of North Carolina at Greensboro
Greensboro, NC
Advisor: Daniel Gould, Ph.D.
Dissertation: "Overreaching and underrecovery: The antecedents and consequences for junior elite athletes."
1998 - 2003

Masters of Science: Physical Education – Sport Science
Concentration: Sport Psychology, December 1998
University of Idaho
Moscow, ID
Advisor: Damon Burton, Ph.D.
Thesis: "Through athletes' eyes: How swimmers' perceptions of coaches' messages impact motivation and performance."
1996 - 1998

Undergraduate Bachelor of Arts: Biology
Minor: German
Boston University
Boston, MA
1988 - 1992

CERTIFICATIONS

Certified Consultant 2003 - present
United States Olympic Committee Sport Psychology Registry Member
Association for the Advancement of Applied Sport Psychology

UNIVERSITY/ ORGANIZATIONAL SERVICES

Submission Reviewer Ongoing
Review academic articles submitted to The Sport Psychologist and Research Quarterly for Exercise and Sport as needed

Women's Studies Committee Member 2003 – present
Frostburg State University

APA Division 47 Giveaway-a-thon Presenter**August 2005**

Organizer and speaker for a free public education sport psychology workshop for endurance athletes done in conjunction with APA national convention in Washington DC

Abstract Reviewer for 2005 AAASP Conference**2005**

Association for the Advancement of Applied Sport Psychology

ENYSSP American Liaison**2005 - present**

European Network of Young Specialists in Sport Psychology

Coaching Education Advisory Board**2004 - present**

USA Cycling

Abstract Reviewer for 2004 AAASP Conference**2004**

Association for the Advancement of Applied Sport Psychology

Committee Member**2003 - present**

Ethics committee

Association for the Advancement of Applied Sport Psychology

Abstract Reviewer for 2003 AAASP Conference**2003**

Association for the Advancement of Applied Sport Psychology

SIG Representative**2002 - present**

Performance Excellence Special Interest Group

Association for the Advancement of Applied Sport Psychology

Graduate Student Representative**2001 - 2003**

Ethics committee

Association for the Advancement of Applied Sport Psychology

Abstract Reviewer for 2001 AAASP Conference**2001**

Association for the Advancement of Applied Sport Psychology

Graduate Student Association Department Representative**8/96 - 5/98**

Department of Physical Education, Health, Recreation and Dance
University of Idaho

AWARDS/ HONORS**Edith Betts Graduate Scholarship****1997 - 98**

University of Idaho

ACADEMIC EXPERIENCE

Assistant Professor of Athletic Coaching Education
West Virginia University
Department of Physical Education
Morgantown, WV

Fall 2006 – present

Adjunct Faculty
Frostburg State University
Frostburg, MD

09/02 – 5/2006

Research Assistant

Data coding
Computer data entry
Qualitative data analysis
Project development

8/98-5/02

University of North Carolina Greensboro
Department of Sport and Exercise Psychology
Applied Sport and Exercise Psychology Lab
Greensboro, NC

Lab Director

Organization and scheduling of lab activities
Supervision of lab projects and research assistants
Project management
Lab maintenance

5/99 – 5/00

University of North Carolina Greensboro
Department of Sport and Exercise Psychology
Applied Sport and Exercise Psychology Lab
Greensboro, NC

UNCG Teaching Assistant

Conditioning
Fit for Life
Undergraduate Sport Psychology

9/98-5/00

University of North Carolina Greensboro
Department of Sport and Exercise Science
Greensboro, NC

UI Graduate Assistant

Data collection
Data entry
Data coding
Sport psychology consultant

8/96-7/98

University of Idaho
Department of Physical Education, Health, Recreation and Dance
Moscow, ID

Teaching Assistant Body Toning Weight Training Jogging and Conditioning Water Aerobics Aquatic Fitness University of Idaho Department of Physical Education, Health, Recreation and Dance Moscow, ID	8/96-7/98
Substitute Teacher K-12 Cedarburg School District Cedarburg, Wisconsin	1/96-6/96
Assistant Educator and Apprentice Jugenddorf Christophurusschule Elze, Germany	7/92-4/93
<u>PROFESSIONAL EXPERIENCE</u>	
Assistant Coach USA Cycling Women's Talent Identification Endurance Camp OTC, Colorado Springs, CO	July 2006
Head Coach USA Cycling National Road Camp Coaching category 3 and women racers Emphasis on skill development and race analysis Milwaukee, WI	July 2005
Assistant Coach USA Cycling Regional Road Development Camp Coaching junior/U23 athletes Mental skills training presentations and workshops Flagstaff, AZ	June 2005/June 2006
Independent contractor –sport psychology consultant Peaks Coaching Group Sport psychology consultant for affiliated coaches and athletes Information dissemination through web and print articles Bedford, VA	2/05 -present
Cycling Psychology Editor Performance Conditioning for Cycling	2004 - present

