
Dr. Wally Bzdell, Ed.D.

Wally Bzdell, Ed.D.
Bzdell Sport Psychology, LLC
<http://www.docwallybzdell.com>
518-330-4753
wbzdell@gmail.com

Some Highlights:

- 25+ years of providing psychological skills training for athletes, coaches, and high-level performers.
- NCAA
 - **Two NCAA Division 1 Men's ice Hockey National Championships (2014 Union College and 2015 Providence College)**
 - **4 NCAA Division 1 Men's ice Hockey Final Four appearances (2012, 2014, 2015, 2019)**
 - 4 NCAA Division 1 Men's ice Hockey regional Champions
 - 6 NCAA Division 1 Men's ice Hockey Regional finalists
 - 11 NCAA Division 1 Men's ice Hockey tournaments
 - 3 NCAA Division 1 Men's Ice Hockey ECAC tournament championships
 - 1 NCAA Division 1 Women's Ice Hockey ECAC tournament Championship
 - 5 NCAA Division 1 Men's Ice Hockey regular season championships (4 ECAC and 1 Hockey East)
 - 10 NCAA Division 1 Men's Ice Hockey league semi-finals/finals
 - Have worked with three men's teams in Hockey East, two teams in ECAC, two teams in Atlantic Hockey. Have worked with three women's ice hockey teams (two in ECAC, including a 1997 ECAC championship; and one in Hockey East).
 - Worked with over 15 NCAA Hockey All-Americans including 3 All-American goalies
 - Worked with 7 Hobey Baker Top 10 and two Hobey Baker Hat Trick (top 3) players
 - Worked with one Mike Richter award winner
 - 2 NCAA Division 1 Men's Lacrosse tournament appearances.
 - 2 NCAA Division 1 Men's Lacrosse League championships
 - 2016 Big 10 Men's Lacrosse Tournament Runner-Up
 - 2017, 2018, 2019 Big 10 Men's Lacrosse tournament semi-finalists.
 - 2018, 2019 Big East Men's Lacrosse Tournament
 - Multiple Big 10 team members in lacrosse; multiple All-Americans/honorable mentions in lacrosse; multiple participants in North/South All-Star Game in NCAA Lacrosse
 - 3 NCAA Division 1 tournament appearances in women's volleyball
 - 3 NCAA Division 1 league championships in women's volleyball
 - 3 NCAA Division 1 men's basketball tournament berths; second round x 2 (worked individually with several members of the team)
 - 3 NCAA Division 1 men's basketball league championships (worked individually with several members of team)

Dr. Wally Bzdell, Ed.D.

- 1 NIT Division 1 men's basketball appearance (worked with individually with members of the team)
- Have worked with athletes who have participated in the Division 1 NCAA tournaments in baseball, track, and swimming
- Three teams have **set program records for most wins in a season** (Union Men's Hockey; Providence College Men's Hockey; Rutgers Men's Lacrosse)
- Mental toughness training for a range of Division 1 athletes, teams, and coaches with outcomes that encompass positive team-culture changes and improved overall rankings and performances (hockey, lacrosse, basketball, field hockey, volleyball, crew, soccer, track, cross country, softball, baseball, swimming, diving, water polo, football)
- **Professional Athletics and International Competition**
 - 25+ former/current NHL players including a Stanley Cup finalist
 - Well over 50 former/current AHL professional hockey players including serving as the sport psychologist for the Springfield Falcons of the American Hockey League in 2015-2016 (prior to team's relocation to Arizona)
 - 3 American Hockey League All-Stars.
 - 1 American Hockey League Most Valuable Player recipient.
 - Players in the KHL
 - Well over 50 former/current players playing professional hockey in the East Coast Hockey League or in European Leagues.
 - Six hockey players who have played in the World Junior Hockey Championships
 - 3 Women's Ice Hockey Players who have participated at the international level representing their countries.
 - Multiple men's and women's basketball players in Europe and North America.
 - Professional lacrosse players in each of the Northern American Leagues
 - Professional cyclists (North America and Europe)
- **Additional Experience**
 - Worked with high school and prep school student-athletes in sports of baseball, hockey, lacrosse, basketball, wrestling, gymnastics, crew.
 - Experience effectively managing high pressure moments in sport and outside of sport with a proven ability to handle crisis situations (suicide evaluations, trauma response, unexpected death and loss).
 - Proficient using technology and tools such as biofeedback to help in performance enhancement work, when appropriate, but not reliant on technology for psychological skills training.
 - **New York State licensed psychologist** – **experienced in helping people overcome a full range of personal and situational barriers to performance.**

Dr. Wally Bzdell, Ed.D.

