



## Daniel Stewart Video Analysis Clinic & Sports Psychology Seminar

April 14 @ Stone Gate Farm  
31407 Schneider Rd. Hanoverton, OH 44423

This clinic allows riders of all levels to identify and solve imperfections in their position by allowing them to see themselves on video. When an imperfection is identified, Coach Stewart explains its cause and describes its solution using the latest techniques. After the analysis the participants are able to immediately start improving their position by riding in a follow-up lesson. The day will conclude with a **Sports Psychology Seminar**. This is a 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. Although this seminar is geared towards riders, athletes of all kinds can benefit from this seminar.

Daniel Stewart resides in Andalusia Spain and has been coaching current and future prospects of the U.S. Riding Team since 1999. Most recently he coached the US team at the *World Equestrian Games* in Spain, *World Endurance Championships* in Dubai UAE and the 2004 Athens games in Greece. He has a degree in Exercise Science and Psychology and has worked as sport psychology consultant to many national riding teams. Author of *Ride Right*, Daniel teaches clinics and seminars to thousands of riders each year and is widely considered one of the worlds leading authorities on equestrian biomechanics, conditioning and sport psychology.

### Daniel Stewart Tentative Schedule

9:00 to 9:30	Videotape group 1 & 2
9:45 to 11:00	All groups analyze video
11:15 to 11:45	Videotape group 3 & 4
12:00 to 1:00	All groups analyze video
1:00 to 5:00	Follow-up lessons
6:00 to 8:00	<b>Sports Psychology Seminar</b>

**Fees:** Clinic & Seminar - \$130 pre-registration is required; preference will be given to Pony Club members  
Audit Clinic & Seminar - \$20

**Registration:** forms can be found at [www.tristate.ponyclub.org](http://www.tristate.ponyclub.org)

**Directions:** From the N: 6.3 miles south of the by-pass SR 45 on SR 9 to Schneider Rd. turn left (only goes left) SGF will be  $\frac{3}{4}$  mile on the right. From the S: 1 mile N of SR 172 take the first right onto Schneider Rd. (only goes to the right) SGF  $\frac{3}{4}$  on the right. More complete directions can be found @ [www.stonegatefarm.org](http://www.stonegatefarm.org)

**Notes:** Bring your own chair and dress for the weather as we will be outside. Please check before coming if the weather is *bad* as we may have moved the clinic/seminar to a facility with an indoor arena.

**Questions:** Contact Jackie Smith @ 330-222-2089 or e-mail: [Jackie@stonegatefarm.org](mailto:Jackie@stonegatefarm.org)