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JIGSAWEQUINE Reviews the Seminar on **PREPARING TO COMPETE**

JIGSAWEQUINE has now created a series of

podcasts

to accompany each of the Seminars in the Series : **Inside The Mind Of A Winner .** These will soon be available on our website. Keep a close watch!

KILLER QUESTIONS !

What are your needs on show day?

Do you build your needs into your competition routine?

How do you react under pressure?

How do you manage that pressure?

What routines help you settle?

What events don't help?

Our inspiration came from David O'Conner – Team Coach Equestrian Team USA.

When asked 'what's the one thing that you go on about the most ' when training your students, he said:-

“attention to detail and understanding the horse's view”

Like it or not there is a lot to be organized and to get right when preparing to compete at any level.

In addition to being a world class trainer, David is also a respected Cross County Course designer and spent 4 days working along side the JigsawEquine team at the World Cup Qualifier in Canada last month. (See video clips of David' discussing

ARE YOU AN ATHLETE?

The first and most important question we face when preparing to compete is “do we consider ourselves to be an athlete?”

If we do, then diet, nutrition, fitness, rest and ,mental training will all be part of our ongoing training focus. For many of us though the hon-

jump design)

David is no stranger to what it takes to put on a show—at National and International level. Having competed at the very highest level he knows what it takes from the competitor' and the organizer's point of view. So, If David thinks “attention to detail” is critical—we certainly aren't going to argue with him!

When considering why it is so critical to pay attention to details, we are reminded of **World Champion Racing Driver; Jackie Stewart's** words:-

“You need discipline in your lifestyle as that affects anyone's achievement factor. Show me somebody who is not tight in the disciplines of living and I'll show you some-

one who hasn't reached the limit of their potential. People have a way of getting sloppy and when you get sloppy people get careless and lack attention to detail”.

Wow! There you have it—he certainly didn't mince his words! If that isn't enough to convince you of the need to take your preparation and planning seriously, consider **International Dressage Rider, Judge and Instructor Emile Faurie's** opinion:-

“Discipline and routine are the only ways to get consistent performance”

Needless to say for two hours the seminar was awash with details to get right when preparing to compete!

est answer is 'no'! This can be a lost opportunity so here are some killer questions to go through so that you can still maximize your chances of success on show day:-

How well do you know yourself? (See questions in box on the left)

Of course it is one thing to be able to honestly answer these questions, and quite another to act upon them!

If you believe your competition performance could benefit from help in any of these areas, get in touch with us—don't delay - next season's events aren't that far off!