

Jessica Fraser-Thomas, Ph.D.
Associate Professor (Tenured)
York University

Curriculum Vitae, December 2019

Contact Information

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A. PERSONAL

Education

Post-Doctoral Fellowship, Queen's University, School of Kinesiology and Health Studies, 2007
 Ph.D., Queen's University, School of Kinesiology and Health Studies, 2006
 M.A., University of Ottawa, School of Human Kinetics, 2002
 B.A., Dalhousie University, French Department, 2000
 B.P.E., Dalhousie University, School of Health and Human Performance, 1998
 B.Ed., Dalhousie University, School of Health and Human Performance, 1998

Employment History

2014-Current Associate Professor (Tenured), School of Kinesiology and Health Science,
 York University, Toronto, Ontario, Canada
 2007-2014 Assistant Professor (Tenure Track), School of Kinesiology and Health Science,
 York University, Toronto, Ontario, Canada
 2006-2007 Post-Doctoral Fellow, School of Kinesiology and Health Studies, Queen's
 University, Kingston, Ontario, Canada
 2002-2006 Research Assistant, School of Kinesiology and Health Studies, Queen's
 University, Kingston, Ontario, Canada
 2002-2006 Teaching Assistant, School of Kinesiology and Health Studies, Queen's
 University, Kingston, Ontario, Canada
 2000-2002 Research Assistant, School of Human Kinetics, University of Ottawa, Ontario,
 Canada
 2000-2002 Teaching Assistant, School of Human Kinetics, University of Ottawa
 2000-2002 Assistant Coach, Gee-Gees Varsity Swim Team, University of Ottawa, Ontario,
 Canada

- 1998-2000 Teacher (Physical Education, Core French, Bedford Junior High School, Halifax, Nova Scotia, Canada)
- 1998-2000 Assistant Coach, Tigers Varsity Cross Country / Track and Field Teams, Dalhousie University, Halifax, Nova Scotia, Canada

Career Interruptions

- 2018 Labour Disruption @ York University (143 Days, March 5 – July 25)
- 2011-2012 Maternity Leave, (9 months; twins)
- 2009-2010 Maternity Leave (9 months; twins)
- 2006 Birth of first child while transitioning from Doctoral to Post-Doctoral studies.

Professional Membership

- 2003-Current Canadian Society for Psychomotor Learning and Sport Psychology
- 2008-Current LaMarsh Centre for Child and Youth Research, York University
- 2015-Current PYD SportNET – Positive Youth Development – Sport Research Network
- 2014-Current PREVNet – Promoting Relationships and Eliminating Violence Network
- 2008, 2016 North American Society for Psychology of Sport and Physical Activity
- 2000-2002 Association for the Advancement of Applied Sport Psychology
- 2002 Canadian Association of Health, Physical Education, Recreation & Dance

Academic Honours and Distinctions

- 2014 Psychology of Sport and Exercise: Listed among top downloaded articles. (*Fraser-Thomas, J., Côté, J., & Deakin, J., 2008. Understanding dropout and prolonged engagement in adolescent competitive sport. Psychology of Sport and Exercise, 9, 645-662.*)
- 2009 Sport Information Research Centre: Most requested article in Sport Participation for 2009. (*Fraser-Thomas, J., Côté, J., & Deakin, J., 2008. Examining adolescent sport dropout and prolonged engagement from a developmental perspective. Journal of Applied Sport Psychology, 20, 318-333.*)
- 2007 Franklin Henry Young Scientist Award, Canadian Society of Psychomotor Learning and Sport Psychology (SCAPPS)
- 1998 Alumni Association Medal, School of Health and Human Performance, Dalhousie University
- 1998 John C. Pooley Sportsperson Award, School of Health and Human Performance, Dalhousie University
- 1994-1998 CIAU Academic All-Canadian, Dalhousie University

Non-Academic Honours and Distinctions

- 2019 YMCA Canada Innovation Award – Mothers of Newborns Program
- 2017 YMCA Strong Kids Campaign Co-Chair

(with husband Philip Thomas & children Jillian, Delyth, Evan, Amelia, Ronan)
YMCA Northumberland, Cobourg, Canada

2014	Northumberland Strait to PEI Swim for Strong Kids Solo 15 kilometer swim from New Brunswick to PEI Raised over \$8,000 for YMCA Strong Kids Campaign
2013	YMCA Northumberland – Rolph Family Spirit of Giving Award
2012	Province of Ontario – Volunteer Service Award
2005	Town of Cobourg - Layton Dodge Athlete of the Year Civic Award
2004	Town of Cobourg – Distinguished Volunteer Award for Community Service
2001	Nova Scotia Kidsport Fundraiser – Solo 18km Marathon Swim across Northumberland Strait (New Brunswick to Prince Edward Island)
1994	Bronze Medal - World Triathlon Junior Championships, Welland, New Zealand

B. SCHOLARLY AND PROFESSIONAL CONTRIBUTIONS

	2019	2018	2017	2016	2015	2014	Prior to 2014	Total
Published Edited Books	--	--	--	--	1	--	--	1
Published Peer Reviewed Papers	4	16	8	1	1	1	23	54
In Press and Accepted Peer Reviewed Papers & Book Chapters	5	--	--	--	--	--	--	5
Revised/Re-Submitted, Submitted Manuscripts	9	--	--	--	--	--	--	9
Published Invited Book Chapters	1	1	1	3	3	1	7	16
Published Invited Technical Reports	--	--	1	2	--	--	--	3
Invited Presentations or Papers	1	6	1	2	1	1	17	29
Published Abstracts and Conference Proceedings	5	9	13	17	5	11	49	109
Other Conference Proceedings	1	7	6	6	4	10	41	75
Published Non-Peer Reviewed Papers	--	--	--	--	--	--	4	4

Edited Books

1. Baker, J., Safai, P., & **Fraser-Thomas, J.** (Eds.) (2015). *Health and Elite Sport: Is High Performance Sport a Healthy Pursuit?* London: Routledge.

Published Peer Reviewed Papers

1. Warner, M., White, G., Robinson, J., Cairney, J., & **Fraser-Thomas, J.** (2019) Study protocol for a 2-year longitudinal study of positive youth development at an urban sport for development facility. *BMC Public Health*, *19*, 1480-1493.
2. Larocca, V., **Fraser-Thomas, J.**, & Bassett-Gunter, R. (2020). “Even if someone has a physical disability, they can still participate”: Youth with physical disabilities’ motivational physical activity message preferences. *Disability and Health Journal*, *13*. DOI: 10.1016/j.dhjo.2019.100845.
3. Preston, C., Allan, V., & **Fraser-Thomas, J.** (Published Online, August 12, 2019). Facilitating positive youth development in elite youth hockey: Exploring coaches’ capabilities, opportunities, and motivations. *Journal of Applied Sport Psychology*.

4. Beesley, T. & **Fraser-Thomas, J.** (2019) Claims of positive youth development: A content analysis of mixed martial arts gyms' websites. *Leisure/Loisir*, 43(1), 1-25. DOI: 10.1080/14927713.2019.1582356.
5. Calero, C., Beesley, T., & **Fraser-Thomas, J.** (2018). Growing pains? Examining developmental claims of preschooler sport programs. *PHENex Journal*, 10(1), 1-20.
6. Harlow, M., Wolman, L., & **Fraser-Thomas, J.** (2018). Should toddlers and preschoolers participate in organized sport? A scoping review of developmental outcomes associated with young children's sport participation. *International Review of Sport and Exercise Psychology*. doi: 10.1080/1750984X.2018.1550796.
7. Beesley, T., Riddell, M., & **Fraser-Thomas, J.** (2018). More than diabetes self-management: Positive youth development at an inclusive type 1 diabetic sport camp. *Journal of Youth Development*, 13(4), 81-99. doi: 10.5195/jyd.2018.644.
8. Fridman, L., **Fraser-Thomas, J.**, Pike, I., & MacPherson, A. (2018) Childhood road traffic injuries in Canada – A provincial comparison of transport injury rates over time. *BMC Public Health*, 18, 1348. doi: 10.1186/s12889-018-6269-9.
9. Fridman, L., **Fraser-Thomas, J.**, Pike, I., & Macpherson, A. (2018). Canadian child safety report card: A comparison of injury prevention practices across provinces. *Injury Prevention*. doi: 10.1136/injuryprev-2018-042745.
10. Robinson, S., **Fraser-Thomas, J.**, Balogh, R., Lunskey, Y., & Weiss, J.A. (2018). Individual and contextual correlates of frequently involved Special Olympics athletes. *American Journal on Intellectual and Developmental Disabilities*, 123(2), 164-175. doi: 10.1352/1944-7558-123.2.164.
11. Harris, S., Bean, C., & **Fraser-Thomas, J.** (2018). Factors associated with psychosocial development and academic success among university student-athletes. *PHENex Journal*, 9(3), 1-22. Retrieved from <http://ojs.acadiau.ca/index.php/phenex/article/view/1773/1507>.
12. Fridman, L., **Fraser-Thomas, J.**, Pike, I., & MacPherson, A. (2018). An interprovincial comparison of unintentional injury rates in Canada for the period 2006 – 2012. *Canadian Journal of Public Health*. DOI 10.17269/s41997-018-0112-z.
13. Holt, N. L., Pankow, K., Tamminen, K. A., Strachan, L., MacDonald, D. J., **Fraser-Thomas, J.**, Côté, J., & Camiré, M. (2018). A qualitative study of research priorities among representatives of Canadian provincial sport organizations. *Psychology of Sport and Exercise*, 36, 8-16.
14. Preston, C. & **Fraser-Thomas, J.** (2018). Problematizing the pursuit of personal development and performance success: An autoethnography of a Canadian elite youth ice hockey coach. *The Sport Psychologist*, 32(2), 102-113.
15. Matveev, R., Sergio, L., **Fraser-Thomas, J.**, & Macpherson, A. (2018). Trends in concussions at Ontario schools prior to and subsequent to the introduction of a concussion policy - an analysis of the Canadian hospitals injury reporting and prevention program from 2009-2016. *BMC Public Health*, 18, 1324-1333.
16. Bean, C., Kramers, S., Camiré, M., **Fraser-Thomas, J.**, & Forneris, T. (2018). Development of an observational measure assessing program quality processes in youth sport. *Cogent Social Sciences*, 4. DOI 10.1080/23311886.2018.1467304
17. Bean, C., Harlow, M., Mosher, A., **Fraser-Thomas, J.** & Forneris T. (2018). Assessing differences in athlete-reported outcomes between high and low quality youth sport programs. *Journal of Applied Sport Psychology*. DOI 10.1080/10413200.2017.1413019.
18. Holt, N. L., Camiré, M., Tamminen, K. A., Pankow, K., Pynn, S., Strachan, L., MacDonald, D., & **Fraser-Thomas, J.** (2018). PYDSportNET: A knowledge translation project bridging

- gaps between research and practice in youth sport. *Journal of Sport Psychology in Action*, 9(2), 132-146. DOI 10.1080/21520704.2017.138889.
19. Ryan, S., **Fraser-Thomas, J.**, & Weiss, J. (2018). Patterns of sport participation for youth with Autism Spectrum Disorder and intellectual disabilities. *Journal of Applied Research in Intellectual Disabilities*, 31(3), 369-378. DOI 10.1111/jar.12414.
 20. Holt, N. L., Pankow, K., Camiré, M., Côté, J., **Fraser-Thomas, J.**, MacDonald, D., Strachan, L., & Tamminen, K. (2018). Factors associated with using research evidence in national sport organisations. *Journal of Sports Sciences*, 36(10), 1111-1117. DOI 10.1080/02640414.2017.1357830.
 21. Dionigi, R., **Fraser-Thomas, J.**, Stone, R. & Gayman, A. (2017). Psychosocial development through Masters sport: What can be gained from youth sport models? *Journal of Sports Science*. DOI 10.1080.02640414.2017.140017.
 22. Tristani, L., & **Fraser-Thomas, J.** (2017). Physical literacy: From theory to practice. Exploring new teachers' early experiences in Health and Physical Education. *PHENex Journal*, 9(1), 1-20.
 23. Gayman, A., **Fraser-Thomas, J.**, & Baker, J. (2017). Relational developmental systems metatheory: A conceptual framework to understand and promote older adults' involvement in sport. *European Review of Aging and Physical Activity*, 14:12. DOI 10.1186/s11556-017-0182-6.
 24. Gayman, A.M., **Fraser-Thomas, J.**, Spinney, J.E.L., Stone, R.C., & Baker, J. (2017). Leisure time physical activity and sedentary behaviour in older people: The influence of sport involvement on behavior patterns in later life. *AIMS Public Health*, 4(2), 171-188.
 25. Wolman, L., & **Fraser-Thomas, J.** (2017). "I Am a Lifer!" Facilitating the Transition into Non-Elite Adult Sport: A Case Study of Rugby in Canada's Largest City. *Psychology of Sport and Exercise*, 30, 215-225.
 26. Bassett-Gunter, R. L., Ruscitti, R., Latimer-Cheung, A. L., & **Fraser-Thomas, J.** (2017). Targeted physical activity messages for parents of children with disabilities: A qualitative investigation of parents' informational needs and preferences. *Research in Developmental Disabilities*, 64, 37-46.
 27. Holt, N.L., Neely, K.C., Slater, L.G., Camiré, M., Côté, J., **Fraser-Thomas, J.**, MacDonald, D., Strachan, L., & Tamminen, K.A. (2017). A grounded theory of positive youth development through sport based on results from a qualitative meta-study, *International Review of Sport and Exercise Psychology*, 10(1), 1-49. DOI: 10.1080/1750984X.2016.1180704.
 28. Gayman, A.M., **Fraser-Thomas, J.**, Dionigi, R.A., Horton, S., & Baker, J. (2017). Is sport good for older adults? A systematic review of psychosocial outcomes of older adults' sport participation, *International Review of Sport and Exercise Psychology*. 10(1), 164-185, DOI: 10.1080/1750984X.2016.1199046.
 29. Bean, C., Jeffery-Tosoni, S., Baker, J., & **Fraser-Thomas, J.** (2016). Negative parent behaviour in Canadian minor hockey: Insiders' perceptions and recommendations. *PHENEx*, 7(3). Available at <http://ojs.acadiau.ca/index.php/phenex/article/view/1610/1344>.
 30. Jeffery-Tosoni, S., **Fraser-Thomas, J.**, & Baker, J. (2015). Parent involvement in Canadian youth hockey: Experiences and perspectives of peewee players. *Journal of Sport Behavior*, 38(1), 3-24.
 31. **Fraser-Thomas, J.**, Jeffery-Tosoni, S., & Baker, J. (2014). "I Like That You Can Hit a Guy and Not Really Get in Trouble": Young Ice Hockey Players' Experiences with Body Checking. *International Journal of Sport and Exercise Psychology*, 12, 121-133.

32. Fridman, L., **Fraser-Thomas, J.**, McFaul, S., & Macpherson, A. (2013). Epidemiology of sports-related injuries in children and youth presenting to Canadian emergency departments from 2007 to 2010. *BMC Sports Science, Medicine and Rehabilitation*. DOI: 10.1186/10.1186/2052-1847-5-30.
33. Abgarov, A., **Fraser-Thomas, J.**, Baker, J., & Jeffery-Tosoni, S. (2012). Understanding Social Support throughout the Injury Process among Interuniversity Swimmers. *Journal of Intercollegiate Sport*, 5(2), 213-239.
34. Dionigi, R., **Fraser-Thomas, J.**, & Logan, J. (2012). The nature of family influences on sport participation in master athletes. *Annals of Leisure Research*, 15, 366-388.
35. Baker, J., Koz, D., Kungl, A.-M., **Fraser-Thomas, J.**, & Schorer, J. (2012). Staying at the top: Playing position and performance affect career length in professional sport, *High Ability Studies*, DOI: 10.1080/13598139.2012.738325.
36. Spassiani, N., Jeffery-Tosoni, S., **Fraser-Thomas, J.**, & Kuk, J. (2012). Understanding youths' experiences in a holistic weight management program. *Journal of Youth Development*, 7(2), 15-26.
37. Koz, D., **Fraser-Thomas, J.**, & Baker, J. (2012). Accuracy of professional sports drafts in predicting career potential. *Scandinavian Journal of Medicine and Science in Sports*, 22(4), e64-e69.
38. Abgarov, A., **Fraser-Thomas, J.**, & Baker, J. (2012). Understanding trends and risk factors of swimming-related injuries in varsity swimmers. *Clinical Kinesiology*, 66(2), 24-28.
39. Spassiani, N., & **Fraser-Thomas, J.** (2011). Integrating Mental Skills into a Physical Activity Program for Children and Adolescents with Intellectual Disabilities. *PHENex Journal*, 2(2), <http://ojs.acadiau.ca/index.php/phenex/article/view/1429>
40. **Fraser-Thomas, J.**, Côté, J., & MacDonald, D. J. (2010). Community size in youth sport settings: Examining developmental assets and sport withdrawal. *PHENex Journal*, 2(2), retrieved July 15, 2010 from <http://ojs.acadiau.ca/index.php/phenex/article/view/8>.
41. Baker, J., **Fraser-Thomas, J.**, Dionigi, R. A., & Horton, S. (2010). Sport participation and positive development in older persons, *European Review of Aging and Physical Activity*, 7, 3-12.
42. Baker, J., Copley, S., & **Fraser-Thomas, J.** (2009). What do we know about early sport specialization? Not much! *High Ability Studies*, 20(1), 77-89.
43. **Fraser-Thomas, J.** & Côté, J. (2009). Understanding adolescents' positive and negative developmental experiences in sport. *The Sport Psychologist*, 23, 3-23.
44. **Fraser-Thomas, J.**, Côté, J., & Deakin, J. (2008). Examining adolescent sport dropout and prolonged engagement from a developmental perspective. *Journal of Applied Sport Psychology*, 20, 318-333. **(Sport Information Research Centre (SIRC): Most requested article for 2009 in area of Sport Participation.)**
45. **Fraser-Thomas, J.**, Côté, J., & Deakin, J. (2008). Understanding dropout and prolonged engagement in adolescent competitive sport. *Psychology of Sport and Exercise*, 9, 645-662. **(Fourth most downloaded PSE article.)**
46. **Fraser-Thomas, J.**, & Côté, J. (2008). Structured sports and physical activities: Their critical role. *Physical and Health Education Journal*, 74(2), 27-29.
47. Erickson, K., Côté, J., & **Fraser-Thomas, J.** (2007). The sport experiences, milestones, and educational activities associated with the development of high performance coaches. *The Sport Psychologist*, 21, 302-316.

