



PERFORMANCE ENHANCEMENT FOR EQUESTRIANS

One Day Seminar with Sports Psychologist Seana Adamson, M.A., MFT

Saturday, March 29, 2003

Granite Bay Library, 6475 Douglas Blvd., Granite Bay
(between Barton Road and Auburn-Folsom Road)

Time: 9:00 a.m. to Noon & 1:00 p.m. to 4:00 p.m.
(There will be a catered lunch from Dos Coyotes)



Come to an Agreement Between Your Body and Your Mind!! Learn important mental, physical, and emotional strategies to improve performance and enhance enjoyment.

Learn how to:

- υ Practice for competition
- υ Develop test riding strategies
- υ Discover how to find your optimal performance state
- υ Improve your concentration
- υ Enhance your enjoyment
- υ Work through physical fear and performance anxiety with centering techniques

Learn about:

- υ The tremendous power of effective visualization and mental rehearsal
- υ Motivation and its relationship to self-talk and optimism

Seana Adamson is an active FEI competitor who has combined her in-depth knowledge of the equestrian world with years of studying the connection between mind and body. Seana holds a Masters degree in Counseling Psychology, and is completing her Ph.D. at the University of Nevada, Reno. Seana teaches and trains at Franktown Meadows Equestrian Center in Carson City, Nevada. She also works with all types of athletes and performing artists.

(Please detach and send with your registration fee)

Name: _____ Phone: () _____

Address: _____ E-mail address: _____

City: _____ CA, Zip: _____

Catered Lunch: Yes No (Luncheon cost: \$10.00) Lunch: \$ _____

Cost for seminar: \$25.00 Foothills Members
\$30.00 Non-Foothills Members
\$10.00 additional fee if past deadline

Registration \$ _____

Total \$ _____

Please send this form with your registration fee made payable to Foothills Chapter, CDS to: Joanne Baum, 410 Cameron Way, Roseville, CA 95678-4217. **Registration deadline: Postmarked by Mar. 17, 2003.** For questions, please call Joanne Baum at (916) 780-1587.

Luncheon choices B includes a drink: (please check one box if you are purchasing a lunch)

- Vegetarian: Zapotec Garden Burrito (wheat tortilla w/grilled veggies, eggplant puree, cabbage and salsa)
 Adobe Salad (Mixed salad, corn, jicama, onion, beans, cheese, tomatoes, sour cream, guacamole)
- Meat: Adobe Salad (same as above with chicken)
 Border Burrito (flour tortilla with cheese, guacamole, salsa, beans, rice, sour cream, chicken)