



Ohio Center for Sport Psychology

Our Mission

The Ohio Center for Sport Psychology is committed to helping athletes, their families, and coaches enrich their lives through sport by: learning life skills, achieving high levels of performance, and enjoying their sport participation.

We work with athletes who are committed to the pursuit of excellence, regardless of their sport, age, gender, or current ability level.

Jack J. Lesyk, Ph.D., CC-AASP



[Click here for information about our June 24-25, 2011 professional workshop in sport psychology.](#)

[Film clip of 1/10/09 TV interview with Dr. Lesyk and skater Parker Pennington.](#)

[Article in News-Herald newspaper](#)

Our Philosophy

"Remember that you engage in your sport because it enhances your life. You owe it to yourself and to those who care about you to do your best. You cannot do more. Win or lose, you're still the same person and life goes on. It is your chosen commitment and struggle towards excellence that makes you a better person, not your win-loss record. Enjoy yourself, learn, and savor the day!"



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