

DOUGLAS ALLAN SWANSON
M.D.N., B.Ed., M.Sc.
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Married - Helen - 45 years

Two Daughters - Nan-Michelle and Kyla (45 and 40)

Six grand children Kennedy, Caden, Pierce, Eden, Silas (21, 18, 15, 14, 11)

Retired

32 years teaching – 27 at Red Deer College

20th year consulting – F.I.R.S.T Place for Human Performance (Est. 1996)

Proprietor – F.I.R.S.T. Place (Est. 1996)

Personal competitive background includes collegiate hockey with Red Deer College, track and field as a youth and again as a master's athlete – sprints and hurdles.

Extensive background working with athletes in many sports.

1996 to PRESENT

Individual and Team Sports

Sport Associations

Human Service Organizations

A Mental Skills Coach / Facilitator for Local, Provincial and National Sport Associations

Hockey Canada's Female Program (10 years)

Hockey Alberta

Sport North

AJHL (Bonnville)

WHL(Portland Winterhawks, Lethbridge Hurricanes, Kootenay Ice

Ringette - Central Alberta STING – 7 years

Alberta Sport development centre – Central (ASDC-C) - since inception

Basketball

Volleyball

Soccer

Rugby

Swimming

Equestrian Vaulting

Hockey

Synchronized Swimming

Gymnastics

Badminton

Figure Skating

Track and Field (Athletics) – all discipline

Consulting Programs

Leadership in Sport
LTAD – CS4L
Sport Psychology
Life is Hard; Get a helmet
Champions are Different
Five Talents of Achievers
Athlete Performance Cycle
Sport Psychology: Integrated Seasonal Plans
Human Services
Resilience
Relationships
Developmental Assets / Culture / Community / Well Being
Applied Behavior Analysis

Interests

Sport Psychology
Leadership Principles
Communities, especially Intentional Communities
Well Being and Wellness

Reading

Criminal Forensics
Resilience
Positive Psychology
Historical Fiction
Leadership
Adult Development
Transformation / Transition

Seminar, Workshop Appraisals

TESTIMONIALS

Student Comments

Thank you for being such an inspiration and opening my eyes to so many things. Since day one you always remembered our names. I can only hope that one day I can make a difference in the lives of my students as you have in ours...J.S.

You have inspired me in so many ways, especially in wanting to make a difference. V.P.

I loved your class and feel like I learned so many things that I can apply to life. J.Sh.

I find it so uplifting to come to college and still see you with such passion and energy for the rehabilitation field

(Former graduate – J.B.)

*I learned so much...excitement and enthusiasm you brought to class...I never thought I would enjoy a class with such big words, as much as I did. L.O.
You are a source of inspiration...thank you for all you have done.
C.T and M.M.*

Workshop Comments

“Great listener, compassionate, knowledgeable”.

“Excellent knowledge of the material”

“Extremely passionate about what he is teaching – it was infectious”.

Applicable to work and life.

A wonderful twist on stress and burnout and something that can be used.

I left feeling rejuvenated, excited for my job, inspired to do better.

Good speaker, focused, passionate about the subject.

Would recommend Doug for other conferences – teacher’s convention.

Great handout, videos, great speaker.

Worth the entire conference.

Excellent both personally and professionally

Fabulous presentation.

Once again you moved your audience into a new way of thinking, believing and hopefully living.

*We highly recommend Doug Swanson
for any group of athletes who want to find the missing link
between physical and mental performance.*

Scott Robinson

(Senior Manager, Hockey Alberta)

*Doug has been a tremendous asset for myself as coach,
for our players and for our team. He is an excellent communicator
who has helped us better prepare ourselves
for competition and in the area of team building.*

Mike Williamson

(Head Coach, Portland Winter Hawks – WHL, now with Calgary Hitmen)

...many words of wisdom!!! It was very much enlightening to hear your perspective and knowledge!

Angie Smith, Edson FSC

I really enjoyed your lecture at this weekend’s coaching conference. I have been to numerous other Mental Training sessions over the past 20 years, but found your presentation to be one of the best.

Clyde Hammer

After your session, everyone came to our house for a "social" and the feedback was excellent. Coach Steve stayed later than the rest so we had some time for reflection and where to go from here talk. He was so grateful for your words and the not only how it affected the boys, but how it has inspired him to change some of his own coaching practices. His biggest challenge is giving the boys constructive guidance without making them feel bad about their mistakes. After hearing how many of them needed to change their negative self talk, he truly internalized his need to change that aspect of his coaching. He now sees the need for the boys to set individual goals that work towards the team's goal, and so on. So thank you!

