



# Tribal Flow: The Art and Science of Getting Teams Into the Zone

*Michael E. Lorenzen Ed.D.*

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## **Tribal Flow: The Art and Science of Getting Teams Into the Zone** Michael E. Lorenzen Ed.D.

Dr. Mike Lorenzen is the inaugural Assistant Athletic Director for Student-Athlete Leadership and Development at Georgetown University. He previously taught in the University of San Francisco's Sport Management program and launched a consultancy providing strategy advising to athletic administrators as well as team dynamics and leadership training for a variety of clients. Most of Dr. Lorenzen's career in intercollegiate athletics was in the role of women's gymnastics coach. During his time as an assistant at Stanford the team had a very successful run that included four trips to NCAA Championships, three Super Six appearances, and the most successful year in school history that culminated with a third place finish and National Champion on bars in 2010. Prior to coaching at Stanford, Lorenzen was the Head Coach of the University of Iowa's women's team from 1999-2004. Within four years he took the program to NCAA Nationals and a top 10 national ranking. In his fifth year, the team was No. 1 in the conference during the regular season and qualified for NCAA Nationals for a second consecutive year. During his time at Iowa Lorenzen coached seven Big Ten individual champions and five NCAA All-Americans. His coaching resume also includes work with Junior Olympic national champions as well as members of several US world and Olympic teams during his time at the Cincinnati Gymnastics Academy. In addition to his 20 years of coaching experience, Lorenzen holds various educational accomplishments. He attended the University of Maryland, receiving a B.A. in government and politics in 1986 before earning his Master's in international relations from Yale in 1989. He completed his doctorate in Higher Education Administration and Leadership from the University of the Pacific in 2010. Lorenzen continues to research and write on the subject of leadership and team dynamics, consults with USA Gymnastics and US Lacrosse, and is an adjunct professor in Georgetown's Sports Industry Management Program.

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