

PATRICK MANEVAL

patrick@daybydayperformance.com

EDUCATION

Master of Science in Sport & Exercise Psychology	Anticipated: May 2025
Graduate Certificate in High Performance Coaching	
University of Kentucky, Lexington, KY	Cumulative GPA: 4.0
Bachelor of Science in Exercise Science	May 2023
Bachelor of Science in Psychology	May 2023
Minors in Coaching, Physiology, Biology	
Shenandoah University Honors Program, Winchester, VA	Cumulative GPA: 3.83

PROFESSIONAL EXPERIENCES

Founder/Owner	December 2024 – Present
Day by Day Performance, LLC, Remote	
<ul style="list-style-type: none">Private practice for mental and physical performance services	
Mental Performance Consultant	January 2024 – Present
Lexington Sporting Club, USL League One, Lexington, KY	
<ul style="list-style-type: none">Receive supervision during internship experience through the University of Kentucky MS Sport & Exercise Psychology program.Consult with athletes, coaches, and staff regarding mental performance enhancement, athletic identity, behavior modification, and other performance psychology constructsServe as the go-to person for sport psychology services within the clubPrepare and conduct workshops for team cohesion enhancement with the League One, W League, and Super League teams at the club.<i>Supervisors: Marc Cormier, Ph.D. & Ashley Samson, Ph.D. (Certified Consultants, AASP)</i>	
Student Project Intern, Head Campus Captain Coach	January 2021 – Present
The Hidden Opponent (THO)	
<ul style="list-style-type: none">Coordinate special projects with other interns and Campus Captain (CC) ambassadorsMentor Head CCs and other CC ambassadors at Division I and III athletic institutions across the country, stretching from Massachusetts to CaliforniaAdvocate through social media campaigns, attending webinars & panels hosted online by THO, & sharing mental health stories to raise awareness.Created Chapter Benefits Guide video and slide deck for incoming CC ambassadorsPresented on behalf of THO at Active Minds National Conference in Washington D.C., July 2023Represented THO at Athlete Mental Health Advocacy Day on Capitol Hill with Athletes for Hope, May 2023Facilitated Men's Mental Health Panel, November 2022Process and review CC applications, annually	
Super Bowl LVII Host Committee Member	February 2023
National Football League (NFL), Phoenix, AZ	
<ul style="list-style-type: none">Supervised game activation and events for On Location AFC Friends and Family Pre-Game Party events and hospitality at the Super Bowl Experience events	

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- Maximized efficiency in crowd control, line management, and event conduct at Super Bowl Experience
- Delivered top-notch customer service to fans at Super Bowl LVII events

High Performance Coaching Intern

June 2022 - October 2022

Washington Spirit, National Women's Soccer League, Leesburg, VA

- Prepared pre/post workout/match nutrition
- Prepared wearable technology for training
- Prepared weight room for team use
- Prepared field for team use for training/matchday
- Assisted with rehab programs
- Assisted with performance team meetings
- Assisted with any other duties assigned by High Performance Director/performance team

SUPERVISED PRACTICA EXPERIENCES

Practicum in Exercise Science

August 2021 – December 2021

Challace J. McMillin Center for Sport Psychology, James Madison Univ., Harrisonburg, VA

- Shadowed Dr. Bob Harmison at sport practices and games while he conducts mental skills training, programming, and observation
- Observed youth coaches for positive climate implementation with Dr. Lori Gano-Overway
- Participated in weekly center meetings with professors and doctoral students regarding outreach programs and projects in and around the city of Harrisonburg, VA
- Continued shadowing Dukes Excel program after practicum completion from January 2022 to December 2022.

Supervisors: Jessica Peacock, Ph.D. & Robert Harmison, Ph.D. (Certified Consultants, AASP)

PUBLICATIONS

- Hilliard, R., **Maneval, P.** (2024). Running up that hill: Lessons learned from implementing a first-time Psyching Team. *Journal for Sport Psychology in Action*.
- **Maneval, P.**, Huffman, O., Moeller, K. (in progress). Perspectives on Implementing Peer-Led Student-Athlete Mental Health Advocacy Organizations.

RESEARCH EXPERIENCES

Independent Research

February 2024 – Present

University of Kentucky, Lexington, KY

- Lead research study for future publication, *Perspectives on Implementing Peer-Led Student-Athlete Mental Health Advocacy Organizations*, currently in data collection.
- Submit and obtain IRB approval through the University of Kentucky.
- Organize roles and responsibilities for research team for all aspects of study development and implementation, including protocol development, participant recruitment and scheduling, data collection, processing, and analysis.

