

Competition Reflection



Horse _____ Location _____
Class _____ Score _____
Date _____ Placing _____

~ The Warm-Up ~



What went well? _____

What would you like to go more smoothly next time?

How did I feel in the warm up?

Calm Focused Nervous Energised Tense

Something else? _____

~ The Class ~

What went well? _____

What would you do differently next time? _____

How did I feel in the class?

Calm Focused Nervous Energised Tense

~ Looking Ahead ~

One thing I'm proud of today? _____

One thing I'd like to build on next time? _____

One thing to let go of before my next ride? _____
