
2023 Get Gritty

WINTER HORSEMANSHIP CHALLENGE



**LESSON 10:
AFTER THE
SHOW**

AFTER THE SHOW

Think back to the last horse show or rodeo you went to, and the ride home from that event. What were you thinking? What were you feeling?

Were you feeling positive and satisfied with your performance? Or were you feeling disappointed or frustrated?

One way that we can make for more positive truck rides home from horse shows is by creating our own scorecard. By creating our own metrics for what success means to us, we can separate our sense of accomplishment from the scores, times, or judge's opinions.

Now, the judge's scores/times/placings are important too for our outcome goals. So we'll also go over tips for tracking and using your scores/times/placings to improve over the season.

Let's get started!

Chevy

YOUR SCORECARD

For the next show, prepare by answering the following questions. Now, this will be different for everyone, we all have different strengths and skills and values and opinions. So there are no wrong answers here!

What does a successful horse show, rodeo, or event look like to you?

How do you know you have ridden well?

How do you know that you have had a good ride with your horse? What makes it a good ride?

YOUR SCORECARD

Next, look over your answers on the previous page. Are there any themes?

If you are like many riders, you might be judging if you had a good ride based on your horse's willingness and happiness when performing. You might be judging yourself based on improvement in your own riding skills. You might be judging how well you worked together as a team. From this exercise, did you list any specific actions? Is there anything here that is most important to you, something that you really value above everything else? Is there anything that jumps out at you, that if you were able to do that, that it would mean you would feel satisfied with your performance and would have a more enjoyable truck ride home?

Whatever that is, choose that as your measuring stick. Make that your scorecard. Focus during the event on being the kind of rider that can make that happen. If you can identify what you value about competing with your horse, and make your actions in and out of the show pen aligned with your values, you will be a successful rider no matter what color ribbon you win!

TIPS FOR TRACKING YOUR SCORES/TIMES/PLACINGS

1. Look at the score sheets. Most shows will post the judge's score sheets-these are a great resource to track your progress! Get a copy, and really look at it. Note that maneuvers you marked high on. Also note the maneuvers that need improvement. Those are the things to work on before the next show!
2. Review videos. Getting video of your runs is a great tool to track progress and improvement. We tend to only want to watch the good videos, but reviewing the not so great videos will tell us more about what we need to do to improve. Hint-if you can, match up the video to the judge's score sheets to really get a bigger picture of your performance.
3. Track your scores/times over the season to identify patterns. Are your scores/times consistent, or are they all over the place? Are they improving? Do you know why?
4. Track other factors too. What was the weather like? Indoor or outdoor arenas? What saddles, bits, or equipment did you use? How were you feeling? How was your horse feeling? How long did you warm up your horse? Tracking these types of things will help you to figure out what works best for you and your horse, so you can adjust your pre-show routines.

EVENT TRACKING SHEET

Date:

Show Name/Location:

Event Notes (Weather, Footing, Indoor/Outdoor, etc.):

Tack/Equipment Used:

Pre-Show Routine: Was your routine effective? What do you think would work better next time?

Warm-Up: What did you do to warm up your horse? Did you feel your warm-up was effective? What would you do differently next time?

How did you feel in the show pen?

How did your horse feel?

Your Scorecard: Do you feel the show was a success? What went well? What can you do better next time?

Attach Scores/Judges Comments/Times/Placings