

Coaches

“Dr. Harry van der Lei was introduced to our Florida State University (FSU) men’s golf program in 2003 during his collegiate career as a doctoral student in Sport Psychology. Initially, Harry extensively examined the various organizational aspects of a collegiate golf program, the developmental considerations of collegiate golfers as student athletes, and the golf culture in general. Harry increased his knowledge of mental performance in golf while conducting research for his dissertation involving three of our best male players. Via innovative technology, he was able to demonstrate measurable results linked to the golfer’s mental performance during competition. He developed a unique mental performance assessment and training framework for golfers, the Hourglass Performance Model. His dedication to providing the best applied research based mental performance assessment and training services for golfers built upon objective and reliable measures, his utilization of the latest technology available, and his contribution as a team player within our men’s and women’s golf programs in supporting our golfers in their sport and daily life, are highly appreciated and we are looking forward to collaborating with Harry for many years to come!”

Trey Jones - Head men’s coach and Director of Golf for the men’s and women’s golf programs at Florida State University

“As a coach and a competitor, the expertise and protocols developed at HPI by Dr. Lausic are what I’ve been looking for the last 10 years. I finally found them!”

Tomislav Lazic - ‘B’ Licensed Coach and Lecturer of the International Shooting Sports Federation, Expert associate of the Kinesiology Faculty of University of Zagreb and the Past National Air and Smallbore Pistol Champion

Athletes - Professional

“I have had the good fortune to personally know and work with Dr. Domagoj Lausic over the span of my entire professional tennis career. I have competed on the ITF and WTA professional tennis tours with my best results coming at the 2007 US Open where I reached the semifinals of women’s doubles. I also won 5 WTA doubles titles. Working with Dom helped me climb up the ladder of the extremely competitive world of professional tennis to a career high of number 18 in the world in doubles. It is a world where mental strength and understanding how to work with my mind and emotions, especially under pressure, are the keys. Professional tennis is an unforgiving place where mental strength makes the difference. Anyone can play tennis these days but only the mentally tough individuals can become champions. As much as the methods of physical and tennis preparations have improved, the mental part of the game requires the same attention and work, if not more. It is fantastic to learn how to handle the pressure created by playing in a big stadium (such as when I played on Arthur Ashe Stadium at the US Open), or to handle unfriendly crowds or a cheating opponent, how to cope with nerves before a match or when you have a breakpoint or a set point, how to do the correct self-talk, how to believe in yourself, how to control your breathing, and how to visualize. All these methods, and more, are what I learned from Dom and they helped me reach the results I have reached.”

Vladka - WTA tennis professional, Grand Slam semi-finalist

"I met Doctor Harry van der Lei, sport psychologist at Florida State University, in 2007. There and then, I learned about the Hourglass Performance model and started to understand how routines, breathing techniques and hard work can pay off to improve one's consistency as a golfer. In 2012, after I graduated and became a touring professional on the LPGA Symetra Tour, we started to work more on a professional level. Harry was an important part of my game, on and off the golf course. Playing professionally can be lonely in the beginning of one's career and Harry was throughout this period a mentor to me. During my first year as a professional golfer, we worked hard on my pre-shot routines. After only a few routine training sessions, I achieved my best results for the year of 2012. The positive changes in my golf game were unreal. Since then, I have started to understand the importance of the Hourglass Performance Model and of specific breathing techniques for better results on and off the course. It was not until this year (2013) that Harry and I started to work extensively with biofeedback technology. It has been a great experience to be able to create a better connection between my body and my mind. We trained on my routines before and after my shot executions.

During competitions, Harry and I would talk everyday to discuss the routine patterns I was developing and how I would concentrate right before executing the putts or swings. During my warm up routine at the US Open qualifier, I used the breathing techniques I had mastered during my biofeedback training. In the beginning of the round I was quite nervous, but I didn't let my nerves control the situation. It was important to me to show Harry what I had been working on during my mental performance training for the past 2 years and I wanted to make him proud. The result was a first place finish for the first time in a professional event. Two months later, I played the biggest professional in the world, the US Open.

A week after the qualifying event, I finished second in the Symetra Tournament in Ashville, North Carolina. This was my best result as a professional! Unfortunately, I injured myself after that tournament but Harry was always there for support and advice during my recovery. During this time, he taught me how to keep working on my routines, the biofeedback training, and other specific mental skill training even when I was not able to be on the course. I'm very grateful for his help and his mentorship. Once again, thank you Harry!"

Macarena Silva - Professional golfer, winner of the 2006 Matchplay de Chile and the 2010 Copa de los Andes as an amateur. Macarena turned professional in June 2011 and currently resides in her hometown Santiago, Chile.

"Doctor Harry van der Lei and I first met each other in the year 2000 at a training camp in Calgary, Canada. I was attending a training camp there as a member of the US Speedskating team, in the process of preparing to qualify for the 2002 Winter Olympic Games. I had been dealing with a chronic back injury at that time which limited my training progress substantially. Harry made an immediate positive impact on my athletic career when he implemented a proper periodization plan in my training schedule which reduced my stress and enhanced my rehabilitation. Furthermore, Harry was instrumental as a member of my support team in 2002 & 2006, optimally preparing me for every race, both physically and mentally. Harry is a lifetime friend of mine and I have nothing but the highest regard for him."

Derek Parra - Long Track Speedskating, 2002 Olympic Gold Medalist. Derek works currently for the Utah Olympic Legacy Foundation as the Youth Outreach Director in Kearns, Utah.