Education

- 2001 **Boston University**, Boston, MA
Doctor of Education. Counseling Psychology; Specialization in Sport Psychology
- 1996 **Springfield College**, Springfield, MA
M. Ed. Counseling and Psychological Services; Specialization in Athletic Counseling
- 1994 **Union College**, Schenectady, NY
B.S. Psychology, Departmental Honors
- 1990 **Vancouver Island University** (formerly Malaspina College/University)
Nanaimo, British Columbia, Canada: Associate Degree in Physical Education

APA Proficiency in Sport Psychology

New York State Licensed Psychologist, License # 015981

Psychological First Aid certification through the American Red Cross

Sport Psychology Summary

I have a substantial history of working with teams and individual athletes at the professional, NCAA Division 1, and NCAA Division 3 levels (as well as high school and prep,) who demonstrate significant, tangible improvements in performances. I am particularly proud in my role in working with coaches and team leaders to develop winning team cultures with a collective belief that they can and will win through deliberate practice and commitment to a plan and process. Individual athletes, with whom I work, consistently report best times (in timed sports) and improved statistics/performances; and teams consistently demonstrate statistical/standings improvements. I believe that my long-term relationships with coaches and players indicate that I have a strong ability to build trusting relationships with coaches and players. This trust becomes the foundation of my work.

Union College Hockey

I have closely and consistently worked with 2014 NCAA Division 1 Championship Union Hockey program (non-scholarship athletes) since the 2007-2008 hockey season. When I started working with the team it had never won a play-off game in its Division 1 history; in 2014 the team won the **NCAA Division I Championship**.

- 2007-2008 first ever 1st round bye for ECAC tournament
- 2008-2009 first ever playoff win; first playoff series win
- 2009-2010 first time as ECAC tournament finalist

Dr. Wally Bzdell, Ed.D.

- 2009 RPI Holiday Tournament Champions
- 2010-2011 Cleary Cup Champions (regular season); first NCAA tournament appearance
- 2011-2012 Cleary Cup Champions; Whitelaw Cup Champions (ECAC tournament); NCAA Regional Champions; NCAA Frozen Four semi-finalist
- 2012-2013 Mayor's Cup Champions; Whitelaw Cup Champions (ECAC tournament); NCAA Regional Finalist
- 2013-2014 Cleary Cup Champions; Whitelaw Cup Champions; NCAA East Regional Champions; **NCAA Champions**
- 2017 Cleary Cup Champions; NCAA tournament

Notables:

- Nine, 20+ wins seasons since 2009
- 5 consecutive First Round ECAC Tournament Bye (2010, 2011, 2012, 2013, 2014) and 7 in total since started working with team – finalist in ECAC championship in 2010
- Four Cleary Cup Championships – 2011, 2012, 2014, 2017 (regular season champions)
- Three consecutive ECAC Whitelaw Cup Tournament Champions – 2012, 2013, 2014
- 5 NCAA Tournament Appearances – 2011, 2012 (Eastern Regional Champions), 2013 (Eastern Regional Championship game), 2014 (Eastern Regional Champions), 2017 Regional Tournament
- 2012 Frozen Four Semi Finalists; 2014 Frozen Four Finalist
- **2014 NCAA Champions**
- 2015 earned first Division 1 road playoff series win; seventh best season in Union history in terms of wins (19); eighth-straight winning season

Providence College Hockey

When I started working with Providence College, they had not been in the NCAA tournament since 2001 and had not won an NCAA tournament game since 1991; in 2015 the team won the **NCAA Division I Championship**.

- Consulted with Head Coach on a weekly basis during the 2012-2013 season. Team advanced to Hockey East semi-finals with a record of 17-14-7 and finished season tied for 3rd place in Hockey East.
- 2013-2014 Sport Psychologist – providing sport psychology services to players and coaches (expanding upon role from previous season)
 - 3rd place regular season in Hockey East 2014; 22-11-6 season record; most wins since 2001
 - Hockey East semi-finalist; Mayor's Cup Championship; Dartmouth Holiday Tournament final game
 - NCAA tournament East Regionals; Semi-final win in NCAA regional, moving forward to Elite 8
 - 22-11-6; tied for 3rd highest wins in PC history; first NCAA tournament win in 23 years
- 2014-2015 season tied second for Hockey East, matching best-ever finish; earned the number 2 seed in Hockey East playoffs – the highest seed in the program's history; most

Dr. Wally Bzdell, Ed.D.

wins (26) since 1982-83 season; first ever back-to-back appearances in NCAA tournament; the second number 4 seed to ever capture the NCAA title; **2015 National Champions**

- 2015-2016 had the most wins in program history; best ever Hockey East record; shared the Hockey East regular season title (first time in program history); best start to season for a reigning NCAA Champion (undefeated entering Christmas Break).
- 2016-2017 NCAA regional tournament
- 2017-2018 NCAA tournament regional finalist
- 2018-2019 NCAA tournament Regional Champion and Frozen Four semi-finalist
- Six 20+ win seasons
- 6 consecutive years in NCAA tournament
- Best record in Hockey East over last 5 years