48. **Fraser-Thomas, J., & Côté, J.** (2006, September). Youth sports: Implementing findings and moving forward with research. *Athletic Insight*, 8(3), Article 2. Retrieved April 3, 2007 from <http://athleticinsight.com/Vol8Iss3/YouthSports.htm>.
49. **Fraser-Thomas, J., Côté, J., & Deakin, J.** (2005). Youth sport programs: An avenue to foster positive youth development. *Physical Education and Sport Pedagogy*, 10, 19-40. **(Over 300 citations to date.)**
50. Côté, J., **Fraser-Thomas, J.**, Robertson-Wilson, J., & Soberlak, P. (2004). L'utilisation d'entretiens pour quantifier l'implication des parents dans le développement de compétence sportives chez les athlètes. *Revue Internationale des Sciences du Sport et de l'Education Physique*, 25, 39-52.
51. Beaudoin, C., Mathias, M., & **Fraser, J.** (2004). Students' perceptions of "being healthy" and "being fit". *AVANTE*, 10(3), 1-13.
52. **Fraser-Thomas, J.** & Beaudoin, C. (2004). Girls' appreciation of new physical education classes. *AVANTE*, 10(2), 45-56.
53. **Fraser-Thomas, J.** & Beaudoin, C. (2002). Implementation of a physical education curriculum: Two Teachers' Experiences. *Canadian Journal of Education*, 27, 249-268.
54. **Fraser, J.** & Beaudoin, C. (2002). Implementing the new physical education curriculum: Nova Scotia and Ontario experiences. *Physical and Health Education Journal*, 68(1), 32-33.

In Press and Accepted Peer Reviewed Papers and Book Chapters

1. Beesley, T. & **Fraser-Thomas, J.** (In Press). Exploring journaling and Snapchat to capture youths' experiences of life skill transfer from basketball to non-sport contexts. *Journal of Qualitative Research in Sport Studies*.
2. Côté, J., & **Fraser-Thomas, J.** (In Press). Youth involvement and positive development in sport. In P.R.E. Crocker, C. Sabiston, & M. McDonough (Eds.). *Sport and Exercise Psychology: A Canadian Perspective, (4th edition)*. Toronto: Pearson Prentice Hall.
3. **Fraser-Thomas, J., & Harlow, M.** (Accepted). *Organized sport for toddlers and pre-schoolers*. Invited chapter in J.P. Agans, R. Bailey, J. Côté, A. Daly-Smith, & P. Tomporowski (Eds.), *Physical activity and sport during the first ten years of life*.
4. Tristani, L., Tomasone, J., **Fraser-Thomas, J., & Bassett-Gunter, R.** (Accepted, January 2, 2020). Examining factors related to teachers' decision to adopt of teacher-training resources for inclusive physical education. *Canadian Journal of Education*.
5. Lemez, S., **Fraser-Thomas, J., & Wattie, N.** (Accepted). Relative age effects and youth development. Invited chapter in J. Dixon, S. Horton, L. Chittle, and J Baker (Eds.) *Relative Age Effects in Sport: International Perspectives*. New York: Routledge.

Revised/Resubmitted, and Submitted Manuscripts

1. Preston, C., Allan, V., Wolman, L., & **Fraser-Thomas, J.** (To Revise and Resubmit by March 2020). The coach-parent relationship and athlete's development in elite youth hockey: Lessons learned for conflict management. *The Sport Psychologist*.
2. Mosher, A., Baker, J., & **Fraser-Thomas, J.** (Revised & Resubmitted December 2019). Exploring competitive anxiety and personality in early specializing and sampling peewee boys hockey players. *Current Issues in Sport Science*.

3. Weiss, J.A., Robinson, S., Harlow, M., Mosher, A., **Fraser-Thomas, J.**, Balogh, R., & Lunskey, Y. (Submitted, August 2019). Individual and contextual predictors of retention in Special Olympics for youth with intellectual disability: Who stays involved? *Journal of Intellectual Disability Research*.
4. Preston, C. & **Fraser-Thomas, J.** (Submitted, September 2018). Examining an elite youth sport coach education manual: An analysis of theoretical and empirical content. *PHENex Journal*.
5. Weiss, J., MacMullin, J., **Fraser-Thomas, J.**, Lunskey, Y. & Balogh, R. (Submitted, June 2018) Self-concept and emotional well-being in youth and young adults with developmental disabilities in Special Olympics. *Journal of Mental Health Research in Intellectual Disabilities*.
6. Ryan, S., **Fraser-Thomas, J.**, & Weiss, J. (Resubmitting). Psychological outcomes associated with sport involvement for youth with Autism Spectrum Disorder and intellectual disabilities.
7. Beesley, T., & **Fraser-Thomas, J.** (Submitted). The role of coaches, parents, and peers in facilitating positive youth development. In K. Gilbert & K. McPherson (Eds.), *Urban Sport Development*. Champaign, IL: Common Ground.
8. Wolman, L., & **Fraser-Thomas, J.** (Submitted). Exploring the continuity of sports participation: The role of community sports clubs in the sport development process. In K. Gilbert & K. McPherson (Eds.), *Urban Sport Development*. Champaign, IL: Common Ground.
9. Natkunama, T., Tristani, L., Peers, D., **Fraser-Thomas, J.**, Latimer-Cheung, A., & Bassett-Gunter, R. (Submitted November 8, 2019). Using a think-aloud methodology to understand online physical activity information search experiences and preferences of parents of children and youth with disabilities. *Journal of Applied Research in Intellectual Disabilities*.

Published Invited Book Chapters

1. **Fraser-Thomas, J.** & Harlow, M. (2019). Youth sport programs: Dynamic systems, dynamic elements, and optimal climates for positive youth development. In F. Santos, L. Strachan, P. Pereira, & D.J. MacDonald (Eds.) *Coaching Positive Development: Implications and Practices from Around the World*. (pp. 17-46). Porto.
2. **Fraser-Thomas, J.** & Safai, P. (2018). Tykes and ‘Timbits’: A critical examination of organised sport programs for preschoolers. In R. Dionigi & M. Gard (Eds.), *Sport and Physical Activity across the Lifespan: Critical Perspectives*. London, UK: Palgrave Macmillan.
3. **Fraser-Thomas, J.**, Beesley, T., Dickler, L., Harlow, M., Mosher, A., Preston, C. & Wolman, L. (2017). Developing talent while promoting positive youth development: A balancing act. In J. Baker, S. Cobley, J. Schorer & N. Wattie (Eds.), *Routledge handbook of talent identification and development in sport* (pp.377-393). New York: Routledge.
4. **Fraser-Thomas, J.**, Falcão, W.R. & Wolman, L. (2016). Understanding take-up, drop-out and drop-off in youth sport. In K. Green & A. Smith (Eds.), *The Handbook of Youth Sport*. (pp. 227-242). New York: Routledge.
5. Strachan, L., **Fraser-Thomas, J.**, & Nelson-Ferguson, K. (2016). An ecological perspective on high performance sport and positive youth development. In N. Holt (Ed.), *Positive youth development through sport, 2nd Edition* (pp. 57-68). London: Routledge.

6. Côté, J., & **Fraser-Thomas, J.** (2016). Youth involvement and positive development in sport. In P.R.E. Crocker (Ed.). *Sport psychology: A Canadian perspective, (3rd. edition)*. (pp.256-287). Toronto: Pearson Prentice Hall.
7. **Fraser-Thomas, J.** & Beesley, T. (2015). Family and peer influences on expertise development. In J. Baker & D. Farrow (Eds.), *The Handbook of Sport Expertise* (pp. 329-346). New York: Routledge.
8. **Fraser-Thomas, J.** & Strachan, L. (2015). Personal development and performance? Exploring positive youth development in elite sport contexts. In J. Baker, J. Fraser-Thomas, & P. Safai (Eds.) *Health and elite sport: Is high performance sport a healthy pursuit?* (pp. 15-32). New York: Routledge.
9. Safai, P., J., **Fraser-Thomas, J.**, & Baker, J. (2015). Introduction. In J. Baker, P. Safai, & J. Fraser-Thomas (Eds.) *Health and elite sport: Is high performance sport a healthy pursuit?* (pp. 1-12). New York: Routledge.
10. **Fraser-Thomas, J.**, Strachan, L., & Jeffery-Tosoni, S. (2013). Family influence on children's involvement in sport. In J. Côté & R. Lidor (Eds.), *Conditions of Children's Talent Development in Sport* (pp. 179-196). Morgantown: Fitness Information Technology.
11. Côté, J., & **Fraser-Thomas, J.** (2011). Youth involvement and positive development in sport. In P.R.E. Crocker (Ed.). *Sport psychology: A Canadian perspective, (2nd edition)* (pp.226-255). Toronto: Pearson Prentice Hall.
12. Côté, J., Bruner, M. Strachan, L., Erickson, K., & **Fraser-Thomas, J.** (2010). Athletes' development and coaching. In J. Lyle & C. Cushion (Eds.), *Sport coaching: Professionalism and practice* (pp.63-83). Oxford, UK: Elsevier.
13. Strachan, L., MacDonald, D., **Fraser-Thomas, J.**, & Côté, J. (2008). Youth sport: Socialization and development. In R. Fisher & R. Bailey (Eds.), *Talent identification and development: The search for sporting excellence* (pp. 201-216). Berlin, Germany: The International Council of Sport Science and Physical Education.
14. Côté, J., & **Fraser-Thomas, J.** (2008). Play, practice and athlete development. In D. Farrow, J. Baker, & C. MacMahon (Eds.), *Developing elite sports performers: Lessons from theory and practice* (pp. 17-28). New York: Routledge.
15. Côté, J., Strachan, L., & **Fraser-Thomas, J.** (2008). Participation, personal development, and performance through youth sport. In N. Holt (Ed.), *Positive youth development through sport* (pp. 34-45). London: Routledge.
16. Côté, J., & **Fraser-Thomas, J.** (2007). Youth involvement in sport. In P.R.E. Crocker (Ed.), *Sport psychology: A Canadian perspective* (pp. 266-294). Toronto: Pearson Prentice Hall.

Published Invited Technical Reports

1. **Fraser-Thomas, J.**, Silver, M., Wolman, L., Khan, T., & Native Child and Family Services of Toronto (NCFST; Member of Report Advisory Committee) (2017). *A Physical Literacy Strategy for Urban Indigenous Families Through the Life Cycle*. A report prepared for NCFST. Toronto, Canada.
2. Rawana, J.S., Flett, G.L., Bassett-Gunter, R., **Fraser-Thomas, J.**, Levin, R.L., McDonald, K., McPhie, M., Nepon, T. (2016, June). *A Systematic Review of Emotion Regulation in Middle Childhood: Executive Summary and Final Report*. A report prepared for the Ontario Ministry of Children and Youth Services (MCYS). York University, Toronto, Ontario, Canada.

3. Rawana, J.S., Flett, G.L., Bassett-Gunter, R., **Fraser-Thomas, J.**, Levin, R.L., McDonald, K., McPhie, M., Nepon, T. (2016, June). *The Development of Emotional Regulation Across Childhood, Adolescence, and Emerging Adulthood: An Update*. A report prepared for the Ontario Ministry of Children and Youth Services (MCYS). York University, Toronto, Ontario, Canada.

Invited Presentations or Papers

1. **Fraser-Thomas, J.** (2019, October). *Children's Health Development Through Sport?* Invited presentation at the Annual General Meeting of the Northumberland Sports Council. Cobourg, Ontario, Canada.
2. **Fraser-Thomas, J.** (2018, November). Invited Webinar Presentation, *Making Multisport Work*, Sport for Life Society (~100 coaches and practitioners logged in across Canada).
3. **Fraser-Thomas, J.** (2018, November). *Making Multisport Work?* Invited presentation at the Health Psychology Diploma Seminar, York University, Toronto, Canada.
4. **Fraser-Thomas, J.** (2018, October). Invited Speaker, Relative Age Effects: An International Conference. *Retiring at 10 years of age: Discussion of the major trends in organized youth sports today and their association to RAE-related dropout*. York University, Toronto, Canada.
5. **Fraser-Thomas, J.** (2018, June). Invited Contributor, *Living the True Sport Principles: An Inter-Sectoral Exchange*. Queen's University, Kingston, Canada.
6. **Fraser-Thomas, J.** (2018, June). Invited Speaker, Ontario Society for Health and Fitness Annual Conference. *"I was so upset, I just didn't know what to do with myself..." Youth sports: An avenue to foster positive youth development?* Markham, Ontario, Canada.
7. **Fraser-Thomas, J.** (2018, May). Invited Speaker, Northumberland Sports Council Physical Literacy Summit: Families on the Move. *Positive Youth Development Through Sport... ?*
8. **Fraser-Thomas, J.** (2017, May). Invited Speaker, Northumberland YMCA Annual General Meeting. *Impact Story*. Cobourg, Ontario, Canada.
9. **Fraser-Thomas, J.** (2016, April). Invited Alumni Speaker Annual Research Colloquium, Queen's University's School of Kinesiology and Health Studies. *A 430,400 Kilometer Journey: From the DMSP to the DVP through PYD*. Queen's University, Kingston, Canada.
10. **Fraser-Thomas, J.**, Preston, C., Harlow, M. Beesley, T., Dickler, L., Wolman, L. & Mosher, A. (2016, January). Invited Talk: LaMarsh Centre for Child and Youth Research. *Sport and Physical Activity in 2016: Are we Optimizing Child and Youth Development?* York University, Toronto, Canada.
11. **Fraser-Thomas J.** (2015, May). Invited Lecture: The York Circle Lecture and Lunch Event. *Kids in Sport: Laying the Foundation for Confidence, Character, and Success*. York University, Toronto, Canada.
12. **Fraser-Thomas, J.** (2014, October). Invited Panel Discussant: Plenary Session, *You Believe I Can?... So do I! Interpersonal Feedback Increases Self-efficacy and Intrinsic Motivation to Perform Novel Motor Skill Tasks* at the 8th Annual Sport Participation Research Initiative Conference, Kanata, Ontario, Canada. <http://sirc.ca/resources/sport-science-sport-medicine-sport-research/2014-scri-conference>
13. **Fraser-Thomas, J.** (2013, June). Invited Keynote Address, *My Y Story: Developing People, Growing Families, and Building Communities*. YMCA Ontario Fitness Fever, Geneva Park, Ontario, Canada.

14. **Fraser-Thomas, J.** (2013, June). Invited Panel Discussion, *Taking on Childhood Obesity*. YMCA Ontario Fitness Fever, Geneva Park, Ontario, Canada.
15. **Fraser-Thomas, J.** (2013, March). "*Sport builds character*": *Exploring psychosocial development in diverse sport contexts*. Invited presentation at the Faculty of Health Research Celebration, York University, Toronto, Canada.
16. **Fraser-Thomas, J.** (2013, January). *Kids' Sports: All Fun and Games?* Invited presentation at the Health Psychology Diploma Seminar, York University, Toronto, Canada.
17. **Fraser-Thomas, J.** (2012, June). *Values and assets: Are our YMCA programs facilitating youths' optimal development?* Invited presentation at YMCA Ontario Fitness Fever, Geneva Park, Ontario, Canada.
18. **Fraser-Thomas, J.** (2011, October). *Keep kids tri-ing. Help them grow*. Triathlon Ontario Continuing Education Workshop, Annual General Meeting, and Awards Dinner, Toronto, Ontario, Canada.
19. **Fraser-Thomas, J.** (Fraser-Thomas, J. (2011, October). *Who is this kid? Developing the person within the young athlete*. Invited keynote presentation for Science for Success III Congress, Research Institute for Olympic Sports, Jyväskylä, Finland.
20. **Fraser-Thomas, J.** (2010, December). *Youth in Sport: Keep kids playing. Help them grow*. Invited presentation for the LaMarsh Research Centre, York University, Toronto, Canada.
21. **Fraser-Thomas, J.** (2010, November). *Keep kids playing. Help them grow*. Invited presentation for the Health, Leisure, and Human Performance Research Institute Seminar Series, University of Manitoba, Winnipeg, Manitoba, Canada.
22. Beesley, T., **Fraser-Thomas, J.**, MacPherson, A., Birken, C., & Khovratovich, M. (2010, May). *Eat well, play well: NutriSTEP score and adequate play in preschoolers*. Invited presentation at the SickKids Healthy Weight Rounds, Hospital for Sick Children, Toronto, Canada.
23. **Fraser-Thomas, J.** (2010, April). *Keeping teens in sport: What do we know and what should we do?* Paper presented at the 6th Annual Canadian Sport For Life / Long Term Athlete Development Workshop (CS4L/LTAD), Ottawa, Ontario, Canada.
24. **Fraser-Thomas, J.** (2009). The influence of parents and families on athlete development. Invited contribution to *Coaching Edge*, 17, 30-32.
25. **Fraser-Thomas, J.** (2008, May). *Facilitating healthy development through recreation*. Invited presentation at KM in the AM, Knowledge Mobilization at York University, Newmarket Health Centre, Newmarket, Canada.
26. **Fraser-Thomas, J.**, Côté, J., & Deakin, J. (2007, November). *Examining adolescent sport dropout and prolonged engagement from a developmental perspective*. Award winning paper (Young Scientist Award) presented at the annual meeting of the Canadian Society for Psychomotor Learning and Sport Psychology (SCAPPS), Windsor, Ontario, Canada.
27. Côté, J., **Fraser-Thomas, J.**, Strachan, L., & Wilkes, S. (2007, June). *Positive youth development through sport*. Invited presentation at Sport Coach UK Research Melting Pot 6. Cardiff, England.
28. Côté, J. & **Fraser-Thomas, J.** (2005, August). *Developing Mental Toughness in Young Athletes*. Invited presentation at the International Society of Sport Psychology's (ISSP) Eleventh World Congress of Sport Psychology, Sydney, Australia.
29. **Fraser-Thomas, J.** (2005, April). *Youth sport programs: An avenue to foster positive youth development*. Invited presentation at Queen's University's School of Physical and Health Education Seminar, Kingston, Canada.