- Head Coach – Tour of Hope** **2004**
 Bristol Myers Squibb cross country cancer clinical trials awareness ride
 In charge of Carmichael Training Systems coaching staff
 Developed and ran team cohesion/team building program
 Trained and supervised team of riders
 Colorado Springs, CO
- Ask the Expert Consultant for Adventure Sports Magazine** **2004 - present**
 Field exercise and sport training and psychology related questions
 Boulder, CO
- USA Cycling Assistant Coach** **August 2003**
 Junior & U23 Mountain Bike World Championship Preparation Camp
 Colorado Springs, CO
- Positive Coaching Alliance Workshop Speaker** **2002-present**
 Certified trainer for parent, coach, and administration workshops in 2003
 Associate trainer in 2002
 Stanford, CA
- PCC Roundtable Consultant & Contributing Author** **07/02 – present**
Performance Conditioning for Cycling
 Lincoln, NE
- Personal Trainer – Private Contractor** **7/02 – 02/04**
Kinetix Health Club & Rottiron Athletic Club
 Private trainer specializing in health, fitness, and rehabilitation issues
 LeVale, MD
- Independent contractor – coach and consultant** **2/01 – 01/05**
Carmichael Training Systems
 Sport psychology consultant for affiliated coaches and athletes
 Information dissemination through web and print articles
 Coaching newsletter contributor
 Cycling and running coach
 Content designer for the 2003 & 2004 National Association of Health and
 Fitness programs
 Customer service for the 2003 & 2004 National Association of Health and
 Fitness programs
 Colorado Springs, CA
- Sport Psychology Consultant** **2/00 – present**
 Sport psychology educator for parents, athletes, and coaches
 Performance excellence consultant for teams, businesses, and individuals
 Mountains, Marathons, & More
 Frostburg, MD

- UNCG Women's Soccer Performance Enhancement Consultant** **1998-2001**
 Team and individual consultation
 Planning and implementation of team building activities and retreat
 University of North Carolina Greensboro
 Greensboro, NC
- Counselor at Idaho Quest for Gifted and Talented Middle School Students** **Summer 1997**
 Activity supervision
 Project development
 Floor counselor
 University of Idaho
 School of Education
 Moscow, ID
- Volunteer Coach with Women's Cross Country and Track Program** **8/96-5/98**
 University of Idaho
 University of Idaho Athletic Department
 Moscow, ID
- Summer Parkschool Activities Supervisor and Director** **Summer 1996**
 City of Cedarburg Department of Recreation
 Cedarburg, Wisconsin
- Office Assistant** **8/95-6/96**
 College Bound Student Athletes
 Cedarburg, Wisconsin
- Assistant Cross-Country Coach and Head Sprint Coach** **8/95-6/96**
 Cedarburg School District
 Cedarburg, Wisconsin
- Laboratory Assistant** **7/93-2/94**
 Histology
 Film developing
 Create and maintain stock solutions and paramecia stock
 Data collection and entry
 Specimen preparation, identification, and sorting
 Cardiovascular Research Lab
 Massachusetts General Hospital
 Boston, Massachusetts

Research Assistant

5/90-8/90

Specimen preparation
Create and maintain stock solution
Data collection
Specimen transfer
Specimen dissection

Nephrology Lab
Children's Hospital
Boston, Massachusetts

RESEARCH PUBLICATIONS

Books & Booklets

Dieffenbach, K. (in progress) Of women and wheels: The history and passion of women cyclists.

Dieffenbach, K., Brewer, B., Van Raalte, & Petipas, A.J. (2006). An Inside Look at Sport Psychology Consulting. Virtual Brands: Wilbraham, MA.

Dieffenbach, K., Brewer, B., Van Raalte, & Petipas, A.J. (2005). Mental skills for young athletes: A viewer's manual. Virtual Brands: Wilbraham, MA.

Book Chapters

Dieffenbach, K. (in press). Burnout. In L. Lauer & D. Gould (Eds). USTA Skills and Drills Manual for Coaches.

Dieffenbach, K. (in press). Goal setting. In L. Lauer & D. Gould (Eds). USTA Skills and Drills Manual for Coaches.

Dieffenbach, K. (in press). Team building. In L. Lauer & D. Gould (Eds). USTA Skills and Drills Manual for Coaches.

Dieffenbach, K. (2005). Not a cloud of doubt in the sky. In N. Jamison, M. Moslow-Benway, & N. Stover (Eds). The thrill of victory, the agony of my feet: Tales from the world of adventure racing. Halcottsville, NY: Breakaway Books.

Dieffenbach, K. (2004). More sport psychology for elite level coaches. In S. Callen (Ed). USA Cycling elite coach manual. Colorado Springs, CO: USA Cycling Organization.

Dieffenbach, K. (2003). Advanced coaching issues. In C. Carmichael (Ed). Carmichael Training System's coaching manual (2nd Ed.). Colorado Springs, CO: CTS.

