

VQ Mental Skills Workshops



Saturday, 2 August 2025		CONFIDENCE & SELF TALK
TIME	Place : The Gap SHS	
9:15 AM	U16 Boys	
10:00 AM	U14 Boys	
1:00 PM	U18 Girls	
1:30 PM	U18 Boys	
3:30 PM	U17 Boys	
	Place : Craigslea SHS	
12:00 PM	U15 Boys and U15 Girls	
2:00 PM	U14 and U17 Girls	
3:15 PM	U16 Girls	

Saturday, 16 August 2025		RECOVERING FROM ERRORS
TIME	Place : The Gap SHS	
9:15 AM	U16 Boys	
10:00 AM	U14 Boys	
11:30 AM	U15 and U17 Girls	
1:00 PM	U18 Girls	
1:30 PM	U14 Girls	
3:00 PM	U17 Boys	
3:30 PM	U16 Girls	
	Place : Craigslea SHS	
12:00 PM	U15 Boys	
2:00 PM	U18 Boys	

Saturday, 23 August 2025		PERFORMING UNDER PRESSURE
TIME	Place : The Gap SHS	
9:15 AM	U16 Boys	
10:00 AM	U14 Boys	
11:30 AM	U15 and U17 Girls	
1:00 PM	U14 Girls	
1:30 PM	U18 Girls	
3:00 PM	U16 Girls	
3:30 PM	U17 Boys	
	Place : Craigslea SHS	
12:00 PM	U15 Boys	
2:00 PM	U18 Boys	