

GOT RING NERVES?

You are not alone.

BUT you can learn how to help keep them under control.

Brenda Riemer, Ph.D.

***Mental Skills Training For
Competitive Canine Handlers***

Seminar at WCOTC Training Center, Delmont PA

August 24 & 25, 2019

If anxiety or "Ring Nerves" is affecting your performance in any dog sport, this is the seminar for you. You **can** conquer ring nerves with Mental Skill Training to be the handler your dog needs and deserves. Learn to handle the jitters and focus on giving the best team performance. Working spot teams will role play with their dogs and all attendees will benefit from learning and practicing the proven techniques.

"Don't let your head get in the way of Performance!"

Working Spots - \$125 / 2 days

Auditing - \$50 one day / \$75 - 2 days

To register, send this form & check payable to **WCOTC** to:

Karen Schroeder

P.O. Box 315

Murrysville PA 15668-0315

Name _____

Phone # _____

Email _____

_____ 2 Day Working Spot *** space is limited, please email Karen before mailing LindestarGold@aol.com

Primary Dog Sports _____

_____ 2 Day Audit _____ Audit Saturday only _____ Audit Sunday Only



Brenda Riemer, Ph.D.

Mental Skills Training For Competitive Canine Handlers

Saturday & Sunday

August 24 & 25, 2019

Saturday & Sunday Working Spot with Dog \$125
Saturday & Sunday Auditor \$75 / One Day Auditor \$50

An email to Brenda from a previous seminar attendee who shows in obedience and conformation:

Hi Brenda, I wanted to give you some feedback on your seminar. I am so very competitive, that if I'm not "winning" or taking the points in conformation, or placing 1st or 2nd in the obedience ring, I feel like a failure.

Well, after your seminar, on the way to my next dog show, I noticed that my leg muscles were tense-didn't know I did that before! My shoulders and arms were tense too. So I tried some of your suggestions to de-tense myself, in addition doing some visualizing.

While grooming and getting ready, I started feeling nervous again, so I used the breathing technique. I also did short visualizations. When I went into the ring I didn't focus on anything but "us as a team" and the judge of course. I stood tall not hunched over, I focused on what my trainer had said, and moved him at a good pace while I hummed and counted under my breath.

We took second in our class and then reserve. No points but I felt amazing when I came out of the ring! I had accomplished what I set out to do – with your help, of course. It was a great feeling!

I took your seminar to heart and it really helped me. Now I keep practicing and setting small goals, not focusing too much on the winning, but being happy and a team with my boy in the ring, and it shows.

Thank you so much for the seminar and info!

About Brenda

Brenda Riemer earned her PH.D. in Sport Psychology from Michigan State University in 1996. Since then, she has taught Sport Psychology at the college level and has worked with college and high school athletes. In addition, she has worked with top obedience competitors on their mental skills. Brenda's current dogs include recently retired Sheltie, Liza, OTCH, UDX5, OM9, RE, VER, and Dachshund, Zelda, CD, RN BN. Brenda's prior dogs have earned UDXs, as well as other obedience, rally and agility titles. Brenda has also shown in Dachshund field trials, Earth Dog, and Barn Hunt. She has even dipped her toe in the conformation ring. Brenda currently teaches at Eastern Michigan University.

About the seminar

The philosophy behind this mental skills seminar is the fact that people are not born with perfect mental skills for the dog sports ring, just as dogs are not born knowing how to perform perfect heeling, fronts or finishes. Ring nerves can be overcome with practice – whether competing in conformation, obedience, rally, agility or any other dog sport.

Saturday will include:

- What is competition
- Why we can experience ring nerves
- Psychological skill training
- Ways to reduce stress and anxiety
- Imagery, goal setting and other related topics
- With multiple exercises for everyone to do during the seminar

Sunday will include:

Up to 20 dog / handler teams will prepare to enter the ring, do a brief run-through and then exit the ring in a mock trial. Brenda will coach and support the handler. Other seminar attendees will play the parts of judge, steward, audience, etc. It will be a great opportunity for everyone to see Brenda's mental training skills put into practice.

More information

The seminar will be held at WCOTC Training Center, Delmont, PA. Our website is

www.wcotc-dogs.com

Seminar hours: 9 am to 4 pm. There will be plenty of room for participants, auditors and dogs registered for the seminar. Seminar working spots will fill in the order full payment is received. No spots will be held without payment. A waiting list will be maintained. No refunds after August 1, 2019.

Morning and afternoon refreshments and lunches will be provided each day.

For more information, contact Karen at LindestarGold@aol.com or 724-327-2411