Dieffenbach, K. (2003). An introduction to adventure racing and coaching adventure racers. In C. Carmichael (Ed). Carmichael Training System's coaching manual (2nd Ed.). Colorado Springs, CO: CTS

- Tuffey-Riewald, S. & **Dieffenbach, K.** (2002). Understanding and enhancing leadership effectiveness. In S. Riewald (Ed). US Marine Corps basis fitness correspondence textbook. Colorado Springs, CO National Strength and Conditioning Association.
- Dieffenbach, K.** (2002). Sport psychology for club level coaches. In S. Callen (Ed). USA Cycling club coach manual. Colorado Springs, CO: USA Cycling Organization.
- Dieffenbach, K.** (2002). Sport psychology for elite level coaches. In S. Callen (Ed). USA Cycling elite coach manual - 2002. Colorado Springs, CO: USA Cycling Organization.
- Gould, D., & **Dieffenbach K.** (2002). Overtraining, underrecovery, and burnout in sport. In M. Kellman (Ed.), Enhancing recovery: Preventing underperformance in athletes. Champaign, IL: Human Kinetics.
- Dieffenbach, K.** & Gould, D. (2001). Smart cycling: Mental skills training. In C. Carmichael (Ed). Carmichael Training System's coaching manual. Colorado Springs, CO: CTS.
- Gould, D. & **Dieffenbach, K.** (2000). Psychological Issues in Youth Sports: Competitive anxiety, overtraining, and burnout. In R. Malina and M. Clark (Eds.), Youth sports in the 21st century: Organized sports in the lives of children and adolescents. East Lansing, Michigan: Exercise Science Publications.

Refereed Research Publications

- Gould, D. & **Dieffenbach, K.** (under review). Positive parental push: Lessons learned from Olympic athletes about talent development
- Gould, D., Medbury, R., Hardy, L., **Dieffenbach, K.**, & Lauer, L. (under review). Identifying the range of emotions involved in sport achievement striving.
- Gould, D., **Dieffenbach, K.**, & Moffett, A. (2002). Psychological talent and their development in Olympic champions. Journal of Applied Sport Psychology, 14, 172-204.
- Gould, D., Greenleaf, C.A., Guinan, D., **Dieffenbach, K.**, & McCann, S. (2001). Pursuing performance excellence: Lessons learned from Olympic athletes and coaches. Journal of Performance Excellence, 4, 21-43.
- Greenleaf, C.A., Gould, D., & **Dieffenbach, K.** (2001). Factors influencing Olympic performance: Interviews with Atlanta and Nagano U.S. Olympians. Journal of Applied Sport Psychology, 13, 154-184.

Book Reviews

- Dieffenbach, K.** (2006). [Review of the book Coaching for the Inner Edge]. The Sport Psychologist, 20(2), 249-250.

Dieffenbach, K., & Burton, D. (1998). [Review of the book Mental skills for young athletes: A mental skills workbook for athletes]. The Sport Psychologist, 12(3), 358-360.

Workplace Wellness Programs

Dieffenbach, K. (2004). Make Your Move 2004 – A health and wellness workplace program for the National Association of Health and Fitness: The Network of State and Governor’s Councils. Available at www.physicalfitness.org.

Dieffenbach, K. (2004). Let’s Get Physical 2004 – A health and wellness workplace program for the National Association of Health and Fitness: The Network of State and Governor’s Councils. Available at www.physicalfitness.org.

Dieffenbach, K. (2003). Make Your Move 2003 – A health and wellness workplace program for the National Association of Health and Fitness: The Network of State and Governor’s Councils. Available at www.physicalfitness.org.

Dieffenbach, K. (2003). Let’s Get Physical 2003 – A health and wellness workplace program for the National Association of Health and Fitness: The Network of State and Governor’s Councils. Available at www.physicalfitness.org.

Other Scholarly Works

Gould, D., **Dieffenbach, K.**, & Moffett, A. (2001). Psychological talent in Olympic medal winning athletes. US Olympic Committee Sport Science and Technology Final Grant Report. Colorado Springs, CO.

Gould, D., Greenleaf, C., **Dieffenbach, K.**, Chung, Y., & Peterson, K. (1999). Positive and negative factors influencing U.S. Olympic athlete and coaches: Nagano Games assessments. US Olympic Committee Sport Science and Technology Final Grant Report. Colorado Springs, Colorado.

Driever, W., Solnica-Krenzel, L., Schier, A. F., Stemple, D., Abdelilah, S., Malicki, J., Rangini, Z., Stainier, D. Y., Zwartkruis, G. J. T., Belak, J., Boggs, C. C., **Dieffenbach, K.**, & Newhauss, S. (1993). A large scale genetic screen for mutations affecting pattern formation and organogenesis in zebrafish. Unpublished manuscript. Cardiovascular Research Center, Massachusetts General Hospital and Harvard Medical School.

Articles in Preparation

Dieffenbach, K. (1998). Through athletes’ eyes: How swimmers’ perceptions of coaches’ messages impact motivation and performance. Unpublished master’s thesis, University of Idaho, Moscow.

Applied Publications

Dieffenbach, K. (2006). Cycling psychology: Dealing with defeat. USAC Cycling News, 1(1), 6.