Published Abstracts and Conference Proceedings

1. Harlow, M., & **Fraser-Thomas, J.** (2019, October). *Coaching preschoolers and toddlers: Challenges and strategies*. Invited poster presented at the 13th Annual Sport Participation Research Initiative (SPRI) Conference, Ottawa, Canada.
2. Mosher, A., Knibbe, T.J., Leo, J., Wattie, N., Baker, J., & **Fraser-Thomas, J.** (2019, October). *Evaluating psychosocial outcomes of students participating in a sport-school model*. Paper presented at the 51st annual meeting of the Canadian Society for Psychomotor Learning and Sport Psychology (SCAPPS), Vancouver, Canada.
3. Knibbe, T.J., Leo, J., Wattie, N., Baker, J., & **Fraser-Thomas, J.** (2019, October). *The Academy for Student Athlete Development: The evolution of a sport school model in Ontario*. Paper presented at the 51st annual meeting of the Canadian Society for Psychomotor Learning and Sport Psychology (SCAPPS), Vancouver, Canada.
4. Ofori, N., Warner, M., & **Fraser-Thomas, J.** (2019, October). *Exploring life skill development through coaching in emerging adults*. Paper presented at the 51st annual meeting of the Canadian Society for Psychomotor Learning and Sport Psychology (SCAPPS), Vancouver, Canada.
5. Harlow, M., & **Fraser-Thomas, J.** (2019, October). *Toddler and preschooler sport participation: Take-up, pathways, and patterns of engagement*. Paper presented at the 51st annual meeting of the Canadian Society for Psychomotor Learning and Sport Psychology (SCAPPS), Vancouver, Canada.
6. Fridman, L., Pike, I., **Fraser-Thomas, J.**, & Macpherson, A. (November, 2018). *Differences in helmet legislation and cycling injury rates across Canada*. Presented at the *Safety 2018 World Conference*, Bangkok, Thailand.
7. Harlow, M., Wolman, L., & **Fraser-Thomas, J.** (2018, October). *Should preschoolers participate in organized sport? A systematic review of psychosocial outcomes of young children's sport participation*. Invited poster presented at the 12th Annual Sport Participation Research Initiative (SPRI) Conference, Ottawa, Canada.
8. Mosher, A., **Fraser-Thomas, J.** Wilson, M.J., & Baker, J. (2018, October). *Family sport participation patterns among early specializers and early diversifiers*. Invited poster presented at the 12th Annual Sport Participation Research Initiative (SPRI) Conference, Ottawa, Canada.
9. **Fraser-Thomas, J.**, Green, P., Anderson, L., Auksi, M., Belshaw, C., Besito, R., Khan, T., McCrady, K., Silver, M., & Wolman, L. (2018, October). *A physical literacy strategy for urban Indigenous families through the life cycle*. Qualitative Health Research Conference. Halifax, Canada.
10. Wattie, N., Sornberger, B. & **Fraser-Thomas, J.** (October 2018). The influence of relative age on youths' developmental experiences in sport. *Journal of Exercise, Movement and Sport*, 50(1), s200. Poster presented at the 50th annual meeting of the Canadian Society for Psychomotor Learning and Sport Psychology (SCAPPS), Toronto, Canada.
11. Wolman, L., **Fraser-Thomas, J.**, & Nakamura, Y. (October, 2018). "All the immigrant families here are working pretty hard": Perceived parental influence on sport participation in neighbourhood improvement areas in Toronto. *Journal of Exercise, Movement and Sport*, 50(1), s205. Poster presented at the 50th annual meeting of the Canadian Society for Psychomotor Learning and Sport Psychology (SCAPPS), Toronto, Canada.

12. Harlow, M., & **Fraser-Thomas, J.** (October, 2018). Examining multi-sport programming for preschoolers: A case study. *Journal of Exercise, Movement and Sport*, 50(1), s128. Poster presented at the 50th annual meeting of the Canadian Society for Psychomotor Learning and Sport Psychology (SCAPPS), Toronto, Canada.
13. Mosher, A., **Fraser-Thomas, J.** Wilson, M.J., & Baker, J. (October, 2018). A comparison of family sport participation patterns in early specializers and early diversifiers. *Journal of Exercise, Movement and Sport*, 50(1), s159. Poster presented at the 50th annual meeting of the Canadian Society for Psychomotor Learning and Sport Psychology (SCAPPS), Toronto, Canada.
14. Tristani, L., Tomasone, J. R., **Fraser-Thomas, J.**, Bassett-Gunter, R. (October, 2018). "It's about having the right tools for the job": A qualitative examination of factors related to the uptake and adoption of inclusive physical education resources. *Journal of Exercise, Movement and Sport*, 50(1), s196. Poster presented at the annual meeting of the Canadian Society for Psychomotor Learning and Sport Psychology (SCAPPS), Toronto, Canada.
15. Baker, J., **Fraser-Thomas, J.**, Dionigi, R., Horton, S., Gayman, A., Stone, R., & Patelia, S. (2017, October). Aging capital: The potential of sport for developing positive attributes in older adults. *Journal of Exercise, Movement, and Sport*, 49(1). Paper presented at the 49th annual meeting of the Canadian Society for Psychomotor Learning and Sport Psychology (SCAPPS), St. John's, Newfoundland and Labrador, Canada.
16. **Fraser-Thomas, J.**, Green, P., Anderson, L., Auksi, M., Belshaw, C., Besito, R., Khan, T., McCrady, K., Silver, M., & Wolman, L. (2017, October). A physical literacy strategy for urban indigenous families through the life cycle. *Journal of Exercise, Movement, and Sport*, 49(1). Paper presented at the 49th annual meeting of the Canadian Society for Psychomotor Learning and Sport Psychology (SCAPPS), St. John's, Newfoundland and Labrador, Canada.
17. Harlow, M., Wolman, L., & **Fraser-Thomas, J.** (2017, October). Should preschoolers participate in organized sport? A systematic review of psychosocial outcomes of young children's sport participation. *Journal of Exercise, Movement, and Sport*, 49(1). Poster presented at the 49th annual meeting of the Canadian Society for Psychomotor Learning and Sport Psychology (SCAPPS), St. John's, Newfoundland and Labrador, Canada.
18. Mosher, A., **Fraser-Thomas, J.**, & Baker, J. (2017, October). Exploring competitive anxiety and personality in early specializing and sampling peewee boys hockey players. *Journal of Exercise, Movement, and Sport*, 49(1). Paper presented at the 49th annual meeting of the Canadian Society for Psychomotor Learning and Sport Psychology (SCAPPS), St. John's, Newfoundland and Labrador, Canada.
19. Wolman, L., **Fraser-Thomas, J.**, & Nakamura, Y. (2017, October). "I started noticing this bigger gap": How feelings of difference impact sport competence among young people living in neighborhood improvement areas. Paper presented at the 49th annual meeting of the Canadian Society for Psychomotor Learning and Sport Psychology (SCAPPS), St. John's, Newfoundland and Labrador, Canada.
20. Dickler, L., & **Fraser-Thomas, J.** (2017, September). "...just think happy thoughts": Exploring the Experiences of High Performance Canadian Athletes with Mood and/or Anxiety Disorders Poster presented at the 11th Annual Sport Participation Research Initiative (SPRI) Conference, Toronto, Ontario, Canada.
21. **Fraser-Thomas, J.**, Ardern, C., Bassett-Gunter, R., Rawana, J., Oye-Somefun, A., & Harlow, M. (2017, September). *Tykes and Timbits: Examining Preschoolers' Organized*

- Sport in Canada*. Invited poster presented at the 11th Annual Sport Participation Research Initiative (SPRI) Conference, Toronto, Ontario, Canada.
22. Preston, C., & **Fraser-Thomas, J.** (2017, September). *Examining the Content of an Elite Youth Coach Education Program in Canada*. Invited poster presented at the 11th Annual Sport Participation Research Initiative (SPRI) Conference, Toronto, Ontario, Canada.
 23. Wolman, L., & **Fraser-Thomas, J.** (2017, September). *"There were Less Opportunities Growing Up": Sport Participation among Emerging Adults in Neighbourhood Improvement Areas in Toronto*. Poster presented at the 11th Annual Sport Participation Research Initiative (SPRI) Conference, Toronto, Ontario, Canada.
 24. Mosher A., **Fraser-Thomas, J.**, MacDonald, D.J., & Weiss, J. (2017, July). *Exploring the factor structure of the Youth Experience Survey for Sport adapted to Special Olympics athletes*. Symposium presentation at the International Society of Sport Psychology (ISSP) Conference, Seville, Spain.
 25. Holt, N. L., Camiré, M., **Fraser-Thomas, J.**, MacDonald, D., Strachan, L., & Tamminen, K. A. (2017, July). *Bridging the research-to-practice gap in Canadian sport: The PYD SportNET project*. Symposium presentation at International Society of Sport Psychology Conference, Seville, Spain.
 26. Rawana, J.S., Flett, G.L., Bassett-Gunter, R., **Fraser-Thomas, J.**, Levin, R.L, Nepon, T., McDonald, K., & McPhie, M.L. (2017, June). *Strengthening Romantic Relationships in Adolescence: The Role of Emotional Regulation*. Paper presented at the Canadian Psychological Association, Toronto, Canada.
 27. Harlow, M., Bean, C., Mosher, A. Forneris, T., & **Fraser-Thomas, J.** (2017, June). *Examining the influence of program quality on athlete reported outcomes*. *Journal of Sport and Exercise Psychology*, 38(3), S188. Poster presented at the annual North American Society for Psychology of Sport and Physical Activity (NASPSPA), San Diego, USA.
 28. Pankow, K., Camiré, M., Côté, J., **Fraser-Thomas, J.**, MacDonald, D. J., Strachan, L., Tamminen, K.A., & Holt, N.L. (2016, November). *PYDSportNET: Bridging the gap between research and practice*. Petro Canada Sport Leadership Sportif Conference, Richmond, British Columbia, Canada.
 29. Weiss, J., Lunsky, Y., Balogh, R., **Fraser-Thomas, J.**, Côté, J., Noronha, J., Germani, T., & Robinson, S. (2016, October). *Psychological predictors of sport retention in youth with intellectual disability*. Invited paper presented at the 10th Annual Sport Participation Research Initiative (SPRI) Conference, Gatineau, Quebec, Canada.
 30. Beesley, T., & **Fraser-Thomas, J.** (2016, October). *Grappling for answers: Exploring the process of life skills development in youth mixed martial arts athletes*. Invited poster presented at the 10th Annual Sport Participation Research Initiative (SPRI) Conference, Gatineau, Quebec, Canada.
 31. Mosher, A., Harlow, M., **Fraser-Thomas, J.**, Robinson, S., & Weiss, J. (2016, October). *Examining prolonged sport participation and dropout among Special Olympics Ontario athletes*. *Journal of Exercise, Movement, and Sport*, 48(1). Paper presented at the 48th annual meeting of the Canadian Society for Psychomotor Learning and Sport Psychology (SCAPPS), Waterloo, Ontario, Canada.
 32. Beesley, T., & **Fraser-Thomas, J.** (2016, October). *Understanding the process of learning life skills in Mixed Martial Arts*. *Journal of Exercise, Movement, and Sport*, 48(1). Paper presented at the 48th annual meeting of the Canadian Society for Psychomotor Learning and Sport Psychology (SCAPPS), Waterloo, Ontario, Canada.

33. Dickler, L., & **Fraser-Thomas, J.** (2016, October). Exploring the experiences of high performance Canadian athletes with mood and/or anxiety disorders. *Journal of Exercise, Movement, and Sport*, 48(1). Poster presented at the 48th annual meeting of the Canadian Society for Psychomotor Learning and Sport Psychology (SCAPPS), Waterloo, Ontario, Canada.
34. Preston, C., & **Fraser-Thomas, J.** (2016, October). The parent-coach relationship within elite youth sport: Contentious or cooperative? *Journal of Exercise, Movement, and Sport*, 48(1). Poster presented at the 48th annual meeting of the Canadian Society for Psychomotor Learning and Sport Psychology (SCAPPS), Waterloo, Ontario, Canada.
35. Gayman, A., **Fraser-Thomas, J.**, Spinney, J., Stone, R., & Baker, J. (2016, October). Off the couch and onto the playing court: Does sport involvement in older adulthood influence sedentary behaviour? *Journal of Exercise, Movement, and Sport*, 48(1). Paper presented at the 48th annual meeting of the Canadian Society for Psychomotor Learning and Sport Psychology (SCAPPS), Waterloo, Ontario, Canada.
36. Gayman, A., **Fraser-Thomas, J.**, Dionigi, R., Horton, S., & Baker, J. (2016, October). Is sport good for older adults? A systematic review of psychosocial outcomes of older adults' sport participation. *Journal of Exercise, Movement, and Sport*, 48(1). Poster presented at the 48th annual meeting of the Canadian Society for Psychomotor Learning and Sport Psychology (SCAPPS), Waterloo, Ontario, Canada.
37. Ruscitti, R.J., Latimer-Cheung, A.E., **Fraser-Thomas, J.**, Maliyar, K., & Bassett-Gunter, R. (2016, October). The physical activity messaging needs and preferences of parents of children with disabilities. *Journal of Exercise, Movement, and Sport*, 48(1). Paper presented at the 48th annual meeting of the Canadian Society for Psychomotor Learning and Sport Psychology (SCAPPS), Waterloo, Ontario, Canada.
38. Harris, S. & **Fraser-Thomas, J.** (2016, October). Examining factors associated with positive development among varsity athletes. *Journal of Exercise, Movement, and Sport*, 48(1). Paper presented at the 48th annual meeting of the Canadian Society for Psychomotor Learning and Sport Psychology (SCAPPS), Waterloo, Ontario, Canada.
39. Calero, C., Beesley, T., & **Fraser-Thomas, J.** (2016, October). Growing pains? Examining preschool sport programs' developmental objectives. *Journal of Exercise, Movement, and Sport*, 48(1). Poster presented at the 48th annual meeting of the Canadian Society for Psychomotor Learning and Sport Psychology (SCAPPS), Waterloo, Ontario, Canada.
40. Pankow, K., Camiré, M., Côté, J., **Fraser-Thomas, J.**, MacDonald, D. J., Strachan, L., Tamminen, K.A., & Holt, N.L. (2016, October). Provincial stakeholders' perceptions of barriers, opportunities, and communication strategies for using research evidence to inform youth sport delivery. *Journal of Exercise, Movement, and Sport*, 48(1). Poster presented at the 48th annual meeting of the Canadian Society for Psychomotor Learning and Sport Psychology (SCAPPS), Waterloo, Ontario, Canada.
41. Fridman, L., **Fraser-Thomas, J.**, Pike, I., & Macpherson, A. (2016, September). *Canadian Child Safety Report Card: A Comparison of Injury Prevention Practices Across Provinces*. Presentation at the Safety 2016 Conference, Tampere, Finland.
42. Weiss, J., Robinson, S., **Fraser-Thomas, J.**, Balogh, R., Lunskey, Y., Germani, T., & Côté, J. (2016, August). *Psychosocial predictors of sport retention for youth with intellectual disabilities*. Paper presented at Annual APA Convention, Denver, Colorado.
43. Beesley, T. & **Fraser-Thomas, J.** (2016, June). Transferring values or violence? Examining youths' understanding and processes of life skills transfer through Mixed Martial Arts.

- Journal of Sport and Exercise Psychology*, 38(3), S188. Poster presented at the annual North American Society for Psychology of Sport and Physical Activity (NASPSPA), Montreal, Canada.
44. **Fraser-Thomas, J.** & Safai, P. (2016, June). Trickle down effect: Exploring the role of the Olympic Games in facilitating preschoolers' development. *Journal of Sport and Exercise Psychology*, 38(3), S159. Poster presented at the annual North American Society for Psychology of Sport and Physical Activity (NASPSPA), Montreal, Canada.
 45. Preston, C. & **Fraser-Thomas, J.** (2015, October). *Athlete centred coaching in AAA minor hockey: Opportunities and challenges*. Petro Canada Sport Leadership Sportif Conference, Winnipeg, Manitoba, Canada.
 46. **Fraser-Thomas, J.** & Safai, P. (2015, October). Tykes and Timbits: Exploring objectives and outcomes of preschooler sport. *Journal of Exercise, Movement, and Sport*, 47(1). Paper presented within the symposium *Envisioning the Future of Positive Youth Development Research in Sport* at the 47th annual meeting of the Canadian Society for Psychomotor Learning and Sport Psychology (SCAPPS), Edmonton, Alberta, Canada.
 47. Beesley, T., & **Fraser-Thomas, J.** (2015, October). Can mixed martial arts facilitate life skills? Exploring MMA's promotion and processes of life skill development among youth. *Journal of Exercise, Movement, and Sport*, 47(1). Poster presented at the 47th annual meeting of the Canadian Society for Psychomotor Learning and Sport Psychology (SCAPPS), Edmonton, Alberta, Canada.
 48. **Fraser-Thomas, J.**, Safai, P., Donnelly, P. (2015, October). *Trickle down effect? Exploring the influence of the Olympic Games on preschooler development and sport participation*. Invited paper presented at the 8th Annual Sport Participation Research Initiative Conference, Gatineau, Quebec, Canada. <http://sirc.ca/resources/sport-science-sport-medicine-sport-research/2015-scri-conference>
 49. Weiss, J., Robinson, S., **Fraser-Thomas, J.**, Balogh, R., Lunskey, Y., Germani, T., & Côté, J. (2015, October). *Sport participation in youth with intellectual disabilities in Ontario: Findings from a Special Olympics survey*. Invited poster presented at the 8th Annual Sport Participation Research Initiative Conference, Gatineau, Quebec, Canada.
 50. Caratun, R., Alavie, B., & **Fraser-Thomas, J.** (2014, October). Exploring sport involvement and development: A case study of one child-athlete's journey through the sampling years. *Journal of Exercise, Movement, and Sport*, 38(1). Paper presented at the 46th annual meeting of the Canadian Society for Psychomotor Learning and Sport Psychology (SCAPPS), London, Ontario, Canada.
 51. Preston, C., & **Fraser-Thomas, J.** (2014, October). My experiences implementing an athlete-centred coaching philosophy in an elite youth sport setting: An auto-ethnographic study. *Journal of Exercise, Movement, and Sport*, 38(1). Poster presented at the 46th annual meeting of the Canadian Society for Psychomotor Learning and Sport Psychology (SCAPPS), London, Ontario, Canada.
 52. Wolman, L., & **Fraser-Thomas, J.** (2014, October). Exploring the continuity of sport participation: The role of community clubs in the sport development process. *Journal of Exercise, Movement, and Sport*, 38(1). Poster presented at the 46th annual meeting of the Canadian Society for Psychomotor Learning and Sport Psychology (SCAPPS), London, Ontario, Canada.
 53. Dickler, L., Beesley, T., Wolman, L., Pidwerbeski, D., Tamminen, K., MacPherson, A., Holt, N., MacDonald, D., & **Fraser-Thomas, J.** (2014, October). Youth sport programs' facilitation of developmental experiences: Examining the role of program characteristics.

