



**Boise Saddle &  
Jump Club  
Presents**

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**Ride Towards  
Resilience**

**Led by Janelle  
Schmidt, M.Ed**

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# **APRIL 23, 2017**

# **RIDE TOWARDS RESILIENCE**

Events in our life rarely go the way we'd like them to, but that doesn't mean you have to let it throw you off your game. Having emotional and mental resilience allows riders to remain calm when things are not going as planned, resist the urge to give up in the face of failure, maintain focus and determination in training and competition, and to emerge from adversity even stronger than before.

Do you consistently underachieve?

Do you rationalize doing less when you know you could be doing more?

Do you perform better in practice than when it counts?

Do you find yourself having "catastrophic" thoughts?

Is your anxiety getting in the way of your enjoyment of riding?

Would you like to increase your edge by improving your ability to get in the "flow"?

Do you feel like you are doing all you can and still not reaching your potential?

Join us and learn how to:

- stay "good nervous" under pressure
- focus on what matters instead of what doesn't
- rebound from mistakes, failures or injuries
- recognize mental traps and learn how to avoid them
- develop a plan to decrease your anxiety and increase your enjoyment of riding

Janelle Schmidt, M.Ed., owner of Extraordinary Rider, LLC, is a mental skills trainer with years of experience as a counselor in private practice and as a clinical director. She has a master's degree in Counseling from the College of Idaho, and is a member of the Association of Applied Sports Psychology.

Mental attitude and skills form a large part of riding and competing. Janelle uses measurable techniques and solution-based counseling to help riders reach their personal goals, whether that's just getting back in the saddle or preparing for competition. She works to find where the client has been successful, and uses that as a blueprint for their success. Often riders can't see exactly what is holding them back from their goals, but Janelle has the experience and training to identify problems and find cooperative solutions that are unique to each rider and their situation. Janelle's training complements the rider's work on the mechanics of riding, whether they are working with a riding trainer or on their own.

Janelle began riding as a child and then returned to riding as an adult. Janelle credits her successful wins in show jumping to her current equine partner, "Harvey." She is also excited to begin competing in three-day eventing on "Beezie."



## **Entry Form for Ride Towards Resilience**

Date: April 23, 2017 from 1:00-4:00 pm

Fee: \$50

Make checks payable to BSJC

Send entries & release to Shelley Thomas, 1888 N. Eagle Creek Way, Eagle, ID 83616

Call Shelley at 208.353.3234 with questions. We hope to see you there!

Please submit entry by April 17<sup>th</sup> so we can plan for space and supplies.

Name: \_\_\_\_\_ Age: \_\_\_\_\_

Phone number: \_\_\_\_\_ Email: \_\_\_\_\_

Please write your email legibly. They are often hard to interpret 😊

### **RELEASE:**

By my signature, I hereby consent and agree that Boise Saddle, Jump Club (BSJC), Wasatch Sport Horses, and its agents, officers, employees, volunteers, contractors, or any cooperative person shall not be held responsible for any loss, damage or injury to the rider, owner, horses, guests or equipment, should it occur during any part of the above-mentioned show or on the grounds. If any action is taken against the above organizations, I agree to pay any and all attorney's fees to the above individuals and organizations.

**Signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_

**Parent/Guardian Signature (if under 18):** \_\_\_\_\_

### **The following questions are optional, but will help our presenter shape the information provided:**

Do you have specific riding goals this year? Y/N

Do you have your goals written down and look at them regularly? Y/N

Do you compete your horse? Y/N

If so, which sport? Dressage/Eventing/Hunter-Jumper/Other

Do you struggle with competition nerves? Y/N

Before you compete, do you have a routine you go through to get ready? Y/N

Thank you!