



THE SHETLAND SHEEPDOG CLUB OF GREATER BALTIMORE

IS PROUD TO HOST:

**“TRAINING THE HANDLER WITHIN: PSYCHOLOGICAL SKILLS FOR REDUCING
RING STRESS”**

4 HOUR SEMINAR

PRESENTED BY BRENDA RIEMER, Ph.D

SATURDAY, MARCH 24, 2012 AT 9:30 A.M.

St. Paul's Lutheran Church, 11795 Rte. 216 (aka Scaggsville Rd), Fulton, MD 20759 (located south of Columbia on Rte 216, 1 mile west of Rte 29)

Help boost your performance in the ring (obedience, agility, rally, conformation) by learning to manage ring stress. Learn to excel by learning mental strategies to take you to the next level. Uncover behaviors that prevent you from performing your best. Stay in control of your emotions during competition. Learn stress reduction, goal setting and imagery.

Brenda Riemer has been teaching sport psychology for over 15 years. She has consulted with collegiate and high school athletes on the topic of performance enhancement and has conducted research on why people participate in dog-related events. Most important, Brenda has competed in obedience, agility and rally. Her dogs have earned High in Trial and high combined awards and she loves being with them in the ring. Brenda and her young sheltie, Liza, are currently heeling towards a UDX and other advanced titles. Brenda teaches at Eastern Michigan University.

Registration **opens January 30, 2012** and **closes March 2, 2012**. Full payment must be received to reserve your spot. Checks will not be cashed until 3/2/12. Cost: \$45 for non-members (\$35 for SSCGB members)

Please complete registration form and mail to Melody Magin, 1660 Magin Lane, Westminster, MD 21157 along with your check.

Make check payable to: SSCGB

Seminar starts at 9:30 a.m. Light snacks and beverages will be provided. We will break around 11:30 for lunch. There are several fast food places nearby.

Confirmations with directions will be sent out by e-mail unless you include a SASE.

Questions? Contact Melody Magin at cmagin@att.net or call 410-875-0459.

Note: This is a people only seminar. Please do NOT bring dogs.



BRENDA RIEMER STRESS REDUCTION SEMINAR REGISTRATION FORM

NAME: _____

ADDRESS: _____

TELEPHONE: _____

E-MAIL: _____