- Journal of Exercise, Movement, and Sport*, 38(1). Paper presented at the 46th annual meeting of the Canadian Society for Psychomotor Learning and Sport Psychology (SCAPPS), London, Ontario, Canada.
54. Caratun, R., **Fraser-Thomas, J.**, & Baker, J. (2014, October). *Exploring the role of personality in youth competitive swimmers' developmental experiences*. *Journal of Exercise, Movement, and Sport*, 38(1). Poster presented at the 46th annual meeting of the Canadian Society for Psychomotor Learning and Sport Psychology (SCAPPS), London, Ontario, Canada.
 55. Beesley, T., & **Fraser-Thomas, J.** (2014, October). What can mixed martial arts do for you? A content analysis of life skills youth can develop in MMA schools. *Journal of Exercise, Movement, and Sport*, 38(1). Paper presented at the 46th annual meeting of the Canadian Society for Psychomotor Learning and Sport Psychology (SCAPPS), London, Ontario, Canada.
 56. **Fraser-Thomas, J.**, Safai, P., Donnelly, P. (2014, October). *Trickle down effect? Exploring the influence of the Olympic Games on preschooler development and sport participation*. Invited poster presented at the 8th Annual Sport Participation Research Initiative Conference, Kanata, Ontario, Canada.
 57. Beesley, T., & **Fraser-Thomas, J.** (2014, October). *Grappling for answers: Exploring the process of psychosocial skills development in youth mixed martial arts athletes*. Invited poster presented at the 8th Annual Sport Participation Research Initiative Conference, Kanata, Ontario, Canada.
 58. Weiss, J., Balogh, R., **Fraser-Thomas, J.**, Lunskey, Y., Côté, J., Norohna, J., & Sylvestre, J. (2014, October). *Sport participation in youth with intellectual disabilities in Ontario: Findings from a Special Olympics survey*. Invited poster presented at the 8th Annual Sport Participation Research Initiative Conference, Kanata, Ontario, Canada.
 59. Beesley, T., & **Fraser-Thomas, J.** (2014, May). *School physical education and sport: Impact of youths' physical education class on their understanding of physical activity*. Paper presented at the Global Summit on the Physical Activity of Children, Toronto, Ontario, Canada.
 60. Tristani, L., & **Fraser-Thomas, J.** (2014, May). *Exploring physical literacy from the perspectives of new teachers: "Something that was talked about but never really understood"*. Poster presented at the Global Summit on the Physical Activity of Children, Toronto, Ontario, Canada.
 61. Weiss, J., Balogh, R., **Fraser-Thomas, J.**, Lunskey, Y., Côté, J., Norohna, J., & Sylvestre, J. (2013, October). *Sport participation in youth with intellectual disabilities in Ontario: Findings from a Special Olympics survey*. Invited poster presented at the 7th Annual Sport Participation Research Initiative Conference, Kanata, Ontario, Canada.
 62. **Fraser-Thomas, J.**, Safai, P., Donnelly, P. (2013, October). *Trickle down effect? Exploring the influence of the Olympic Games on preschooler development and sport participation*. Invited poster presented at the 7th Annual Sport Participation Research Initiative Conference, Kanata, Ontario, Canada.
 63. **Fraser-Thomas, J.**, Jeffery-Tosoni, S., Baker, J. (2013, October). "I like that you can hit a guy and not really get in trouble": Young ice hockey players' experiences with body checking. *Journal of Exercise, Movement, and Sport*, 45(1). Paper presented at the 45th annual meeting of the Canadian Society for Psychomotor Learning and Sport Psychology (SCAPPS), Kelowna, British Columbia, Canada.

64. **Fraser-Thomas, J.**, Dionigi, R., & Stone, R. (2013, October). Psychosocial development through Masters sport: What can be gained from youth sport models? *Journal of Exercise, Movement, and Sport*, 45(1). Paper presented at the 45th annual meeting of the Canadian Society for Psychomotor Learning and Sport Psychology (SCAPPS), Kelowna, British Columbia, Canada.
65. Tristani, L., & **Fraser-Thomas, J.** (2013, October). Let's get physically literate: The teacher candidate's journey into physical education. *Journal of Exercise, Movement, and Sport*, 45(1). Paper presented at the 45th annual meeting of the Canadian Society for Psychomotor Learning and Sport Psychology (SCAPPS), Kelowna, British Columbia, Canada.
66. Beesley, T., & **Fraser-Thomas, J.** (2013, October). Re-defining negative sport experiences: The process of positive youth development in school physical education and sports. *Journal of Exercise, Movement, and Sport*, 45(1). Poster presented at the 45th annual meeting of the Canadian Society for Psychomotor Learning and Sport Psychology (SCAPPS), Kelowna, British Columbia, Canada.
67. Caratun, R., & **Fraser-Thomas, J.** (2013, October). Exploring family dynamics in the development of a child-athlete: A longitudinal case study. *Journal of Exercise, Movement, and Sport*, 45(1). Paper presented at the 45th annual meeting of the Canadian Society for Psychomotor Learning and Sport Psychology (SCAPPS), Kelowna, British Columbia, Canada.
68. Baker, J., Dionigi, R., Horton, S. & **Fraser-Thomas, J.** (2013, October). Sport develops assets for aging? A comparison of master athletes and non-active older adults. *Journal of Exercise, Movement, and Sport*, 45(1). Paper presented at the 45th annual meeting of the Canadian Society for Psychomotor Learning and Sport Psychology (SCAPPS), Kelowna, British Columbia, Canada.
69. Bean, C., Jeffery-Tosoni, S., **Fraser-Thomas, J.**, & Baker, J. (2013, October). Negative parental behaviour in Canadian youth hockey: Elite insiders' perceptions and recommendations. *Journal of Exercise, Movement, and Sport*, 45(1). Paper presented at the 45th annual meeting of the Canadian Society for Psychomotor Learning and Sport Psychology (SCAPPS), Kelowna, British Columbia, Canada.
70. Beesley, T., Riddell, M., & **Fraser-Thomas, J.** (2013, June). Understanding the experiences of youth living with type 1 diabetes mellitus attending a unique sports camp using the ecological systems theory framework. *Journal of Sport and Exercise Psychology*, 35(3), Suppl. Paper presented at the annual North American Society for Psychology of Sport and Physical Activity (NASPSPA), New Orleans, Louisiana, USA.
71. Beesley, T., & **Fraser-Thomas, J.** (2012, November). School physical education and sport: How are youths' experiences shaping their understanding of physical activity? *Journal of Exercise, Movement, and Sport*, 44(1). Paper presented at the 44th annual meeting of the Canadian Society for Psychomotor Learning and Sport Psychology (SCAPPS), Halifax, Nova Scotia, Canada.
72. Catsoulis, S., & **Fraser-Thomas, J.** (2012, November). Left skate first: Exploring routines and superstitions among professional hockey athletes. *Journal of Exercise, Movement, and Sport*, 44(1). Paper presented at the 44th annual meeting of the Canadian Society for Psychomotor Learning and Sport Psychology (SCAPPS), Halifax, Nova Scotia, Canada.
73. Spassiani, N., Jeffery-Tosoni, S., **Fraser-Thomas, J.**, & Kuk, J. (2012, November). Understanding youths' experiences in a holistic weight management program. *Journal of Exercise, Movement, and Sport*, 44(1). Paper presented at the 44th annual meeting of the

- Canadian Society for Psychomotor Learning and Sport Psychology (SCAPPS), Halifax, Nova Scotia, Canada.
74. **Fraser-Thomas, J.**, Gilad, A., & Jeffery-Tosoni, S. (2012, November). Philanthropy and humor: Unlocking the psychological tool box of an ultra-endurance athlete. *Journal of Exercise, Movement, and Sport*, 44(1). Poster presented at the 44th annual meeting of the Canadian Society for Psychomotor Learning and Sport Psychology (SCAPPS), Halifax, Nova Scotia, Canada.
 75. **Fraser-Thomas, J.**, Côté, J., Holt, N. (2012, October). *Assessing youth sport programs' facilitation of positive youth development*. Invited paper presented at the 6th Annual Sport Participation Research Initiative Conference, Kanata, Ontario, Canada.
 76. **Fraser-Thomas, J.**, Safai, P., Donnelly, P. (2012, October). *Trickle down effect? Exploring the influence of the Olympic Games on preschooler development and sport participation*. Invited poster presented at the 6th Annual Sport Participation Research Initiative Conference, Kanata, Ontario, Canada.
 77. Jeffery-Tosoni, S., **Fraser-Thomas, J.**, & Baker, J., (2012, October). *Exploring contemporary issues in Canadian youth hockey: Experiences and perspectives of peewee players and elite hockey insiders*. Invited poster presented at the 6th Annual Sport Participation Research Initiative Conference, Kanata, Ontario, Canada.
 78. Beesley, T., Zaharieva, D.P., **Fraser-Thomas, J.**, Riddell, M.C. (2012, October). *Exploring the process of psychosocial development and glycemic control in youth with type 1 diabetes mellitus (T1DM) attending a unique diabetes sports camp*. Poster presented at the 15th Annual Canadian Diabetes Association (CDA) / Canadian Society of Endocrinology and Metabolism (CSEM), Vancouver, British Columbia, Canada.
 79. Beesley, T., & **Fraser-Thomas, J.** (2012, June). Exploring youths' development in school sport contexts. *Journal of Sport and Exercise Psychology*, 34(3), Suppl. Paper presented at the annual North American Society for Psychology of Sport and Physical Activity (NASPSA), Honolulu, Hawaii.
 80. **Fraser-Thomas, J.**, Safai, P., Donnelly, P. (2011, November). *Trickle down effect? Exploring the influence of the Olympic Games on preschooler development and sport participation*. Invited poster presented at the 5th Annual Sport Participation Research Initiative Conference, Gatineau, Quebec, Canada.
 81. Jeffery-Tosoni, S., & **Fraser-Thomas, J.** (2011, November). *For the Love of the Game: Athlete enjoyment, parent involvement, and game atmosphere in Canadian minor hockey*. Invited poster presented at the 5th Annual Sport Participation Research Initiative Conference, Gatineau, Quebec, Canada.
 82. Beesley, T. & **Fraser-Thomas, J.** (2011, October). Exploring youths' development in school sport contexts. *Journal of Exercise, Movement, and Sport*, 43(1). Poster presented at the 43rd annual meeting of the Canadian Society for Psychomotor Learning and Sport Psychology (SCAPPS), Winnipeg, Manitoba, Canada.
 83. **Fraser-Thomas, J.** (Fraser-Thomas, J. (2011, October). *Who is this kid? Developing the person within the young athlete*. Published abstract for Science for Success III Congress, Research Institute for Olympic Sports, Jyväskylä, Finland.
 84. Baker, J., Koz, D., Kungl, A-M., **Fraser-Thomas, J.**, & Schorer, J. (2011, June). Staying at the top: Career longevity in American football. *Journal of Sport and Exercise Psychology*, 33(Suppl). Paper presented at the annual North American Society for Psychology of Sport and Physical Activity (NASPSA), Burlington, Vermont, USA.

85. Hancock, D. Izraelski, J., Schorer, **Fraser-Thomas, J.**, Cobley, S., Weir, P., Horton, S., & Baker, J. (2011, June). No evidence that relative age affects retention in youth ice hockey: A preliminary analysis. *Journal of Sport and Exercise Psychology*, 33(Suppl.). Paper presented at the annual North American Society for Psychology of Sport and Physical Activity (NASPSPA), Burlington, Vermont, USA.
86. **Fraser-Thomas, J.**, Jeffery-Tosoni, S., Beesley, T., & Holt, N. (2010, October). Optimizing PYD in sport programs: Examining associations between program characteristics and developmental experiences. *Journal of Exercise, Movement, and Sport*, 42(1). Paper presented at the 42nd annual meeting of the Canadian Society for Psychomotor Learning and Sport Psychology (SCAPPS), Ottawa, Ontario, Canada.
87. Jeffery-Tosoni, S., **Fraser-Thomas, J.**, & Baker, J. (2010, October). For the love of the game: Elite hockey insiders' perceptions of game atmosphere, parent involvement, and athlete enjoyment in Canadian minor hockey. *Journal of Exercise, Movement, and Sport*, 42(1). Poster presented at the 42nd annual meeting of the Canadian Society for Psychomotor Learning and Sport Psychology (SCAPPS), Ottawa, Ontario, Canada.
88. Koz, D., **Fraser-Thomas, J.**, & Baker, J. (2010, October). How good are professional sports drafts at predicting career performance? *Journal of Exercise, Movement, and Sport*, 42(1). Paper presented at the 42nd annual meeting of the Canadian Society for Psychomotor Learning and Sport Psychology (SCAPPS), Ottawa, Ontario, Canada.
89. Spassiani, N. & **Fraser-Thomas, J.** (2010, October). Evaluating the effectiveness of a skill building intervention in competitive athletes with developmental delays. *Journal of Exercise, Movement, and Sport*, 42(1). Poster presented at the 42nd annual meeting of the Canadian Society for Psychomotor Learning and Sport Psychology (SCAPPS), Ottawa, Ontario, Canada.
90. **Fraser-Thomas, J.**, Jeffery-Tosoni, S., Beesley, T., & Holt, N. (2010, October). *Optimizing positive youth development in sport programs: Examining associations between program characteristics and developmental experiences.* Poster presented at the 4th Annual Sport Canada Research Initiative Conference (SCRI), Ottawa, Ontario, Canada.
91. Jeffery-Tosoni, S., **Fraser-Thomas, J.**, & Baker, J. (2010, October). *For the love of the game: Athlete enjoyment, parent involvement, and game atmosphere in youth hockey.* Poster presented at the 4th Annual Sport Canada Research Initiative Conference (SCRI), Ottawa, Ontario, Canada.
92. **Fraser-Thomas, J.**, Côté, J., Holt, N. (2009, November). *Assessing youth sport programs' facilitation of positive youth development.* Poster presented at the 3rd Annual Sport Canada Research Initiative Conference (SCRI), Ottawa, Ontario, Canada.
93. Abgarov, A., **Fraser-Thomas, J.**, & Baker, J. (2009, November). Exploring varsity swimmers' injury rehabilitation experiences. *Journal of Exercise, Movement, and Sport*, 41(1). Paper presented at the 41st annual meeting of the Canadian Society for Psychomotor Learning and Sport Psychology (SCAPPS), Toronto, Ontario, Canada.
94. Koz, D., Baker, J., & **Fraser-Thomas, J.** (2009, November). NHL draft is a poor predictor of athletic potential: Preliminary results. *Journal of Exercise, Movement, and Sport*, 41(1). Poster presented at the 41st annual meeting of the Canadian Society for Psychomotor Learning and Sport Psychology (SCAPPS), Toronto, Ontario, Canada.
95. Côté, J., Bruner, M., Erickson, K., Strachan, L., & **Fraser-Thomas, J.** (2009, June). *Vers une définition de l'entraîneur expert.* Proceedings of the 12th World Congress of Sport Psychology, International Society of Sport Psychology, Marrakesh, Morocco.

96. Abgarov, A., **Fraser-Thomas, J.**, & Baker, J. (2009, June). *Injury in varsity swimmers: Identifying risk factors and exploring athletes' rehabilitation experiences*. Proceedings of the 12th World Congress of Sport Psychology, *International Society of Sport Psychology*, Marrakesh, Morocco.
97. **Fraser-Thomas, J.**, & Côté, J. (2008, November). *Understanding adolescents' positive and negative developmental experiences in sport*. Paper presented at the 2nd Annual Sport Canada Research Initiative Conference (SCRI), Gatineau, Quebec, Canada.
98. **Fraser-Thomas, J.**, Côté, J., & Macdonald, D. (2008, November). Community size in youth sport: Examining developmental assets and sport withdrawal. *Journal of Exercise, Movement, and Sport*, 40(1). Paper presented at the 40th annual meeting of the Canadian Society for Psychomotor Learning and Sport Psychology (SCAPPS), Canmore, Alberta, Canada.
99. **Fraser-Thomas, J.**, & Logan, J. (2008, November). Exploring master athletes' development. *Journal of Exercise, Movement, and Sport*, 40(1). Poster presented at the 40th annual meeting of the Canadian Society for Psychomotor Learning and Sport Psychology (SCAPPS), Canmore, Alberta, Canada.
100. Logan, J., & **Fraser-Thomas, J.** (2008, November). Understanding family influences in master athletes' sport participation. *Journal of Exercise, Movement, and Sport*, 40(1). Poster presented at the 40th annual meeting of the Canadian Society for Psychomotor Learning and Sport Psychology (SCAPPS), Canmore, Alberta, Canada.
101. Spassiani, N., & **Fraser-Thomas, J.** (2008, November). Evaluating the effectiveness of a mental skills intervention in a routine-based physical activity program with children with disabilities. *Journal of Exercise, Movement, and Sport*, 40(1). Poster presented at the 40th annual meeting of the Canadian Society for Psychomotor Learning and Sport Psychology (SCAPPS), Canmore, Alberta, Canada.
102. **Fraser-Thomas, J.**, & Côté, J. (2008, June). Understanding adolescents' positive and negative developmental experiences in sport. *Journal of Sport and Exercise Psychology*, 30(Suppl). Paper presented at the annual North American Society for Psychology of Sport and Physical Activity (NASPSPA), Niagara Falls, Canada.
103. **Fraser-Thomas, J.**, & Côté, J. (2007, November). *Understanding adolescents' positive and negative developmental experiences in sport*. Poster presented at the Sport Canada Research Initiative Conference (SCRI), Gatineau, Quebec, Canada.
104. **Fraser-Thomas, J.**, Côté, J., & Deakin, J. (2007, November). Examining developmental assets in adolescent dropout and engaged athletes. *Journal of Exercise, Movement, and Sport*, 39(1). Paper presented at the annual meeting of the Canadian Society for Psychomotor Learning and Sport Psychology (SCAPPS), Windsor, Ontario, Canada.
105. **Fraser-Thomas, J.**, Côté, J., & Deakin, J. (2005, November). Life after sport: Activity patterns of adolescents following swimming withdrawal. *Journal of Exercise, Movement, and Sport*, 39(1). Paper presented at the annual meeting of the Canadian Society for Psychomotor Learning and Sport Psychology (SCAPPS), Niagara Falls, Canada.
106. Wilkes, S., Côté, J., **Fraser-Thomas, J.**, & Côté, J. (2005, November). What is happening in youth sport? A Methodology to evaluate the context of youth sport programs in Canada. *Journal of Exercise, Movement, and Sport*, 39(1). Poster presented at the annual meeting of the Canadian Society for Psychomotor Learning and Sport Psychology (SCAPPS), Niagara Falls, Canada.
107. **Fraser-Thomas, J.** & Côté, J. (2005, August). Mental toughness: Parents, coaches, and program design. In T. Morris, P. Terry, S. Gordon, S. Hanrahan, L. Ievleva, G. Kolt, and P.

Tremayne (Eds.) *Proceedings of the 11th World Congress of Sport Psychology*, International Society of Sport Psychology, Sydney, Australia.

108. **Fraser-Thomas, J.**, Côté, J., & Deakin, J. (2004, October). Youth sport programs: An avenue to foster positive youth development. *Journal of Exercise, Movement, and Sport*, 38(1). Paper presented at the annual meeting of the Canadian Society for Psychomotor Learning and Sport Psychology (SCAPPS), Saskatoon, Canada.
109. **Fraser-Thomas, J.**, Robertson-Wilson, J., Baker, J., & Yardley, J. (2003, October). Influence of family and peer support on youth physical activity levels. *Journal of Exercise, Movement, and Sport*, 37(1). Paper presented at the annual meeting of the Canadian Society for Psychomotor Learning and Sport Psychology (SCAPPS), Hamilton, Canada.

