



## 2015 Yonex Canada Open Coaches Summit



*Sommer Christie, BSc, MHK, PhD Candidate*

Sommer Christie is a Professional Mental Performance Consultant with the Canadian Sport Psychology Association (CSPA), and official service provider for the Canadian Sport Institute in Calgary, and is a PhD candidate at the University of Calgary. Sommer's doctoral research will investigate whether biofeedback and neurofeedback training improves an athlete's ability to selfregulate physiologically (arousal) and neurologically (attention), and therefore enhance sport performance.

She completed her Masters of Human Kinetics with concentration in Intervention and Consultation at the University of Ottawa in May 2011, for which she received the Dean's Scholarship from the Faculty of Graduate Postdoctoral Studies. She also, received her Bachelor of Science with distinction in Exercise Science from Concordia University in 2003. Sommer was a National-level rugby player and has competed for Canada in two World Cup's, the World University Games, and several International test matches.

Currently, she is working as a Mental Performance Consultant and her main focus is to facilitate the enhancement of performance through mental skills training. She works with multiple athletes/performers/coaches competing at different levels, including Provincial and National level canoe/kayak paddlers, alpine skiers, equestrian riders, curlers, figure skaters, cross-country runners, rugby teams, and varsity football and hockey.

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