- Dieffenbach, K.** (2006, May). How complete is your training? Predator: The Journal of Metal Conditioning for Serious Athletes, http://predator-online.com/index.php?option=com_magazine&func=show_article&id=1&Itemid=30.
- Dieffenbach, K.** (2005). Coaches role in the injury rehabilitation process. Performance Conditioning for Cycling, *10(5)*, 4-5.
- Dieffenbach, K.** (2005). Coaching juniors: How to get started. Performance Conditioning for Cycling, *10(5)*, 9-10, 12.
- Dieffenbach, K.** (2005). Choosing the right sport psychology professional for your needs. Performance Conditioning for Cycling, *10(2)*, 7-9.
- Dieffenbach, K.** (2004) Conditioning the mind interview: Pre race routine, ritual and dealing with race day adversity. Performance Conditioning for Cycling, *9(7)*, 5-6, 10-11.
- Dieffenbach, K.** (2004, July). Balancing life and sport. Hope Notes. Tour of Hope Newsletter.
- Dieffenbach, K.** (2004, October). Training with the sniffles. Adventure Sports Magazine, *18*.
- Dieffenbach, K.** (2003, July). Picking yourself up again. InsideTriathlon.com Journal of multisport online. www.insidetriathlon.com/train/tips/articles/1652.0.html
- Dieffenbach, K.** (2003). The good, the bad, and the ugly. Performance Cycling Conditioning, *8(6)*, 10-11.
- Dieffenbach, K.,** Gould, D., & Moffett, A. (2002). Coaches' roles in developing champions. The USTA Newsletter for Tennis Coaches, *4 (3)*, 3-5.
- Dieffenbach, K.,** Gould, D., & Moffett, A. (Summer 2002). Coaches' roles in Olympic championship development. Olympic Coach, *12 (3)*, 1-9.
- Gould, D., **Dieffenbach, K.,** & Moffett, A. (Winter. 2002). Psychological characteristics of U.S. Olympic champions. Olympic Coach, *12(1)*, 1-3.
- Dieffenbach, K.** (2001, October). How many hours are in your day? A woman's guide to finding time. Inside Triathlon.
- Dieffenbach, K.** (2001, September). Trauma, tragedy, and training: Finding ways to go forward. Carmichael Training Systems Website, www.trainright.com.
- Dieffenbach, K.** (2001, July). Heads up. VeloNews, *30(12)*. 40.
- Dieffenbach, K.** (2001, July). Heads up: I think I can, I think I can... VeloNews30(12), 40.

- Dieffenbach, K.** (2001, June). A checklist for training with intent. Greensboro Velo Club Newsletter.
- Dieffenbach, K.** (2001, April). More than just talent. Carmichael Training Systems Website, www.trainright.com.
- Dieffenbach, K.** (2001, April). Getting out of your own way. Carmichael Training Systems Website, www.trainright.com.
- Dieffenbach, K.** (2000, October) Knowing your body. VeloNews, 29(17), 64.
- Dieffenbach, K.** (2000, June). Single track mind: Keys to training with a busy life. VeloNews, 29(10), 51.
- Dieffenbach, K.** (2000, May). Using your head. Dirt Rag, 78, 32-33.
- Dieffenbach, K.** (2000, February). Spinning your wheels. Greensboro Velo Club Newsletter.
- Dieffenbach, K.** (1999, May). Pedal through. Greensboro Velo Club Newsletter.
- Gould, D., Damarjian, N., Medbery, R., **Dieffenbach, K.**, Chung, Y., & Lauer, L. (2000). US Tennis Association Coaches Sport Psychology Manual. UNCG Sport and Exercise Sport Psychology Lab: Greensboro, NC.

PRESENTATIONS

Academic Presentations

- Lauer, L, Medbury, R., **Dieffenbach, K.**, Chung, Y, & Lubbers, P. (submitted for review). Taking it to the Court Again: Teaching Mental Skills On the Tennis Court. Continuing education workshop submitted for the 2006 annual meeting of the Association for Advancement of Applied Sport Psychology, Miami, Florida.
- Henderson, J.W. & **Dieffenbach, K.** (submitted for review). Practical presentations for goal setting and focus for coaches and athletes. Presentation proposal submitted for the 2006 annual meeting of the American Psychological Association, New Orleans, Louisiana.
- Dieffenbach, K.** (2005, October). Overreaching, underrecovery, and cognitive hardiness in junior elite athletes. Poster presented at the 2005 annual meeting of the Association for the Advancement of Applied Sport Psychology in Vancouver, BC.
- Dieffenbach, K.**, Moffett, A., & Gould, D. (2003, October). Parent's roles in developing Olympic champions. In D. Gould (chair) Psychological Foundations of Sport Parenting. Symposium presented at the 2003 Association for Advancement of Applied Sport Psychology in Philadelphia, Pennsylvania.
- Dieffenbach, K.**, Rolo, C., Sterk, S., Webber, N., Benko, P., & Zenner, D. (2003, October). Performance excellence from the playing field to the stage and beyond. Workshop

presented at the 2003 Association for the Advancement of Applied Sport Psychology in Philadelphia, Pennsylvania.

Dieffenbach, K. & Medbery, R. (2001, October) Capturing peak performance lessons: The case of the USA men's and women's Sydney Olympic Water Polo teams. In D. Gould (chair), Performance enhancement consulting with Olympic athletes. Symposium conducted at the Association for the Advancement of Applied Sport Psychology, Orlando, FL

Dieffenbach, K. (2001, October). The development of psychological talent in Olympic Champions. In D. Gould (chair), Psychological talent and its development in Olympic champions. Symposium conducted at the Association for the Advancement of Applied Sport Psychology, Orlando, FL.

