

# CMAS WORLD FINSWIMMING TRAINERS CONGRESS

LECTURER



## Nektarios Stavrou

### SUBJECT:

- A.** Competitive anxiety: Is it finally debilitating to athlete's performance? Elements and coping ways.

### Education and Professional Experience:

- Assistant Professor of Sport Psychology & Motor Behavior, Faculty of Physical Education & Sport Science, National & Kapodistrian University of Athens. Bachelor in Psychology (2004), Bachelor in Physical Education & Sport Science (University of Athens), PhD in Sport Psychology.
- Sport psychologist (responsible for applied psychological preparation and counseling program) for the Greek Shooting Federation, Greek Archery Federation, Greek Swimming Federation, Greek Gymnastics Federation.
- Participation-experience as sport psychologist in Olympic Games, World Championships, European Championships, World and European Cups, Asian Championships and Cups.

