

Mental to Medal with Paulena Simpson

Saturday July 21 2018 - 8:30AM to 5:30PM - Mas/Ex
Sunday July 22 2018 - 8:30AM to 5:30PM - Nov/Opn

Most handlers do not have qualifying runs because they panic for the minute or less that they are actually competing. Paulena can teach ANY student at ANY level the methodology of a "WINNER!" which starts by teaching students the specifics of what to focus on and what to ignore in and out of the ring.

After an initial sequence or course she will help each participant make a list of their pros and cons. This will include handling styles/typical course choices, relationship to their dogs, fitness level and ability to handle stress and compartmentalize the courses. No more destructive negative thoughts! There will be specific ideas which will give you ways to improve your memory skills in and out of the ring, use of focal points used for location and relaxation and ,above all, positive, proactive thinking and how to change bad thoughts to truly useful good ones almost instantly!

Those not yet competing can work with the Nov/Opn teams on Sunday.

Limit of 10 Working Teams. Cost: \$200 for a working spot / day. \$125 to Audit.



Paulena brings to the table 20 years of National Level AND International agility competition and prior to that, National level Equestrian Sports and gymnastics. She has been in every FINALS of EVERY National Championship in EVERY organization that she has entered with the exception of two times. She has also been a NATIONAL CHAMPION with 6 different dogs for total of FOURTEEN TIMES over the years including having the YOUNGEST AKC National Champion , "SMART AS", a home bred border collie in 2007 and "GRAPHITE" the youngest National Champion in ANY agility venue in 2012.

"It has been quite a ride and I look VERY forward to helping as many people as I can."

**Held at the Bella Vista Training Center
730 Mt. Airy Rd, Lewisberry, PA**

All BVTC policies will be in effect. Please see the website at www.bvtrainingcenter.com for more information.

- Seminar will be held indoors on in-filled turf in an **air-conditioned arena**.
- Coffee/tea will be available. Lunch will not be provided but delivery available from Allen's Eatery.
- If you have any questions, please contact Lori Napoli at 717-968-8249 or napolila@comcast.net.

BVTC Mental to Medal: Paulena Simpson Jul 21 2018 Jul 22 2018 Working / Auditor

Please make checks payable to "BVTC". Mail to Lori Napoli - Paulena Seminar, 1150 Siddonsburg Road, Mechanicsburg, PA 17055. *Reservation with full payment reserves your spot*

Name: _____ Email: _____

Phone: _____ Amount: _____

Dog's Name/Breed: _____ Jump Height: _____ Highest title achieved: _____