

Maslyn H. Behler

Phone: (717) 891-0244 **Email:** coachmaz02@gmail.com

LinkTree: https://linktr.ee/coach_maz

Applied Work Experience and Internships

2025-present

Girls Sports Performance Coach

NC Rush Triad Soccer Club

Director: Kacy Charlton

- Implement and teach injury prevention strategies such as mobility, flexibility, agility, loading mechanics, and off-the-pitch strategies (e.g., hydration, sleep, nutrition).
- Provide mental performance coaching services to teams to build mental resilience through self-compassion, confidence, focus, and motivation using techniques like breathing, imagery, goal-setting, and self-talk.

2025-present

Personal Trainer

PurEnergy Fitness Center

Supervisor: Blaze Thompson

- Coach various populations (e.g., older adults, high school athletes, general population) through individual personal training sessions.
- Develop resistance training programs tailored to each client's goals, needs, experience, and health.
- Educate each client on the importance of holistic well-being, encouraging them to optimize their nutrition, physical training, and other pillars of health to be their best selves.

2025-present

Mental & Physical Performance Coach

Independent Contractor

- Tailor physical and mental training programs to individual athletes and their goals in the gym, on the field, and in life.
- Coach youth athletes on agility (i.e., change of direction, acceleration, deceleration) and other injury prevention techniques to decrease injury risk and enhance performance.
- Utilize mental skills training tangentially and within physical performance training in order to promote resilience, teamwork, focus, confidence, and arousal regulation during performance.

- One-on-one mental skills training with youth athletes to develop key pieces of their mental game to promote performance and wellbeing.
- Incorporate tenants of positive youth development (e.g., respect and effort) to instill important values within athletes to live by on and off the field.

2025-present

Program Coordinator- Active Girls-Healthy Girls

The Center for Women’s Health and Wellness (CWHW) at UNCG

- Plan, organize, and run the Active Girls-Healthy Girls Spring Break Camp.
- Develop physical activities and health topic programming for the camp
- Oversee graduate assistants in the CWHW in areas related to Active Girls-Healthy Girls
- Evaluate camp effectiveness and feedback to improve the camp each year.
- Search for local, state, and federal grants and other funding opportunities to ensure Active Girls-Healthy Girls continues to have its’ profound impact on girls’ lives.
- Promote the Active Girls-Healthy Girls initiative through social media, local events, and other opportunities to maximize its reach and impact.
- Maintain current and foster new relationships with community partners that align with our mission and vision.

2024-present

Assistant Rugby Coach

University of North Carolina Greensboro

Head Coach: Kyra Cater

- Develop and implement rugby-specific fitness programs to enhance strength, conditioning, and agility.
- Assist in planning and executing training sessions, focusing on technical skills, tactics, and strategy.
- Provide individualized coaching and mentorship to support player growth and team cohesion.

2024-2025

Performance Coach

National Collegiate Rugby (NCR) South Atlantic Rugby Conference All-Stars Team

Head Coach: Kim Henning

- Consulted with the team to teach different mental skills and techniques such as physiological regulation, breathing, goal-setting, and imagery.

- Assisted individual players as needed with brief mental skills training.

2023- 2025

Graduate Assistant

The Center for Women’s Health and Wellness at UNCG

Director: Sandra Shultz, Ph.D.

Responsibilities:

- Organize events that the Center for Women’s Health and Wellness such as lecture series, research forums, and a spring break camp focusing on physical activity and health for girls in the community.
- Organize and develop AGHG spring break camp activities, app content, volunteers, food, registration, and other logistics
- Lead campers throughout the camp in different health and fitness activities.
- Attend weekly CWHW meetings to update progress on the CWHW and AGHG events, initiatives, and other tasks.
- Run social media accounts (Instagram and LinkedIn) for the CWHW.

2023-2025

Graduate Assistant

Project Effort: Youth Leadership Corps

Directors: Thomas Martinek, Ph.D., Sari Rose, Ph.D., & Claire Newman, Ph.D.

Responsibilities:

- Teach children life skills through sport and physical activity using positive youth development (PYD) and teaching personal and social responsibility (TPSR) frameworks.
- Mentor and support underserved youth in the community as they take part in the program.
- Lead and empower high school leaders as they run activity stations for the younger children.
- Plan and train youth leaders on PYD, TPSR, and planning for the program.

2023

Peer Support Training

Sean’s House

Director: Jacob Bates

Responsibilities:

- Completed peer specialist training (over 25 hours) including 13 courses through the Academy of Peer services, 6 Sean’s House custom trainings, and 6 healthcare theater sessions

Spring 2023

Campus Captain/Ambassador

The Hidden Opponent

Director: Andy Saul

Responsibilities:

- Educated, supported, and advocated for mental health in college students, specifically collegiate student-athletes to beat the stigma of mental health.
- Assisted The University of Delaware's men's lacrosse team to host a mental health awareness game.
- Completed monthly tasks to support The Hidden Opponent's mission and help the University of Delaware's athletes.

