

LATEST NEWS



- > Summer Competition Tips for dressage riders!
- > Freelance journalist interviews Debbie for sports psychology quotes for the winter!
- > 72 twitter followers of Jigsaw Equine!

DRESSAGE Tips—"one a day to keep the nerves at bay"

As the summer hit us with vengeance and temperatures soared it is easy to lose our cool just when it counts!

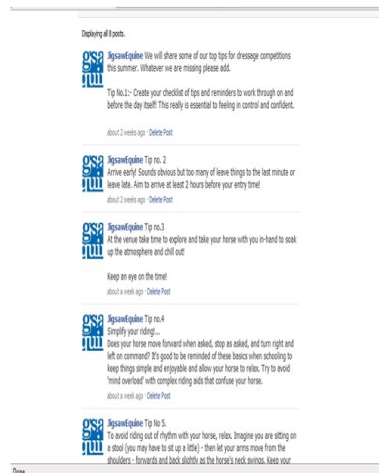
We have been posting onto our facebook discussion page our top tips for dressage riders (and a few for other disciplines) as a way of helping you keep your cool and as importantly, keep your focus and have a plan!

Competing just got GREEN and friendlier!

Our favourite tip of all so far this year is to explore the web for sites that offer on-line competitions! It's great! You learn and rehearse a test (dictated by the website) you have a friend film you complete the test under 'mock-show' conditions. You upload the video file before the deadline date and voila! You are officially competing and you never left the yard!

It will help to boost your confidence, you get results feedback and it forces you to practice managing those nerves! Even though it's a simulation—believe me you still get tense just like at the real shows!

That doesn't even take account of the ozone friendliness of not having to start your box and keep the engine running



WINTER is but around the corner!



It's hard to imagine that retailers are planning their Christmas decorations in May and buying departments placing their order for the clothes and presents we will be consuming!

They aren't the only ones planning ahead! Already the equine freelance journalists are out and about scouting for ideas and people to talk to.

They recently found Debbie at Jigsaw Equine and asked her about the importance of goal setting during those long winter months. Happy with her answer, they came quickly back for more.... "what can riders do to get more from their riding lessons". Ah! "music to my ears" said Debbie who has just completed the design of a workshop to help riders with this very issue. Not to exclude riding instructors we also have a new workshop to help trainers to become better trainers and help their pupils improve faster and further. More to come on both these!