

# Young Guns

## Sarah Tindale

**Sarah Tindale**  
*Toronto, Ontario*  
**Candar Mail**  
**Elco van Hof ter**  
**Nailen**

Currently, I am competing with my Selle Français gelding Candar Mail, who we bought from Eric Lamaze at the end of his 7 year-old year, and with the help of my trainer Beth Underhill, we have grown together and formed a great partnership. I also have an experienced Grand Prix horse in Elco van Hof ter Nailen, who I rode in the North American Youth Championships Young Rider division in 2021.

Being selected to my first Junior Nations Cup team in Wellington was a major turning point for me in the sport. It was my first time competing in Wellington, and our team of just three riders (meaning no drop score!) performed very well together and we finished second in the Nations Cup. My horse and I also finished top three in the Junior Grand Prix individually. That show proved to me that I could perform well in pressure situations, and instilled a lot of confidence in me.

While I hope to ride at the top level of the sport, I also plan on pursuing a career in equine veterinary

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medicine, which will allow me to combine my passion for science and medicine with my love of horses and showjumping.

This quote has stuck with me for a long time: "This sport will always put you

in a position to doubt yourself. It will test your limits every ride. Even the best riders will lose the majority of the time in the ring, but if you're willing to put in the work, seek help when you need it, and keep going until you get it right, I couldn't recommend a greater career." - Andres Rodriguez

Focusing on both my physical and mental strength have been two key factors that have allowed me to improve and succeed within the sport. I frequently incorporate cross-training into my routine outside of the ring in order to strengthen the muscles that are vital to developing and maintaining a strong position and balance in the tack. I also work closely with high-performance coach John Haime to help me with the mental aspect of the sport, and I've found the work I've done with him has completely transformed my mindset towards the sport and my mental well-being.