University of Maine Hockey

- 2017 – present Providing Sport Psychology services to the team and coaching staff
- 2020 season earned home ice in play-offs and were 15 in pairwise prior to the season cut short due to the pandemic

Rutgers Lacrosse

- Met with team for first time in Spring 2015, prior to final game of season (beat Ohio State in final game). Worked with team throughout the 2015-2016 year
- The season before I started working with them the team had 3 wins; 2016 was a turn-around season with an 11-5 record; tied team record for most program wins; first Big 10 play-off win; 2nd place in Big 10 regular season; played in Big 10 championship game; defeated 3 ranked opponents during season.
- Back to back 10-win seasons (first time in 100-year history of program); 2016 BIG 10 Championship game; 2017 most wins over ranked opponents; 2017, 2018, 2019 Big 10 tournament semi-finalists.

Siena College

2016-2019 served as the Siena College Sports Performance Advisor; providing sport psychology services for the athletic department. Prior to that appointment (2001-2012) I worked with multiple teams and individual athletes at Siena. Amongst accomplishments (from when I've worked with the entire team or closely with individual members of teams):

- Siena Men's Lacrosse (2007-2011) – prior to 2007 the team consistently had losing seasons
 - 4 regular season championships
 - 2 post-season championships
 - 2 NCAA appearances
- Siena Men's basketball – in the years that I worked closely with team members, the team earned:

Dr. Wally Bzdell, Ed.D.

- 3 Conference championships
- 3 NCAA tournament appearances and one NIT appearance
- Siena Volleyball (2005-2007)
 - 3 conference championships
 - 3 NCAA appearances
 - 2012 – The team was out of the post-season picture until I started working with them; they then went on a streak and made it to the conference championships.
- Hundreds of athletes over the years in a range of sports with personal best performances, times, scores, etc. in sports such as swimming, diving, golf, baseball.

Additional Sport Psychology Consultations

- **Union College Sport and Performance Psychologist – 2019 - present**
- Providence College Lacrosse 2018
- Union College Women's Hockey 2014-present
- Union College Men's Lacrosse 2016-present
- Brown Field Hockey 2018
- Holy Cross Ice Hockey 2014-2018
- Providence College Women's ice Hockey 2016-2018
- UVM Ice Hockey 2016-2018 (20 win season in 2016-17)
- Sacred Heart Ice Hockey 2015-2017.
- USA Hockey – Speaker in the Coach Education program for NYS
- RPI, Division I Men's Ice Hockey (2004 – 2005) – Sport Psychologist
- Union College, Division I Men's Ice Hockey (2000 – 2002) – Sport Psychologist
- New York State Education Department (2002) – Consulted with the committee developing the Educational Framework for Interscholastic Athletic Programs, for the New York State Department of Education. The book I co-authored was used as an integral component of the overall program.
- Union College Athletic Department (2000) – Facilitated the development of the department's 4 -year strategic plan
- ECAC Division I Men's Ice Hockey (08/2000) – Met with Athletic Directors and Coaches of the conference colleges/universities and facilitated the development of the conference's strategic plan incorporating vision, mission, values, and long-term goals.
- Core Member and Consultant, **Character and Sport Initiative**, Center for the Advancement of Ethics and Character, Boston University (1998 – 2000) – A nation-wide program developed for secondary school coaches, administrators, parents and athletes to enhance character in the competitive sport culture. Co-authored of the book Character and Coaching (2001). Designed and implemented workshops and strategies for college, youth, high school, and preparatory sport programs on cultivating enhanced performance and enjoyment in sport through strong character development.
- Massachusetts Hockey, USA Hockey – Coaching Education Program (1998 – 2000) – Conducted workshops on the developmental characteristics of youth hockey

Dr. Wally Bzdell, Ed.D.

players, effective coaching behaviors, parent interventions, and basic mental skills for ice hockey.

- National Collegiate Athletic Association, Youth Education through Sport Program (1997 – 1998) – Developed and implemented the Life Skills component of the YES (Youth Education through Sport) program for two Eastern Collegiate Athletic Conference women's ice hockey championships.

*Frequently cited in local papers and was part of a local Channel 6 News Story on Youth Sport Training/Overtraining; featured on YNN sports segment; work with Union team discussed on ESPN; work noted in College Hockey News article.