Other Conference Proceedings

1. Ofori, N., Warner, M., & **Fraser-Thomas, J.** (March, 2019). *Exploring life skill development through coaching in emerging adults*. Presentation at the 23rd annual Eastern Canada Sport and Exercise Psychology Symposium (ECSEPS). Vaughan, Canada.
2. Oye-Somefun, A., **Fraser-Thomas, J.**, & Ardern, C. (June 2018). *Physical activity patterns in relation to overweight and obesity among preschoolers in Canada: National Longitudinal Survey of Children and Youth*. Obesity Network Student Meeting. London, Canada.
3. Harlow, M., Wolman, L., & **Fraser-Thomas, J.** (March, 2018). *Exploring the delivery of sport programming for preschoolers*. Presentation at the 22nd annual Eastern Canada Sport and Exercise Psychology Symposium (ECSEPS), Montreal, Canada.
4. Mosher, A., Baker, J., & **Fraser-Thomas, J.** (March, 2018). *Creating a tool for measuring early specialization: A proposal*. Presentation at the 22nd annual Eastern Canada Sport and Exercise Psychology Symposium (ECSEPS), Montreal, Canada.
5. Patelia, S., **Fraser-Thomas, J.**, Dionigi, R. & Baker, J. (March, 2018). *Exploring the role of sport in developing positive age-related assets*. Presentation at the 22nd annual Eastern Canada Sport and Exercise Psychology Symposium (ECSEPS), Montreal, Canada.
6. Tristani, L., Tomasone, J., **Fraser-Thomas, J.**, & Bassett-Gunter, R. (March, 2018). “*You kind of wonder like, are we ever going to get to a point of 100% inclusion and what is that going to look like when it actually happens*” – *Examining a teaching resource created to support inclusive physical education*. Presentation at the 22nd annual Eastern Canada Sport and Exercise Psychology Symposium (ECSEPS), Montreal, Canada.
7. Wolman, L., **Fraser-Thomas, J.**, & Nakamura, Y. (March, 2018). “*We can enjoy the sport we want to play*”: *Influence of sport spaces in Toronto Neighbourhood Improvement Areas*. Presentation at the 22nd annual Eastern Canada Sport and Exercise Psychology Symposium (ECSEPS), Montreal, Canada.
8. Wolman, L., **Fraser-Thomas, J.**, & Nakamura, Y. (January, 2018). “*It’s an imaginary line that just exists*”: *The gendering of unstructured sport spaces in Toronto Neighbourhood Improvement Areas*. Macintosh Conference, Kingston, Ontario.
9. Wolman, L., **Fraser-Thomas, J.**, & Nakamura, Y. (May, 2017). “*Sports are brought up but never openly discussed*”: *Immigrant parents’ influence on sport participation*. Bodies of Knowledge Conference, Toronto, Ontario, Canada.
10. Mosher, A. & **Fraser-Thomas, J.** (March, 2017). *Examining competitive anxiety and personality in early specializing and sampling Peewee boys hockey players: A proposal*.

- Presentation at the 21st annual Eastern Canada Sport and Exercise Psychology Symposium (ECSEPS), Kingston, Ontario, Canada.
11. Preston, C., & **Fraser-Thomas, J.** (2017, March). *Exploring the factors that challenge and facilitate elite youth sport coaches' fostering of positive youth development.* Presentation at the 21st annual Eastern Canada Sport and Exercise Psychology Symposium (ECSEPS), Kingston, Ontario, Canada.
 12. Harlow, M. & **Fraser-Thomas, J.** (2017, March). *Advancing understanding of sport and organized physical activity among preschoolers and their families.* Presentation at the 21st annual Eastern Canada Sport and Exercise Psychology Symposium (ECSEPS), Kingston, Ontario, Canada.
 13. Wolman, L., **Fraser-Thomas, J.**, & Nakamura, Y. (2017, March). *The impact of "pick-up" sport on organized sport participation in Toronto Neighbourhood Improvement Areas.* Presentation at the 21st annual Eastern Canada Sport and Exercise Psychology Symposium (ECSEPS), Kingston, Ontario, Canada.
 14. Wolman, L., Nakamura, Y., & **Fraser-Thomas, J.** (January, 2017). *A revolving door: How schools facilitate sport participation in neighbourhood improvement areas in Toronto.* Macintosh Conference. Kingston, Ontario, Canada.
 15. Wolman, L., **Fraser-Thomas, J.**, & Nakamura, Y. (2016, March). *Perceptions, intentions and realities of sport participation among 1.5 and second generation immigrant youth in Canada: A doctoral studies proposal.* Presentation at the 20th annual Eastern Canada Sport and Exercise Psychology Symposium (ECSEPS), Hamilton, Ontario, Canada.
 16. Beesley, T., & **Fraser-Thomas, J.** (2016, March). *Understanding parents' role in developing life skills among youth in MMA programs.* Presentation at the 20th annual Eastern Canada Sport and Exercise Psychology Symposium (ECSEPS), Hamilton, Ontario, Canada.
 17. Ruscitti, R., Latimer-Cheung, A., **Fraser-Thomas, J.**, & Bassett-Gunter, R. (2016, March). *Methods and messengers for delivering physical activity information to parents of children with disabilities.* Presentation at the 20th annual Eastern Canada Sport and Exercise Psychology Symposium (ECSEPS), Hamilton, Ontario, Canada.
 18. Harlow, M., Mosher, A., **Fraser-Thomas, J.**, & Weiss, J. (2016, March). *Examining prolonged sport participation among Special Olympics athletes.* Presentation at the 20th annual Eastern Canada Sport and Exercise Psychology Symposium (ECSEPS), Hamilton, Ontario, Canada.
 19. Calero, C., Beesley, T., Wolman, L., & **Fraser-Thomas, J.** (2016, March). *Growing pains? Examining preschool sport programs' developmental.* Presentation at the 20th annual Eastern Canada Sport and Exercise Psychology Symposium (ECSEPS), Hamilton, Ontario, Canada.
 20. Preston, C., & **Fraser-Thomas, J.** (2016, March). *A critical analysis of formal elite youth coach education programmes: A proposal.* Presentation at the 20th annual Eastern Canada Sport and Exercise Psychology Symposium (ECSEPS), Hamilton, Ontario, Canada.
 21. Dickler, L. & **Fraser-Thomas, J.** (2015, May). *Exploring the experiences of high performance Canadian athletes with mood and/or anxiety disorders.* Presentation at the 20th annual Bodies of Knowledge Conference, Toronto, Ontario, Canada.
 22. Wolman, L. & **Fraser-Thomas, J.** (2015, May). *Exploring the continuity of sports participation: The role of community clubs in the sport development process.* Poster presented at the annual Bodies of Knowledge Conference, Toronto, Ontario, Canada.

23. Beesley, T., & **Fraser-Thomas, J.** (2015, March). *A pilot study: Using journaling to explore transfer of life skills in youth basketball*. Presentation at the 19th annual Eastern Canada Sport and Exercise Psychology Symposium (ECSEPS), Ottawa, Ontario, Canada.
24. Preston, C., & **Fraser-Thomas, J.** (2015, March). *A critical review of athlete centred coaching*. Presentation at the 19th annual Eastern Canada Sport and Exercise Psychology Symposium (ECSEPS), Ottawa, Ontario, Canada.
25. Alavie, B., & **Fraser-Thomas, J.** (2014, March). *Understanding minor hockey players' rehabilitation and return to play following concussion*. Presentation at the 18th annual Eastern Canada Sport and Exercise Psychology Symposium (ECSEPS), Toronto, Ontario, Canada.
26. Beesley, T. & **Fraser-Thomas, J.** (2014, March). *Grappling for answers: A proposal to explore the process of psychosocial skills development in youth mixed martial arts athletes*. Presentation at the 18th annual Eastern Canada Sport and Exercise Psychology Symposium (ECSEPS), Toronto, Ontario, Canada.
27. Caratun, R., **Fraser-Thomas, J.**, & Baker, J. (2014, March). *Facilitating positive youth development: Is athlete personality relevant?* Presentation at the 18th annual Eastern Canada Sport and Exercise Psychology Symposium (ECSEPS), Toronto, Ontario, Canada.
28. Caratun, R., **Fraser-Thomas, J.**, & Baker, J. (2014, March). *Hey coach! Your athletes' personality may be more important than you think*. Presentation at the 3-Minute Thesis competition in the 18th annual Eastern Canada Sport and Exercise Psychology Symposium (ECSEPS), Toronto, Ontario, Canada.
29. Dickler, L., **Fraser-Thomas, J.**, & Safai, P. (2014, March). *A proposal: Exploring the experiences of elite Canadian athletes with mood disorders*. Presentation at the 18th annual Eastern Canada Sport and Exercise Psychology Symposium (ECSEPS), Toronto, Ontario, Canada.
30. Preston, C. & **Fraser-Thomas, J.** (2014, March). *Exploring the implementation of an athlete-centered coaching philosophy in elite youth hockey*. Presentation at the 18th annual Eastern Canada Sport and Exercise Psychology Symposium (ECSEPS), Toronto, Ontario, Canada.
31. Preston, C. & **Fraser-Thomas, J.** (2014, March). *Athlete-centered coaching in elite youth hockey*. Presentation at 3-Minute Thesis Competition of the 18th annual Eastern Canada Sport and Exercise Psychology Symposium (ECSEPS), Toronto, Ontario, Canada.
32. Tristani, L. & **Fraser-Thomas, J.** (2014, March). *Physical literacy*. Presentation at the 3-Minute Thesis competition in the 18th annual Eastern Canada Sport and Exercise Psychology Symposium (ECSEPS), Toronto, Ontario, Canada. (**Winner of the People's Choice Award.**)
33. Wolman, L. & **Fraser-Thomas, J.** (2014, March). *Continuity of sport participation into adulthood: The role of community sports*. Presentation at the 3-Minute Thesis competition in the 18th annual Eastern Canada Sport and Exercise Psychology Symposium (ECSEPS), Toronto, Ontario, Canada.
34. Wolman, L. & **Fraser-Thomas, J.** (2014, March). *Continuity of sport participation into adulthood: The role of community sports*. Presentation at the 18th annual Eastern Canada Sport and Exercise Psychology Symposium (ECSEPS), Toronto, Ontario, Canada.
35. Beesley, T. & **Fraser-Thomas, J.** (2013, March). *Bolus, practice, game: A proposed study of elite athletes' experiences living with diabetes*. Presentation at the 17th annual Eastern Canada Sport and Exercise Psychology Symposium (ECSEPS), St. Catherine's, Ontario, Canada.
36. Rozenblit, Y. & **Fraser-Thomas, J.** (2013, March). *An examination of the effects of priming on children's motor skill performance and self-efficacy*. Presentation at the 17th annual Eastern Canada Sport and Exercise Psychology Symposium (ECSEPS), St. Catherine's, Ontario, Canada.

37. Wolman, L., & **Fraser-Thomas, J.** (2013, March). *Extending athletes' participation in sport: Bridging the gap between youth and adult sport*. Presentation at the 17th annual Eastern Canada Sport and Exercise Psychology Symposium (ECSEPS), St. Catherine's, Ontario, Canada.
38. Tristani, L., & **Fraser-Thomas, J.** (2013, March). *Let's get physical: The teacher candidate journey into Physical Education*. Presentation at the 17th annual Eastern Canada Sport and Exercise Psychology Symposium (ECSEPS), St. Catherine's, Ontario, Canada.
39. Jeffery-Tosoni, S., & **Fraser-Thomas, J.** (2012, June). *Canadian Youth Hockey: Elite insiders' perceptions of parent involvement and the game atmosphere*. Poster presented at the LaMarsh Graduate Student Symposium, Toronto, Ontario, Canada.
40. Catsoulis, S. & **Fraser-Thomas, J.** (2012, March). Life after hockey: Preliminary findings among former professional hockey athletes. Paper presented at the 16th annual Eastern Canada Sport and Exercise Psychology Symposium (ECSEPS), London, Ontario, Canada.
41. Beesley, T. & **Fraser-Thomas, J.** (2012, March). *More than just a sports camp: Exploring PYD in youth living with type 1 Diabetes Mellitus*. Paper presented at the 16th annual Eastern Canada Sport and Exercise Psychology Symposium (ECSEPS), London, Ontario, Canada.
42. Gilad, A. & **Fraser-Thomas, J.** (2012, March). *Exploring an ultra-endurance athlete's psychological journey: A case study*. Paper presented at the 16th annual Eastern Canada Sport and Exercise Psychology Symposium (ECSEPS), London, Ontario, Canada.
43. Beesley, T., & **Fraser-Thomas, J.** (2011, May). *Exploring youths' development in school sport contexts*. Poster presented at the LaMarsh Graduate Student Symposium, Toronto, Canada.
44. Preston, C. & **Fraser-Thomas, J.** (2011, May). *Aggression, coach goal orientation, and success in Minor Hockey*. Poster presented at the LaMarsh Graduate Student Symposium, Toronto, Canada.
45. Jeffery-Tosoni, S., **Fraser-Thomas, J.**, & Baker, J. (2011, May). *For the love of the game: Athlete enjoyment, parent involvement and game atmosphere in youth hockey*. Poster presented at the LaMarsh Graduate Student Symposium, Toronto, Canada.
46. Beesley, T. & **Fraser-Thomas, J.** (2011, March). *Exploring youths' development in school sport contexts*. Paper presented at the 15th annual Eastern Canada Sport and Exercise Psychology Symposium (ECSEPS), Waterloo, Ontario, Canada.
47. Preston, C. & **Fraser-Thomas, J.** (2011, March). *Aggression, coach goal orientation, and success in Minor Hockey*. Paper presented at the 15th annual Eastern Canada Sport and Exercise Psychology Symposium (ECSEPS), Waterloo, Ontario, Canada.
48. Tajrobehkar, B. & **Fraser-Thomas, J.** (2011, March). *Examining psychosocial associations in varsity athletes' return to play during injury*. Paper presented at the 15th annual Eastern Canada Sport and Exercise Psychology Symposium (ECSEPS), Waterloo, Ontario, Canada.
49. Forbes, S., McPherson, M., Livingston, L., Baker, J., Keightley, M., Reed, N., **Fraser-Thomas, J.**, Flint, F., Dogra, S., Jeffrey-Tosoni, S., Corey, P., & Montelpare, W. (2010, October). *The Play it Cool safe hockey program: A facilitated online curriculum delivery for coach preparation in teaching safety and injury prevention in minor hockey*. Paper presented at the Ice Hockey Summit: Action on Concussion, Rochester, MN, USA.
50. Beesley, T., & **Fraser-Thomas, J.** (2010, May). *Understanding coach-athlete relationships and athletes' sport experiences among elite female adolescent soccer players*. Poster presented at the LaMarsh Graduate Student Symposium, Toronto, Canada.

51. Jeffery-Tosoni, S., & **Fraser-Thomas, J.** (2010, May). *For the love of the game: Athlete enjoyment, parent involvement, and game atmosphere in youth hockey*. Poster presented at the LaMarsh Graduate Student Symposium, Toronto, Canada.
52. Spassiani, N., & **Fraser-Thomas, J.** (2010, May). *Examining a mental skills package in a routine-based physical activity program with children with disabilities*. Poster presented at the LaMarsh Graduate Student Symposium, Toronto, Canada.
53. Beesley, T., **Fraser-Thomas, J.**, MacPherson, A., Birken, C., & Khovratovich, M. (2010, May). *Eat well, play well: NutriSTEP score and adequate play in preschoolers*. Paper presented at the York Institute of Health Research Annual Graduate Symposium, York University, Toronto, Canada.
54. Spassiani, N., & **Fraser-Thomas, J.** (2010, March). *I learned because I experienced: A structured physical activity and cognitive skill building program for adults with developmental delays and autism*. Paper presented at the International Women's Day Conference, McMaster University, Hamilton, Canada.
55. Koz, D., **Fraser-Thomas, J.**, & Baker, J. (2010, March). *Professional sports drafts and their ability to predict performance*. Paper presented at the 14th annual Eastern Canada Sport and Exercise Psychology Symposium (ECSEPS), Montreal, Canada.
56. Spassiani, N., & **Fraser-Thomas, J.** (2010, March). *"Track is my life": Evaluating the effectiveness of a program intervention in facilitating psychological development, life skills and adaptive behaviours among Special Olympic Track and Field athletes*. Paper presented at the 14th annual Eastern Canada Sport and Exercise Psychology Symposium (ECSEPS), Montreal, Canada.
57. Jeffery-Tosoni, S., & **Fraser-Thomas, J.** (2010, March). *Keeping kids in the game: A proposed study of athlete enjoyment, parent involvement, and game atmosphere in youth hockey*. Paper presented at the 14th annual Eastern Canada Sport and Exercise Psychology Symposium (ECSEPS), Montreal, Canada.
58. Beesley, T., & **Fraser-Thomas, J.** (2010, March). *Exploring adolescent athletes' perceptions of their coach-athlete relationships on an elite female soccer team*. Paper presented at the 14th annual Eastern Canada Sport and Exercise Psychology Symposium (ECSEPS), Montreal, Canada.
59. Spassiani, N., & **Fraser-Thomas, J.** (2009, May). *Understanding the experiences of adults with cognitive impairments in a physical activity and cognitive skill building program*. Poster presented at the Critical Disability Studies Graduate Student Conference (CDSGSC), Toronto, Canada.
60. Spassiani, N., & **Fraser-Thomas, J.** (2009, March). *Understanding the experiences of adults with cognitive impairments in a physical activity and cognitive skill building program*. Paper presented at the thirteenth annual Eastern Canada Sport and Exercise Psychology Symposium (ECSEPS), Toronto, Canada.
61. Koz, D., **Fraser-Thomas, J.**, & Baker, J. (2009, March). *Skill acquisition and transfer in athletes with multisport backgrounds*. Paper presented at the thirteenth annual Eastern Canada Sport and Exercise Psychology Symposium (ECSEPS), Toronto, Canada.
62. Tosoni-Jeffrey, S., & **Fraser-Thomas, J.** (2009, March). *Competition environments in youth hockey: An observational analysis*. Paper presented at the thirteenth annual Eastern Canada Sport and Exercise Psychology Symposium (ECSEPS), Toronto, Canada.
63. Abgarov, A., & **Fraser-Thomas, J.** (2008, March). *Examining varsity swimmers' injuries: Prevalence, trends, and training factors*. Paper presented at the twelfth annual Eastern Canada Sport and Exercise Psychology Symposium (ECSEPS), Sudbury, Canada.