Research Assistant

May 2024 – August 2024

University of Kentucky, Lexington, KY

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- Worked as part of a research team that was responsible for all aspects of study development and implementation, including protocol development, participant recruitment and scheduling, data collection, processing, and analysis

WORK EXPERIENCES

Graduate Teaching Assistant

August 2023 – Present

University of Kentucky, Kinesiology and Health Promotion Department

- Teach, evaluate, and grade students in introductory Kinesiology courses
- Instruct courses including KHP 101 – Ultimate Frisbee, KHP 118 – Walk/Jog, KHP 120 – Weight Training, KHP 130 – Soccer

Behavioral Health Group Helper/Leader

March 2022 – December 2023

Color

- Formerly Mood Lifters LLC until January 2023
- Contracted with Medical Operations at Color to lead/help facilitate psycho-educational groups, teaching psychological and practical life skills to holistically enhance mental wellbeing and improve mood.

Student Affairs & Summer Orientation Assistant

May 2023 – July 2023

Shenandoah University Office for Student Success

- Assisted Office of Student Affairs with day-to-day tasks
- Prepared for first year student summer orientation
- Processed inquiries to the department by phone and in person

Welcome Center Student Assistant

April 2021 – July 2023

Shenandoah University Office of Admissions

- Greeted visitors and answer phone calls made to the University
- Provided campus tours and redirect prospective students to the proper locations for more information on Shenandoah
- Assisted admissions staff with any tasks necessary

Honors Program Student Assistant, Work Study

September 2021 – May 2023

Shenandoah University College of Arts & Sciences Honors Program

- Completed tasks determined by the Honors Program Director
- Assisted with conducting student panels for prospective students, online & in-person

Thrive Guide, Work Study

January 2021 – May 2023

Shenandoah University Office for Student Success

- Mentored students who need assistance with transitioning to college, implementing study skills, connecting them with campus resources, and being a part of the support system in their college life.
- Tutored in Abnormal Psychology for a student through the program.

“Buzzy D. Hornet” Mascot

September 2019 – May 2023

Shenandoah University Athletics Department

- Participated in social engagement while at games, performances, and events.
- Helped promote "Buzzy's Book Club," an initiative to get elementary schoolchildren to read over the holiday break

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- Helped with elementary school workshops at Shenandoah University to learn about sportsmanship and practicing different sport-specific activities, such as basketball dribbling and track and field relay exchanges.

Student Athletic Assistant, Work Study September 2019 – May 2023
Shenandoah University Cross Country/Track & Field Department

- Processed prospective letters for potential student-athletes
- Prepared equipment, supplies, and course for practice and meets
- Supported head coach with administrative needs

First Year Seminar Mentor May 2020 – December 2022
Shenandoah University Office for Academic Affairs

- Mentored class of 20 freshman students in seminar course, “Slowing it Down: Walks and Pilgrimages Around the World” for three consecutive fall semesters.
- Provided support and resources for students during transition to college and class registration
- Consulted students outside of class hours
- Attended all FYS classes
- Assisted instructors to develop and maintain academic interest and enthusiasm

AWARDS AND DISTINCTIONS

Exercise Science Student Leadership Award, Shenandoah University May 2023

- The SU EXSC Student Leadership Award honors a student leader for his/her outstanding contributions to SU and the Winchester community. This award recognizes accomplishments that further the mission of the SU EXSC Department by focusing on people, partnerships and performance, as well as an emphasis on enhancing health-related quality of life.

Outstanding Student Leader of the Year Award, Shenandoah University April 2023

- Award given to one Shenandoah University student for excelling in areas of academics and leadership, showing the ability to motivate and encourage others, and making a significant impact on the SU community.

President’s List, Shenandoah University December 2020, May 2023

- Maintained above 3.9 semester GPA during Fall 2020 and Spring 2023 semesters

Dean’s List, Shenandoah University December 2019 – May 2023

- Maintained above 3.5 semester GPA all 8 semesters as a student at Shenandoah University, from Fall 2019 through Spring 2023

Eagle Scout, Boy Scouts of America June 2015

LEADERSHIP EXPERIENCE

Professional Development Officer August 2024 – Present

University of Kentucky Sport & Exercise Psychology Club

- Attend all scheduled club activities and meetings
- Initiate planning meetings and activities
- Make room reservations through event management
- Organize meeting agendas with help from President and Vice President

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- Schedule guest speakers for professional development
- Take on responsibilities of absent officers
- Act as a resource across the organization
- Partake in elections

