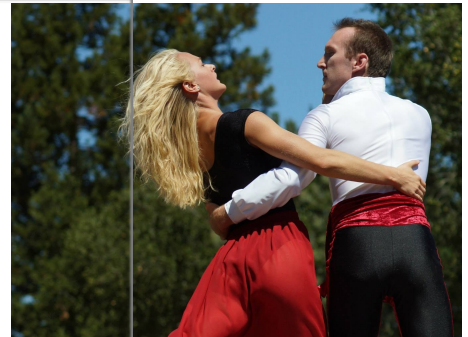


Get the Competitive Edge

Mental Skills Clinic



Hilton Garden Hotel

Thursday May 1, 2014

Lunch 12:00 noon

Seminar

12:30pm- 4:30pm

**Open to All
Competitors, Lungers,
Coaches and Auditors**

Improve Performances using Mental Skills.

For Vaulters, Coaches and Lungers.

Presented by: Tonja Johnson, MA

Tonja Johnston, MA, is Mental Skills Coach and horseshow competitor who specializes in working with equestrian athletes. She is author of "Inside Your Ride: Mental Skills for Being Happy and Successful with Your Horse". Tonya's clients have attained competitive success at every level, from the local pony rings, to national finals, to international competitions. She conducts "Mental Skills for Riders" clinics throughout the country as well as phone consultations with individual clients. Tonya has written for and appeared in numerous magazines, including: The Chronicle of the Horse, Practical Horseman, The Equestrian News, The Plaid Horse, iJump Sports, USDF Connection, Eventing USA Magazine and Equine Wellness.

Build confidence, Improve your focus, Build consistency, Recover effectively from mistakes, Create strategies to achieve your goals, Develop preparation routines.

ADMISSION

\$50.00 Includes Buffet Lunch

Deadline April 8, 2014

Book on Compweb with your entries or email whimby4@aol.com.