




VQ Mental Skills Workshops

(updated)



 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
1:30 PM	U14 and U18 Girls
3:00 PM	U17 Boys (Self-Belief and Self-Talk)
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
1:30 PM	U14 and U18 Girls
3:00 PM	U16 Girls
3:30 PM	U17 Boys (Recovering from Errors)
	Place : Craigslea SHS
12:00 PM	U15 Boys
2:00 PM	U18 Boys

 Saturday, 6 September 2025	PERFORMING UNDER PRESSURE
TIME	Place : The Gap SHS
3:30 PM	U17 Boys