Related Employment History

2005 – 2015 Director, Center for Counseling and Student Development, Siena College, Loudonville, New York

- Responsible for the overall development, administration, and coordination of all mental health services. Well over a 100% increase in service use during my tenure as director.
- Supervised three licensed psychologists, one psychiatric nurse practitioner, one psychiatrist, one receptionist.
- Responsible for the provision of all clinical, counseling, prevention, outreach, sport psychology and crisis services.
- Served on numerous college committees and searches.
- Responsible for development of numerous college wide policies, crisis response policies, and sexual assault prevention program initiatives.

2001 – 2005 Psychologist, Counseling Center, Siena College, Loudonville, New York

- Provided counseling, career counseling, assessment, sport psychology, and crisis intervention services.
- Designed and conducted developmental and outreach programs.

07/00 – 12/01 Assistant Director, Archer Center for Student Leadership Development, Rensselaer Polytechnic Institute, Troy, New York

- Provided skill based, experiential leadership education and team building programs, workshops, and seminars for students, staff, faculty, and corporate/educational partners.
- Researched, designed, and taught course curricula.

1996 – 2000 Assistant Director, Office of Student Athlete Support Services, Northeastern University, Boston, Massachusetts

- Provided academic, career, personal support programs, and sport psychology consultations for approximately 600 students from 19 NCAA Division I athletic teams.
- Served as the interim director for one year while matriculating into full-time doctoral studies.

Dr. Wally Bzdell, Ed.D.

- Served on numerous University committees.

Presentations and Teaching Experience

Throughout my twenty-24+ years in higher-education I have provided well over 1000 workshops or trainings. Topics are wide ranging and include but are not limited to: a full complement on the psychology of peak performance; stress management; values integration; understanding group dynamics; depression and anxiety; eating disorders, etc. Twenty-four presentations at professional conferences such as the American Psychological Association, Eastern Psychological Association, Association for the Advancement of Applied Sport Psychology, and the Springfield Conference on Counseling Athletes. I have taught classes at Siena College, Skidmore College, and Rensselaer Polytechnic Institute. Classes include: Sport Psychology, Health Psychology, General Psychology, and An Introduction to Psychology, Applied Psychology, and Management Leadership. I have guest-lectured in classes at Boston University and Union College.

Selected Publications and Presentations

Book

Yeager, J., Buxton, J., Baltzell, A., and Bzdell, W. (2001). Character and Coaching: Building Virtue in Athletic Programs. Port Chester, NY: Dude Publishing. Available at Amazon

Book Chapters

Bzdell, W. B. (2002). Exploring developmental considerations in youth sport: Implications for cultivating self-efficacy. In B. Lombardo, T. Caravella-Nadeau, K. Castagno, & V. Mancini (Eds.), Sport in the 21st Century: Alternatives for the New Millennium. Boston, MA: Pearson Custom Publishing.

Kudlacek, T., McDonald, T., Miller, D., Gabriel, K., Bzdell, W. B., & Thornton, D. (1998). Student-athletes with disabilities. In L. P. Hollis (Eds.), The Official Handbook of the National Association of Academic Advisors for Athletics (pp. 38-57). Pittsburgh, PA: Fifth Quarter Enterprises.

Book Review

Bzdell, W. B. (2000, Winter). [Review of the book Mental skills for the artistic sports: Developing emotional intelligence]. Association for the Advancement of Applied Sport Psychology Newsletter, Vol. 15.

Dr. Wally Bzdell, Ed.D.

Professional Affiliations/Memberships

Association for Applied Sport Psychology
American Psychological Association (APA) (past)
APA Division 47, Exercise and Sport Psychology (past)
Association for Behavioral and Cognitive Therapies (past)
Association for University and College Counseling Center Directors (past)

Community/Personal

I grew up in Nanaimo, British Columbia, Canada. Multi-sport athlete; played Junior B lacrosse in BC; played Junior A hockey in the BCHL (captain final season); played college hockey at Union College in its final season of Division 3 and first season of Division I.

1998	Olympic Torch Bearer (Calgary Olympics)
2009 – present	Youth Ice Hockey Coach
2010-2014	Youth Lacrosse Coach
2009-2016	Schenectady Youth Hockey Association Board of Directors Member
2012-2014	Adult Education Coordinator for Northern Zone of New York State Amateur Hockey
2012-2014	The Lay Advisory Board for the Franciscan Friars of Holy Name Province
2016	Outstanding Service Award for the College of Holy Cross Ice Hockey program
2016	Schenectady Youth Hockey Association Service Recognition Award

*USA Hockey Level 5 Coach

*Coach of the 2018 12U tier 2 boy's New York State Hockey Championship Team

*2019 - present Assistant Coach of the GMSVS Storm High School Hockey Team. In my first season the team set its season win record; second season surpassed it and had the best season in program history)

*Married for 22 years; two boys ages 17 and 15 years

Recent Trainings

2020	Tony Blauer KNOW FEAR online training
2020	Compete to Create 8-week High Performance online course
2020	Changing the Game 6-week online course