Spring 2023

Clinical Assistant

University of Delaware Psychological Services Training Center

Director: Chelsey Troyer

Responsibilities:

- Created clinical educational materials with the other clinic assistants using Microsoft Office, Google Drive, and Box.
- Provided coverage and support for clinicians as they conducted therapy with clients.
- Completed administrative and organizational tasks within the clinic.

Winter 2023

Strength & Conditioning Intern

Titus Sports Academy

Intern Director: Nick Pasvanis

Responsibilities:

- Coached athletes of various ages of athletes from beginner to collegiate to professional levels
- Responsible for leading small groups and individuals through full-body training programs with an emphasis on agility, power, flexibility, mobility, endurance, and strength
- Further developed knowledge and skills in strength and conditioning training including Olympic weight lifting and track workouts
- Provided Titus Baseball athletes with mental health tips and resources around the community
- Worked with athletes directly in their sports environment in individual and team settings

Winter 2022

Human Services Intern

Friendship House at Newark Empowerment Center

Manager: Joshua Klein

Responsibilities:

- Conducted initial intake and updates for clients, gathering important patient history and contact information.
 - Provided hospitality and support for those experiencing homelessness.
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Education

Master of Science in Kinesiology Concentration in Sports and Exercise Psychology

University of North Carolina at Greensboro
Cumulative GPA: 4.00

May 2025

Bachelor of Arts and Science in Psychology

May 2023

University of Delaware (2020-2023)

Minor in Health and Wellness

Graduated May 2023, Summa Cum Laude

Cumulative GPA: 3.98; Psychology GPA: 4.00

United States Military Academy (2019-2020)

Cumulative GPA: 3.52

Research Experience

2023-2024

Graduate Research Assistant

Physical Activity and Lifetime Wellness Lab

Adolescent Girls' Physical Activity Intentions and Behavior

Faculty Researchers: Jaclyn Maher, Ph.D. & Jessica Dollar, Ph.D.

Responsibilities:

- Analyze ecological momentary assessment data in SPSS, examining multilevel determinants of physical and sedentary activity.
- Assist in manuscript preparation, writing, and presentations to inform interventions for adolescent girls.

2021-2023

Undergraduate Research Assistant

Positive Processes and Transition to Health (PATH)

Faculty Researcher: Adele Hayes, Ph.D.

Responsibilities:

- Contributed to studies on mental health interventions, including PTSD treatment and COVID-19's mental health effects.
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Certifications

2025

SafeSport Certification

2025	American Council on Exercise Certified Personal Trainer (ACE-CPT)
2025	Adult and Pediatric CPR/AED/First Aid
2023	Academy of Peer Support Services Peer Support Training
2022	CITI Human Subjects Protections- Social-Behavioral-Educational Focus
2022	CITI Responsible Conduct of Research

Additional Involvement

2025-present	UNCG Club Rugby Coach
2024-present	Association for Applied Sports Psychology- Student Member
2022-present	Christian Athlete Circles Member- Captain
2023-2024	UNCG Club Rugby Player- Captain
2021-2023	University of Delaware Rugby Player- Match Secretary & Captain

Publications and Presentations

Maher, J.P., **Behler, M.H.**, Castro-Buitrago, N., Hudgins, B. L., Murray, E. E., Seo, Y., & Rebar, A. L. (in press). Examining Context Stability, Habits, and Movement Behaviors Among Behavioral Adopters and Maintainers: It's an Individual Vibe. *Psychology & Health*.

Behler, M. H. (2025). *Exploring the role of identity and self-efficacy in veterans' exercise behavior*. (Thesis). University of North Carolina Greensboro.

Postlethwait, E. M., Villarreal, A., **Behler, M. H.**, Hudgins, B. L., Murray, E., Dollar, J. M., & Maher, J. P. (2025). Daily associations between social support, the built environment, and physical activity among adolescent girls. *Journal of Sport & Exercise Psychology*. <https://doi.org/10.1123/jsep.2024-0177>

Maher, J. P., **Behler, M. H.**, Hevel, D. J., Hudgins, B. L., Kennedy-Malone, L., Khan, I. F., Murray, E., Postlethwait, E. M., Seo, Y., Williams, K., & Labban, J. D. (2025). Determinants of physical activity adoption and maintenance in older adults: A dual process approach. *Psychology of Sport and Exercise*, 77, 102800. <https://doi.org/10.1016/j.psychsport.2024.102800>

Behler, M. H., Dollar, J. M., & Maher, J. P., Villarreal, A. (2024). *Adolescent girls' physical activity intentions and behavior: The moderating role of positive affect*. Association of Applied Sport Psychology Annual Conference, Las Vegas, NV, United States.

Maher, J.P., Villarreal, A., Hudgins, B.L., **Behler, M.**, Murray, E., Postlethwait, E. M., Dollar, J.M. (2025). A daily analysis of adolescent girls' physical activity using a social ecological model lens. *Women in Sport and Physical Activity Journal*.