

Thinking & Training: Mind-Body Clinic for Riders

Combined rider fitness & sport psychology clinic featuring:
“Riding Out of Your Mind” author, sport psychologist **April Clay**
& Rider Fitness specialist, **Heather Sansom** of Equifitt.com

Clinic Description *Ride better by making more effective use of your key aid— your brain— and achieving the balance and self-carriage you expect of your horse.*

Part One “Manage your mind, Manage your Mount” In this two hour session you will learn mental strategies to clear the way for an effective winning ride. Whether you are plagued by stress or simply disruptive emotions and thoughts, you will experience hands on tools to help you get the most out of your sport. You will then apply your new skills to the challenge of riding in public in a clinic environment as you proceed with your rider fitness evaluation.

Part Two Rider Fitness Evaluation: Participating riders will be asked to perform various exercises, riding in small groups for assessment of strength, flexibility and other biomechanic and performance areas which can be helped through dry-land fitness training. Riders receive individualized training recommendations.

Part Three Fitness Workshop: In this two to three hour workshop, riders and auditors will be introduced to rider fitness ideas, and have an opportunity to try exercises recommended to the riders during the mounted portion. A concluding part of the fitness workshop will tie in the mental skills learned in the morning session and application to the riding analysis, to success with your training program as a rider/athlete.

This Clinic can be done in a two-day format to encourage riders to apply principles and exercises from Day One. Day Two would build on Day One, addressing specific sport psychology topics for competition, as well as rounding out the riders’ sport conditioning training plan.

“Train your mind, your horse will thank you.”
“Balanced Fitness Training for Better Riding”

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