

2019 SUMMER CLINIC TOUR

DANIEL STEWART

INTERNATIONAL COACH, CLINICIAN, AND AUTHOR

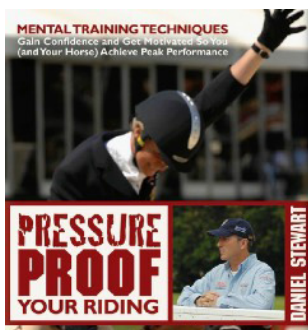


MOUNTED CLINICS FOR ALL LEVELS • EQUESTRIAN SPORT PSYCHOLOGY SEMINAR
RIDER FITNESS WORKSHOP AND BOOTCAMP

JUNE 9 & 10, 2019

CLINIC LOCATION: 35805 ALLDER SCHOOL ROAD, ROUND HILL VA

HOSTED BY CASANOVA-WARRENTON PONY CLUB



PRE-REGISTER <https://casanovawarrenton.ponyclub.org> visit the Club Clinic Page

ONE DAY FEE \$145.00 / CWPC MEMBERS \$120.00

TWO DAY FEE \$265.00 / CWPC MEMBERS \$240.00

ATTEND SEMINARS & AUDIT Not able or ready to ride?
Attend and audit \$10 per person both days. Pre-register or walk in.
Bring a healthy dish to share for after party.

JUNE 9

10:00 - 2:00
2:00 - 3:00
3:00 - 4:00

RIDING CLINICS PART ONE
SPORT PSYCHOLOGY SEMINAR
BOOK SIGNING & AFTER PARTY

JUNE 10

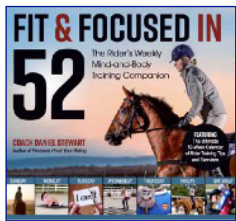
8:00 - 12:00
12:00 - 1:00
1:00 - 1:30

RIDING CLINIC PART TWO
RIDER FITNESS WORKSHOP
Q&A AND BIG GOODBYE

CONTACT: CWPCDC@GMAIL.COM
703-475-7832

About Coach Stewart

Daniel Stewart combined 25 years as an international coach and clinician with a degree in physical education to create a series of equestrian mental and physical training clinics, workshops, and training camps. As the internationally acclaimed author of "Pressure Proof Your Riding", "Ride Right", and "Fit and Focused in 52" he's widely considered one of the world's leading experts on equestrian sport psychology, athletics, and performance. He teaches clinics to thousands of riders each year, has published countless magazine articles, and is an equestrian sport psychology and rider-fitness contributor for many equestrian associations. When not teaching clinics he coaches four-day Equestrian Athlete Camps at athlete training centers around the country and produces rider sport psychology and fitness videos for equestrians of all levels, ages, and disciplines.



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2019 CLINIC TOUR

WHAT TO EXPECT



OUR RIDERS

Riders will be divided into three groups according to the experience of horse and rider. Two-day clinic has 24 riding slots or 12 riders per day. The same 12 riders can ride both days, 12 different riders can ride each day, or some can ride both days and others one day. Riders will be pushed according to their ability. If a rider proves to be more advanced than the group, I'll push her harder than the others. We can even raise or lower the jumps between riders so everyone is challenged equally.

The clinic is a two-part clinic. Riders and auditors are recommended to attend both days. Even if a rider is riding the 2nd day only, please audit the first day (or at least the sport psychology seminar).