“In 2000, in the capacity of US speed skating National Team Coach, I was looking for a good physical therapist with good therapeutic skills, but also with a good understanding of the mental side of sports. I was lucky enough to meet Dr. Harry van der Lei in that year, while he was studying for his Masters in Sport Psychology. He was hired as a physical therapist and was great at it, but also treated the skaters mentally when they were on the massage table for physical treatment. I believe Harry was a very big contributor to the success of the US Olympic speed skating team and especially for Derek Parra, who won a gold and silver Olympic Medal in 2002 in the Winter Olympic Games in Salt Lake City. After 2002, Harry moved to Florida, but stayed connected to the team and brought in a number of the best sport psychologists in the world to talk to the skaters about different mental strategic subjects, helping tremendously with the mental training the skaters did. In 2005 I approached Harry, knowing he was working on his doctorate in Sport Psychology in Florida, to see if he wanted to work with the skaters I was preparing for the Olympic Games in 2006 in Torino, Italy. He agreed and worked with a number of skaters and was very instrumental in preparing Chad Hedrick for these Games. Hedrick ended up winning gold, silver and bronze Olympic Medals at these Games. My experience as an Olympic and National Team Coach in 3 different countries - USA (coached Derek Parra who won Gold and Silver Olympic Medals, Chad Hedrick who won Olympic Gold, Silver and Bronze Medals in 2006), Germany (coached Dutchman Bob De Jong to a Bronze Olympic Medal) and Canada (coached Denny Morrison to World Champion 1500m in 2012) has given me insight into the qualities a good sport psychologist needs to bring to athletes in order to prepare them well for the biggest competitions in their lives. I know Dr. van der Lei possesses these qualities. I will always be interested in working with Dr. van der Lei.”

Bart Schouten - Long Track Speedskating, National teams coach at the Olympic Oval in Calgary, Canada.

“I started working with Dr. Harry van der Lei in 2005 during my preparation for the 2006 Winter Olympic Games in Torino, Italy. Harry was instrumental in teaching me how to optimally prepare, physically and mentally, for my competitive races during my quest to become an Olympic medalist. Speedskating is a very technical sport where the quality of the skater’s strokes is important for efficient energy consumption and speed generation. Before I met Harry, I had difficulties executing my strokes optimally during the short distances (1000 and 1500M), and staying focused for extended periods of time during the longer skating distances. This was partially due to improper relaxation and concentration skills. Harry and I worked on improving my mental performance during competition by practicing focused breathing techniques and imagery sessions of my race competition during the pre-season. These taught skills would be implemented during the warm-up periods just before my speed skating races. Harry’s interest in technological advances in mental performance became apparent when he introduced biofeedback technology to me, which allowed me to directly see and experience the self-regulation of my emotions during the training sessions. Harry’s expertise in mental performance has helped me greatly in controlling my emotions, and being able to relax and focus before and during my competitive races. Harry’s professional support of me as an athlete and his overall concern for me as a person will always be appreciated! I would recommend his work to anyone who wants to compete to the best of his/her ability in sports.”

Chad Hedrick - Long Track Speedskating, 2006 Olympic Bronze, Silver, and Gold Medalist. Chad established a charity foundation that helps Special Olympics athletes realize their dreams as well, and he makes public speeches to corporations and non-profit organizations.

“I had the pleasure to work with Doctor Harry van der Lei during the 2002 and 2006 Winter Olympic Games in Salt Lake City (USA) and Torino (Italy), respectively. I have high regard for Harry’s unique professional expertise in the physical and mental aspects of peak performance, which has helped me in my achievements as an athlete. I am also appreciative of Harry as a person for his sincere concerns that he always expressed to me as a whole person, not just as an athlete. Harry and I still have contact with each other as friends!”

Chris Witty - Long Track Speedskating, World Champion Sprint, and 2002 Olympic Gold Medalist. Chris works currently as an Exercise Physiologist for TopSupport in Eindhoven, The Netherlands.

Athletes - Nonprofessional

“I first started working with Dr. Lausic to improve my tennis game in 2010. My enthusiasm and love of the sport were unfortunately not matched by my skills. Dr. Lausic’s excellent and personally tailored coaching techniques have helped me progress from a borderline 3.0 player to a solid 3.5 player, with the goal of playing at the 4.0 level within the next year.

While my technical skills progressed, I felt that my mental skills on the court were holding me back. Dr. Lausic demonstrated to me the role that biofeedback could play in first monitoring and then controlling my physiological responses to stressors. The breathing techniques I was taught have benefitted me not only on the court, but in a variety of stressful situations off-court as well. Knowing that one has the ability to control one’s physiological responses to stress is extremely empowering.

The tools and techniques offered through Hourglass Performance Institute (HPI) benefit not only the professional athlete, but the part-time recreational athlete as well. I couldn’t recommend them more highly.”

Stephanie K. - Tennis league player

Parents

“Dom has been working with my son for the past two years. Dom is invested in seeing his students improve mentally, tactically, technically and physically. The psychological help he provides to his students is the key aspect of training. I saw my son during tournaments going from being fragile mentally to staying strong and keeping his composure, even after a tough loss. When Dom goes to tournaments with my son, he arrives with a vested interest; filming his performance and behavior, following a detailed statistic sheet, keeping track of the outcome of every point and whether it affects my son’s body language. The feedback he is providing after a match is invaluable to the progress my son is making on the path to becoming a high-level tennis player. My son’s winning record in tournament matches improved from 50% to 85%.

Dom is patient when necessary yet vigilant about changing unproductive habits on the court. He is skilled at assessing his students’ needs and responding to them in a way that is suited to the individual’s skill level. My only regret is that I did not meet Dom sooner.”

Benoit M. - Parent