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**Professional Summary:** Proven professional with 20+ year experience in applied sport psychology working with male and female elite and professional athletes, Olympic National Governing Bodies, coaches, managers, and sports medicine teams to create empowering sports experiences where outcomes match capabilities.

- Currently working with pro athletes in the MLS, WPSL, WTA
- Worked with three Olympic Gold Medalists, over 20 Olympians, two Paralympian Gold Medalists, four World Champions, fifteen National Champions, dozens of professional athletes as well as hundreds of National Team members and Division I student- athletes, teams and their coaches.
- Has worked with elite athletes in broad range of sport (MLS, NFL, NHL, NBA, MLB, fly-fishing, go-kart racing, chess, ski & snowboard, ski jumping, fencing, tkd, climbing, triathlon, multiples, track & field, strongman, pole vaulting, equestrian, gymnastics, softball, baseball, lacrosse, field hockey, swimming, water polo, synchronized skating etc.

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**Skills:** Ability to work as a member of a team vertically within an organization (i.e. with Board and committee members, donors, etc.) as well as horizontally across an organization (management, marketing) to maximize impact. Excellent interpersonal, listening, motivational and educational skills which can be applied in group or individual settings.

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### **Work History:**

#### **High Performance Sports Psychology Consultant Beijing and Pyeong Chang Olympic Games**

*US Figure Skating: February 2018; February 2020*

#### **High Performance Lead Sports Psychology Consultant**

*US Figure Skating: May 2010 – Present*

- Oversee contracted sports psychology consultants(s) with U.S. Figure Skating and coordinate services with USOPC psychology performance service providers
- One-on-one consultations with identified athletes to determine athlete's level of sports psychology knowledge; assess sport psychology related strategies for performance, day to day training, etc.; assess athlete's stress level; facilitate plan of action for continued performance and/or mental health services or referral if appropriate; recognize signs/symptoms of disordered eating/eating disorders; discuss athlete's goals for the season;
- Work with U.S. Figure Skating medical service providers to coordinate in/out-patient programs as needed
- Provide individual sport psychology services to international team athletes
- Attend National and International events
- Collaborate with Senior Director of Athlete High Performance, Director of Medicine, multidisciplinary team of providers
- Presentations for high performance camps and educational initiatives

#### **Dr. Silby and Associates, LLC**

*Owner: June 2020-Present*

- Company founded to bring together a multi-disciplinary team of sport experts from fields of counseling, sport psychology, psychiatry, and mental health to meet the broad needs of elite athletes and sports organizations.
- Deliver comprehensive performance services to constituents
- Work horizontally across organizations to maximize value (i.e. collaboration with sports medicine, general manager, coaches, marketing team (to secure access to digital tools, apps, and cutting-edge recovery resources for athletes)

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- Provision of team education and individual services to align performance outcomes with capabilities and guide athletes as they navigate the pressures associated with elite athletic achievement
  - Working with a broad range of clients from elite adolescent athletes to adult pro players across a wide range of sporting disciplines.
  - Equipping athletes with mental strategies to cope with and overcome challenges, setbacks, and injuries

**DC United Academy / Loudon United**

*August 2019-present*

- Team presentations monthly to enhance performance, fine-tune focus, elevate teamwork, improve communication, define mission, resilience training
- One-on-one consultations with top 7 players / three of which stepped up to the first team
- Continued follow-up services with first team players

**American University**

*Adjunct Faculty School of Education, Teaching and Health; August 2000 – 2013*

Taught Sport Psychology; two dissertation committees; Advised 25+ students per graduate school

**Private Practice**

*1995 – Present*

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**Education:**

**Ph.D. Sport Psychology**

University of Virginia, Charlottesville, VA 1994

**M.Ed. Sport Psychology**

University of Virginia, Charlottesville, VA 1991

**M.Ed. Counselor Education**

University of Virginia, Charlottesville, VA completed coursework May 1994

**B.A. Psychology with Communications Minor**

Syracuse University, Syracuse, New York 1988

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**Accomplishments:**

- Author, Games Girls Play: Understanding and Guiding Young Female Athletes (St. Martin's Press)
- Featured speaker for the US Department of State, Sports United program working with athletes and coaches from Pakistan, India, Iraq, South Africa, Swaziland, Colombia, Morocco, and Australia.
- USOPC recognition of appreciation certificates for service to Olympic Teams, 1996, 2014, 2016, 2018
- 2019 Sport Science Coach Award Professional Skater's Association
- Consultant and Spokesperson American Girl Company ( 2007 – 2018)
- Advisor: "Stronger Than You Think", a 3-day Mental Health National Livestream with 60 celebrities and athletes (May 2020)
- Advisor to "FABLAB" Weekly Fox television series aimed at encouraging girls to become involved in STEM (April 2016)

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- Board Member: USOPC, US Figure Skating, Southwest Women's Law Center, Rio Northern Soccer
  - Team Leader Winter World University Games (1994), Olympic Sports Festival (1994)
  - Member of US National and International Figure Skating Team (1983-1985)