



## Player and Parent Workshop Schedule

Registration is required. There are no refunds. For more information, please call or text Talese Fernbach at (714) 309-5374 or scan the QR Code or paste the red link below to register directly. Each workshop is limited to 20 participants.

**Talese Fernbach, MASEP**

[www.innermindfitness.com](http://www.innermindfitness.com)

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(714) 309-5374 cell



[www.innermindfitness.com/sc-rockstar-workshops](http://www.innermindfitness.com/sc-rockstar-workshops)

| Date                    | Time             | Location                      | Topic                                                                                | Cost            |
|-------------------------|------------------|-------------------------------|--------------------------------------------------------------------------------------|-----------------|
| 11/21/2025<br>(Friday)  | 5:00 – 6:15 PM   | MAC 2 –<br>Conference<br>Room | Parenting Today's<br>Athlete -<br>Supporting Your<br>Child's Athletic<br>Development | \$70 Per Parent |
| 12/6/2025<br>(Saturday) | 11:30 – 12:45 PM | MAC 2 –<br>Conference<br>Room | Developing a<br>Confident Mind<br>Muscle                                             | \$70 Per Player |
| 12/6/2025<br>(Saturday) | 1:00 – 2:15 PM   | MAC 2 –<br>Conference<br>Room | Parenting Today's<br>Athlete -<br>Supporting Your<br>Child's Athletic<br>Development | \$70 Per Parent |
| 12/08/2025<br>(Monday)  | 6:30 – 7:15 PM   | MAC 2 –<br>Conference<br>Room | Developing a<br>Confident Mind<br>Muscle                                             | \$70 Per Player |
| 12/08/2025<br>(Monday)  | 7:15 – 8:30 PM   | MAC 2 –<br>Conference<br>Room | Developing a<br>Mentally Tough<br>Mindset                                            | \$70 Per Player |

| <b>Date</b>               | <b>Time</b>     | <b>Location</b>               | <b>Topic</b>                                                                         | <b>Cost</b>     |
|---------------------------|-----------------|-------------------------------|--------------------------------------------------------------------------------------|-----------------|
| 12/10/2025<br>(Wednesday) | 6:30 – 7:15M    | MAC 2 –<br>Conference<br>Room | Developing a<br>Mentally Tough<br>Mindset                                            | \$70 Per Player |
| 3/14/2026<br>(Saturday)   | 2:30 – 3:45 PM  | MAC 2 –<br>Conference<br>Room | Parenting Today's<br>Athlete -<br>Supporting Your<br>Child's Athletic<br>Development | \$70 Per Parent |
| 3/14/2026<br>(Saturday)   | 4:00 – 5:15 PM  | MAC 2 –<br>Conference<br>Room | Developing a<br>Confident Mind<br>Muscle                                             | \$70 Per Player |
| 3/14/2026<br>(Saturday)   | 5:30 – 6:45 PM  | MAC 2 –<br>Conference<br>Room | Developing a<br>Mentally Tough<br>Mindset                                            | \$70 Per Player |
| 3/15/2026<br>(Sunday)     | 12:00 – 1:15 PM | MAC 2 –<br>Conference<br>Room | Developing a<br>Mentally Tough<br>Mindset                                            | \$70 Per Player |
| 3/15/2026<br>(Sunday)     | 1:30 – 2:15 PM  | MAC 2 –<br>Conference<br>Room | Developing a<br>Confident Mind<br>Muscle                                             | \$70 Per Player |
| 3/15/2026<br>(Sunday)     | 2:30 – 3:45 PM  | MAC 2 –<br>Conference<br>Room | Parenting Today's<br>Athlete -<br>Supporting Your<br>Child's Athletic<br>Development | \$70 Per Parent |

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**REGISTER NOW**

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