

## **The importance of multi-disciplinary teams within individual and team sports**

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### **Abstract**

This symposium will examine the importance of multi-disciplinary teams within a mix of both individual and team sports. This is an important topic to highlight as more positions within sport psychology become available within multi-disciplinary teams. The first presentation will look at how a multi-disciplinary team operates within a football academy environment, specifically examining the support structure available for player to enable a holistic support structure. The second presentation examines the importance within motorsport to gain performance optimization, working alongside the manager, mechanics, and the driver. This presentation will also discuss the driver's psycho-bio-social state across a season. The third and final presentation will examine the role of sport psychology within an NCAA DII Institution, specifically working with a volleyball team. This will include a discussion of the potential benefits for working within an interdisciplinary collaboration overcoming obstacles, including testimonies of how full integration has affected a volleyball team. Overall, this symposium will explore multi-disciplinary approaches within football, motorsport and volleyball. It is hoped that this will bring awareness to the importance of working as a sport psychologist within various different environments within a multi-disciplinary team.