



photos by
Paula Bollinger

"It was an inspiring presentation on that snowy Sunday. I especially enjoyed when Jane started with 'How many of you are riders? Okay, then you know you're all control freaks!' It was like coming 'out of the closet' with a room full of other control freaks, and we all laughed together!" —Leslie Passano



"Jane's energy completely transformed the class from a bunch of quiet women into an enthusiastic and rather noisy group! Jane's talk helped me make the decision to seek a horse and go after my life-long dream. She was so inspirational."

—Patty Iammatteo

By Paula Bollinger with assistance from seminar attendees

The first fear that attendees had to face was braving snow and ice just to get to the Chesapeake Dressage Institute in Annapolis. Yet, 50 of the 58 registrants attended. Riders from Maryland, Virginia, Texas, and Colorado turned up. Attendees enjoyed the program in the warmth of CDI's new Farmhouse Conference Facility and Clinician B&B.

Jane Savoie focused on the Fear Factor and how to use mental training to eliminate fear and achieve success. "Willpower alone is not enough to make changes necessary for success." We can only make short-term changes with the conscious mind. We need to use our subconscious to make real change.

The Subconscious Mind

The subconscious mind is a goal-striving mechanism. It cannot tell the difference between what is real and what is imagined. We can take advantage of this by using two key tools: Mental Imaging and Self-Talk.

Mental Imaging

Mental imaging is the visualization of a perfect impression. This imaging must be done in a relaxed state.

Deep Relaxation and Imaging

Jane demonstrated deep relaxation and helped attendees practice the following steps:

1. Take three deep breaths with your stomach in and shoulders down.
2. Relax.
3. Imagine all the details: picture your horse, tack, temperature, clothes, weight of reins...create your impression of perfection.
4. Use all of your senses in visualization: feel, taste, smell, sight, hearing.
5. Include all of your emotions in these images.

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"If you are afraid, your fear can become a goal to the subconscious mind. So that if you think 'I hope my horse doesn't shy at the flag in the corner,' you are picturing your horse shying and that is what you will get."

—Pat Artimovich



"The program gave good insight into changing my attitude to accomplish my riding goals. Jane demonstrated relaxation techniques and more importantly how to address fear, not just in riding, but in life. If you absolutely commit to being positive, you can change your thoughts, thereby changing the events that happen in your life. I was impressed by the statistic presented that 85% of riding is attitude and 15% skill. I really believe that this holds true!" —Debbie Webb

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While the exercises sound easy, repetition is the key to successful imaging and achieving your goals. Jane says, "you must repeat the deep relaxation and imaging for 21 to 28 days to make a change and create a positive habit."

Three weeks ahead of a show, I will practice in my mind the perfect ride. As I ride toward A to enter the ring for a test, I take a breath and feel a sense of gratitude for being able to ride my wonderful horse in a sport that I love. I think of myself as calm and poised, but also with the "eye of the tiger."

Self-Talk

Jane stressed that we should use self-talk in a positive way and always in the present tense. Examples from participants included:

- I sit the trot as if I am part of the horse.
- My legs are long and even.
- I sit tall in my canter departs.

Picture what you DO want, not what you don't want.

Good and Bad Self-Questions

Learn how to ask good self-questions. Negative talk leads to what Jane calls the Loser's Limp—any excuses to fail that we give ourselves. Examples of BAD self-questions include:

- Why does this always happen to me?
- What did I do wrong?

Jane says, "Lousy answers come from lousy questions."

Ask yourself BETTER quality questions like:

- What kind of plan can I do to...?
- What am I most grateful for?

Self-talk doesn't change overnight—repeat 21 to 28 days to make a change.



PVDA 42nd Annual Competition

May 19-20 at Morven Park

Open Date: March 19 • Close Date: April 19

Official Region 1 Qualifying Competition

2007 North American Young Riders Championship • USEF/Markel Young Horse Qualifying Competition

Volunteers Needed!

Scribes: This is your chance to sit at "C." All it takes is an understanding of dressage terms, attention to detail and legible handwriting.

Scorers: If you know how to use a calculator you can do this job. No math skills required.

Ring Stewards and gate keepers: Do you have people skills, the ability to stand for long periods, and don't mind being a "task master?" If so this job is for you. A great opportunity to watch the rides.

Awards: If you have a knack for making "pretty displays" and people skills, this job is for you.

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