Greenleaf, C., Collins, K., Waldron, J., Semerjian, T., & **Dieffenbach, K.** (2000, October). Progressing with time: Graduate students' reflections on feminist research and practice. Symposium conducted at the Association for the Advancement of Applied Sport Psychology, Nashville, TN.

Dieffenbach, K., & Fletcher, T. (2000, October). Normalizing stress and seeking sanity within a graduate degree program. Workshop presented at the Association for the Advancement of Applied Sport Psychology, Nashville, TN.

Gould, D., Damarjian, N., Medbery, R., **Dieffenbach, K.**, Chung, Y., & Lauer, L. (2000 October). Mental skills and drills: An applied teaching experience for sport professionals. Continuing education workshop presented at the Association for the Advancement of Applied Sport Psychology, Nashville, TN.

Dieffenbach, K., & Burton, D. (1999, September). Through swimmers eyes: How athlete's perceptions of the coach-athlete relationship impact motivation. Paper presented at the Association for the Advancement of Applied Sport Psychology, Banff, Canada.

Dieffenbach, K., Roper, E., Holliday, B., & Whitney, J. (1999, September). Presenting a professional image: Issues face by apprentices in applied sport psychology. Paper presented at the Association for the Advancement of Applied Sport Psychology, Banff, Canada.

Gould, D., Hardy, L., Medbery, R., **Dieffenbach, K.**, Lauer, L., Damarjian, N., & Jones, G. (1999, September). Identifying the range of emotions involved in sport achievement striving. Paper presented at the Association for the Advancement of Applied Sport Psychology, Banff, Canada.

Burton, D., **Dieffenbach, K.**, Bull, S., Shambrook, C., Hogg, J., Ravizza, K., & Naylor, S. (1999, September). Logbooks: Practical strategies to enhance mental training success. Workshop presented at the Association for the Advancement of Applied Sport Psychology, Banff, Canada.

Dieffenbach, K. (1999, August). Survey of 1998 U.S. Olympic Coaches. In D. Gould (Chair), Factors Influencing U.S. Athlete and Coach Performance in the 1998 Nagano Olympics. Symposium presented at the American Psychological Association, Boston, MA.

Dieffenbach, K. (1999, May). Coach lessons. In D. Gould (chair), Pursuing performance excellence: Lessons learned from Olympic athletes and coaches. Symposium presented at the World Congress on Mental Training, Salt Lake, UT.

Burton, D., **Dieffenbach, K.**, Holliday, B., & Naylor, S. (1998, September). Why smart talk and opti-psych work: Examining the impact of learning styles and component skills on program effectiveness. Poster presented at the annual meeting for the Association for the Advancement of Sport Psychology conference, Cape Cod, MA.

Dieffenbach, K. (1998, September). Logbooks: An essential but unappreciated component of mental training. In D. Burton & **K. Dieffenbach** (Chairs), Logbooks: Their role in consulting success. Symposium presented at the Association for the Advancement of Sport Psychology conference, Cape Cod, MA.

Zientek, C.E., Yambor, J., Giges, B., & **Dieffenbach, K.** (1998, September). Personal and social implications of sensitive gender issues. Paper presented at the Association for the Advancement of Sport Psychology conference, Cape Cod, MA.

Dieffenbach, K. (1998, April). Through athletes' eyes: A study proposal examining athletes' perceptions of the coach athlete relationship. Proposal presented at the Northwest Student Sport and Exercise Psychology Symposium, Bellingham, WA.

Burton, D., Ludlum, K., & **Dieffenbach, K.** (1997, September). Can Pygmalion survive in collegiate sport? Examining the self-fulfilling prophecy in college volleyball. Poster presented at the annual meeting of the Association for the Advancement of Applied Sport Psychology, San Diego, CA.

Albright, E., **Dieffenbach, K.**, Gosnell, L., Harbaugh, S., Naylor, S., & Witt, R. (1997, April). Enhancing athletes' commitments to psychological skills training: Development of an effective logbook. Paper presented at the Northwest Student Sport and Exercise Psychology Symposium. Seattle, WA.

Applied/ Service Presentations

Dieffenbach, K. (2006, July). On being an elite female cyclist. USAC Women's talent identification endurance camp. Colorado Springs, CO.

Dieffenbach, K. (2006, June). Cycling success for junior and espior athletes. USAC Junior/U23 Regional Developmental Camp. Flagstaff, AZ.

Dieffenbach, K. (2005, December). Fostering talent development through camp. USAC Development Camp Summit. Colorado Springs, CO.

