

# Kawartha Lakes Dressage Association with Dressage Canada presents

## Introduction to the Performance Enhancement Training

**Saturday March 13, 2010  
Peterborough Navy Club**

24 Whitlaw - turn North at the intersection of Lansdowne St. and River Road South

This one day seminar is geared toward equestrian sport but open to **ALL sport enthusiasts**. Performance enhancement training assists people in developing the skills to handle their minds so their bodies can perform optimally. The goal of this seminar is to **improve rider wellness**, both physical and mental. Skills learned can be applied to **your every day life** and the potential benefit in the saddle will be facilitation of **athlete peak performance**.

### **What can Performance Enhancement Training do for me?**

Performance enhancement training assists people in developing the skills to handle their minds so their bodies can perform optimally.

### **How can this clinic help me?**

The goal of this seminar is to improve rider wellness, both physical and mental skills learned can be applied to your every day life and the potential benefit in the saddle will be facilitation of athlete peak performance.

*\* this clinic is eligible for NCCP coaching hours*

#### **Dr. KATE HAYS, THE PERFORMING EDGE**

Dr. Hays is a sport psychologist devoted to sport and performance psychology. Helping her clients to overcome performance blocks, she provides tools that people can use to develop individual performance goals that are challenging, realistic and measurable. This process helps increase personal confidence as well as assisting everyone achieve their own personal peak performance. More information about Dr. Hays can be found at her website [www.theperformingedge.com](http://www.theperformingedge.com)

#### **GLENN MILLER, MILLAR CONDITIONING**

Glenn is a personal trainer specializing in athlete conditioning. The skills he will provide will help everyone as we gear up for warmer weather and increased activity outdoors. Physical longevity is important for all sport enthusiasts because it keeps us doing what we enjoy. An athlete is in everyone, come and see how Glenn can help you achieve your personal best. More information about Glenn can be found at his website [www.millarconditioning.com](http://www.millarconditioning.com)

**Time: 8:30am - 5:00pm**

#### **Cost:**

**\$30 for DC or KLDA members**

**\$45 for non-members**

(Lunch included in above prices if you pre-register by March 7, 2010!)

Further registration information can be found at [www.klda.ca](http://www.klda.ca) or call Lisa Hossack-Scott at (705) 749-9726