



PVS Training & EQUINE SERVICES

PVS Training Dressage & Fitness Bootcamp

30th March - 2nd April 2015



Congratulations!!!

On taking the first step toward enhancing your Riding & Dressage through Tailored Lessons, Video Analyse, Goal Setting, Competition Planning & Preparation, Mentoring and Rider Fitness.

During this week I am looking forward to developing you further as a rider and in particular a dressage rider!

Video Analyse

Through tailored dressage lessons and having segments taped throughout your first lesson, you will be shown the findings in a private one on one session. Alongside myself you will see where you are working well and where you can further develop and improve

I believe by offering you the chance to have parts of your lesson videoed you are better able to see where the improvements are required by watching the playback and having me discuss this in detail with you. I will be offering feedback and answering any questions you may have.

The rest of the week will be an opportunity to put into effect the suggestions and visual changes you saw required to further your horse and your development.

Goal Setting

I not only believe that this is an extremely worthy task but it is backed up by mountains of research in not only life and business goal setting but also in sports and particularly Equestrian & Dressage goal setting.

Since an early age I have been setting goals and ticking them off one at a time. At certain points in

my life, some goals that I wrote down seems so large and nearly unattainable that I considered not putting them on paper. I still have this feeling to this day. A great quote I love is "If your dreams don't frighten you, they aren't big enough".

"Since 2008 a goal of mine was to become a member of the QLD Dressage Squad - I was proud as punch when I achieved this 4 years later in 2012".

I will show you my methods of documenting goals and working towards them.

We will work together to break down and structure 'your goals' for 2015 and how you can work towards these with the required discipline.

Competition Planning & Preparation

Continuing on from our Goal Setting segment we will develop an individual and personalised plan for the upcoming competition season.

This is such a wonderful segment to have at the beginning of the year, so that it helps to structure your training. This helps you create a vividly clear picture in your head as to how you are going to proceed month to month.

I have also developed a wonderful 'Monthly Intention' System that each attendee will receive to help keep them focused and on track.

Mentoring

I have been blessed to have a tremendous mentor in my coach, Kim Weston for the past 6 years. She has and still is my 'go to' person when I am finding riding a little difficult at times. I don't take advantage of her expertise but I listen with open ears and absorb the wealth of knowledge that she has to offer me. Having someone put 'life' in to perspective at times and to help you through tasks is great.

Just knowing that someone is 'Willing you to SUCCEED' is a great feeling and wonderful support.

I pledge this to you - "If you give me your utmost motivation, discipline and strive to be the best you can be. If you do the homework required, put in the effort even when times are getting tough." I PROMISE to give you my all and I will be there for you on your journey!

I love to help and I love to watch my riders grow and succeed.

Rider Fitness

Martin from Genetix Gym will be stopping by on Monday, 30th March to help you with your fitness. To better your core strength, balance and stability which is ever so important in Riding and Dressage. Pamela and Martin have been working together for over a year and have come up with a great 30 min at home routine that riders can complete. These exercises target core muscles, balance, stability and also increase our cardio ability. They isolate key areas of our bodies that are required for optimum dressage body control, leading to more effective use of our aids.

After our group PT session with Martin, each morning Pamela will run through a group session with riders before the first lesson to help cement the exercises and prepare you for your ride.

"Motivation is what gets you started, Habit is what keeps you going"

We look forward to welcoming you and assisting you on developing further as a 'Strong, Balance and Effect Dressage Rider'

Name of Participant: *

Name of Horse: *

Address *

Street Address

Street Address Line 2

City

State / Province

Postal / Zip Code

Phone Number * -

Area Code

Phone Number

E-mail *

What type of attendance? and Extra's *

- Dressage Bootcamp (30th March - 2nd April - \$330.00*)
- Extra - Lesson - \$50.00
- Extra - PT one on one with Martin from Genetix Gym - \$50.00
- Extra - Schoolmaster Lesson (to be discussed with Pamela) - \$65.00 - \$85.00
-

Will you be camping? * Yes - Powered - \$5.00 per night

Yes - No power required

No - No Charge

Will you be requiring agistment? * Yes please - stable - \$5.00 per night

Yes please - yard - \$5.00 per night

Yes please - paddock - \$5.00 per night

No - I will bring my own panels - No Charge

Payment Details: *

- Cash
- Direct Deposit - BSB: 014-504 Account #: 192 132 912, Name: PVS Training & Equine Services, Bank: ANZ Bowen
- Cheque - payable to PVS Training & Equine Services

Please be sure to bring with you:

- * Anti-burst Fitness Ball (you can normally pick these up from Big W, \$2 shops etc for minimal charge)
- * Yoga Matt (if you have one)
- * Towel & Water Bottle
- * Fitness Atire & Trainers
- * Note pad and pen
- * Dressage Calendar and diary

Enter the message as
it's shown *

Newsletter: Yes, subscribe me to the PVS Training newsletter.

Submit