- Dieffenbach, K.** (2005, October). Getting ahead: What can sport psychology do for me? Peaks Coaching and Athlete Performance Summit. Bedford, VA.
- Dieffenbach, K.** (2005, June). Cycling success for junior and espior athletes. USAC Junior/U23 Regional Developmental Camp. Flagstaff, AZ.
- Dieffenbach, K.** (2005, June). Steps to basketball success. WCC High School Girls Basketball Camp at Concordia University. Milwaukee, WI.
- Dieffenbach, K.** (2005, April). Goal setting for cycling success. Peaks Coaching Group Training Camp. Bedford, VA.
- Dieffenbach, K.** (2005, March). Creating a healthy environment for youth sport. Cascade Bicycling Club. Seattle, WA.
- Dieffenbach, K.** (2005, March). Working with junior athletes: A workshop for youth sport coaches. Cascade Bicycling Club. Seattle, WA.
- Dieffenbach, K.** (2005, February). Understanding Overreaching and Underrecovery. USA Cycling 2005 Elite Coach Clinic. Colorado Springs, CO.
- Dieffenbach, K.** (2005, February). Stress Management for Coaches and Athletes. Colorado Springs, CO.
- Dieffenbach, K.** (2004, August). Sport psychology: Enhancing focus and concentration. USA Cycling U-23, Junior, and Masters Nationals. Park City, UT.
- Dieffenbach, K.** (2004, August). Sport psychology and the junior/Espior athlete. USA Cycling U-23, Junior, and Masters Nationals. Park City, UT.
- Dieffenbach, K.** (2004, January). Understanding Overreaching and Underrecovery. USA Cycling 2004 Elite Coach Clinic. Colorado Springs, CO.
- Dieffenbach, K.** (2003, November). Sport psychology and coaching. Carmichael Training Systems 2003 Coaching retreat. Colorado Springs, CO.
- Dieffenbach, K.** (2003, September). Introduction to exercise and sport science. Bishop Walsh High School. Cumberland, MD.
- Dieffenbach, K.** (2003, February). Performing at your peak. Carmichael Training Systems Cycling Camp. Buellton, CA.
- Dieffenbach, K.** (2001, March). Riding smart: Getting the most from you miles. Greensboro Velo Club. Greensboro, NC.

- Dieffenbach, K.** (2001, February). Mental skills training: Coaching the whole person. Carmichael Training Systems Cycling Camp. Buellton, CA.
- Dieffenbach, K.** (2001, February). Helping members use goal setting effectively: What coaches can do. Carmichael Training Systems Cycling Camp. Buellton, CA.
- Dieffenbach, K.** (2001, February). Riding smart: Using goal setting effectively. Carmichael Training Systems Cycling Camp. Buellton, CA.
- Dieffenbach, K. & Taylor, M.** (2000, November). An introduction to the field of sport psychology. Peace College Psychology Majors Club. Durham, NC.
- Dieffenbach, K.** (2000, May). Staying positive in tough situations. U-11 Twisters. Greensboro, NC.
- Dieffenbach, K.** (2000, April). Practicing patience. U-11 Twisters. Greensboro, NC.
- Dieffenbach, K.** (2000, March). Communication and self-talk. Westside Women's Tennis Club. Greensboro, NC.
- Dieffenbach, K.** (2000, March). Playing better doubles tennis. Westside Women's Tennis Club. Greensboro, NC.
- Gould, D., Medbury, R., & **Dieffenbach, K.** (2000, February). Teambuilding. University of North Carolina at Greensboro Men's and Women's Tennis Teams. Greensboro, NC.
- Dieffenbach, K.** (1999, December). Stress management. Westside Women's Tennis Club. Greensboro, NC.
- Dieffenbach, K.** (1999, September). Goal setting for success: From the "to do" list to graduation and beyond. University of North Carolina at Greensboro Phi Sigma Pi Honors Sorority Seminar. Greensboro, NC.
- Dieffenbach, K.** (1999, August). Team building retreat. University of North Carolina at Greensboro Women's Soccer Team. Greensboro & Boone, NC.
- Dieffenbach, K. & Reel J.** (1999, July). A beginners guide to relaxation. UNCG Spartan Summer Soccer Camp. Greensboro, NC.
- Dieffenbach, K. & Reel J.** (1999, July). Effective goal setting. UNCG Spartan Summer Soccer Camp. Greensboro, NC.
- Dieffenbach, K.** (1999, July). Be nice to yourself: Fighting stinkin' thinkin'. Spartan Summer Soccer Camp. Greensboro, NC.

- Dieffenbach, K.** (1999, February). Effective goal setting. University of North Carolina at Greensboro Women's Soccer Team. Greensboro, NC.
- Dieffenbach, K.** (1999, January). Creating a team performance profile. University of North Carolina at Greensboro Women's Soccer Team. Greensboro, NC.
- Dieffenbach, K.** (1998, December). Visions and goal setting: From the "to do" list to graduation and beyond. University of North Carolina at Greensboro Lead Seminar. Greensboro, NC.
- Dieffenbach, K.** (1998, December). YES clinic for parents: Panel discussant. NCAA Women's Soccer Final Four YES Clinic, Greensboro, NC.
- Dieffenbach, K.** (1998, September). Relaxation techniques. University of North Carolina at Greensboro Women's Soccer Team. Greensboro, NC.
- Dieffenbach, K.** (1998, August). What is sport psychology and how can it help you? University of North Carolina at Greensboro Women's Soccer Team. Greensboro, NC.
- Dieffenbach, K.** (1998, June). Building and practicing mental skills for riding. Palouse Pony Club. Moscow, ID.
- Dieffenbach, K.** (1998, June). Smart riding. Palouse Pony Club, Moscow, ID.

