

1. STEWART CLINIC TOUR

WITH FORMER US COACH, INTERNATIONAL CLINICIAN AND AUTHOR, DANIEL STEWART

**GOOD MENTAL + GOOD PHYSICAL =
GREAT RIDERS!**

Unlike any clinic you've ever experienced, Pressure Proof cross country, show-jumping, and dressage clinics are designed to help riders match their strong leg and seat with equally strong focus and confidence. Join me for a challenging yet motivating riding lesson and learn how to overcome show jitters, distractions, perfectionism, pressure, overthinking, and dwelling on mistakes. Learn how to match horsepower with your willpower

CONFIDENCE & CAMARADERIE

Riders continually encounter mental and physical challenges and how we handle them greatly influences our ability to succeed. Join me for a motivating series of unique and challenging mounted clinics and upbeat and inspirational workshops and seminars that create strong minds (confidence, self-belief, willpower, etc.), strong bodies (suppleness, balance, stamina, etc.) and strong teams (camaraderie, communication, trust, etc.)!

FF52 FITNESS BOOTCAMP

For the first time ever a fitness program designed just for riders! *Treat and train* yourself like an athlete by learning to build a fast-paced and exciting bootcamp or circuit that will improve your stamina, balance, core-strength, suppleness, posture, etc. using equipment found at the barn like mounting blocks, buckets, lead-lines, jump poles, cavelettes, X-rails, hay bales and more!

EQUESTRIAN SPORT PSYCHOLOGY

Enjoy this wonderfully upbeat and motivating seminar based on my books *Pressure Proof* and *Fit & Focused*. Discover how to improve your focus, confidence and courage by learning a series of unique and surprising tools that'll help you overcome fears, pressure, show jitters, negative memories, mistakes, doubt and more. See how easy it can be to turn *set-backs* into *comebacks*!

IMPORTANT INFORMATION

Our clinic is a two-part clinic. Part 1 on the Saturday and part 2 on the Sunday. With this in mind, I highly suggest that all riders and auditors attend both days. Even if a rider is only riding on Sunday, it is important that they audit the first day because we will be building upon Saturday's clinic on Sunday. If a rider or auditor only attends the second day, they will not understand much of what we are speaking about.

www.PressureProofAcademy.com



**Physical Training Give you a Whole New Look...
Mental Training Gives you a Whole New Outlook!**

OUR RIDERS

Riders of all ages and levels can ride in our jumping clinics because we'll be dividing everyone into three groups according to the level and experience of both horse and rider. The clinics are great for all riders because the courses can be trotted or cantered and teach everyone how to match their strong leg and seat with equally strong focus and confidence. Attendees of our sport psychology seminar and fitness workshops do not need to be jumpers, they can be parents, riders of other disciplines (from dressage to reining!) or even athletes of other sports.

- * For two-day clinics, the same 12 riders can ride both days, 12 different riders can ride each day, or a mixture such as 10 riding both days and 4 riding only one day (2 day total of 24 rides)
- * All riders in XC clinics must have XC experience, ride in the show-jumping clinic on the first day, and wear a protective vest and medical arm band (if members of the USPC).

OUR HORSES

PRESSURE PROOF jumping clinics are designed to teach riders the mental skills needed to stay focused, calm and confident while riding a full jump course even if they feel pressured, distracted, rushed or following mistakes. These are challenging yet incredibly motivating and enjoyable clinics that deliver the empowering message that willpower is just as important as horsepower. Riders will learn how to finish strong after starting slow; keep it together instead of letting it fall apart; and own and learn from mistakes rather than simply feeling bad about them. The idea of behind these very unique clinics is:

GOOD PHYSICAL + GOOD MENTAL = GREAT RIDERS

Because of the challenging nature of our clinic it's very important that all horses be willing and well-behaved and able to ride a full course of 6 - 8 fences without stopping. Unfortunately, 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 while distracted or recovering after 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 or challenge of riding a horse who makes them nervous or fearful. Unfortunately, if a horse challenges a rider in this way - or is not able to complete a full course without stopping or rushing - I will need to excuse them from our clinic so that we don't risk the safety of the rider or the training of the horse. Thank you very much for sharing this information with all of your riders. It is very, very important to ensuring that everyone enjoys and benefits from the clinic.

ABOUT COACH STEWART

FORMER US EQUESTRIAN TEAM COACH, INTERNATIONAL CLINICIAN AND AUTHOR

Head Coach of the Equestrian Athlete Training Camps at the Olympic Training Center in Colorado Springs and Lake Placid, Daniel Stewart has been a successful international trainer and instructor for over 25 years. In addition to the US, he's trained riders in Spain, England, Canada, Mexico, Switzerland, Belgium, United Arab Emirates, Greece, and the West Indies. He's coached riders on several US Equestrian Teams to success at World Championships and the World Equestrian Games, and also coached the US Paralympic Dressage squad at the Paralympics in Athens Greece and worked as a consultant-coach for the US Pentathlon team.

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 worlds leading experts on equestrian sport psychology, athletics and performance.

Coach Stewart teaches clinics and seminars to thousands of riders each year including an annual summer clinic-tour that includes over 50 clinics in more than 30 cities over a span of 60 days. He's a sought-after keynote speaker, has published countless magazine articles, and is an equestrian sport psychology and fitness contributor for the USEA, USPC, USHJA, AERC and many other equestrian associations.

Coach Stewart lived in Andalusia Spain until recently but now resides in Naples FL. When he's not teaching his jumping, cross-country, and dressage clinics around the country he produces weekly confidence, conditioning, and coaching videos for riders of all levels, ages, and disciplines.

