

# SC ROCKSTAR WORKSHOPS



**Cost:** \$70 Per Player/Parent (No Refunds, Just Credit)

**Location:** Either MAC 2 Conference Room (20 Person Limit) Per Workshop or Zoom

## Building a Confident Mind Muscle

The athlete will explore what confidence is and understand their current confidence level. Athletes will learn confidence tools and what to focus on to increase their confidence and improve their volleyball performance.

### **Available Dates:**

2/28/2026, 4:30 – 5:15 (Zoom)

3/14/2026, 4:00 - 5:15 PM (Zoom)

3/15/2026, 1:30 - 2:15 PM (In-person, MAC 2)

4/18/2026, 4:00 – 5:15 PM (Zoom)

5/2/2026, 4:00 – 5:15 PM (Zoom)

5/3/2026, 4:00 - 5:15 PM (In-person, MAC 2)

## Developing a Mentally Tough Mindset

Every practice and performance begins with a mindset. The athlete will learn if their current mindset(s) are either impeding or enhancing their volleyball performances. We will also learn about and explore the 5 Mentally Tough Mindsets.

### **Available Dates:**

2/28/26, 3:00 – 4:15 PM (Zoom)

3/14/2026, 5:30 - 6:45 PM (Zoom)

3/15/2026, 12:00 - 1:15 PM (In-person, MAC 2)

4/18/2026, 5:30 – 6:45 PM (Zoom)

5/2/2026, 5:30 – 6:45 PM (Zoom)

5/3/2026, 5:30 – 6:45 PM (In-person, MAC 2)

## Parenting Today's Athlete - Supporting Your Child's Athletic Development

As parents of athletes, you will learn how your words and actions are either detrimental or beneficial to supporting your athlete's performance. There will also be a short Q&A towards the end of the workshop.

### **Available Dates:**

2/28/2026, 1:30 - 2:45 PM (Zoom)

3/14/2026, 2:30 - 3:45 PM (Zoom)

3/15/2026, 2:30 - 3:45 PM (In-person, MAC 2)

5/2/2026, 2:30 - 3:45 PM (Zoom)

5/3/2026, 2:30 - 3:45 PM (In-person, MAC 2)

