

## **Sport Science Advisor (Consultant)**

Donna Perry graduated from Western Washington University with a Master in Human Movement and Performance and an emphasis in Sport Psychology. She has been working in the field for 20 years, with a range of opportunities in High Performance Sport. Donna has served as a Mental Performance Consultant for numerous amateur & professional athletes, at national and provincial levels.

Donna was a competitive athlete and a National Champion in Soccer. Her experience in both playing sport and working with many high-level athletes & sports teams have provided her with a unique perspective of the elements needed to have success in the high sport performance industry.

Donna is equipped to provide strategy and oversight to sport science services & research, validation and integration of testing protocols, across performance disciplines. Donna's background in Sport Sciences and as a professor in Kinesiology at Capilano University supports her aspirations to provide sport science knowledge in pursuit of excellence. Donna has also served for many years as part of an integrated sports team collaborating with professionals such as team athletic therapist, sport nutritionist, sports medicine doctor, physiotherapist and safety person.

Besides having many years of experience as an athlete, sport science specialist, counsellor, and professor in Kinesiology, she is Certified by the Canadian Sport Psychology Association as a Mental Performance Consultant (MPC), a Registered Clinical Counsellor (RCC), a Canadian Society of Exercise Physiology Certified Personal Trainer (CSEP-CPT) and a member of Sport Medicine BC. Donna is also the current chair of the Health and Fitness Society of BC. Further, Donna has implemented the Concussion Awareness Training Tool (CATT) and ImPACT Concussion Management and Training as a part of her role as instructor and team Health and Safety Person. She meets the highest standard of professional practice in each of these areas and has a passion for integrating sport, health and movement in collaboration with mental skills training for a holistic program leading to the highest-level of sport performance.