

# Enjoying the sport at Sovereign Equestrian

Sovereign Equestrian have used these editorial pieces over the past few months to talk about a whole range of subjects within the equestrian industry.

This month we take a look at how you can get the most out of your performance at a competition or event.

Our riders at Sovereign Equestrian have a fantastic reputation within the sport for performance and results and we've used their experiences to form this article.

## Enjoy it!

When it comes to sport and a competitive environment, it can be quite easy to actually forget what made you get into the sport in the first place. Enjoyment! Competition should obviously be taken seriously, but it's no coincidence that the greatest

sports people and teams are able to play with a relaxed attitude even during the most crucial and high-tension moments. Equestrian is no different, the discipline, technique and expertise required to compete is incredibly high and you will have a better chance to execute your skills by relaxing.

## Trust yourself (and your horse!)

There's a reason that you've managed to reach the level of competition that you're at and it's because you've put in the hard work with your horse to achieve your goals. Competition should be seen as your chance to top off all that



Charlotte on Tonica at Aintree Equestrian Centre

preparation with a stunning result and by trusting in your skills you will give yourself the best possible opportunity.

## Bounce back from mistakes

If your event or competition isn't perfect. It's very rare that a rider will achieve complete perfection and mistakes are part and parcel of every event. However, what usually separates the elite riders is their ability to learn quickly from their mistakes and rectify them as quick as possible. It's important to be able to embrace the areas that you may get wrong and turn them into positives by improving your performance next time round.

## Concentrate

Again at a competition, whatever the size, it can sometimes be difficult to concentrate fully on the job in hand with everything going on around you, but it's imperative to try and focus your mind and get fully 'in the zone'. Elite sportspeople have often spoken about how important it is to be able to 'get in the zone' during the extreme high-pressure moments and equestrian is no different. If you're not fully focused on the job in hand and have a clear strategy in your head about how you're going to succeed, then it becomes even more difficult to achieve the results you want.



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## Take the positives

Not everyone can win when it comes to competition sports. However, it's important that you're able to take the positives out of any performance and be proud of what you've achieved. Even a disappointing result can be turned into a positive by looking at what went wrong and learning and improving on that for next time. If you've had a really positive result, then share that success with your friends and family and use that feeling as a driver for your next event or competition to help you achieve consistency in your performance.

Our riders have experienced disappointment and success at competitions and events and we pride ourselves on supporting and encouraging them to improve and develop not only as riders but as people.

## About Sovereign Equestrian

At Sovereign Equestrian, we train, maintain, and care for our horses so that they become exceptional performers across all disciplines. We know that a fit and healthy horse is a happy horse, and a happy horse is a successful horse. We want to share some of our techniques with you because, with the right care your horse can reach its true potential.

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