

## Community Outreach Grant to work with the Scottish Rugby Union

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**Professor Joan Duda** (</staff/profiles/sportex/duda-joan.aspx>), **Dr Jennifer Cumming** (</staff/profiles/sportex/cumming-jennifer.aspx>), Mark Holland (PGR student), and Charlotte Woodcock (PGR student) with Dr Lee-Ann Sharp from University College Plymouth St Mark & St John were awarded \$3194.00 USD from the Association of Applied Sport Psychology. Their successful application for a Community Outreach Grant, to work with the Scottish Rugby Union (SRU) in 2011-2012 to develop a mental skills training programme for coaches, was further supported by £5400 of funding provided by the SRU.

The planned work follows on from their recent and successful collaboration with the SRU and Winning Scotland Foundation (2007-2010) to develop, deliver, and evaluate a mental skills training programme for talented young rugby players.

AASP website: <http://www.appliedsportpsych.org/> (<http://www.appliedsportpsych.org/>)

Scottish Rugby Union website: <http://www.scottishrugby.org/> (<http://www.scottishrugby.org/>)

Winning Scotland Foundation website: <http://www.winningscotlandfoundation.org/> (<http://www.winningscotlandfoundation.org/>)