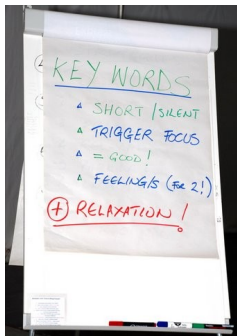


## ...READER NEWS...



- > “Inside the Mind of a Winner” Series of seminars kicked off May 28th on “FOCUS”
- > Equilates Clinic Dates set for July 11th, July 19th and July 26th
- > JigsawEquine to appear at Canadian Horse Trials August 6-7th

### JIGSAWEQUINE Talks about FOCUS—What it is and how to do it!



What if Focus isn't hard to learn? After all we don't to study it at school as a subject! We don't have to pass an exam to be competent at it—it seems to be part of being human! We can even see ourselves and others applying focus in every day life; when driving the car, teaching our children; following a new recipe, or watching TV . We just do it! So why is it different when riding?

in bushes, the weather etc. Its not surprising that focus can feel out of reach. What can you do about it? Debbie Percy shared a number of tips, here are a few sound-bites:-

\*Practise relaxation techniques, using 7 slow deep inhalations through your nose, and exhalations through your mouth to signal it is time to focus. Your horse will feel this too!

\* know what you DO WANT when riding and focus your thoughts only on that. If you think about what you DON'T want you will get it!

\* Intentionally move your focus—put it into your stomach, look up, or look into the distance then look to the right and left.

\* Expect the performance you want! Nothing less. See it in your mind, hear it and feel it in your body! Remember riding superbly successfully and hold onto those feelings, sights and sounds.

\* Label irrelevant thoughts ('worry' or 'distraction') & let them go!

\* Build into your warm up routine at home a set of clear steps to focus yourself and do the same routine when competing away

\*Visuallise putting all your domestic or work related 'to do's' into a mental car park to collect later—don't attend to them now!

\*Move with your horse's balance movements and count strides to get in sync.

### “Inside the Mind of a Winner”

#### Sports Psychology Seminars

#### “HANDLING ANXIETY “

June 18th

Our horses only know the 'present' time. They are in the here and now but often we are not! We are mentally planning, worrying, organizing, remembering, or chastising ourselves. This internal chatter is a huge distraction. Then there are distractions such as other horses, people talking , dogs barking, yard noises, sudden movements

### SPORTS PSYCHOLOGY SEMINAR - Focus 'in brief'

Inside the Mind of a Winner—a series of seminars kicked off in style inside a grand Marquee at Poyle Farm!

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An unusual start got the audience's attention and brought everyone into the hear and now—the only place to be when riding our horses!

Having discussed how we all focus in different ways the group worked with photo-

graphic images to identify what focus meant to them. They went on to work with numbers in a grid to test out their powers of focus: rounding off the evening with a demonstration combining Equilates and Sports Psychology—to learn how to move your focus around your body to stabilize your movement.

