

## **Coordinator / Advisor**

### **Dr. Patsy Tremayne – Sport Psychology Coordinator**

*BA (Physical Education/Psychology), MA (Sport Psychology), PhD (UNSW).*

Dr Patsy Tremayne, a former Commonwealth Games springboard and high board diving bronze medalist, is currently the NSWIS Sport Psychology Coordinator. She studied sport psychology in the US, and has a PhD in psychophysiology.



Patsy is an Associate Professor at the University of Western Sydney and was the director of the only accredited postgraduate sport psychology program in NSW which operated from 1998 to 2005. In addition, Dr Patsy Tremayne has a private practice, and is the NSW psychologist for the AFL Players' Association.

In addition to working with individual athletes across NSWIS sports such as netball, rugby league, volleyball, athletics, disability athletics, baseball and EAP squads. Patsy was previously an AIS National Network Provider for the National Women's Water Polo team, assisting with their preparations and performance for the 2000 and 2004 Olympic Games.

She has travelled both interstate and overseas with sporting squads competing at State, National and World Cup/World Championship level, and sees a variety of athletes (AIS/NSWIS/Non-NSWIS) and performing artists for individual consultations. She has been a postgraduate lecturer in Sport and Performance Psychology at UWS for over 10 years, has presented at various national and international conferences, and publishes in internationally recognized journals. As one of Australia's senior sport psychologists she has also made extensive contributions to scientific, regulatory and professional bodies.

Patsy is a foundation member of the Australian Psychological Society's College of Sport Psychologists (CoSP), and was for a number of years the Chairperson of the NSW College of Sport Psychologists, and the National Professional Development Convenor and Executive Committee Member for CoSP. She is a full member of the Australian Psychological Society which, in October 2007, awarded her an Award of Distinction for services to sport psychology.

NSW Registered Psychologist, Registration No. PS 0009254, and accredited supervisor with the NSW Psychology Registration Board.

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