

## **NFL All-Time Leading Scorer Morten Andersen Honored by the Association for Applied Sport Psychology**

CHAGRIN FALLS, Ohio – October 2013 – Morten Andersen, seven-time NFL Pro-Bowl kicker, was awarded the inaugural Performance Excellence Award by the Association for Applied Sport Psychology (AASP), an international professional organization that promotes sport psychology. The award, presented at AASP's annual conference in New Orleans, La., recognizes individuals who embody exemplary psychological principles associated with performance excellence as demonstrated through consistent achievement, merit or leadership over the course of their career. Andersen holds several NFL records including, NFL all-time leading scorer, most consecutive games scoring, and most games played in the NFL. He had 103 game winning field goals over his career. His excellence on and off the football field and his consistent performance in pressure situations over a twenty-five year span as an NFL player solidified his selection as the award recipient.

Andersen spent 13 seasons with the New Orleans Saints, and a combined eight seasons with the Atlanta Falcons. Early in his career, the Denmark native discovered the power of mental preparation while working with sport psychology consultant Dr. John Silva. During Andersen's keynote speech to over 900 AASP conference attendees, he shared his personal story and career highlights intertwined with his experience of working with Dr. Silva, Professor Emeritus at The University of North Carolina at Chapel Hill. Dr. Silva helped Andersen identify areas that required restructuring and together they developed a deliberate mental approach to performance that enhanced Andersen's career and sustained him during difficult times.

"Adding mental training to my physical program got me through my performance plateau ... Man, it was powerful... I gave up perfectionism, increased my discipline in my approach to preparation and performance and took responsibility for my performance with the help of Dr. Silva," said Andersen.

When injury removed him from the game, Andersen said he worked with Dr. Silva on a mental preparation program that excluded physical practice with his injured kicking leg. "That was the year I made it to the Pro Bowl through mental preparation and visualization. There was no foot to ball practice until Sunday afternoons. Without sport psychology, that would never have happened. I'm living proof that it works."

Andersen thanked Dr. Silva for helping him develop the proper mindset to get the job done. He was named to the 1980's and 1990's NFL All-Decade Team and is in the New Orleans Saints Hall of Fame, The Louisiana Sports Hall of Fame, Michigan State University Athletics Hall of Fame, and The Danish American Football Federation Hall of Fame.

*The Association for Applied Sport Psychology (AASP) promotes ethical practice, science and advocacy in the sport and exercise psychology. The AASP is an international, multidisciplinary, professional organization that offers certification to qualified professionals in the field of sport and exercise psychology. With more than 1,900 members in 47 countries, AASP is a worldwide leader and shares research and resources via [www.appliedsportpsych.org](http://www.appliedsportpsych.org).*