

# GET READY TO COMPETE! CLINIC

Are your thoughts and emotions getting in the way of your performance & training?  
Having trouble performing in competition the way you do in practice?

On Sunday, June 5<sup>th</sup>, 2011 PA/ADA is hosting a full day clinic (9:00 – 4:30) to help **YOU** achieve success through winning the mental game, communicating with your horse & learning core strengthening techniques.

**April Clay**, a Registered Psychologist, who has been helping fellow equine athletes conquer the mental aspects of the equine sport will present 'Riding Out of Your Mind' Sessions .  
Adult and Junior 2 hour classes will be offered.



Pilates sessions led by **Rebecca Sklofsky**, a certified instructor, and equestrian athlete, will train on core strength and stability. Sessions include personal assessments & individualized training programs.

At lunchtime **Lindsay Seidel-Wassenaar**, presents the steps and activities key to competing - the preparation, the paperwork, the travel and the teamwork.



The day starts with a session highlighting year end awards offered by PA/ADA and the Alberta Dressage Association for schooling & recognized showing.

**\$35 for PA/ADA Members; \$70 for non-PA/ADA Members**

**Location: Lacombe Memorial Centre , Lacombe, Alberta**

**Register at the PA/ADA Booth at the Mane Event**

**Or with Liz Fletcher – [flyingfl@yahoo.ca](mailto:flyingfl@yahoo.ca)**

**Registration Open Until May 31, 2011**