Intramural Sports Chairman

August 2023 – August 2024

University of Kentucky Sport & Exercise Psychology Club

- Attended all scheduled club activities and meetings
- Organized intramural teams with Intramurals at the Johnson Center (participate in at least two intramural events in one academic year)
- Assisted the CMO with ordering t-shirts for intramural teams when necessary
- Partook in elections

President, Head Campus Captain

August 2020 – May 2023

The Hidden Opponent at Shenandoah University, Winchester, VA

- Planned and organized club events on campus, both in-person and virtually
- Advocated through social media campaigns, attending webinars & panels hosted online by The Hidden Opponent, & sharing mental health stories to raise awareness.
- Partnered with Shenandoah University Athletics department to host mental health awareness games for Shenandoah athletic events
- Organized “Sharing our Stories Night” during Mental Illness Awareness Week 2022, allowing athletes to share their mental health stories with the campus and club
- Facilitated student-led roundtable discussion about sport culture on the Shenandoah campus, working with the Athletics department to create tangible solutions for improving student-athlete experience and wellness.
- Spoke with athletics teams about The Hidden Opponent and student-athlete mental health
- Created and distributed consolidated mental health resource lists for campus
- Facilitated book group for “What Made Maddy Run”

Hornet Ambassador

August 2019 – May 2023

Shenandoah University Office of Admissions

- Led campus tours and train future Hornet Ambassadors
- Wrote letters and postcards to prospective students
- Attended campus events and recruitment days for university events

Orientation Leader

April 2020– July 2022

Shenandoah University Office for Student Success

- Led campus tours and train future Hornet Ambassadors
- Volunteered for admitted freshmen and transfer student orientations
- Greeted families, guide students throughout the day, and educate students about college student life, while establishing positive and healthy relationships
- Served as role models and friendly faces for incoming students during their transition to college.

The Sting Student Government Association Representative, COVID-19 Point of Contact

May 2020 – May 2021

- Attended Shenandoah University Student Government Association (SGA) cabinet meetings, representing The Sting.

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- Maintained and upheld COVID-19 restrictions and guidelines during height of pandemic for students on- and off-campus in club activities

Colleges Against Cancer COVID-19 Point of Contact August 2020 – May 2021

- Maintained and upheld COVID-19 restrictions and guidelines during height of pandemic for students on- and off-campus in club activities

PROFESSIONAL MEMBERSHIP & DEVELOPMENT

National Strength & Conditioning Association May 2023 – Present

Chi Alpha Sigma, Athletic & Academic Excellence Honor Society March 2023 – May 2023

Alpha Lambda Delta, Freshmen Honor Society February 2020 – May 2023

Association for Applied Sport Psychology November 2020 – Present

Omicron Delta Kappa, National Leadership Honor Society February 2021 – May 2023

Psi Chi, Psychology Honor Society April 2021 – May 2023

Leadership by Design Program, Shenandoah University June 2018

ATHLETIC EXPERIENCE

University of Kentucky Cheerleading Team May 2023 – Present

Shenandoah University Men's Cross Country, Track & Field May 2019 – May 2023

- 12x All-ODAC Academic Team Recipient
- Competed in events ranging from 400m to the 10,000m

CONFERENCE PRESENTATIONS

Maneval P. (2025, October). *Establish, Expand, Enable: A Proposed Framework for Implementing Peer-Led DEI Programming in Collegiate Athletics Departments*. Abstract submitted to present at the 40th annual meeting of the Association for Applied Sport Psychology, Montreal, QC.

Maneval P., Huffman, O., Moeller, K. (2025, October). *Perspectives on Implementing Peer-Led DEI Programming in Collegiate Athletics Departments*. Abstract submitted to present at the 40th annual meeting of the Association for Applied Sport Psychology, Montreal, QC.

Maneval, P. (2025, October). *Performance Profiling for Professional Soccer: Development, Implementation, and Feedback*. Abstract submitted to present at the 40th annual meeting of the Association for Applied Sport Psychology, Montreal, QC.

Maneval P. (2025, March). *Perspectives on Implementing Peer-Led Student-Athlete Mental Health Advocacy Organizations*. Research study presented at 2025 Spring Research Conference, University of Kentucky, Lexington, KY.

Maneval, P. (2025, March). *Performance Profiling for Professional Soccer: Development, Implementation, and Feedback*. Lecture presented at 2025 Midwest Sport & Exercise Psychology Regional Conference, Lexington, KY.

Barlow, M., Passaro, L., **Maneval, P.** (2024, June). *Mental Health Skill Building*. Workshop presented at Athlete Activism Summit – Athlete Ally, Louisville, KY.