64. Spassiani, N. & **Fraser-Thomas, J.** (2008, March). *A mental skills and physical activity program with disabled children*. Paper presented at the twelfth annual Eastern Canada Sport and Exercise Psychology Symposium (ECSEPS), Sudbury, Canada.
65. **Fraser-Thomas, J.** Doxsee, B., & Nolting, D. (2005, June). *Exercise consulting program*. Poster presented at the 32nd annual meeting of the Canadian Association of College and University Student Services (CACUSS), Kingston, Ontario, Canada.
66. **Fraser-Thomas, J.** & Côté, J. (2004, March). *Parent behaviors of age-group swimmers: A prospective study*. Paper presented at the eighth annual Eastern Canada Sport and Exercise Psychology Symposium (ECSEPS), St. Catherine's, Canada.
67. **Fraser-Thomas, J.** & Côté, J. (2003, April). *Examining dropout in age group swimmers: A developmental perspective*. Paper presented at the School of Physical and Health Education's Annual Research Day Symposium, Kingston, Ontario, Canada.
68. **Fraser-Thomas, J.** & Côté, J. (2003, March). *Dropout in youth sports from a developmental perspective*. Paper presented at the seventh annual Eastern Canada Sport and Exercise Psychology Symposium (ECSEPS), Montreal, Canada.
69. **Fraser-Thomas, J.** & Beaudoin, C. (2002, October). *Girls' appreciation of new physical education classes: A Nova Scotia case study*. Poster presented at the 17th annual meeting of the Association for the Advancement of Applied Sport Psychology (AAASP), Tucson, USA.
70. Beaudoin, C., Mathias, M., & Fraser, J. (2002, May). *Projet vivre en santé: La conception d'être en santé et en forme des élèves du 9e secondaire*. Paper presented at the 70th annual meeting of L'Association Canadienne Française pour l'Avancement des Sciences, Quebec, Canada.
71. Fraser, J. & Beaudoin, C. (2002, May). *A Nova Scotia school's experience: The new physical education curriculum and girls' appreciation of new physical education classes*. Paper presented at the annual meeting of the Canadian Association of Health, Physical Education, Recreation & Dance (CAHPERD), Banff, Canada.
72. **Fraser, J.** & Beaudoin, C. (2002, March). *Girls' appreciation of physical education classes in the context of curriculum reform*. Paper presented at the sixth annual Eastern Canada Sport and Exercise Psychology Symposium (ECSEPS), Hamilton, Canada.
73. **Fraser, J.**, Arthurs, A., Doell, K., Friend, L., Galipeau, J., Lamontagne, A., Marvin, K. & Sealy, P. (2001, October). *On campus performance enhancement consulting: Revising the graduate internship curriculum*. Paper presented at the 16th annual meeting of the Association for the Advancement of Applied Sport Psychology (AAASP), Orlando, USA.
74. **Fraser, J.** & Beaudoin, C. (2001, March). *The impact of a new physical education curriculum on adolescent girls*. Paper presented at the fifth annual Eastern Canada Sport & Exercise Psychology Symposium (ECSEPS), London, Canada.
75. **Fraser, J.** & Beaudoin, C. (2001, March). *The impact of a new physical education curriculum and girls' appreciation of new physical education classes*. Poster session presented at the annual Jean-Paul Dionne Symposium, Ottawa, Canada.

Published Non-Peer Reviewed Papers

1. **Fraser-Thomas, J.** (2009). The influence of parents and families on athlete development. *Coaching Edge, 17*, 30-32.
2. **Fraser-Thomas, J.**, & Côté, J. (2007). Back to the basics: Sport programs that facilitate children's positive development. *Coaches Plan, 13*(3), 45-50.

3. **Fraser-Thomas, J.**, Doell, K., Friend, L., Galipeau, J., Lamontagne, A., Marvin, K., & Sealy, P. (2003). Lessons learned from graduate students' early consulting experiences. *Journal of Excellence*, 8, 59-66.
4. Doell, K., Friend, L., Danshinko, N., Donoso, M., **Fraser, J.**, Galipeau, J., Lamontagne, A., Marvin, K., & Sealy, P. (2001). Lessons learned: In pursuit of excellence. *Journal of Excellence* 4, 89-91.

Media Engagements

1. Allan, V., Fraser-Thomas, J., & Preston, C. (2019, November 18-24). *Love What you Play Online Event*. For the Love of the Game, hosted by Glen Mulcahy. Retrieved from <https://www.fortheloveofthegame.ca/LoveWhatYouPlay%2FOnlineEventFall2019>
2. Allan, V. (2019, September 16). Profile of Cassidy Preston's doctoral research in *The Conversation*. Play-to-win attitudes in youth hockey sacrifice personal development for victory. Retrieved from <https://theconversation.com/play-to-win-attitudes-in-youth-hockey-sacrifice-personal-development-for-victory-122314>
3. Allan, V. (2019, September 27). *The Conversation* article picked up by *Vancouver Sun*. Play-to-win attitudes in youth hockey sacrifice personal development for victory. Retrieved at <https://vancouversun.com/opinion/op-ed/veronica-allan-play-to-win-attitudes-in-youth-hockey-sacrifice-personal-development-for-victory>
4. Fraser-Thomas, J. (2018, August 10). Reference/quote in *Today's Parent*. What rep sports are really doing to kids, by Courtney Shea. Retrieved from <https://www.todayparent.com/kids/kids-health/what-rep-sports-are-really-doing-to-kids/>
5. Brooke, M. (2018, June 7). Sport for all, or not for all, that is the questions. Book review retrieved at https://idrottsforum.org/bromar_dionigi-gard180607/
6. Fridman, L. (2018, June 5). *Canadian Child Safety Report Card Results*. Blog posted on Parachute Vision Zero Network, profiling results of our study. Network. Retrieved from <https://www.parachutevisionzero.ca/blog/2018/6/5/canadian-child-safety-report-card-results>
7. Fraser-Thomas, J. (2018, February 21). Guest on *Global News Radio 640 Toronto*. Want your kid to be the next Tessa Virtue or Scott Moir? Moir? Olympics and the impact of high-performance sports on youth. Retrieved from <https://omny.fm/shows/tasha-kheiriddin/want-your-kid-to-be-the-next-tessa-virtue-or-scott>
8. Fraser-Thomas, J. (2017, December 1 and 11). Reference/quote in *Globe and Mail*. What masters athletes know about 'harmonious passion', a key to healthy aging. Retrieved from <https://www.theglobeandmail.com/life/health-and-fitness/fitness/in-his-new-book-jonathan-beverly-explores-what-masters-athletes-know-about-healthyaging/article37165679/>
9. Fraser-Thomas, J. (2016, October 30). Guest on *CBC Radio's Maritime Connection*, When it comes to organized sport for our kids, how much is too much? Retrieved from <http://www.cbc.ca/news/canada/nova-scotia/programs/maritimeconnection/when-it-comes-to-organized-sport-for-our-kids-how-much-is-too-much-1.3828477>
10. Fraser-Thomas, J. (2015, July 17). Reference/quoted in *National Post*, Canada's golden secret to success at the Pan Am Games: Winning is contagious, by Joe O'Connor. Retrieved from <http://news.nationalpost.com/sports/canadas-golden-secret-to-success-at-the-pan-am-games-winning-is-contagious>
11. Fraser-Thomas, J. (2015, July 13). Interviewed on *CP24 Live at Noon* by Stephen LeDrew, regarding the Pan Am Games' potential to enhance children's sport participation.

12. McLean, S. (2015, Spring). Boys will be boys. Does body checking have any place in youth hockey? *York U Magazine* article examining risks of youth body checking
<http://digital.yorku.ca/i/516096-yorku-spring-2015/25>
13. Fraser-Thomas, J. (2015, February 18). Reference/quoted in *Globe and Mail*, Have your say: How can we teach our kids about healthy competition? By Craig and Marc Keilburger. Retrieved from <http://www.theglobeandmail.com/life/giving/have-your-say-how-can-teach-our-kids-about-healthy-competition/article23045943/>
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15. McLean, S. (2014, June 3). Boys in hockey relish freedom to ‘hit’, not get in trouble, when start bodychecking. *Y-File* article profiling recent publication by Fraser-Thomas et al. Retrieved from <http://yfile.news.yorku.ca/2014/06/03/boys-in-hockey-relish-freedom-to-hit-not-get-in-trouble-when-start-bodychecking/>
16. Fraser-Thomas, J. (2014, April 4) Referenced/quoted in *Maclean’s Magazine*, How parents (and their lawyers) are killing minor hockey, by Charlie Gillis. Retrieved from <http://www.macleans.ca/society/life/the-new-minor-hockey-fights/>
17. Fraser-Thomas, J. (2014, March). Reference/quoted in *Canadian Heart and Stroke Foundation, Heart Smart Newsletter*, “I want to quit!” What to do when your child wants to give up an activity, by Laura Bickle. Retrieved from http://www.heartandstroke.com/site/c.ikIQLcMWJtE/b.9019169/k.BCE3/8216I_want_to_quit8217.html
18. Fraser-Thomas, J. (2014, February 6). Referenced/quoted in *Parents Canada Magazine*, Life lessons from watching the Olympics by Lisa Evans. Retrieved from <http://www.parentscanada.com/family-life/life-lessons-from-watching-the-olympics>
19. Fraser-Thomas, J. (2013, May). *The Score* Television Interview: Discussion with Donovan Bennett on children’s sport participation. Cobourg, Ontario.
20. Fraser-Thomas, J. (2012, August 20). Referenced/quoted in *The Toronto Star*, Parents help kids score confidence from sports.
21. Fraser-Thomas, J. (2011, August 10). *CBC Ontario Morning* Radio Interview: Commentary on 7-year old Leonel Coira being named to Spanish professional soccer team Real Madrid. Toronto, Ontario.
22. Fraser-Thomas, J. (2011, August 9). *CBC Metro Morning* Radio Interview: Commentary on 7-year old Leonel Coira being named to Spanish professional soccer team Real Madrid. Toronto, Ontario.
23. Fraser-Thomas, J. (2010) Quoted in *Los Angeles Sports and Fitness*, The myth of early specialization.
24. Fraser-Thomas, J. (2010, March 2). Referenced/quoted in *Globe and Mail*, Young athletes inspired, p.2.
25. Fraser-Thomas, J. (2009, January 20). *WGN Chicago Radio Sports Central*. Interview on youth sports.
26. Fraser-Thomas, J. (2009, September 29). Referenced/quoted in *Montreal Gazette / National Post*.

Guest Lectures

1. **Fraser-Thomas, J.** (2007, November). *Positive Youth Development Through Sport*. Guest lecturer for KINE 3340, Growth, Maturation, and Physical Activity, York University, Toronto, Ontario, Canada.
2. **Fraser-Thomas, J.** (2006, March). *Excellence and Education Through Sport*. Guest lecturer for PHED 363, Psychology of Sport and Performance, Queen's University, Kingston, Ontario, Canada.
3. **Fraser-Thomas, J.** (2006, March). *Sport Psychology for Children*. Guest lecturer for PHED 363, Psychology of Sport and Performance, Queen's University, Kingston, Ontario, Canada.
4. **Fraser-Thomas, J.** (2006, March). *Team Cohesion*. Guest lecturer for PHED 363, Psychology of Sport and Performance, Queen's University, Kingston, Ontario, Canada.
5. **Fraser-Thomas, J.** (2006, March). *Coach Athlete Relationships*. Guest lecturer for PHED 363, Psychology of Sport and Performance, Queen's University, Kingston, Ontario, Canada.
6. **Fraser-Thomas, J.** (2006, January). *Motivation*. Guest lecturer for PHED 363, Psychology of Sport and Performance, Queen's University, Kingston, Ontario, Canada.
7. **Fraser-Thomas, J.** (2005, April). *Character Development & Sportpersonship*. Guest lecturer for PHED 165, Psychology of Sport and Exercise, Queen's University, Kingston, Ontario, Canada.
8. **Fraser-Thomas, J.** (2005, February). *Imagery*. Guest lecturer for PHED 165, Psychology of Sport and Exercise, Queen's University, Kingston, Ontario, Canada.
9. **Fraser-Thomas, J.** & Côté, J. (2005, February). *Positive Youth Development Through Youth Sport Programming*. Guest lecturer for PHED 465, Psychology of Sport Expertise, Queen's University, Kingston, Ontario, Canada.
10. **Fraser-Thomas, J.** & Strachan, L. (2005, January). *Communication*. Guest lecturer for PHED 165, Psychology of Sport and Exercise, Queen's University, Kingston, Ontario, Canada.
11. **Fraser-Thomas, J.** (2003, February). *Peak Performance*. Guest lecturer for PHED 363, Psychology of Sport and Performance, Queen's University, Kingston, Ontario, Canada.
12. **Fraser-Thomas, J.** (2003, January). *Mental Training Programs: Practical Considerations*. Guest lecturer for PHED 363, Psychology of Sport and Performance, Queen's University, Kingston, Ontario, Canada.
13. **Fraser-Thomas, J.** (2003, January). *Imagery*. Guest lecturer for PHED 165, Psychology of Sport and Exercise, Queen's University, Kingston, Ontario, Canada.
14. **Fraser, J.** (2002, February). *Applying our Mental Consulting Skills*. Guest lecturer for APA 4116, Mental Training, University of Ottawa, Ontario, Canada.
15. **Fraser, J.** (2001, November). *Experiences as a Mental Training Consultant*. Guest lecturer for APA 5309, Sport Psychology and Mental Training Consultation, University of Ottawa, Ontario, Canada.
16. **Fraser, J.** (2000, November). *Coaching the Youth Athlete*. Guest lecturer for APA 3116, Principles of Coaching, University of Ottawa, Ontario, Canada.

External Research Funding

2018-2020	<i>Community-Based Sport Education Program: Examining PYD in Adolescent Elite Student-Athletes</i> . SSHRC Insight Development Grant. Primary Investigator: J. Leo. Co-Investigators: J. Baker, J. Fraser-Thomas , N. Wattie, K. Knibbe, & S. McReynolds	\$60,540
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2017-2020	<i>Athlete Development in Parasport: The Canadian Paralympian Project. SSHRC Insight Grant. Primary Investigator: J. Baker. Co-Investigators: N. Wattie, R. Bassett-Gunter, & J. Fraser-Thomas</i>	\$145,158
2016-2019	<i>Tykes and Timbits: Examining Preschoolers' Organized Sport in Canada. SSHRC Insight Grant. Primary Investigator: J. Fraser-Thomas. Co-Investigators: C. Ardern, R. Bassett-Gunter, & J. Rawana</i>	\$136,943
2016	<i>Ministry of Child and Youth Services – Youth Strategy Branch - Invitation to Update Research for the Middle Years Strategy: Emotional Development and Self-Regulation in the Middles Years. Working Team: J. Rawana, G. Flett, R. Bassett-Gunter, J. Fraser-Thomas</i>	\$14,253
2015-2018	<i>Promoting Positive Youth Development Through Sport: PYD SportNET. SSHRC Partnership Development Grant Primary Investigator: N.L. Holt. Co-Investigators: L. Strachan, M. Camiré, T. Forneris, D. MacDonald, K.A. Tamminen, & J. Fraser-Thomas</i>	\$195,456
2015-2018	<i>Achievement motivation and fundamental motor skills as determinants of sustained involvement in sport and physical activity settings among 10-12 years old children: a longitudinal assessment of participation process in organized youth sports in Finland. Ministry of Education and Culture of Finland. Primary Investigator: Niilo Konttinen; Co-Investigators: J. Côté, J. Fraser-Thomas, M. Lochbaum, M. Blomquist, K. Mononen, & A. Tolvanen</i>	€464 348
2015-2018	<i>Positive youth development through sport: Does intentionally teaching life skills make a difference? SSHRC Insight Grant. Primary Investigator: T. Forneris; Co-Investigators: M. Camiré, J. Fraser-Thomas</i>	\$144,000
2015-2017	<i>A systematic approach to the development and evaluation of targeted messages to promote parent support behaviour to facilitate sport participation among children with disabilities. SSHRC Insight Development Grant. Primary Investigator: R. Bassett-Gunter. Co-Investigators: K. Martin Ginis, A. Latimer-Cheung, & J. Fraser-Thomas</i>	\$74,366
2015-2017	<i>A level playing field? Bias in Canadian high-performance sport. SSHRC Insight Grant – Sport Canada Research Initiative (SCRI). Primary Investigator: J. Baker; Co-Investigators: J. Schoerer, S. Horton, P. Weir, J. Fraser-Thomas, & N. Wattie</i>	\$109,310
2015	<i>Pan American Sport and Exercise Research Summit. SSHRC Institution Grant to support Café Scientifique. M. Atkinson, I. Jacobs, J. Fraser-Thomas, A. Hicks, N. Klentrou, & S. Thomas</i>	
2014-2016	<i>Ties that bind: Relationships between age relative to peers, sport participation, educational attainment and positive development. SSHRC Insight Development Grant – Sport Canada Research Initiative (SCRI). Primary Investigator: N. Wattie; Co-Investigators: J. Baker, J. Fraser-Thomas, S. Horton, & P. Weir,</i>	\$62,626

2013-2015	<i>Assets for older adults: creation of an inventory to measure psychosocial outcomes of sport participation. SSRHC Insight Development Grant. Primary Investigator: J. Fraser-Thomas;</i> Co-Investigators: J. Baker, R. Dionigi, & S. Horton	\$75,000
2013-2016	<i>Predictors of sport participation in youth with intellectual disabilities: Who gets and stays involved?</i> SSHRC Standard Research Grant – Sport Canada Research Initiative (SCRI). Primary Investigator: J. Weiss; Co-Investigators: R. Balogh, J. Fraser-Thomas , Y. Lunskey; Collaborator: J. Côté, J. Norohna, J. Sylvestre	\$138,520
2012-2014	<i>Trickle down effect? Exploring the influence of the Olympic Games on preschooler development and sport participation.</i> SSHRC Standard Research Grant - Sport Canada Research Initiative (SCRI). Primary Investigator: J. Fraser-Thomas; Co-Investigator: P. Safai; Collaborator: P. Donnelly.	\$109,870
2010-2013	<i>An uneven playing field: Understanding relative age effects in sport.</i> SSHRC Standard Research Grant. Primary Investigator: J. Baker; Co-Investigators: S. Horton, P. Weir, J. Fraser-Thomas , S. Cobley, & J. Schorer	\$123,000
2010-2012	<i>Preventing concussion and spinal cord injuries through skill based training: The Play it Cool Neurotrauma Injury Prevention Program.</i> Ontario Neurotrauma Foundation. Primary Investigators: W. Montelpare, M. McPherson, J. Baker, P. Corey; Co-Researchers: J. Fraser-Thomas , M. Keightley, F. Flint, L. Livingston, & G. Tymoski	\$247,000
2009-2012	<i>Assessing youth sport programs' facilitation of positive youth development</i> SSHRC Standard Research Grant Sport Canada Research Initiative (SCRI). Primary Investigator: J. Fraser-Thomas; Co-Investigators: J. Côté, N. Holt.	\$81,925
2008-2010	<i>Understanding the influence of interpersonal interactions on youth's sport participation and development</i> SSHRC Standard Research Grant Primary Investigator: J. Côté; Co-Investigators: J. Fraser-Thomas , J. Deakin, & T. Hollenstein	\$130,660
2006-2007	SSHRC/Sport Canada Research Initiative (SCRI)	\$10,000
2006-2007	SSHRC Post-Doctoral Fellowship	\$43,000
2003-2006	SSHRC Doctoral Fellowship	\$60,000

