



# "Up Your Game" – Showjumping Camp

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## Who is this for?

- Those who are currently jumping at home and who are out competing.
- Those looking to make a change in their riding skills and mind-set, to improve their ring performance.
- Those looking for direction on how to better prepare prior to going to a show, tactically, mentally, technically.

## What should I be able to do, already, to get the most out of this clinic?

- Jump a course of fences at a height, within your comfort zone (minimum 90cm).
- Jump a double.
- Jump a related distance.
- Whilst maybe having some doubts or competition nerves, you should be confident of riding your horse and able to jump without feeling panicky. We do other clinics focused on riding confidence.

If you haven't achieved this yet, then our 'Let's Get Going' camp would work better for you.

## Who is coaching this clinic?

### Christine Shubrook -

BS Accredited UKCC Level III Coach .

NLP Practitioner for Sport.

Centre10 APEC Advanced Coach

Part of the - National Development Program for Coaching Excellence Squad.



## What will we do?

### Ridden Session One –

Exercises to work on the rider's position.

Exercises to improve the flexibility of the horse.

Discussion of how we can improve the horses way of going.

### Ridden Session Two –

Gymnastic exercises to improve the skills needed when jumping a course.

Exercises to improve technical riding skills for horse and rider.

### Ridden Session Three –

Link together the learning from the last two sessions into a course of fences.

### Unmounted Sessions –

Goal setting. Planning our training to improve performance

Mind-set training – what is the zone?

Visualisation – how it works, when to use it.

## What will I get from the clinic?

A clear plan of how to set goals and direct your training to the most productive areas.

An awareness of how your mind can influence your performance.

Practical tips to get you in the 'zone' for performance and training.

A review of your horses way of going and your riding position.

Two days consecutive, concentrated work without distractions.

## Can I stay over?

We have stables that you can rent on a DIY basis, which will have a base shavings bed. There are a number of B&B's and hotels nearby. Or you are welcome to stay in your lorry on site. We have a client shower and toilet.

## Timetable.

The clinic runs over two days. We encourage riders to come for the whole experience, as you learn as much from watching each other as you do from participating. We also encourage open discussion on riders learning and experiences. The unmounted sessions will be all participants.

People accompanying riders are welcome to spectate the ridden sessions, but it is not possible of them to be involved in the unmounted sessions. We are also limited on space for lunchtime, so lunch is available if space allows.

Those staying overnight can arrive the night before and are welcome to stay on the last day also.

Turn out will out be possible, due to biohazard controls. A base bed of shavings will be in the stable.

*Light lunch will be provided.*

*Two groups of three riders, grouped to rider current ability.*

### DAY ONE.

8:30 - 9:00	Arrive, introductions.	13:30	Goal Setting for Performance
9:15	Group 1 - 1st ridden session. Polework/flat work	15:00	Group 1 – Gymnastic jumping session
10:30	Group 2 – 1 <sup>st</sup> Ridden session. Polework/flat work	16:15	Group 2 – Gymnastic jumping session
12:00	LUNCH	17:30	Wrap up – questions, learning for the day, cup of tea.

### DAY TWO.

8:30	Mental Preparation – how to get 'focused'	14:30	Wrap up – questions, learning for the day, cup of tea. Discussion on homework. Reflection on goals.
10:30	Group 1 Jumping session – focusing on courses		
11:45	Group 2 Jumping session – focusing on courses		
13:00	LUNCH		