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Cormier, M., Brennan, L., **Maneval, P.**, Poole, L. (2024, April). *College Athlete Mental Health & Wellness*. Panel discussion at Future of Sport Summit, Lexington, KY

Maneval, P. (2024, April). *Integrating Sport Psychology within Physical Therapy*. Symposium presented at American Physical Therapy Association – Kentucky Student Conclave, Lexington, KY.

Maneval P. (2024, February). *Perspectives on Implementing Peer-Led Student-Athlete Mental Health Advocacy Organizations*. Research proposal presented at 2024 Midwest Sport & Exercise Psychology Regional Conference, Holland, MI.

Maneval, P. & Norman, A. (2024, February). *The Beak Performance Manual for Collegiate Athletes*. Workshop presented at 2024 Midwest Sport & Exercise Psychology Regional Conference, Holland, MI.

Hilliard, R. & **Maneval, P.** (2023, October). *Running up that Hill: A Pilot Study of Perceptions of a Psyching Team*. Poster presented at the 38th annual meeting of the Association for Applied Sport Psychology, Orlando, FL.

Passaro, L., Saul, A., & **Maneval, P.** (2023, July). *Facing the Hidden Opponent: Student-Athletes as Advocates*. Symposium presented at Active Minds 2023 Mental Health Conference, Washington, D.C.

PROJECTS & PROGRAMS

Next Generation Mental Performance Program September 2023 – November 2023

- 6 week program with Zach Brandon, Sydney Masters, and Charley Jauss centered around professional development as a sport psychology and mental performance professional.

Shenandoah U Student Research Publications Institute May 2023 – August 2023

- The 2023 SU Student Research Publications Institute was a limited professional development opportunity offered in collaboration with the Publication Academy and funded by the Virginia Innovation Partnership Corporation. The institute allowed students to develop and hone their ability to produce academic writing for peer-reviewed journals, papers, poster presentations, conferences and more.

Battlefield Half Marathon Psyching Team, Shenandoah University November 2022

- Created applied sport psychology content for Psyching Team at local half marathon, including blog posts and 60 second videos for participants to learn mental skills prior to raceday. Provided empirically backed support during race, while collecting research and participants at the race expo.

Supervised by Robert Hilliard, Ph.D. (Certified Consultants, AASP)

VOLUNTEER EXPERIENCE

Reed Sheppard Experience, Procamps Volunteer April 2024

Oscar Tshiebwe Youth Basketball, ProCamps Volunteer August 2023

John Calipari Fantasy, ProCamps Volunteer August 2023

Camp Performance Coach, StoreyTime Youth Basketball Skills Camp June 2023

- Volunteer for Awvee Storey's Basketball Skills Camp in Leesburg, VA.
- Lead campers through proper warmup protocol

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- Demonstrate and facilitate agility training, including ladder drills, linear and lateral acceleration and deceleration, and neural activation.
- Provide strength & conditioning instruction
- Develop camper basketball fundamentals

Rising United Camp Coach	June 2023
Tim Settle & Greg Stroman's Youth Football ProCamps Operations	June 2023
Ticketing Volunteer, Harlem Globetrotters at Shenandoah University	March 2023
Business Symposium Volunteer, Shenandoah U School of Business	January 2023
Meal Packaging Volunteer, Bright Futures	January 2023
Crisis Hotline Volunteer Listener, Concern Hotline	August 2022 – December 2022
<ul style="list-style-type: none">• Provided empathetic listening, resource referral, and support for callers on local crisis hotline as a part of PSY-412: Clinical Helping Skills	
Blue Ridge Youth Soccer Association U-4 Coach	March 2022 – May 2022
Women's Soccer Strength & Conditioning Shadow	January 2022 – May 2022
<ul style="list-style-type: none">• Supported S&C staff throughout WSOC lifts• Provided feedback for athletes during session• Observed off-season team lifts	
Washington Football Team Gameday Volunteer	September - November 2021
Baltimore Ravens Gameday Volunteer	September - October 2021
Usher, Harlem Globetrotters at Shenandoah University	August 2021
Aquatics Volunteer, Virginia Headwaters Council, Scouts BSA	July 2021
COVID-19 Vaccination Clinic Volunteer, Valley Health	March – May 2021
Election Official, Waynesboro Office of Elections	May – November 2020
Race Volunteer, Girls on the Run	November 2019
Rise Against Hunger, Shenandoah University	August 2019

LICENSES AND CERTIFICATIONS

Certified Strength and Conditioning Specialist (Credential ID 7348528969), <i>National Strength & Conditioning Association</i>	Expires: December 2026
CPR/AED and First Aid, <i>American Red Cross</i>	Expires: August 2025