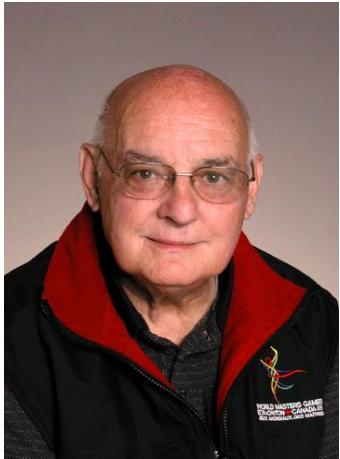


## **John M Hogg Ph.D**



John Hogg has worked both as a professional coach and as an applied sport psychologist. For over 30 years he was a successful swim coach at the club, university, and international levels, and guided many athletes to world class competition. He coached the Scottish (1968-74) and British (1971-74) National swim teams before being recruited to Canada in late 1974. In 1975 he was appointed to Canada's Olympic swim team for the Olympic Games in Montreal (1976) and coached several national swimming teams from 1975-1983. In 1977 he accepted the position of Head Swim Coach at the University of Alberta and was privileged to work with many successful teams from 1975-1988.

He pursued his interests in the field of sport/performance psychology earning a masters degree (1978) and a doctoral degree (1982). John has always been actively involved in coach education and in promoting sport science programs. He made considerable contributions to Swimming Canada (1978-1999). His expertise, especially in the area of mental preparation, has led to invitations, both as a clinician and as a motivational speaker, all over the world at major conferences, congresses, and seminars. He has published extensively both in research and popular journals and served as mentor to many young aspiring coaches. In 1988 he was appointed to act as Bicentennial Coach in residence centered in Perth, Western Australia.

His services to competitive swimming have been recognized. He received the Silver Star Award in 1974 for outstanding services to sport in Scotland, was elected British Coach of the Year in 1974, and was presented with the Outstanding Contribution to Canadian Coaching Award in 1975 and 1988. He was also recognized with a Builder Award by Swim Alberta in 2001.

John was a professor at the University of Alberta (1981-2003) teaching sport psychology and performance enhancement both at the undergraduate and graduate levels. He worked alongside university teams, individual athletes from a variety of sport and performance disciplines and along with anyone interested and committed to excellence. He has published 6 books and contributed book chapters to several texts on the psychological aspects of performance and written countless sport specific manuals to help coaches and athletes enjoy success. In 2017 he was inducted into the University of Alberta's Sports Wall of Fame.

Retirement from university life in 2003 has meant relocation from Alberta to British Columbia where John still gives of his time and knowledge to individual athletes, teams, coaches, and parents whenever requested. He can be reached by email: [jshogg50@gmail.com](mailto:jshogg50@gmail.com)