

DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
DATE	23-Mar	24-Mar	25-Mar	26-Mar	27-Mar
TOPIC	FOCUS	PROVIDING FEEDBACK	REST	CONFIDENCE/COMPOSURE	TEAM HUDDLE
AREAS OF FOCUS	1) Awareness 2) Controllables 3) See - Think - Do	1) Empowering Athletes 2) Specific and Timely 3) Communication Styles		1) W.J.N. 2) Self-Esteem 3) Power Pose	TEAM CONFIDENCE and COMPOSURE
SKILLS & STRATEGIES	<ul style="list-style-type: none"> ✓ Mindfulness ✓ Attention Control ✓ Broad vs Narrow ✓ Breathing Exercises ✓ Cognitive Restructuring ✓ Focus Cues 	<ul style="list-style-type: none"> ✓ Learning styles ✓ Timely ✓ Positive Sandwich ✓ Frequency ✓ Catch them being good ✓ Comprehensive 		<ul style="list-style-type: none"> ✓ Body Language ✓ Self-Talk ✓ Vicarious Experiences ✓ External/Internal Factors ✓ Identity and Performance ✓ Positive Affirmations 	<ul style="list-style-type: none"> ✓ Communication ✓ Stay Calm and... ✓ Teamwork ✓ Pressure is a Privelege ✓ Roles and Responsibilities
	All days marked in blue are workshops for Trinity Hall student-athletes from 3:30 - 4:00 p.m.				
	All days marked in orange are workshops for coaches. These will take place from 3:30 - 4:15 p.m.				
	All days marked in green are joint workshops for student-athletes from Trinity Hall and CBA. These will take place from 3:30 - 4:15 p.m.				
	All days marked in yellow are Team Huddle days. These will take place from 3:30 - 4:00 p.m.				