



MONTHLY MEETING - MONDAY, April 17th, 2017

Social @ 6:30 PM Meeting @ 7:00 PM

LOCATION: Momo's Pizza in Killlearn, 1410 Market Street, Tallahassee, FL 32312

Click [HERE](#) for Google Maps Location

WHAT IS IN THIS MONTH'S NEWSLETTER?

THIS MONTH'S SPEAKER: **DR. ANDERS ERICSSON**

2017 GRAND PRIX SCHEDULE, STANDINGS, & RAFFLE!!

UPCOMING TRIATHLETE SPOTLIGHT - TANYA & TJ DEVLIEGER

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This Month's Speaker:

Dr. K. Anders Ericsson PhD.

Cognitive Psychology, Conradi Eminent Scholar of Psychology

Presentation: Gladwell's 10,000-hour rule and Purposeful & Deliberate Practice in Sport

Please join us at the April Meeting of the Gulf Winds Triathletes for a presentation not to be missed



K. Anders Ericsson, PhD, is presently Conradi Eminent Scholar and Professor of Psychology at Florida State University. After his Ph. D. in Sweden, he collaborated with the Nobel Prize winner in Economics, Herbert A. Simon on verbal reports of thinking leading to their classic book "*Protocol Analysis: Verbal Reports as Data*" (1984). Currently he studies the measurement of expert performance in domains, such as music, chess, nursing, law enforcement, and sports, and how expert performers attain their superior performance by acquiring complex cognitive mechanisms and physiological adaptations through extended deliberate practice. He has edited several books on expertise, the influential "*Cambridge Handbook of Expertise and Expert Performance*" consisted of over 40 chapters and 900 pages and the recent "*Development of Professional Expertise*, which appeared in 2009. In 2016 his co-authored book "Peak: Secrets from the new science of expertise" will be released. He has published articles in prestigious journals, such as *Science, Academic Medicine, Psychological Review, Psychological Bulletin, Academic Emergency Medicine, Current Biology, and Trends of Cognitive Science*. He is a Fellow of the *Center for Advanced Study in the Behavioral Sciences*, of the *American Psychological Association* and the *Association for Psychological Science* and a member of *Royal Swedish Academy of Engineering Sciences*. His research has been featured in cover stories in *Scientific American, Time, Fortune, Wall Street Journal and New York Times*. He has been invited to give keynote presentations at conferences of surgeons, musicians, teachers, clinical psychologists, athletes, and coaches as well as professional sports organizations, such as Philadelphia Eagles (American football) San Antonio Spurs (basketball) and Manchester City (soccer)..

As usual, the monthly meeting will take place at **Momo's Pizza** in Killearn (1410 Market Street) on the third Monday of the month (**Monday, April 17, 2017**). Please join us at **6:30 pm** for the Social portion of the evening with our speaker beginning at **7:00 pm**.

2017 GRAND PRIX SCHEDULE, STANDINGS & RAFFLE!!!

Be sure to visit our website at <https://gulfwindstri.com/2017-grand-prix/> to see the Grand Prix schedule. The Grand Prix standings will be updated within the coming week, so be sure to check in on standings soon.

Beach Blast I is the next up on Saturday, April 29! You can access the website and register by

clicking [HERE](#). Remember, this may fill up early, so don't hesitate to sign up!

Don't miss this month's meeting as a lucky Triathlete Club member will pull the lucky raffle ticket for a free entry into DRC's Triathlon Series races.

The amazing folks at DRC Sports have been longtime supporters of your Gulf Winds Triathletes and triathlon in Florida. Continuing that tradition, they have offered us a **FREE** entry into the **Crystal River Tri Series # 1 (Sprint)** on **May 27, 2017** *and* the **Jacksonville Tri Series #1 (Sprint OR Olympic)** on **June 17, 2017!**



YES, the Jax Tri Series #1 Olympic distance (**Olympic ONLY!**) is on this year's Grand Prix schedule!

These giveaways are open to Gulf Winds Triathletes Members Only. To have a shot at winning these race entries, you will definitely want to be at our next, monthly meeting that will take place at **Momo's Pizza** in Killbuck (1410 Market Street) on the third Monday of the month (**Monday, April 17, 2017**). Please join us at **6:30 pm** for the Social portion of the evening with the speaker beginning at **7:00 pm**.



TRIATHLETE SPOTLIGHT

Later this month we will spotlight Tanya and TJ Devlieger. These are some of the best people you will ever meet - hands down. They are fun. They are smart. And they are very athletic. They are fixtures in the triathlon community and you will see them out with their crew of friends also

known as the infamous (okay, actually, famous) Can't Stop, Won't Stop (CSWS). If you ever meet them, your day will be brightened by the time you spend with them.

Keep an eye out for a Triathlete Spotlight email to learn more about these two great people.

WE HOPE TO SEE YOU AT THE MEETING!!!!



Gulf Winds Triathletes
1406 Hays Street
Tallahassee, FL 32301

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