

## TESTIMONIALS

*"I would absolutely recommend your workshop to other coaches. We have begun to really be seen by other teams as one that they emulate. It is neat to hear other teams talking about the fun we have on and off the court."—Steve Chapin, Head Coach, St. James High School.*

*"Vic, I'm impressed by how you get your players to play with so much enthusiasm and confidence! Once again, their positive energy allowed them to beat a team that many people thought they couldn't, which enabled them to help win the Twin Cities' Championship."  
— Joe Stinchfield, coach*

*"Coach, it wasn't fun getting beat by your team! But they sure were a pleasure to watch! They may at some point get out-scored, but I don't see your girls getting out-HUSTLED! They were impressive. Tell your "Energizer® Bunnies" congratulations on the Winter Carnival win!" —Debbie Peterson, coach*

*"As a player and a coach, I cannot stress enough the importance of the mental aspect of the game. I have played for and coached with Vic for a number of years and have found him to be one of the most positive and motivating coaches I have ever dealt with. Vic's commitment to the players and focus on teaching the mental as well as the physical aspects of the game had many parents requesting him as a coach. His honest and corrective feedback, along with his emphasis on positive thinking, simply cannot be beat. Vic has a great deal of experience coaching different groups and different age levels. His experience makes him very good at teaching the importance of the mental game at ANY level. I highly recommend Vic to any player who wishes to improve their performance." — Kelly Knopp, coach and tournament player*

*"Vic has been a great volleyball coach for our daughter. He has challenged both her skills and her interest in a way that has increased her confidence. The result is a motivated, "thinking" player who strives to reach a higher level of play." — Barbara Kocik, parent*

*"Coach, I just wanted you to know that after one season playing for you, my daughter has become an absolute fanatic for the sport!"  
— Cindy Wagner, parent*

*"I gained a lot of mental confidence with Vic as my coach. He taught me not only the physical parts of volleyball, but the mental as well."  
— Claire K., high school player*

*"Vic's coaching has greatly helped me improve the mental aspects of my game. I now have much more confidence when I play, making me a more aggressive and successful player. Vic has also helped my attitude and the attitude of my team. His teaching of positive, energetic volleyball is what made my team so successful." — Kathryn F, high school player*

*"I have coached side-by-side with Vic and was immediately impressed with his knowledge of the 'mental' side of the game and his ability to teach. The effect on the team was very positive." — Gary Selva, coach*

Blue Sky Marketing Inc./The S.P.I.K.E.™ Workshop  
(651) 687-9835 or toll-free: 1-877-456-5602  
1568 Ashbury Court Eagan, MN 55122 USA  
Email: [spikeworkshop@comcast.net](mailto:spikeworkshop@comcast.net)

FAST-PACED, STIMULATING  
HIGH-ENERGY VOLLEYBALL  
WORKSHOP ON THE  
PSYCHOLOGY OF WINNING



SUCCESS =  
P POSITIVE  
I MAGERY +  
K INETIC  
E ENERGY

WORKSHOP



**THE S.P.I.K.E.™ WORKSHOP** is a fast-paced, stimulating, high-energy volleyball workshop focusing on the crucial *psychological* component of athletic performance and success. It is for players who are committed to being the best players and best *team* players they can be.

In one short workshop (3-4 hours), we'll give your players the tools they need to develop into a motivated, inspired, unified team. You, as coach, will need to reinforce and support these positive changes, but the foundation for success will be solidly established.

## WHAT IS DIFFERENT ABOUT THIS WORKSHOP?

The entire focus of The S.P.I.K.E.™ Workshop is the "head game" that even at the high school varsity level comprises 50-70% of the game. We teach the importance of confidence, motivation, team unity, desire, maturity, and how to achieve them. Coaches can spend their precious practice time honing physical skills. We concentrate on *mental* skills.

Every coach knows that changing a losing mindset to a winning one is challenging. S.P.I.K.E.™ Workshop participants will immediately dive into demonstrations, examples, case studies, and hands-on exercises to first understand and then begin changing the "mindset brick walls" that keep them from reaching their full potential. We teach "why" and "how" with many compelling examples.

Your committed players—the players you build your program around—will likely embrace these psychological techniques quickly. Other players may initially resist, but we will work to convince *all* your players to embrace the techniques, practice them, and go on to reach their highest potential!

## WHO SHOULD ATTEND?

*Players* who have the desire and commitment to invest time in the necessary physical *and* mental training needed to reach their maximum potential.

*Coaches* who want to see their players maximize individual talents and be molded into a cohesive team of high achievers.

## WHAT YOU'LL LEARN IN THE S.P.I.K.E.™ WORKSHOP

- Mental techniques that virtually all world-class athletes use—no matter what sport they play.
- How to perform your best when the pressure is on.
- Why the most physically talented teams don't always win.
- Why the most physically talented athletes aren't always the best players on the floor, or maybe aren't even on the floor.
- How to quickly turn off a college recruiter—and vice-versa.
- Why some players and teams consistently overachieve.



- What three types of players coaches are least likely to cut (whether consciously or subconsciously).
- How to be mentally tough.
- How to turn off the "doubt switch" and turn on the "confidence switch."
- How to train yourself to be a winner.
- How to keep your focus and play well when fatigued.
- How winning is a state of mind, and what state your mind lives in.
- Why some teammates have bad attitudes.
- Whether you *give* positive energy to your team—or *take* it away.
- Whether you have a good attitude—or just think you do.
- Why coaches are sometimes better off keeping a player who is not the best athlete.

## Coaches,

*I know firsthand how little time you actually have to teach individual skills plus team offense and defense when you factor in all the scrimmages, games, tournaments, and player absences. Every coach knows how important the psychological component is to a player's and team's success. But how do you squeeze everything into such a limited amount of time? This Workshop could make your life easier by teaching your players how to work on their 'head game' on their own. Their individual passions for the game may vary, but with your encouragement, every player who does their 'homework' will personally benefit and positively influence your team.— Vic Spadaccini*

**Vic Spadaccini** is the creator of the S.P.I.K.E. Workshops™ (Success = Positive Imagery + Kinetic Energy™), instructing varsity teams on sports psychology. He is the author of the soon to be published *Psychological Secrets of the World's Greatest Athletes: A Personal Guide for Players Who WANT to Succeed*.

**Workshop Format and Length:** We can completely customize the Workshop to meet the specific needs of your team, but coaches and players prefer the usual 3-4 hour format. Some factors affecting length of time include number of players and prearranged requests by the local organizer. Most workshops are done on the site of the host team exclusively for the host team, but combining teams from several schools is a viable option.

**Facility Requirements:** The workshop is part classroom, part court time and players will be moving quickly between both. Contact us for specific requirements.

**To schedule a workshop for your players, discuss special requests, receive registration forms, or for additional information contact:**

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