Submitted, Under Review

2020-2024	<i>Tykes and Tots: Exploring and Optimizing Coaching Effectiveness in Preschooler Sport. SSHRC Insight Grant.</i> Primary Investigator: J. Fraser-Thomas. Co-Investigators: J. Baker, R. Bassett-Gunter, & J. Rawana	\$254, 527
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Internal Research Funding

2019	Catalyst Grant – TD Community Engagement (with Natan Levi, Jane and Finch Tennis Association)	\$5,000
2019	Faculty of Health, Minor Research Grant	\$3,000
2016	<i>Our Communities in Motion: A Knowledge Mobilization Platform for Community-Based Research in Kinesiology and Health Science.</i> AIF Category I: Academic Innovation Project. Primary Investigator: P. Safai. Working Group Members: J. Baker, J. Fraser-Thomas, A. Belcastro, P. Bradley, L. Hynes, M. Johnny, B. McKenzie, Y. Nakamura, A. Petro, & K. Winningham. York University	\$91,443
2013	<i>Bolus, practice, game: Elite athletes' experiences living with type 1 diabetes mellitus (T1DM).</i> Junior Faculty Award, Faculty of Health, York University.	\$2,000
2013	LaMarsh Research Development Fund, York University	\$1,000
2013	Faculty of Health, Conference Travel Funds, York University	\$1,000
2012	Faculty of Health, Conference Travel Funds, York University	\$1,000
2012	LaMarsh Research Development Fund, York University	\$1,000
2011	<i>Enhancing psycho-social development in youth living with Type 1 Diabetes Mellitus.</i> Junior Faculty Award, Faculty of Health, York University	\$2,000
2010	Faculty of Health, Conference Travel Funds, York University	\$1,000
2010	Faculty of Health, Conference Travel Funds, York University	\$1,000
2010	<i>The ultimate challenge: Exploring an ultra-endurance athlete's psychological journey.</i> Faculty of Health, Minor Research Grant, York University	\$3,000
2010	LaMarsh Research Development Fund, York University	\$1,000
2009	<i>Understanding the experiences of a child star athlete from a developmental perspective: A longitudinal case study</i> Junior Faculty Award, Faculty of Health, York University	\$2,000
2009	<i>MY LIFE – Mobilize Youth, a Lifestyle Intervention For youth and tEens.</i> Faculty of Health, Minor Research Grant, York University.	\$2,500
2009	LaMarsh Research Development Fund, York University	\$1,000
2008	York Ad Hoc Travel Grant to Conference, York University	\$342
2008	<i>Exploring older adults' development in Master's sport</i> Faculty of Health, Minor Research Grant, York University	\$1,550
2008	Faculty of Health, Conference Travel Funds, York University	\$800
2007	<i>Understanding family influences in older adults' sport participation</i> Faculty of Health, Junior Faculty Funds, York University	\$2,000
2007	Faculty of Health, Conference Travel Funds, York University	\$800
2005	Dean's Grant for Doctoral Field Research, Queen's University	\$3,000
2003-2006	Graduate Student Conference Awards, Queen's University	\$1,200
2002-2003	Ontario Graduate Scholarship in Science and Technology	\$15,000

C. TEACHING

Undergraduate Teaching

(* Denotes Fraser-Thomas developed course.)

2018-2019	*KINE 4650 (3.0) Sport, Physical Activity, and Youth Development Section A: 49 Students Course Level Evaluation (16% response rate) 4.78/5 Core Institutional Questions (16%% response rate) 6.17/7
2018-2019	KINE 3000 (3.0) Psychology of Physical Activity and Health Section M: 382 Students; Section N: 346 Students Course Level Evaluation (10% response rate) 4.29/5 Core Institutional Questions (10% response rate) 6.26/7
2017-2018	*KINE 4650 (3.0) Sport, Physical Activity, and Youth Development Section A: 51 Students Course Level Evaluation (N/A due to strike) Core Institutional Questions (10% response rate) 6.73/7
2017-2018	KINE 3000 (3.0) Psychology of Physical Activity and Health Section M: 317 Students; Section N: 288 Students Course Level Evaluation (N/A due to strike) Core Institutional Questions (4% response rate) 6.11/7
2016-2017	*KINE 4650 (3.0) Sport, Physical Activity, and Youth Development Section A: 46 Students Course Level Evaluation (48% response rate) 4.80/5 Core Institutional Questions (48% response rate) 6.70/7
2016-2017	KINE 3000 (3.0) Psychology of Physical Activity and Health Section M: 360 Students; Section N: 292 Students Course Level Evaluation (38% response rate) 4.48/5 Core Institutional Questions (13% response rate) 6.32/7
2015-2016	KINE 3000 (3.0) Psychology of Physical Activity and Health Section M: 367 Students; Section N: 275 Students (Evaluation: TBD)
2015-2016	*KINE 4650 (3.0) Sport, Physical Activity, and Youth Development Section A: 47 Students (Evaluation: TBD)
2013-2014	KINE 3000 (3.0) Psychology of Physical Activity and Health Section M: 396 Students; Section N: 348 Students (Evaluation: TBD)
2013-2014	*KINE 4650 (3.0) Sport, Physical Activity, and Youth Development Section A: 52 Students (Evaluation: TBD)
2012-2013	KINE 3000 (3.0) Psychology of Physical Activity and Health Section M: 396 Students; Section N: 342 Students (Evaluation: 4.28/5 and 4.48/5)
2012-2013	*KINE 4650 (3.0) Sport, Physical Activity, and Youth Development Section A: 43 Students (Evaluation: 4.45/5)
2010-2011	KINE 3000 (3.0) Psychology of Physical Activity and Health Section M: 349 Students; Section N: 246 Students (Evaluation: 4.16/5 and 4.04/5)
2009-2010	KINE 3340 (3.0) Growth, Maturation, and Physical Activity 74 Students (Evaluation: 4.56/5)
2008-2009	KINE 3340 (3.0) Growth, Maturation, and Physical Activity

2007-2008 Section A: 69 Students; Section C: 46 Students (Evaluation: N/A- Strike)
 KINE 3000 (3.0) Psychology of Physical Activity and Health
 Section M: 148 Students; Section N: 89 Students (Evaluation: 3.78/5 and 3.94/5)

Undergraduate Student Supervision

2019-2020 *KINE 4060 (6.0) Independent Research: Children and Outdoor Play
 (Simran Sandhu)
 2018 *KINE 4060 (3.0) Independent Readings: Arctic Games Experience
 (Magda Blakeson)
 2017-2018 PSYC 4000 (6.0) Honours Thesis: Magda Blakeson
*Sport and Athlete Development among Indigenous People in Canada - A
 Literature Review*
 2017-2018 PSYC 4000 (6.0) Honours Thesis: Bryan MacLaughlin
Exploring the Experiences of Elite Youth Athletes in Hockey Academies
 2016 *KINE 4060 (6.0) Independent Research: Youth Sport Development
 (Sheereen Harris)
 2015-2016 *KINE 4060 (3.0, 3.0) Independent Research: Youth Sport Development I, II
 (Cesar Calero)
 2013-2014 PSYC 4000 (6.0) Honours Thesis: Robert Caratun
Effects of Athlete Personality on Positive Youth Development Outcomes
 2013-2014 PSYC 4000 (6.0) Honours Thesis: Benjamin Alavie
*Understanding Hockey Players' Rehabilitation and Return to Play Following
 Concussion*
 2012-2013 *KINE 4060 (6.0, 6.0) Independent Research: Youth Sport Development
 (Yael Rozenblit)
 2012-2013 *KINE 4060 (6.0) Independent Research: Youth Sport Development
 (Mitra Soltanpanahi)
 2010-2011 *KINE 4060 (6.0, 3.0) Independent Research: Youth Sport Coaching
 (Cassidy Preston)
 2010-2011 *KINE 4060 (6.0) Independent Research: Youth Sport Development
 (Bahar Tajrobehkar)
 2007-2008 *KINE 4060 (6.0) Independent Research: Mental Skills Intervention
 (Natasha Spassiani)

Graduate Teaching

2018-2019 *KAHS 6455 (3.0) Advanced Topics in Sport and Exercise Psychology
 4 Students (Evaluation: 7 Students, 15% Response, 5/5)
 2016-2017 *KAHS 6455 (3.0) Advanced Topics in Sport and Exercise Psychology
 4 Students (Evaluation: 4 Students, 50% Response, 5/5)
 2016-2017 *KAHS 6455 (3.0) Advanced Topics in Sport and Exercise Psychology
 4 Students (Evaluation: TBD)
 2015-2016 *KAHS 6455 (3.0) Advanced Topics in Sport and Exercise Psychology
 11 Students (Evaluation: TBD)

2012-2013	*KAHS 6455 (3.0) Advanced Topics in Sport and Exercise Psychology 10 Students (Evaluation: 9 Excellent, 1 Very Good)
2010-2011	*KAHS 6455 (3.0) Advanced Topics in Sport and Exercise Psychology 7 Students (Evaluation: 6 Excellent, 1 Very Good)
2009-2010	*KAHS 6220 (3.0) Readings in Special Topics: Physical Activity and Sport Among Persons with Developmental Disabilities (Natasha Spassiani)
2008-2009	*KAHS 6220 (3.0) Readings in Special Topics: Qualitative Research Methods (5 Students)
2008-2009	*KAHS 6440 (3.0) Current Issues in the Psychology of Skilled Performance 7 Students (Evaluation: 4 Excellent, 2 Very Good)
2007-2008	*KAHS 6220 (3.0) Readings in Special Topics: Current Issues in the Psychology of Skilled Performance (3 Students)

Graduate and Post-Doctoral Student Supervisions

Post-Doctoral Supervisions: 4

2019-2021	Veronica Allan, School of Kinesiology and Health Science, York University SSHRC Post-Doctoral Fellowship + Sport Participation Research Initiative <i>Beyond the 'supercrip': Reframing narratives of athletes with spinal cord injury in news media</i>
2019-2020	Meghan Harlow, School of Kinesiology and Health Science, York University York Post-Doctoral Fellowship. <i>Translating knowledge: A coaching workshop for toddler and preschooler sport coaches</i>
2018-2019	Veronica Allan, School of Kinesiology and Health Science, York University <i>Sport pathways: Talent and development in special populations</i>
2014-2016	Amy Gayman, School of Kinesiology and Health Science, York University <i>Assets for older adults: creation of an inventory to measure psychosocial outcomes of sport participation</i>

Doctoral Supervisions: 9

2018-Current	Manal Beydoun, School of Kinesiology and Health Science, York University
2017-Current	Alexandra Mosher, School of Kinesiology and Health Science, York University
2016-Current	Lauren Dickler, School of Kinesiology and Health Science, York University
2015-2019	Meghan Harlow, School of Kinesiology and Health Science, York University <i>Nominated for York University Dissertation Prize</i> <i>Advancing understanding of toddler and preschooler sport participation: A research area in its infancy</i>
2014-2019	Lauren Wolman, School of Kinesiology and Health Science, York University (Co-Supervision with Yuka Nakamura) <i>Perceptions, intentions and realities: Exploring the lived experience of sport participation among youth and young adults living in Toronto neighbourhood improvement areas</i>
2014-2019	Lauren Tristani, School of Kinesiology and Health Science, York University (Co-Supervision with Rebecca Bassett-Gunter) <i>Taking steps to inclusion</i>
2013-2017	Cassidy Preston, School of Kinesiology and Health Science, York University

- OGS, Ontario Graduate Student Funded
Exploring the role of the coach in fostering positive youth development within an elite sport context
- 2011-2016 Theresa Beesley, School of Kinesiology and Health Science, York University
 SSHRC, Sport Canada Research Initiative Funded
Grappling for answers: Exploring the process of psychosocial skills development in youth mixed martial arts athletes
Winner of York University's Robert Tiffin Leadership Award, 2015
- 2008-2012 Sarah Jeffrey-Tosoni, School of Kinesiology and Health Science, York University
 (Co-Supervision with Joe Baker)
 SSHRC, Sport Canada Research Initiative, OGSST Funded
Exploring contemporary issues in Canadian youth hockey: Experiences and perspectives of peewee players and elite hockey insiders

Master's Supervisions: 11

- 2019-Current Dan Church, School of Kinesiology and Health Science, York University
- 2019-Current Natan Levi, School of Kinesiology and Health Science, York University
- 2018-Current Nathania Ofori, School of Kinesiology and Health Science, York University
- 2015-2017 Alexandra Mosher, *Exploring competitive anxiety and personality in early specializing and sampling peewee boys hockey players*, School of Kinesiology and Health Science, York University
- 2013-2016 Lauren Dickler, School of Kinesiology and Health Science, York University
Exploring the experiences of high performance Canadian athletes with mood and/or anxiety disorders
- 2012-2014 Lauren Wolman, School of Kinesiology and Health Science, York University
Exploring the continuity of sport participation: The role of community sports clubs in the sport development process
- 2012-2014 Lauren Tristani, School of Kinesiology and Health Science, York University
Physical literacy: From theory to practice. Exploring experiences of new Health and Physical Education teachers
Winner of People's Choice Award, 3-Minute Thesis Competition, Eastern Canadian Sport and Exercise Psychology Symposium (ECSEPS, 2014)
- 2009-2011 Theresa Beesley, School of Kinesiology and Health Science, York University
Exploring youths' development in school sport contexts
- 2008-2010 Daniel Koz, School of Kinesiology and Health Science, York University
Professional sports drafts and their ability to predict career potential
- 2008-2010 Natasha Spassiani, School of Kinesiology and Health Science, York University
Understanding competitive athletes with developmental delays
- 2007-2009 Alisa Abgarov, School of Kinesiology and Health Science, York University (Co)
Injury in varsity swimmers: Identifying risk factors and exploring athletes' rehabilitation experiences

External Examiner - Doctoral Dissertations and Master's Theses

- 2019 University of Alberta, Faculty of Kinesiology, Sport, and Recreation. Heather Larson. Doctoral Dissertation: *Exploring the relative contributions of training patterns and training contexts to burnout and dropout in swimming.*

- 2018 University of Toronto, Department of Exercise Sciences. Sina Azimi. Master's Thesis: *Parental communication and reflective practice among youth sport parents.*
- 2018 University of Guelph, School of Environmental Design and Rural Development. Heather Sansom. Doctoral Dissertation: *Rural recreation for resilience: Youth development and life skill outcomes in 4-H Ontario horse clubs.*
- 2018 Queen's University, School of Kinesiology and Health Sciences. Sarah Lawrason. Master's Thesis: *Assessing the effectiveness of a transformational coaching workshop for changing youth sport coaches' behaviours.*
- 2017 University of Ottawa, School of Human Kinetics. Scott Rathwell. Doctoral Dissertation: *Exploring the relationship between coaches' leadership behaviours and athletes' positive development outcomes and negative experiences in Canadian university sport.*
- 2016 Queen's University, School of Kinesiology and Health Studies. Matthew Vierimaa. Doctoral Dissertation: *An integrative case study of positive youth development in a recreational community sport program.*
- 2016 University of Toronto, Faculty of Kinesiology and Physical Education. Joseph Gurgis. Master's Thesis: *Punishment in youth baseball: A question of morality and power.*
- 2015 University of Toronto, School of Kinesiology and Physical Education. Victoria Povilaitis. Master's Thesis: *Positive youth development at a residential summer sport camp.*
- 2013 Queen's University. School of Kinesiology and Health Studies. Renée Matte. Master's Thesis: *Examining the youth sport context from the perspective of synchronized swimming coaches working in both the recreational and competitive environment.*
- 2013 Queen's University, School of Kinesiology and Health Studies. Sara Buckham. Master's Thesis: *An exploratory examination of the thought processes underlying coach-athlete interactions in adolescent team sport*
- 2011 Queen's University, School of Kinesiology and Health Studies. Shea Balish. Master's Thesis: *The influence of community on athletic development: An integrated case study*
- 2010 Queen's University, School of Kinesiology and Health Studies. Coleen Coakley. Master's Thesis: *Towards an understanding of young athletes' perceptions of competence, confidence, connection and character.*

Doctoral Comprehensive Examination / Dissertation Defense Committees

- 2019-Current Tia Rogers-Jarrell, *Development through family leisure in older adults* (Supervisory Committee, School of Kinesiology and Health Science, York University)
- 2018-Current Lojain Farah, *Evaluating the efficacy of talent selection and development in the National Hockey League entry draft* (Supervisory Committee, School of Kinesiology and Health Science, York University)
- 2017-Current Alixandra Krahn, *Coaching as a profession among women* (Comprehensive Examination Committee, School of Kinesiology and Health Science)

- 2017-Current Shruti Patel, *Psychosocial development through sport in older adults* (Supervisory Committee, School of Kinesiology and Health Science, York University)
- 2016-Current Kathryn Robinson, *Decision making for talent selection in sport* (Supervisory Committee, School of Kinesiology and Health Science, York University)
- 2016-Current Nima Dehghansai, *Athlete development in Paralympic sport* (Supervisory Committee, School of Kinesiology and Health Science, York University)
- 2015-Current Emily McCollough (Supervisory Committee, School of Kinesiology and Health Science, York University)
- 2019 Gobi Sriranganathan (Comprehensive Examination, External Representative, School of Kinesiology and Health Science, York University)
- 2015-2018 Stephanie Ryan, *Sport experiences for youth with autism spectrum disorders and intellectual disabilities* (Dissertation Committee, Outside Committee Member, Department of Psychology, York University)
- 2014-2018 Roman Matveev, *An evaluation of the policy/protocol memorandum #158 to require concussion education in Ontario schools* (Supervisory Committee, School of Kinesiology and Health Science, York University)
- 2018 Valeriya Bravo, *Reasons for romantic breakups in adolescence and emerging adulthood: A developmentally informed examination* (Outside Committee Member, Department of Psychology, York University)
- 2014-2017 Liraz Fridman, *Canadian Child Safety Report Card: A comparison of injury prevention practices across provinces* (Supervisory Committee, School of Kinesiology and Health Science, York University)
- 2013-2017 Meg McPhie (Outside Committee Member, Department of Psychology, York University)
- 2017 Elnaz Moghimi, *Exploring women's experiences of treatment for binge eating disorder: Methylphenidate vs. cognitive behavioural therapy* (Comprehensive Examination, External Representative, School of Kinesiology and Health Science, York University)
- 2012-2016 Jennifer MacMullen, *Quality of life indicators for youth and young adults with developmental disabilities involved in Special Olympics* (Dissertation Committee, Outside Member, Department of Psychology, York University)
- 2013-2016 Srdjan Lemez, *Mortality in professional athletes: Examining incidence, predictors, and causes of death* (Supervisory Committee, School of Kinesiology and Health Science, York University)
- 2014 Linda Moradzadeh, *The association between musical training, bilingualism, and executive function* (Dissertation Defense, Outside Committee Member, Department of Psychology, York University)
- 2013 Jeevaka Kiriella, *The relevancy of movement variability in the golf swing* (Comprehensive Examination, Chair, School of Kinesiology and Health Science)
- 2013 Ruth Brown, *Physical activity, aging, waist circumference, and medication use in relation to metabolic health and mortality risk* (Comprehensive Examination, External Representative, School of Kinesiology and Health Science)
- 2012 Rosemarie Macchi, *Decision-making and risk-taking in adolescents: Relationship to eating behaviour and Body Mass Index* (Dissertation Defense, Dean's Representative, School of Kinesiology and Health Science, York University)

