

## **Brenda Riemer, Ph.D. Mental Skills Training For Competitive Canine Handlers**

**Join us for a Sport Psychology weekend with a  
OTCH & HIT competitor/coach at  
Albany Obedience Club in Glenmont, NY**

**September 22nd & 23rd, 2018**

**Start time: 9am - 4pm**



### **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 Sheltie, Liza, OTCH, UDX5, OM9, RE,VER, plus Dachshund, Zelda, CD,BN, RN. Brenda's prior dogs have earned UDXs, as well as other obedience, rally and agility titles. She has also participated in earth dog and dachshund field trials. 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, free stacking, or front crosses. Ring nerves can be over come with practice - whether competing in conformation, obedience, rally, agility or any other dog sport.

#### **Saturday will include:**

- What competition is
- 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 15 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:**

Morning and afternoon refreshments and lunches will be provided each day. A list of nearby motels will be provided with registration confirmation. Refunds only if seminar is canceled. If you cannot attend, you may sell your spot to a friend, provided you give us written notice. Albany Obedience Club has a policy of not allowing bitches in season to attend. You will get a refund. See the back of page for registration.

Working spots are limited to 15 dogs. Auditing spots are unlimited.

Please circle what you are registering for at the seminar.

AOC members:                      Working spot for 2 days is \$150  
   Auditor spot for Saturday and Sunday is \$75  
   Auditor spot for Saturday is \$50  
   Auditor spot for Sunday is \$50

Non-Members                      Working spots for 2 days is \$200  
   Auditor spot for Saturday and Sunday is \$125  
   Auditor spot for Saturday is \$75  
   Auditor spot for Sunday is \$75

Name: \_\_\_\_\_

Street Address: \_\_\_\_\_

City, State, Zip: \_\_\_\_\_

Phone: \_\_\_\_\_

Email: \_\_\_\_\_

For more information contact [m\\_maltbie@hotmail.com](mailto:m_maltbie@hotmail.com)

Please make checks out to Albany Obedience Club. Mail to Mary Maltbie, 2402 Huntridge Drive, Clifton Park, NY 12065