I also wanted to let you know about our girl's ringette team. We went to provincials and as usual the parity amongst teams was incredible. Every game is anyone's game, it's simply a matter of who best prepares mentally. Despite two losses, the girls rallied back and won two games in overtime. We ended up earning a silver medal, and this being our team's second time at AA provincials, the girls showed tremendous composure and perseverance. They had done their work all year; they journaled, they each had a mental prep routine that they consistently went through each and every game, and the evidence of effectiveness was clear. Even in their work at school, most of these girls are A students - they are champions. And those who joined us from Sherwood Park, Spruce Grove, and St. Albert, their parents could see the difference in programs as their girls learned that it takes a lot more than just talent. So, thank you again.

It is my hope that these boys got a taste of what they need to do to be great. This is the first time Lacombe has offered Tier 3 soccer and these athletes have had no exposure to this element. I am hoping that they can continue to receive this training as they move forward - I think we owe it to them.

So, no, I never get tired of being reminded how hard we all need to work, and I am very grateful that you are willing to spend your Friday nights away from your family so that you can help our families.

Joan Sverdus

I have been in the RV business for 30 years and yours is the best...we need to get you back.

BP

My successful tenure as Human Performance Coach
Canadian Medalists / Finalists

1992	Shawn Lee	3000 Steeplechase	Bronze
1993	Shawn Lee	3000 Steeplechase	Silver
1993	Shawn Lee	12K Cross Country	Bronze
1994	Don Bruno	400m	Silver

1994	Nikki Biberger	Pentathlon	Gold
1995	Nikki Biberger	Heptathlon- USA/Canada Dual Meet	Bronze
1997	Dean Kozak	400m Track and Field	Silver
1998	Chaundra Allard	Pentathlon	Gold
1999	CWG	Team Alberta Male Hockey	Gold
1999	CWG	Team Alberta Female Hockey	Bronze
2000	Team Alberta Male	Hockey	Silver
2001	Portland Winter Hawks		WHL
Finalists			
2001	Team Alberta Male - Hockey		Silver
2002	Portland Winter Hawks		Division
Champions			
2003	CWG	Team Alberta Male Hockey	Gold
2008	Lethbridge Hurricanes	Hockey	Eastern
Conference Champions			
2008	Lethbridge Hurricanes	Hockey	WHL
Finalists			
2008	Luca Sbisa – WHL – Lethbridge Hurricanes		Finalist -
Rookie of the Year			
2016	Development Team (U22) Canada	Female	
2008	U22 Team Canada – Female – World U22 Challenge		Gold
2007	Jessica Sergeant	Provincial Junior Champion	Gold
2007	Hockey Canada U22		Gold
2008	Jessica Sergeant	Provincial Junior Champion	Gold
2008	Jessica Sergeant	Skate Red Deer	Kurt Browning
Award			
2009	Jessica Sergeant	Provincial SENIOR Women’s Champion	Gold
2009	Natasha Purich	Western Canadian Novice Champion	Gold
2010	Natasha Purich	Canada Jr. Women’s	Gold
2011	U22 Team Hockey Canada		Gold
2016	Development Team (U22) Canada	Female	

City of Red Deer Athletes of the Year / Finalists

2008	Jessica Sergeant	Nominee – Female Athlete of the Year
1998	Chaundra Allard	Female Athlete of the Year
1996	Crystal Young	Female Athlete of the Year
1995	Nikki Biberger	Female Athlete of the Year
1994	Don Bruno	Male Athlete of the Year
1994	Nikki Biberger	Female Athlete of the Year
1993	Shawn Lee	Male Athlete of the Year

Scholarships

Don Bruno	- Indiana State University (Track and Field)
Nikki Biberger	- Arkansas State University (Track and Field)
Chaundra Allard	- The University of Calgary (Track and Field)
Megan Czajkowski	- The University of Calgary Track and Field)
Tania Vander Meulen	- The University of Calgary (Track and Field)
Tania Vander Meulen	- US Scholarship - University of Idaho (Track and Field)
Shawna Bothwell	- Florida State (Swimmer)

NHL Players

WHL players I have consulted to while members of WHL teams

Braydon Coburn	Portland	Philadelphia
Brandon Dubinsky	Portland	New York Rangers
Luca Sbisa	Lethbridge	Anaheim
Zach Boychuk	Lethbridge	Columbus
Dwight King	Lethbridge	Los Angeles
Colton Sceviour	Portland	Dallas

Personal Celebrations

Prideful that, at 64, I still have the privilege of working with local, provincial and national associations. (Who knew that Paul McCartney's, **When I am 64** lyric, "Will you still need me?" would have so much meaning?)

A Mental Skills Coach for Hockey Canada's Female Program (10 years).

Seminar, Workshop Appraisals

Energetic, Enthusiastic and Passionate

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