MEDIA WORK

- Dieffenbach, K.** (in press). Pod cast interview about mental skills training for athletes for EndurancePlanet, www.enduranceplanet.com.
- Dieffenbach, K.** (2004, July). Expert panelist for Outdoor Life Network Television special: OLN Top 25 Courageous: Episodes 2, 3, & 4
- Dieffenbach, K.** (2003, October). Tuning in to training. Outdoor Life Network Television show SportZone's coaching corner.
- Dieffenbach, K.** (2003, June). Introducing sport psychology. Outdoor Life Network Television show SportZone's coaching corner.

GRANTS

- Brewer, B., Archer, M, Cornelius, A.E., **Dieffenbach, K.**, Goldberg, L, Gould, D., Petipas, A.J., & Van Raalte, J.L. (under review). Safe Alternative to Performance Enhancing Drugs in Sport. Submitted to NIH/SBIR grant review process, Washington, D.C.
- Gould, D., & **Dieffenbach, K.** (1999). The Development of Psychological Talent in U.S. Olympic Medal Winners. Sport Science and Technology Grant, USOC (\$ 22,000).

MAJOR RESEARCH/ FIELD EXPERIENCE

Psychological Factors and Talent Development in US Olympic Champions

University of North Carolina at Greensboro

Supervisor: Dr. Daniel Gould

Responsibilities: Literature review
Conducting in-depth telephone interviews
Coding and analysis of interview data
Coding and analysis of focus group data
Survey data collection
Survey data coding
Survey data analysis
Project supervision
Presentation and publication of scientific manuscripts
Information dissemination

Positive and negative factors influencing U.S. Olympians and coaches

University of North Carolina at Greensboro

Supervisor: Dr. Daniel Gould

Responsibilities: Data analysis
Coding and analysis of interview data
Presentation of scientific manuscripts
Coding and analysis of interview data

Emotions in Sport

University of North Carolina at Greensboro

Supervisor: Dr. Daniel Gould

Responsibilities: Data analysis
Data coding
Presentation of scientific manuscript
Information dissemination

United States Tennis Association Skills and Drills

University of North Carolina at Greensboro

Supervisor: Dr. Daniel Gould

Responsibilities: Material development
Field testing

Stress and Anxiety Research Course

University of Idaho

Supervisor: Dr. Damon Burton

Responsibilities: Literature review
Data collection
Data coding

ACADEMIC TEACHING EXPERIENCE**Instructor/ Co-Instructor**

Pharmacology for Athletic Trainers Frostburg State University	Spring 2006
Foundations in Sport and Exercise Science Frostburg State University	Fall 2005 – Spring 2006
Human Sexuality Frostburg State University	Fall 2005, Fall 2005 -Spring 2006
Evaluation and Assessment for Fitness Prescription Frostburg State University	Fall 2005 – Spring 2006
Organization and Administration for Athletic Training and Personal Training Frostburg State University	Fall 2005
Biology 109 (Introductory course) Frostburg State University	Fall 2004
Women and Sport Special topics course in the Women's Studies program Frostburg State University	Spring 2004
Introduction to Wellness Frostburg State University	Fall 2003 – Spring 2005
Introduction to Computer Science Frostburg State University	Fall 2003 – Spring 2004
Freshman Orientation and Academic Advising Frostburg State University	Fall 2002 - present
How to Keep Going Once You've Started: Enhancing Exercise Motivation Boston Center for Adult Education	September 2001
Bringing Your Game Up to Par! Mental Skills Golf Workshop Boston Center for Adult Education	September 2001
Getting into the Swing of Things: Mental Skills for Tennis Boston Center for Adult Education	September 2001
Fit for Life University of North Carolina Greensboro	Spring 2000

Foundations of Sport and Exercise Psychology
Co-Instructor
University of North Carolina Greensboro
Spring 1999

Teaching Assistant

Mental Training for Athletes
University of Idaho
Spring 1997

Undergraduate Sport Psychology
University of Idaho
Spring 1997
Fall & Spring 1998

English and Science Tutor
Jugenddorf Chrisstophorusschule
Elze, Germany
7/92-4/93

University Guest Lecturer

Coach's Introduction to Sport Psychology
Rio Grande University, Rio Grande, OH
Guest lecturer in graduate level coaching theory class
July 2005

Overtraining and Underrecovery Issues for Athletes
Frostburg State University, Frostburg, MD
Guest lecturer graduate level exercise physiology class
November 2004

Coaching Adults as a Private Coach
Frostburg State University, Frostburg, MD
Guest lecturer upper division/graduate level coaching class
April 2004

An Introduction to Exercise Psychology and Exercise Science
Frostburg State University, Frostburg, MD
Guest lecturer undergraduate level health psychology class
April 2003

Overtraining and Underrecovery Issues for Athletes
Frostburg State University, Frostburg, MD
Guest lecturer graduate level exercise physiology class
October 2002

