



Heather Bassham Sumlin

From

Mental Management

Is coming to

Party of 2 Agility

April 5-7, 2019

About Heather:

Heather Sumlin, Director of Performance Programs, specializes in Mental Management training for subjective sports and competitive outlets and is also the primary mental coach for dog handlers at Mental Management Systems.

She has been a mental coach for 10 years and has worked with dog handlers for 5 years. As the daughter of Lanny Bassham, the founder of Mental Management she has extensive knowledge of the system and is certified to teach it.

Upbeat, motivating, fun and encouraging, Heather can bring out the best in You! Not only will you learn the Mental Management System but she will help you apply it to your competitive and life goals.

Here is a testimonial from Catherine Laria who hosted a seminar a few years back:

"Back in 2011 I was introduced to the Mental Management System. After listening to *With Winning in Mind* I went out and won my first Herding State Championship. I was 100% sold on it. We quickly started a group of Facebook friends who also followed the system and called ourselves the M&M's. Although we felt we were progressing, this year we wanted to go further. We decided to host a seminar before our Nationals. When I called I fully expected to have Lanny do the seminar and if not, then Troy since we had all listened to his book as well. When Heather offered to run the seminar since she is the one who primarily deals with agility competitors we were hesitant. We wanted one of the "competitors", someone who could relate to us. BOY WERE WE WRONG! We could not have asked for a better seminar leader. Heather took the time to build a specific agenda with our group and



was extremely patient and clear in working us through every question we had on the Mental Management System. It was so great to have an entire day focused on us and our sport of agility but more than that was the response I heard from the individuals in the following days. People thanked me left and right for hosting the seminar, that it changed their lives. They were so pumped for their future. AS if I had anything to do with it... It was All Heather!"
Catherine Laria
Owner of K9 Country Club & Training Academy
Bulverde, Texas

This seminar will be held in our indoor facility. The surface is Sprinturf with rubber inlay with all state of the art equipment.

2015 Trammel Rd Cumming GA

Mental Management For the Performance Dog Handler

Mental Game is about 90% of the sport of agility but also the most under-trained aspect of the sport. Give yourself and your dog the most important gift you could give to your team and that is getting those pesky emotions under control. Come join us and let us show you how!!!

Repeaters Day

This day is for anyone that attended last year. We will work on the more advanced mental management skills. You can also add Sunday in for the mock trial work if you want even more time with Heather

Fri April 5 9:00AM-5:00PM
\$225

Sun April 7 9:00AM-5:00PM
\$225



Mental Management Camp

This 2 day camp is available to anyone who is new to the Mental Management system.

In this 2 day seminar Heather will target the following things:

- Mental Management Principles
- Pressure Control Strategies
- How to “Handle” Distractions
- How to Change Self-Image to Improve Performance in the Ring
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We will set up a mock trial set up where we break down the Anticipation phase, Action Phase Reinforcement Phase. The first day will be lecture and the second day will be working with the dogs. On the second day we will focus on the anticipation phase and then run with reinforcement phase discussion after the run. You will also learn how to properly journal and how to properly self praise.

Sat April 6- Sun April 7
9:00AM-5:00PM

Working \$450
Audit \$200



Heather Bassham Sumlin
Seminar Registration
Make checks payable to: Party of 2 Agility
Mail to:
Party of 2 Agility
4305 Hurt Bridge Ln
Cumming, GA 30028
rotnchi@gmail.com

Handlers Name _____

Address _____

City _____ State _____ Zip _____ Phone _____

Email _____

Dog's Name _____ Breed _____

Dog's Age _____ Dog's Jump Height _____



<i>Session</i>	<i>Working</i>	<i>Cost</i>	<i>Auditing</i>	<i>Cost</i>
<i>Repeaters Day</i>		\$225.00	N/A	N/A
<i>Repeaters Day</i> <i>Sunday Add-On</i>		\$225.00	N/A	N/A
<i>Mental Management</i>		\$450.00		\$200.00

Total: _____

Assumption of Risk, Release and Indemnity

Please read the following Release of Liability carefully and sign your name in the space provided.

I agree that Party of 2 Agility has the right to refuse this application for any reason it deems sufficient.

I hereby acknowledge that I have voluntarily applied to participate in the dog training workshop with Party of 2 and Heather Sumlin. I am aware that there are inherent risks and hazards involved in activities with and around dogs and I am participating in the workshop with knowledge of these potential risks.

In order to participate in this Party of 2 workshop, I, being fully informed of such risks, agree as follows:

- 1) to assume all risks of such workshop or activities*
- 2) to release Party of 2, its members and Heather Sumlin from any and all claims which I or my assigns may have that may result from such workshops or activities, including those relating to personal injury to myself, my dog(s), dogs in my charge, members of my family or guests and those relating to damage to property, in each case caused directly or indirectly by acts that might occur in or in relation to the Heather Sumlin workshop: and*
- 3) indemnify, defend, and hold the Party of 2 and Heather Sumlin harmless from all damage, loss, liability or expense, whether arising from negligence or any other reason or cause whatsoever, including legal costs and lawyer's fees, which result from any damage caused directly or indirectly by myself or dog(s) which I own or handle.*

X _____ **Date** _____
Signature

