

TRAINING OUTLINE

(Equestrian Athletes)

UPGRADE YOUR BRAIN AND WIN

TARGET AUDIENCE

This lesson can be targeted to riders and/or their parents, separately or together.

COURSE BACKGROUND

All athletes know (or should know) the importance of the “mental game” at all levels of training and competition. However, few understand how this really happens in one’s mind, how the brain can be restructured and the factors that influence consistent performance. A huge amount of time, energy and financial resources are invested in the creation of the best possible rider & horse team (at world-class or whatever level one desires), but little time, if any, is ever dedicated to shaping, redirecting and harvesting the power of what makes it all possible: the brain.

COURSE DESCRIPTION

This session is geared towards riders to help them better understand how their brain actually works, and towards the parents to help support their child in the pursuit of their athletic aspirations. Attendees will learn how training, repetitions and emotions physically affect the brain which is in constant change and can be molded to improve performance. This new acquired knowledge and its principles can literally change the way one approaches training, competition and even life in general. One key element is that many of the principles thought can also support and at times drastically improve essential horsemanship elements by better understanding the physical mental behavior and reaction of horses.

GOAL, OBJECTIVES & EXPECTATIONS

GOAL: Provide riders and/or their parents with the knowledge to better understand how and why the brain works a certain way, how and why certain things happen, and how every emotion is directly connected to a certain physical element in the brain. As a result, riders will gain the ability to consciously realign their brain toward the desired outcome, not in theory but with actual real-life results.

OBJECTIVES:	<ol style="list-style-type: none">1. Understand how the brain actually works in relation to riding2. Know how to mold the brain to achieve desired results3. Understand the use of targeted actions for specific results.4. Gain awareness of the proper environment for better results5. Gain insight on consistent performance6. Understand the elements needed to attract the right people, right circumstances and opportunities to thrive in the equestrian world7. Improve horsemanship by applying the learned principles to horses
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EXPECTATION: Gaining a better understanding on how the brain can literally be re-shaped to improve performance and increase chances of achieving goals.

TOPICS

(Note: Training can include all of the topics or attendees can determine which one they want)

<input type="checkbox"/>	1. Neuron connections: better understand why certain things happen, why certain results are achieved and why others are not.
<input type="checkbox"/>	2. Insight on how the brain works and how it can be manipulated at will, therefore improving performance and results.
<input type="checkbox"/>	3. How to put the odds on your side and increase the probability of success
<input type="checkbox"/>	4. The Mind Game & Psychology of the athletes: discover how the brain works and how every psychological/emotional action & reaction is tied to a certain physical neuron connection in the brain. When both rider and parents understand this, it helps parents best support their child to better avoid or handle mental road blocks.
<input type="checkbox"/>	5. Understanding "choking" – why some riders choke more than others? Why some are more consistent than others? How to turn "choking" into " <i>delivering</i> " when it counts the most.
<input type="checkbox"/>	6. Understanding and handling "the day after" i.e. what happens the day after a big show, a big victory or a defeat and what to do about it.
<input type="checkbox"/>	7. Understand why some riders consistently get better results: is it only training? Mental?
<input type="checkbox"/>	8. Recognize what physically happens in the brain depending on the level of training (ex: riding 12 horses/day 30 min each vs 2 horses 2 hrs each).
<input type="checkbox"/>	9. Emotions Vs Physical reaction in the brain: what happens when on a <i>high</i> ? When winning vs losing? Why does it sometime feels like taking drugs, with its ups and downs? More winning => more desire.
<input type="checkbox"/>	10. Being "gifted" – is there such a thing? Can you become "gifted?" Can it be achieved by training more, riding more, learning more, competing more, working more, focusing more?
<input type="checkbox"/>	11. Importance of focused training & repetitions.
<input type="checkbox"/>	12. Creating new habits and automatism while getting rid of bad ones.
<input type="checkbox"/>	13. Acquiring muscle memory & Improving response time (reflexes).
<input type="checkbox"/>	14. Expecting the unexpected.
<input type="checkbox"/>	15. Getting over injuries (to rider or horse), death or retirement of a horse, "bad luck" and other negative events. How the brain reacts in such instances (physically and emotionally). What are the options and how to apply them.
<input type="checkbox"/>	16. Tips & suggestions to help improve performance & get desired end-results.
<input type="checkbox"/>	17. Applying to horsemanship all these topics and learned principles.
<input type="checkbox"/>	18. How to apply all this to real life.

RESOURCES & EVALUATION

RESOURCES:	<ul style="list-style-type: none">• The Brain That Changes Itself (Norman Doidge)• The Winner's Brain (Jeffrey Brown & Mark Fenske)• Choke: What the Secrets of the Brain Reveal About Getting It Right When You Have To (Sian Beilock)• Internet search keywords: Brain, Neuro Elasticity, Choking, Winning, Young Athlete, etc.
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HANDOUTS: TBD

EVALUATION: TBD