Coping Skills and Relaxation
Frostburg State University, Frostburg, MD
Guest lecturer for freshman health and fitness class
September 2002

Burnout and Overtraining in Athletes
Frostburg State University, Frostburg, MD
Guest lecturer for special topics undergraduate psychology course in sport psychology
Summer 2002

Special Topics: Performance Enhancement
 West Virginia University, Morgantown, WV
 Guest lecturer for undergraduate sport psychology course
 Spring 2002

Foundations of Sport and Exercise Psychology
 University of North Carolina at Greensboro
 Occasional guest lecturer for undergraduate sport and exercise psychology course
 on multiple topics
 Spring 2001

Foundations of Sport and Exercise Psychology
 University of North Carolina at Greensboro
 Occasional guest lecturer for undergraduate sport and exercise psychology course
 on multiple topics
 Fall 1999

Research and Practice in Applied Sport Psychology
 University of North Carolina at Greensboro
 Guest lab discussant for graduate course on multiple topics
 Fall 1999

Physical Activity Teaching Experience

Aerobics and Conditioning
 Frostburg State University
 Fall 2002

Conditioning Class
 University of North Carolina at Greensboro
 9/98-12/99

Jogging and Conditioning
 University of Idaho
 1996-1998

Body Toning
 University of Idaho
 1996-1998

Water Aerobics
 University of Idaho
 1997-1998

Aquatic Fitness
 University of Idaho
 1997-1998

Weight Training
 University of Idaho
 1996-1997

Coaching Experience

Assistant Coach USA Cycling Women's Talent Identification Endurance Camp OTC, Colorado Springs, CO	June 2006
Assistant Coach USA Cycling Junior/Espior Regional Camp Flagstaff, Arizona	June 2006
Head Coach Category 3 and Women Riders USA Cycling National Camp at the International Cycling Festival (Superweek) Milwaukee, Wisconsin	July 2005
Assistant Coach USA Cycling Junior/Espior Regional Camp Flagstaff, Arizona	June 2005
Head Coach for the 2004 Tour of Hope Carmichael Training Systems Colorado Springs, Colorado	2004
Assistant Coach USA Cycling Junior National Team World Championship Preparation Camp USOC Colorado Springs, Colorado	August 2003
Volunteer Track Coach - hurdles Beall High School Frostburg, Maryland	Spring 2002 - Winter 2003
Private Cycling, Running, Multisport, & Adventure Racing Coach Mountains, Marathons, & More Frostburg, Maryland	2001 - present
Private Cycling, Running, Multisport, & Adventure Racing Coach Carmichael Training Systems Colorado Springs, Colorado	2001 - 2005
Volunteer Coach/ Assistant Women's Cross-country, indoor and outdoor track program University of Idaho Moscow, Idaho	1996-1998
Head Sprint Coach/ Assistant Women's Coach Cedarburg High School Cedarburg, Wisconsin	Spring 1996

Assistant Cross-Country Coach
Cedarburg High School
Cedarburg, Wisconsin

Fall 1995

Volunteer Youth Mentor
Front Ranger Mountain Bike Association
Boulder, Colorado

Summer 1995

Physical Activities Coordinator
Jugenddorf Christophurusschule
Elze, Germany

7/92-4/93

TEACHING COMPETENCY AREAS

Graduate

Sport Psychology
Exercise Psychology
Research Methods
Gender and Sport
Social Issues in Sport

Undergraduate

Sport Psychology
Evaluation and Prescription in Exercise
Exercise Psychology
Exercise Physiology
Freshmen Orientation and Life Skills
Health and Wellness
Human Sexuality
Sports Nutrition
Statistics/ Research Methods
Biomechanics
Motor Learning
Gender and Sport
Coaching Education
Track and Field Coaching
Introduction to Computer Science
Fitness/ Activities Classes
 Conditioning
 Weight training
 Aquatic Fitness
 Jogging
 Water Aerobics
 Aerobics
 Mountain Biking

PROFESSIONAL ORGANIZATIONS

Memberships

American Psychological Association - Division 47 (APA)
Association for the Advancement of Applied Sport Psychology (AAASP)
European Network of Young Specialists in Sport Psychology (ENYSSP)
Melpomene Institute for Women's Health and Physical Activity Research
National Offroad Bicycle Association (NORBA)
National Strength and Conditioning Association (NSCA)
Positive Coaching Alliance (PCA)
United States Adventure Racing Association (USARA)
United States Cycling Federation (USA Cycling)
United States Track and Field Association (USATF)
Women's Sport Federation

Additional Certifications

American Coaching Effectiveness Program, September 1996
Association for the Advancement of Applied Sport Psychology – Certified Consultant 2003
Carmichael Training Systems Expert Coach 2001
Positive Coaching Alliance Trainer 2003
Red Cross CPR and First Aid 2001
United States Track and Field Level II Coach: Endurance Specialization, August 1997
Level I Coach, July 1995
USA Cycling Elite (Cat 1) Level Coaching Certification May, 2004
USA Cycling Expert (Cat 2) Level Coaching Certification June, 2002

Additional Skills

Proficient in German
Conversant in American Sign Language