

Hi Everyone!

I can't exactly remember what I said on the Zoom meeting but hopefully this covers it all and maybe a few extra bits of info too!

As always, I'm more than happy to discuss training with anyone just get in contact with me 0-7764679217 or send a message.

The first thing I'd like to say is how much I'm looking forward to working with you all towards Le Pin next September.

Whilst this year has been anything but normal for us all, and we can't be certain what next year holds, it gives us a great opportunity to look critically at the way we do things and build some plans that are flexible but targeted to your own individual needs. Not having a full competition calendar in 2020 doesn't mean your performances in 2021 should suffer, I didn't enter a single show in 2014 and then 2015 came along!

I'm not going to go through my driving CV, the only thing I'm going to say was that I had a count up the other day and I've developed 16 ponies of my own from beginners to championship level. None were bought in with competition experience, they were all developed from a non-competitive level. So I've seen a lot of ponies and every one is different and they all have individual characters! No one has seen it all but I'm very happy to pass on to you what these ponies have taught me.

Those of you who have worked with me before will have a good idea what my coaching approach is. For those of you who haven't my coaching philosophy is very much grounded in the importance of the coach athlete relationship. What does that mean for you in practice? It means that I'm interested in you as an individual driver, how you think, what you think and how you acquire skills. For me it's the cornerstone of a successful coach-athlete relationship, the corner pieces to the bigger jig-saw puzzle of training and performance development. It's not everything but it allows you as drivers to work in an environment where you feel safe, supported, challenged, guided and where it's ok to make mistakes whilst you acquire new skills.

Our early 2021 training days are an opportunity for you to begin to work with us, your support team, show us where you are at with your training, discuss plans for the year; a great starting point for year ahead.

I look forward to seeing you all soon!

Best wishes Anna