

## Want to RIDE like an OLYMPIAN?

First you need to THINK like one!

**Come to our Sports Psychology Seminar on Saturday Sept 22nd from 9am to 4pm.**

- \* Overcoming fear in riding and showing
- \* Performance enhancement in competition.
- \* Sports psychology for trainers including integration of mental skills in teaching, training, and communication.

**Only \$45 includes breakfast goodies & lunch.**

Held in the conference room at the Osierlea Dressage Barn.  
334 Mission Vineyard Rd, San Juan Bautista, CA

Sponsored by the Gavilan Chapter of the California Dressage Society.



Gavilan Chapter of the CDS  
12140 Columbet Ave  
San Martin, CA 95046

Type address here or use Mail Merge to automatically address this publication to multiple recipients.

**RESERVE YOUR SPOT NOW!**

**THIS WILL BE A POPULAR EVENT & LIMITED TO THE FIRST 30 RSVP.**

**PLEASE RSVP ASAP TO:**

[gavilanchaptercde@outlook.com](mailto:gavilanchaptercde@outlook.com)

Complete the form below and mail with check made to the Gavilan Chapter CDS for \$45 to the Treasurer at:

**12140 Columbet Ave,  
San Martin CA 95046**

**Registration form and Checks to be received by Sept 1st. .**

### REGISTRATION FORM

NAME:

Phone #:

Email:

Type of Riding you do:

# A Winning Mindset with Dr. Timmie Pollock

## Dr. Timmie A. Pollock Biography

Dr. Pollock is a Clinical and Sport Psychologist based in La Jolla, California. She has worked exclusively with equestrian athletes from all disciplines of riding for over 20 years. In her practice she uses a variety of techniques including biofeedback, hypnosis, EMDR and TFT in addition to the basic mental skills training. Dr. Pollock is a lifelong horse owner, breeder, and rider and has competed herself for over twenty-five years, primarily in dressage. She also has many years of experience competing in both Hunter/Jumper and Eventing disciplines. Dr. Pollock has been active in multiple equestrian organizations for many years, acting as the Chapter Chairperson of the San Diego chapter of the California Dressage Association for several terms.

She is a regular speaker for various organizations and groups, presents workshops and clinics across the United States, and has written multiple articles and book chapters for a variety of equestrian and sport psychology publications. Dr. Pollock is a Certified Consultant in the Association for Applied Sport Psychology, an international sport psychology organization. This is the highest credential in the field of sport psychology and is currently held by fewer than 450 sport psychologists worldwide. She was granted this certification for her work with equestrians.

### Specialties:

Performance enhancement training for equestrian athletes from all disciplines of riding.  
Overcoming fear in riding.

Sport Psychology for trainers and coaches including integration of sport mental skills in teaching and training and communication skills for instructors

**Timmie A. Pollock, Ph.D.**  
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### SCHEDULE

**Check in 8:00-8:30am.** Please come before 9 am as we are trying to start promptly. We will have coffee, water, tea, cocoa, juice, fruit, muffins and yogurt.

**9:00 am- Program Starts**

**10:30 am– 10 min break**

**10:40-12:00 Program Continues**

**12:00-12:45 lunch.** Catered sandwich, green salad, fruit, cookie, water, coffee, tea, cocoa, juice.

**12:45 pm Program Begins**

**2:50 - 10 min Break**

**3:00 pm, wrap up & closing remarks by Timmie.**

**4:00 pm program ends**

**PLEASE BE SURE TO SEND IN ANY SPECIFIC QUESTIONS AT LEAST A WEEK AHEAD OF TIME.**

**KEEP IN MIND THIS SEMINAR IS NOT MEANT TO PROVIDE INDIVIDUAL COUNSELING.**