



EQUESTRIAN ATHLETE TRAINING CAMP at the
OLDFIELDS SCHOOL

SPARKS GLENCOE, MD
 JULY 15 - 18, 2019



FOUR-DAY EQUESTRIAN ATHLETE TRAINING CAMPS

Thirty-five hours of inspiring workshops and workouts including:

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| EQUESTRIAN MENTAL COACHING: | Learn to boost your confidence, courage and concentration |
| RIDER FITNESS AND CROSS FIT: | Build strength, stamina and suppleness in the elite US gym |
| TEAM-BUILDING WORKSHOPS: | Learn how camaraderie is just as important as confidence |
| ATHLETE NUTRITION AND HEALTH: | Learn leading-edge ways to fuel your body for success |
| YOGA AND INJURY PREVENTION: | Discover many other ways to PRACTICE like an athletes! |

\$995 TUITION INCLUDES

- Four days on-campus accommodations
- All meals in the dining center
- Thirty-five hours of inspirational workshops and empowering workouts

EVERYONE 12 - 17 INVITED!

- Training camps are horseless and designed for riders of all levels, disciplines, and fitness levels.
- Open to all female riders aged 12 to 17

FOR MORE INFORMATION

<https://pressureproofacademy.com/equestrian-athlete-camps-3/>

HEAD COACH DANIEL STEWART:

I welcome your questions and comments at rideright1@gmail.com
 To apply please visit <https://pressureproofacademy.com/equestrian-athlete-camps-3/>