OUR HORSES

Clinics are designed to teach riders the mental skills needed to stay focused, calm, and confident while riding a full jump course, and how to overcome feeling nervous, distracted, rushed, or pressured, while learning from their mistakes instead of dwelling on them. Because of the challenging nature of our clinic, all horses must be willing, well-behaved and able to ride a full course of 6 to 8 fences without stopping. Horses who have a tendency to rush, run-out, refuse fences, or otherwise make their rider uncomfortable or fearful are not appropriate for this clinic. This clinic is designed to teach riders to stay positive and focused under schooling or showing pressure (i.e. remaining focused, avoiding distractions and recovering after making a mistake) but it's not designed to teach riders how to solve problems like rushing or refusing horses – or how to overcome the fear of riding a horse who makes them nervous or fearful. If a horse challenges a rider in this way, or isn't able to complete a full course without stopping or rushing, I'll need to excuse them from the clinic so we don't risk the rider's safety or the training of the horse. It's important to ensure that everyone enjoys and benefits from the clinic.

AFTER PARTY

All participants are asked to bring a healthy potluck food item to add to the lunch after seminar party. Share healthy menu items because Daniel will be speaking to the riders about respecting themselves as athletes. Sushi, veggie trays, tabouli, mixed bean salads, fresh fruit, and healthy wraps are a few good options. Thank you for also reminding your riders to eat throughout the day so that they can keep their energy up... they're going to need it!

BOOK SIGNING

Following the clinic Daniel will be autographing copies his books *Fit and Focused in 52* and *Pressure Proof Your Riding*. Both are upbeat, informative, and lighthearted books on rider sport psychology and fitness. Each \$30 (including tax) and can purchased with book costs cash, check, or credit card. Riders may also sign-up for my weekly equestrian videos for \$9/month.

ORDER OF GO

My clinics are unlike any other clinic and can be wonderfully enjoyable and challenging... but they can also be very tricky and complex. With this in mind I'll be teaching a mandatory 30-minute briefing to all riders and auditors before we begin so that I can explain the clinic in detail and allow the first group to demonstrate the basics of the clinic to the other groups (this is why the 2nd and 3rd group must be present). If a rider misses this mandatory briefing they won't understand the clinic and, therefore, may not be able to ride. The riders in the first group must be mounted, warmed up, and ready to jump by the time we begin our briefing. The riders in the 2nd and 3rd group must be present for the briefing, but not mounted. Group two will watch the first 20 minutes of the first group's clinic and then will leave to tack and warm up (they'll have about 30 minutes). Group three will watch all of the first group (and a few minutes of the second) before they leave to tack and warm up (also giving them about 30-minutes).

All riders must show up at the start of the clinic day for the mandatory briefing.

HOURLY SCHEDULE

Each day will consist of a 30-minute welcome briefing, three one-hour jumping lessons, an equestrian sport psychology seminar or rider fitness workshop, and an after party consisting of a 30-minute Q&A and book-signing.

I'll be teaching your riders a different clinic and workshop each day (my equestrian sport psychology seminar the first day and my rider fitness book camp the second day).

FIRST DAY

10:00 to 10:30:
Welcome Briefing for all 12 riders + auditors.
Group 1 already warmed up
10:30 to 11:30
Jumping clinic for group 1 (mid level riders).
Group 2 tacks/warms up
11:30 to 12:30
Jumping clinic for group 2 (lower level riders).
Group 3 tacks/warm up
12:30 to 1:30
Jumping clinic for group 3 (upper level riders)
Group 2 untacks
1:30 to 2:00
Riders in group 3 untack
2:00 to 3:00
Lunch and Rider Sport Psychology seminar
3:00 to 3:30
After party, Q&A, and book signing

SECOND DAY

8:00 to 8:30:
Welcome Briefing for all 12 riders + auditors.
Group 1 already warmed up
8:30 to 9:30
Jumping clinic for group 1 (mid level riders).
Group 2 tacks/warms up
9:30 to 10:30
Jumping clinic for group 2 (lower level riders).
Group 3 tacks/warm up
10:30 to 11:30
Jumping clinic for group 3 (upper level riders)
Group 2 untacks
11:30 to 12:00
Riders in group 3 untack
12:00 to 1:00
Lunch and Rider Fitness Workshop/Bootcamp
1:00 to 1:30
After party, Q&A,, book signing, big good bye