

## TRAINING TIPS

# THE STATISTICS DON'T LIE

By Sandie Robertson



IT MAY BE THE RIDER WHO GETS TO CLIMB UP ON THE PODIUM AND RAISE THE TROPHY, BUT IT TAKES A WHOLE TEAM TO GET HIM THERE. RIDERS CAN BE PLACED UNDER EXTREME MENTAL AND PHYSICAL PRESSURE WHEN IN THE COMPLETION/TRAINING OR HOME ENVIRONMENT. WHEN YOU THROW INTO THE MIX ANOTHER INSTINCTIVE, LIVING, BREATHING ANIMAL IT'S NO SURPRISE THAT THINGS CAN GET A LITTLE OFF TRACK EVERY NOW AND AGAIN.

Being able to change plan, think on the spot, and evaluate what's happening around you in a millisecond are incredibly important skills to learn as a rider, especially as our natural instinct is one of "Fight, Flight or Freeze", none of which are conducive to the perfect riding state.

It's a common failing that I see in riders every day. We take the time to produce young horses, making sure they have the time, education and strength that they require to do the jobs we ask of them. But when it comes to ourselves we seem to lack the same discipline.

Every step up we take in this unique sport requires a different degree of mental strength and focus. A slightly different way of riding, new steps, different canter, and different height all requires our brain to adjust to a new set of "normal".



It takes time for us to gather enough reference points at this level for it to become familiar. But there are things we can do to help it. It's so much easier to build a house brick by brick with a strong foundation than it is to have to take it down and try and restore parts of it.

Riding and mental resilience are exactly the same.

It has been proven by psychologists over centuries now that we can indeed change the way we think and train ourselves to aid our personal growth and enhancement.

So the question isn't why should I be working with a mind coach;, it should be why am I not!

Follow my Top Tips for a winner's mind set.

Spend time clearly defining and writing down what it is you are working towards. What's the end goal?

Create a morning mind set routine and stick to it. This should include breath work, stretching, and visualization.

Find a routine that works for each individual horse and stick to it. Keeping a horse relaxed and happy is the secret to keeping them bringing home the ribbons.

#### ABOUT THE AUTHOR

Sandie Robertson is an International Equestrian Mind Set coach. Working with riders across every discipline she helps them turn ambition into reality.

If you would like to work with Sandie, contact her directly on [Sandie@sandierobertson.com](mailto:Sandie@sandierobertson.com)

