



# Pressure Proof Clinics Equestrian Sport Psychology and Cross-Training Seminars April 14 & 15, 2018

Hosted by:

Illinois Dressage and Combined Training Association at Don Bar Farm,  
41955 N. Mill Creek Road, Wadsworth, IL 60083

Presented by  
Ride Right Level Four Certified Coach



## Heather Kuenzi



Coach Heather is excited to be offering Ride Right Clinics as a part of the Ride Right Certified Coach program since 2008! As one of only six Level Four coaches certified by Ride Right program creator, Daniel Stewart, she is excited to share the unique experience of participating in Ride Right clinics with others! Coach Heather divides her time between teaching Ride Right Clinics at her own facility in Wisconsin and throughout the United States. As well as owning/managing a Pony Club Riding Center and until recently serving as Horse Management Organizer for the Lake Shore Region of the United States Pony Club, traveling to multiple rallies, clinics and camps throughout the year! Prior to becoming a Ride Right Coach, Heather competed in and taught a wide array of equestrian disciplines for over 20 years and is excited to be teaching Ride Right principles as part of her regular lesson program as well as in clinic settings!

**FEE: \$80/day**

**Pressure Proof Clinics – includes two mounted lessons per clinic day**

For the first time ever, an equestrian sport psychology class... on your horse where you belong! As riders, we continually encounter stressful and unpredictable events and how we handle them greatly influences our ability to succeed. With this in mind, all riders ride in two unique mental preparation clinics (ZIPPER, STEPS, DICE, TEST, BOX, PLAYGROUND, STRIDES) to learn how to control feelings of stress, confusion, doubt, distraction and show-jitters (in our practices) so that these negative emotions no longer affect us in our competitions.

**Equestrian Sport Psychology Seminar - over lunch break on Saturday clinics**

A fun, informative and humorous look at Equestrian Sport Psychology... learn stress management, positive thinking, goal-setting and visualization techniques to help maximize your success, enjoyment and confidence while minimizing stress, fear and performance anxiety from all your riding and showing experiences

**Equestrian Cross-Training Workshop - over lunch break on Sunday clinics**

An amazing and active workshop teaching equestrian cross-training exercises that help you identify and solve imperfections with your balance, symmetry, suppleness, posture, core strength, etc. by using exercises and a unique balance-board designed especially for equestrians.

**Contact Alison Volpentesta to reserve your spot today!**  
**call or text 847/254-0860**  
**or email [donbarfarm@gmail.com](mailto:donbarfarm@gmail.com)**