

Some sports do not require intense concentration, but rather short bouts of attention (15 sec.) or short shifts (i.e. hockey). Below are other advantages than athletes with ADHD may have:

heighten awareness of environment ability to do well under pressure ability to do well in chaos (quarterback) unique/creative problem solving (routines) quick speed/reaction time lack of concern about losing at the moment quick reaction time/impulsivity if controlled

What are some reasons to refer athletes with ADHD to a sport psychologist experienced with ADHD?

Performing well in practice but not in games Bored/unmotivated in practices Performs well in unstructured situations and poorly in important & structured situations Streakiness/inconsistent Performance-related anxiety (sleeplessness) Concentration breakdowns Conflicts with coaches/teammates Forgetful (plays, outs, time remaining) Late/misses practice/game Impulsively throwing equipment/frustrated

What are some advantages of having Asperger's in sports?

Overfocusing on technical aspects (curveball, 3 point shoot, save technique) Hyperfocusing & practicing for longer periods of time Hyperfocusing when necessary (pitcher full count pitch, goalie shootout) Greater ability to stay calm due to having less emotional access

What are some reasons to refer athletes with Asperger's or High Functioning Autism to a sport psychologist experienced with ASD?

Difficulty with unfair/incorrect official calls Difficulty with lack of structure (overtime) and changes (being traded) Difficulty socially bonding often play positions that are considered "odd/different" (i.e. goalies, relief pitchers) Overfocused on technique, even if unsuccessful

Assessment of ADHD/ASD

The following tests are recommended to accurately assess ADD/ADHD/ASD. For additional information, please refer to www.attentionlearningcenter.com.

Clinical Interview Behavior Rating Scales: Parent & Teacher Adult & significant other Continuous Performance Tests: IVA (both Auditory & Visual assessment), TOVA QEEG Mapping Brain Imaging Technique

Examples of Professional Athletes with ADHD

NBA player with ADHD: Kris Kaman NBA LA Clippers

- Diagnosed ADHD as child.
- Prescribed stimulant and had negative effects.
- QEEG analysis revealed a High Beta pattern, which often doesn't respond to stimulant medications.
- Trained with Neurofeedback and significantly improved his scoring and rebound average the following season.

MLB player with ADHD- assessed and trained at MPC/APC

- Diagnosed with ADHD & anxiety.
- Underachieved in college baseball first few years.
- Prescribed stimulant medication Adderall, but had side effects.
- QEEG Map indicated high Theta (daydreaming, ADHD) & high Beta (anxiety).
- Trained with Neurofeedback to enhance SMR (lowers impulsivity, increases relaxation) & inhibit Theta (increases focus) & inhibit Beta (lowers anxiety).
- Trained with HRV and GSR biofeedback to decrease anxiety and increase batting performance.
- Trained in the use of mental skills such as visualization.
- Results of training: more successful in college baseball, drafted by MLB team, and playing on MLB Cincinnati Reds minor league team.

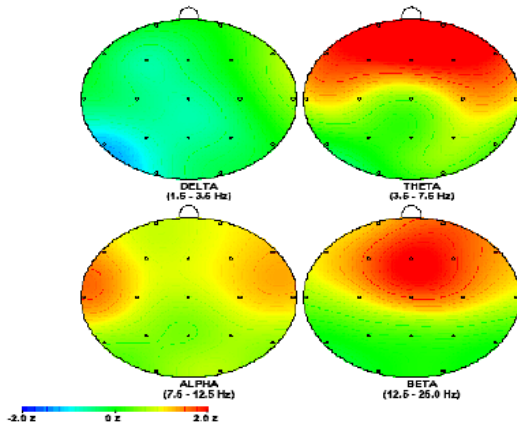
Professional Surfer with Asperger's diagnosed at ALC Clay Marzo • He spent ten years searching for accurate diagnosis.

- Clay was diagnosed at ALC by Dr. Michael Linden using his QEEG Mapping subtype analysis in 2007.
- His story recently (8/4/09) featured on TV on ESPN60 (www.espn60.com), in Outside Magazine (9/09) and in ESPN The Magazine (9/7/09) (www.espn.com)

Asperger's Athlete Clay Marzo QEEG Map

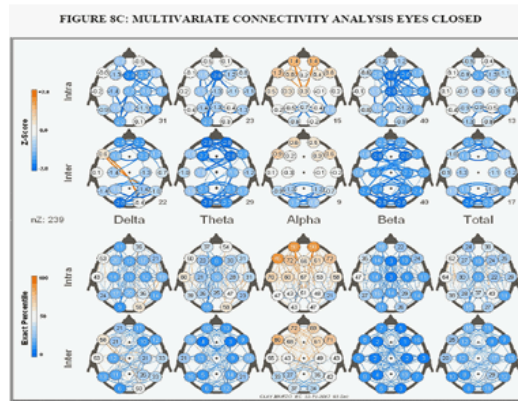
The QEEG Brain Map below indicates increased (red) Theta (slow activity related to inattention and impulsivity and increased (red) Beta (fast activity related to anxiety, overfocusing and obsessiveness). According to [Dr. Michael Linden](#)'s research (Attention Learning Centers), High Beta one of the most common pattern in individuals with Asperger's.

FIGURE 6B: ABSOLUTE POWER Z-SCORE TOPOGRAPHS



Asperger's Athlete - Clay Marzo QEEG Map Coherence

The figure below indicates hypercoherence (too highly connected) in frontal Alpha brainwaves (orange) and hypo-coherence (dark blue) in right Parietal areas in many brain frequencies. The right Parietal area of the brain is related to many of our social and emotional functions. According to Dr. Michael Linden's (Attention Learning Centers) research, Right Parietal Hypocoherence is a common pattern in individuals with Asperger's.



Attention Performance Centers/Mission Psychological Consultants Media:

ESPN Magazine (9/7/09) Athletes with ADHD & Asperger's (<http://www.espn.com>) Book: Applications of Biofeedback and Neurofeedback in Sport Psychology: Unleash the "A" Brain (In Press) Strack, Linden & Wilson (Eds.) CBS TV show "The Doctors" on QEEG with ADHD (10/08) and Biofeedback Techniques (3/09) (<http://www.thedoctors.com>) Review of Neurofeedback Treatment Studies and QEEG Subtypes of Autistic Spectrum Disorder (In Press 2009). Journal of Applied Psychophysiology and Biofeedback. (<http://www.aapb.org>)

Licensed Clinical Psychologist, PSY 11788 Marriage, Family & Child Therapist B.C.I.A. Fellow & Nationally Certified Neurofeedback & Biofeedback Therapist Director □□ "The Attention Learning Center" Director ([more...](#))

The views expressed in this article are the sole responsibility of the author and do not necessarily reflect those of this website or its editors.

[Contact Author](#)

[Contact Editor](#)

[View Authors' Articles](#)

Share this page: ([what's this?](#))

Tell a Friend: [E-MAIL THIS](#)

([More...](#))

Login to Post a Comment:

If you are having problems logging in, [click here](#)

Username & PasswordUsername: Password:

Forgot your password?
[Click here](#) and we'll send it to the email address you used when you registered.

To login (or sign-up), **you MUST have cookies turned ON**. [Click here for details](#) (in a new window.)

If you have not yet registered with Futurehealth, it's quick and easy:



Comments: Expand Shrink Hide

No comments

Want to post your own comment on this Article?

Tell a Friend:

Copyright © 2002-2010, Futurehealth

[Powered by Populum](#)