

Introduction to the Journal 9

We hope you gain from the wisdom of the participants who shared their experiences and the authors who presented their findings in Issue # 9 of the Journal of Excellence. We have much to learn from our colleagues and from the people with whom they work. If you have comments you would like to share on any of the articles, or wish to submit an article to the Journal of Excellence, email us Journal@zoneofexcellence.com.

Journal of Excellence, Issue # 9 provides a very interesting mix of topics and focus areas, related to excellence in sport, relationships, children and life.

In the first article, **When Life Bites a Top Performer**, Bruce Malmberg, a high level professional archer, shares his story about facing a career ending injury from a pit bull terrier attack, and his journey back to the top.

In the second article, **A Protocol for Teaching Resilience to High Performance Athletes**, Robert Schinke, Christopher Peterson, and Roger Couture share some theoretical background and practical ideas on how to teach resilience and optimism to athletes, from a positive psychology perspective.

In the third article, **Making the Impossible, Possible, Within a Relationship**, Lisa and Mike take us on a journey into their personal relationship and how they brought it back to life, after it was on the verge of total collapse.

In the fourth article, **An Analysis of Mental Training Programs' Influences on Intercollegiate Female Athletes' Selected Psychological Skills : A Single-Subject/Qualitative Design**, Michelle Hamstra, Kevin Burke, Barry Joyner and Charles Hardy discuss the effectiveness of a mental training intervention program with female swimmers.

In the fifth article, **Perspectives of Exceptional Adolescent Athletes and Musicians: Exploring the Meaning and Value Attached to the Performance**, Matthew MacDonald and Terry Orlick present a qualitative study that unearths a surprising depth of wisdom from teenage performers.

In the sixth article, **One Point at a Time: An Interview with an Elite Tennis Player**, Noah Gentner presents an excellent interview with Chris Woodruff, a former NCAA National champion and veteran professional tennis player, who shares his views the role of sport psychology and his sport psychologist in professional sport.

In the seventh article, **Consulting as a Creative, Cooperative Process: A Case Study by a Triathlete and her Consultant**, Karine Grand'Maison (athlete) and Eric Beck (young consultant), share their collaborative journey in preparing for Karine's first Ironman Triathlon.

In the eighth and final article, **An Analysis of a Children's Relaxation/Stress Control Skills Program in an Alternative Elementary School Setting**, Shaunna Taylor and Terry Orlick present the results and practical implications of a unique positive living skills program designed specifically for elementary school children.

I would like to thank each of the authors for submitting their work to the Journal of Excellence. I would also like to thank Karine Grand'Maison and John Coleman for their excellent assistance in proofreading the articles, Rémi Simard for his excellent work in formatting the on-line Journal of Excellence, and Gabriella Orlick for her excellent work in fine-tuning the final formatting and informing subscribers that the new issue of the Journal is up on-line.

Simple Joys,
Terry Orlick,

Editor in Chief