- 2011 Patricia Zimmerman, *Parenting risk, maternal functioning, and ego development among substance-using mothers* (Dissertation Defense, Outside Committee Member, Department of Psychology, York University)
- 2011 Brad Meisner, *Aging expectations and health-related behaviours among adults aged 40 years and better* (Dissertation Defense, Committee Member, School of Kinesiology and Health Science, York University)
- 2008 Claire Curtis, *Transfer of addiction: Considerations for preventive measure in bariatric surgery* (Comprehensive Examination, External Representative, School of Kinesiology and Health Science, York University)
- 2008 Shilpa Dogra, *Physical activity and asthma control in adults* (Comprehensive Examination, External Representative, School of Kinesiology and Health Science, York University)

Master's Advisory / Examination Committees

- 2017-Current Amanda McKinnon, *Examining positive youth development in youth with disabilities* (Advisory Committee, School of Kinesiology and Health Science, York University)
- 2017-Current Dale Leblans (Advisory Committee, School of Kinesiology and Health Science, York University)
- 2019 Landy Anderson, *Learning from the experiences of Indigenous children in care who have multiple school changes as a result of placement disruption*. (External Member, Faculty of Education, York University)
- 2017-2019 Aaron Koenigsberg, *Generational differences in career transitions among top 100 ranked golfers* (Advisory Committee, School of Kinesiology and Health Science, York University)
- 2016-2018 Stuart Wilson, *Deliberate recovery: Exploring the relationship between sleep and expertise in athletes* (Advisory Committee, School of Kinesiology and Health Science, York University)
- 2016-2018 Tharsheka Natkunam, *Using a think aloud methodology to understand physical activity internet search experiences and preferences of parents of children/youth with disabilities* (Advisory Committee, School of Kinesiology and Health Science)
- 2018 Elizabeth Kalashnikova, *Exploring dance movement therapy as quality physical activity for people with Parkinson's disease* (Examination Committee, School of Kinesiology and Health Science, York University)
- 2017 Mariami Khourchvili, *Technology and caregiver-child interaction: The effects of parental mobile device use on infants* (Examination Committee, Department of Psychology, York University)
- 2014-2016 Kathryn Robinson, *Towards an understanding of talent identification in elite sport* (Advisory Committee, School of Kinesiology and Health Science, York University)
- 2014-2016 Nima Dehghansai, *Road to expertise: Examining existing parasport development literature and para-athletes' developmental trajectories and training histories leading to successful development* (Advisory Committee, School of Kinesiology and Health Science, York University)

- 2013-2015 Karim Khalil, *Does proximity to one's home affect performance in Ontario University Athletics?* (Advisory Committee, School of Kinesiology and Health Science, York University)
- 2013-2015 Daina Pidwerbeski, *Adult women's learn to play hockey experience: A case study*, (Advisory Committee, School of Kinesiology and Health Science, York University)
- 2012-2015 Myles Gibbon, *The utility of collegiate and combine statistics for identifying potential in NFL quarterbacks* (Advisory Committee, School of Kinesiology and Health Science, York University)
- 2014-2015 Asal Maghaddaszadeh, *A guided active play intervention focused on selectively improving locomotor and object control motor skills during early childhood* (Advisory Committee, School of Kinesiology and Health Science, York University)
- 2014-2015 Krysta McDonald, *Differential effects of individual factors on the developmental pathways of depression* (Advisory Committee, Department of Psychology, York University)
- 2012-2014 John Vlahos, *Waist deep in mud: A socio-cultural analysis of Tough Mudder* (Advisory Committee, School of Kinesiology and Health Science, York University)
- 2012-2014 Bahar Tajrobehkar, *Subverting the ideal? Canadian female bodybuilders resistance of idealized femininity* (Advisory Committee, School of Kinesiology and Health Science, York University)
- 2013 Annalise D'Souza, *Effects of music and dance training on executive functions in children* (Outside Member, Department of Psychology, York University)
- 2013 Massimo Di Domenico, *Romantic rejection sensitivity and negative adolescent romantic relationship experiences* (Outside Member, Department of Psychology, York University)
- 2012-2013 Liraz Fridman (Advisory Committee, School of Kinesiology and Health Science, York University)
- 2010-2012 Rachael Stone (Advisory Committee, School of Kinesiology and Health Science, York University)
- 2012 Jason Izraelski, *Concussion incidence and risk factors in the National Hockey League between the 2005-2006 and 2011-2012 seasons* (Dean's Representative, School of Kinesiology and Health Sciences, York University)
- 2009-2011 Brian Ma, *Exploring the state of sports medicine in Toronto* (Advisory Committee, School of Kinesiology and Health Science, York University)
- 2009-2011 Mata Catsoulis (Advisory Committee, School of Kinesiology and Health Science, York University)
- 2008-2010 Danielle DiCarlo, *"Real women don't wear pink": The negotiation of sex, gender and sexuality among female ice hockey athletes* (Advisory Committee, School of Kinesiology and Health Science, York University)
- 2010 Katrena Munsch, *Physical activity facilities and sedentary work: Associations with physical activity and disability claims* (Dean's Representative, School of Kinesiology and Health Science, York University)
- 2010 Hien Nguyen, *Risk and protective predictors of depression trajectories among adolescents from immigrant backgrounds* (Outside Member, Department of Psychology, York University)

- 2010 Kevin Taing, *Effect of weight cycling and weight variability during adulthood on mortality risk* (Dean's Representative, School of Kinesiology & Health Science, York University)
- 2010 Shahram Zaheer, *The role of ease of reporting, group norms of openness, and participative leadership on front-line staff perceptions of patient safety culture* (Dean's Representative, School of Kinesiology and Health Science, York University)
- 2010 Giulia Zacal, *Social competence in 22 month old infants: The role of infant joint attention, emotion regulation and temperament* (Outside Member, Department of Psychology, York University)
- 2009-Current Noel Morgan, *The health benefits of interactive fitness and exergaming versus traditional exercise* (Advisory Committee, School of Kinesiology and Health Science, York University)
- 2007-2009 Harmonie Wong, *The transition process from competitive sport to retirement: Future engagement in physical activity and involvement in figure skating* (Advisory Committee, School of Kinesiology and Health Science, York University)
- 2009 Jared Puterman, *Laterality and Expert Performance in Ice Hockey* (Dean's Representative, School of Kinesiology and Health Science, York University)
- 2008 Jane Logan, *Age-related decline in master athletes* (Dean's Representative, School of Kinesiology and Health Science, York University)
- 2008 Sheena Kayaniyil, *Degree and correlates of cardiac knowledge and awareness among cardiac inpatients* (Dean's Representative, School of Kinesiology and Health Science, York University)
- 2004-2005 Kathryn Clinton (Outside Member, School of Kinesiology, Lakehead University)

D. SERVICE

Professional Service

Editorial Board

2008-2012 International Journal of Sport and Exercise Psychology

Grant Review Committee

2007-2008 Member, OGS Application Review Panel

2015-2016 Member, SSHRC National Doctoral Awards Selection Committee

Grant Application Assessor

2014 Social Sciences and Humanities Research Council of Canada (SSHRC – Insight Grant)

2013 Social Sciences and Humanities Research Council of Canada (SSHRC – Insight Grant)

2011 Social Sciences and Humanities Research Council of Canada (SSHRC – Standard Research Grant)

2010 Social Sciences and Humanities Research Council of Canada (SSHRC – Graduate Students)

Organizing Committees

2013-2015 2015 Pan American Sport and Exercise Research Summit, Program Planning Committee

Journal Reviewer

2007-Current International Journal of Coaching Science
 2007-Current The Sport Psychologist
 2007-Current International Journal of Sport and Exercise Psychology
 2007-Current Journal of Sport Science
 2007-Current Physical Education and Sport Pedagogy
 2008-Current Journal of Leisure Research
 2009-Current European Journal of Sport Science
 2009-Current Talent Development and Excellence
 2010-Current PHENex Journal
 2010-Current Journal of Sport and Exercise Psychology
 2011-Current International Journal of Sport Psychology
 2012-Current International Journal of Sport Science and Coaching
 2013-Current Sport Coach Review
 2014-Current International Sport Coaching Journal
 2014-Current Psychology of Sport and Exercise
 2015-Current Sport Exercise and Performance Psychology
 2019-Current Research Quarterly for Exercise and Sport
 2019-Current Frontiers in Psychology

Community Outreach

2016-Current MLSE (Maple Leaf Sports and Entertainment) Launchpad
 Research Advisory Board
 2017-2018 YMCA Strong Kids Campaign Co-Chair
 (with husband Philip Thomas & children Jillian, Delyth, Evan, Amelia, Ronan)
 YMCA Northumberland, Cobourg, Canada

Professional Contributions

2019 Eastern Canadian Sport and Exercise Psychology Symposium (ECSEPS)
 Organizing Committee (Faculty Support), hosted by York University
 2013 *Lunch with Leaders*. Invited roundtable discussion at the LaMarsh Graduate
 Student Symposium, York University, Toronto, Canada
 2010 *Advice from Young Professionals*. Invited panel member: Question and answer
 session at the Eastern Canada Sport and Exercise Psychology Symposium
 (ECSEPS), Sudbury, Canada.
 2008 *Youth sports*. Invited roundtable discussion at the Eastern Canada Sport and
 Exercise Psychology Symposium (ECSEPS), Sudbury, Canada.
 2006 *Transitioning from a Master's to a Ph.D.* Invited roundtable discussion at the
 eleventh annual Eastern Canada Sport and Exercise Psychology Symposium
 (ECSEPS), Kingston, Ontario, Canada.

University Service

School of Kinesiology and Health Science

2013-Current	Member, Committee of Undergraduate Studies (CUS)
2017-Current	Meet Your Professors, York Orientation Day (Stong College)
2019-2020	Department Review Panel, Social Sciences and Humanities Research Council of Canada and Ontario Graduate Scholarship (Doctorate)
2018-2019	Member, Sub-Committee of CUS, Integrated Physical Activity Lifestyles
2018-2019	Member, File Preparation Committee, Dr. Brad Meisner, for promotion to Associate Professor
2018-2019	Chair, Search Committee, Movement Literacy and Lifestyle Activities, Alternate Stream Appointment
2018-2019	Department Review Panel, Social Sciences and Humanities Research Council of Canada and Ontario Graduate Scholarship (Doctorate)
2017-2018	Chair, Search Committee, Socio-Cultural Contractually Limited Appointment
2017-2018	Department Review Panel, Social Sciences and Humanities Research Council of Canada and Ontario Graduate Scholarship (Doctorate)
2016-2017	Department Review Panel, Social Sciences and Humanities Research Council of Canada and Ontario Graduate Scholarship (Doctorate)
2016-2017	Search Committee, Psychology of Physical Activity – Aging Position
2015-2016	Department Review Panel, Social Sciences and Humanities Research Council of Canada and Ontario Graduate Scholarship (Doctorate)
2015-2016	Search Committee, Socio-Cultural Position
2015-2016	Member, File Preparation Committee, Dr. Rebecca Bassett-Gunter, for promotion to Associate Professor
2014-2015	Member, File Preparation Committee, Dr. Joseph Baker, for Promotion to Full Professor
2014-2015	Department Review Panel, Social Sciences and Humanities Research Council of Canada (Doctorate)
2013-2014	Department Review Panel, Social Sciences and Humanities Research Council of Canada (Doctorate)
2012-2014	Member, Awards and Scholarships Committee
2012-2013	Coordinator, Graduate Seminar Series
2008-2011	KAHSSO Faculty Liaison and Advisor
2010-2011	Search Committee, Socio-Cultural Position
2010-2011	Knowledge Translation Committee, Health and Fitness Behaviours Stream
2008-2009	Coordinator, Graduate Seminar Series
2008-2009	University Honours and Awards Committee
2008-2009	Departmental Review Panel, Canadian Institute of Health Research (Master's)
2008-2009	Department Review Panel, Ontario Graduate Scholarship (Master's)
2008-2009	Department Review Panel, Ontario Graduate Scholarship in Science Technology
2007-2008	Nominations Committee

LaMarch Centre for Child and Youth Research

2008-Current Executive Member
2010 Strategic Planning Committee

Faculty of Health

2019-2020 Member, Petitions Committee – Panel A
2012-2017 Member, Committee on Examinations and Academic Standards
2008-2009 Member, Committee on Examinations and Academic Standards
2008 Chair, Committee on Examinations and Academic Standards

York University

2019-2020 University Wide Adjudication, Social Sciences and Humanities Research Council of Canada and Ontario Graduate Scholarship (Doctorate)
2015-Current Fellow, Stong College, York University
2014-2016 Faculty Representative, Exercise is Medicine at York University (Club)

Community Service

Community Presentations

1. **Fraser-Thomas, J.** (2016, February). Invited Presentation, *Physical Literacy and YMCA Youth Programs*. YMCA Northumberland, Cobourg, Ontario, Canada.
2. **Fraser-Thomas, J.** (2013, June). Invited Keynote Address, *My Y Story: Developing People, Growing Families, and Building Communities*. YMCA Ontario Fitness Fever, Geneva Park, Ontario, Canada.
3. **Fraser-Thomas, J.** (2011, January). *Following your heart: Setting goals to reach your dreams*. Invited presentation for Shining Stars, C.R. Gummow Public School, Cobourg, Canada.
4. **Fraser-Thomas, J.** (2009, November). *Following your heart: Setting goals to reach your dreams*. Invited presentation for Go Girls! C.R. Gummow Public School, Cobourg, Canada.
5. **Fraser-Thomas, J.** (2006, May). *Personal experiences and lessons learned as an age group swimmer and elite level triathlete*. Invited presentation at the Northumberland Aquatic Club Special Speaker Series, Port Hope, Canada.
6. **Fraser-Thomas, J.** (2006, May). *The football official: Using mental skills to enhance performance*. Invited presentation at the 2006 Bi-Annual Canadian Football Officials Conference, Toronto, Canada.
7. **Fraser-Thomas, J.** (2006, February). *Providing supportive environments for young athletes: The influence of program designs, coaches, and parents*. Invited presentation at the 2006 Annual General Meeting of the Breakers Volleyball Club, Cobourg, Canada.
8. **Fraser-Thomas, J.** (2005, June) *Following your heart: Setting goals to reach your dreams*. Invited presentations at public school assemblies (Beatrice Strong Public School, Terry Fox Public School, Central Public School, Howard Jordan Public School, Plainville Public School). Kawartha Pine Ridge District School Board, Cobourg, Canada.

9. **Fraser-Thomas, J.** (2005, April). *The football official: Using mental skills to enhance performance*. Invited presentation at the 2005 Annual General Meeting of Ontario Football Officials, Belleville, Canada.
10. **Fraser-Thomas, J.** (2005, April). *Kids in sport: Bringing our core values to life*. Invited presentation at the 2005 Annual General Meeting of the YMCA Northumberland, Cobourg, Canada.
11. **Fraser-Thomas, J.** (2004, June). Clinic Facilitator, *Want to Try a Tri?* YMCA Northumberland, Cobourg, Canada
12. **Fraser-Thomas, J.** (2004, February). *Setting Goals for Your Marathon*. Invited presentations at The Running Room, Kingston, Ontario, Canada.
13. **Fraser-Thomas, J. & Robertson-Wilson, J.** (2004, January). *Mental preparation for competition*. Invited presentation at Queen's Varsity Seminar Series, Kingston, Ontario, Canada.
14. **Fraser-Thomas, J.** (2003, November). *Facilitating positive physical, psychological and social development in rhythmic gymnasts*. Invited presentation for parents at Sport Seneca, Toronto, Canada.
15. **Fraser-Thomas, J.** (2003, April). *Mental preparation for your marathon*. Invited presentations at The Running Room, Kingston, Ontario, Canada.
16. **Fraser, J.** (2002, April). *Mental preparation for your marathon*. Invited presentation at The Running Room, Ottawa, Canada.
17. **Fraser, J.** (2001, October). *Mental preparation and performance enhancement*. Invited presentation for the Dartmouth Crusaders Swim Club, Dartmouth, Nova Scotia, Canada.
18. **Fraser, J.** (2001, October). *Mental preparation and performance enhancement*. Invited presentation for the Shearwater Bluefins Swim Team, Shearwater, Nova Scotia, Canada.
19. **Fraser, J.** (2001, October). *Mental preparation and performance enhancement*. Invited presentation for the Halifax Trojan Aquatic Club, Halifax, Canada.
20. **Fraser, J.** (2001, September). *The psychological edge: Tools to enhance swimmer performance*. Invited presentation at Swim Nova Scotia's Annual Coaches' Retreat, Wentworth, Nova Scotia, Canada.
21. **Fraser, J.** (2001, July). *Preparing athletes for Canada Games*. Invited presentation at Sport Nova Scotia's Podium Performance Series, Halifax, Canada.

Community Engagement

2018-Current	Board of Directors, YMCA Northumberland, Cobourg, Canada
2017-Current	Funds Development Committee, YMCA Northumberland, Cobourg, Canada
2004-Current	Race Director, Strong Kids' Duathlon, YMCA Northumberland, Cobourg, Canada (Province of Ontario Volunteer Service Award, 2012)
2015-Current	Coach, Cross-Country Team, C.R. Gummow Public School, Cobourg, Canada
2017	YMCA Strong Kids Campaign Co-Chair (Thomas Family) YMCA Northumberland, Cobourg, Canada
2017	Developer and Sponsor, <i>Mothers of Newborns</i> Initiative YMCA Northumberland, Cobourg, Canada.
2014-2015	Sport Psychology Consulting, with nationally ranked adolescent competitive swimmers (twins), Cobourg, Canada
2014	Northumberland Strait to PEI Swim for Strong Kids. Solo 15 kilometer swim from New Brunswick to PEI. \$8,000 raised for YMCA Strong Kids Campaign.
2010-2011	Strategic Planning Committee, YMCA Northumberland, Cobourg, Canada

- 2005-2008 Board of Directors, YMCA Northumberland, Cobourg, Canada
- 2005-2007 Health for Life Physical Activity Working Group, Haliburton, Kawartha, Pine Ridge District Health Unit, Port Hope, Canada
- 2005-2006 Strategic Planning Committee, YMCA Northumberland, Cobourg, Canada
- 2005-2006 Coach and Facilitator, *Triathlon 6-Week Summer Training Program*, YMCA Northumberland, Cobourg, Canada
- 2006 Grant Application Team, Communities in Action (Ministry of Health Promotion) YMCA Northumberland, Cobourg, Canada
- 2005 Active 2010 - Community Roundtable Invited Guest, West Northumberland County, Ontario, Canada