



Erika Carlson, M.A.
Sport Performance Consultant

Erika has her practice based in Northern California and consults with athletes, teams and organizations both locally and nationally.

She specializes in youth soccer and consults for soccer clubs throughout the San Francisco Bay area including Pleasanton RAGE (www.pleasantonrage.org) where she provides support for individual players, teams, coaches, parents and leadership training. Erika's has offices in Pleasanton and Walnut Creek and works with athletes from a variety of sports including soccer, baseball, softball, gymnastics, acrobatics, equestrian, BMX, wrestling, basketball, golf, lacrosse, track and field, volleyball, and hockey. The age range of clients ranges from 10 years to 55 years. My level of sport experience spans from youth to professional.

Erika is a Lecturer in the Kinesiology Department at San Jose State University.

Education:

AASP Certified Consultant

M.A. Sport Psychology, John F. Kennedy 2000

B.S. Psychology, Colorado State University, 1995

Affiliations:

Association for Applied Sport Psychology (AASP)

American Psychological Association (APA division 47 Sport & Exercise Psychology)

IDEA Health and Fitness Association