

Daniel Stewart Sports Psychology Seminar *2009*

Friday, May 22, 7:00-9:00 pm

3801 E Farwell Rd, Green Bluff, WA 99021

Daniel Stewart has been a successful international competitor and trainer for over 20 years. From 1999 to 2007 he coached riders on several U.S. teams to success at many world championships and Olympics. He is the author of the internationally acclaimed book *Ride Right*. Prior to becoming a U.S. coach he earned a degree in Exercise Science and Psychology and worked as a consultant to other national riding teams including Portugal and Canada. In 2008 he left the U.S. team to share his knowledge with the U.S. riding community and is now considered one of the worlds leading authorities on equestrian biomechanics, conditioning and sport psychology. He teaches clinics and seminars to thousands of riders each year.

Daniel will be coming as a clinician for Ride the West in Spokane, Washington Friday-Sunday May 22-24th, 2009. This is the same weekend as our Regional upper level prep clinic. We encourage those interested to attend Ride the West this weekend and follow it up with the Standards and Ratings Clinic on Monday, May 25th. Both clinics are located in North Spokane within 4 miles of each other. Please check out the website for the Ride the West, www.ridethewest.net. Tickets should be purchased through the website.

Special youth group discounts may be available by directly contacting the organizer. Because it will be very difficult for our upper level members to take the time from their clinic to attend RTW, Daniel graciously agreed to give a special lecture for them, and any other interested Pony Clubbers and their instructors, parents, or sponsors on Friday Evening 7:00-9:00 pm at the Farwell Fire Station. Seating is limited so please register early. Prep clinic attendees have priority and their cost will be included in the price of the prep clinic.

*Cost for lecture \$10.00 per person – tickets must be purchased in advance
Cost for RTW is \$10.00/person/day, cost for Standards and Ratings is free (Regional dues!)*

Sport Psychology Seminar: □ This very humorous approach to rider-psychology teaches stress-management, positive-thinking, visualization, and goal-setting techniques. Learn to improve your enjoyment, confidence and performance by eliminating stress, performance anxiety and fear from your riding / showing experiences. Daniel has a new approach to this ever popular seminar for 2009.

Don't miss out on an incredible opportunity for Pony Club members and their sponsors!

Deadline May 15th, 2009

Entry Form

Daniel Stewart Sports Psychology 2009 **Friday, May 22, 7:00-9:00 pm**

Attendee: _____

Phone: _____ email: _____

Address: _____

Other Attendees _____

Total tickets _____ amount due \$10/ticket _____

Name of Parent if Under 18 _____

Checks should be made payable to Spokane Pony Club and mailed
to SPC c/o Brenda Colvin, 16117 North Cirrus Rd., Spokane, WA 99208
Registration is nonrefundable - Deadline is May 15th, 2009

Enclose:

Entry Form, Check, Additional Forms for pony club members: Medical
Release Form, Activity Rally Release form