



## Create a Show Management Plan

Tonia Anderson

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### *Create a Show Management Plan that is Right for You*

Creating a show management plan that sets you up for success can involve some trial and error, but taking some time to strategize and think about your preferences can minimize the bumps in the process. Finding the plan that works for you is like shopping for the perfect fitting riding pants—it is definitely not a one size fits all process. What works for one rider may not work for another.

Here are a few questions to ask yourself while developing your personalized plan for your next show:

What would a successful show week look like for me?

What divisions or classes would I like to compete in?

How many classes a day or week is too much for me or my horse?

If you have more than one horse, do you want to compete on more than one horse per day, and what is the best schedule for the week considering you and your horses?

What is the weather forecast for the week? How do I need to prepare? In hot weather, consider your sun tolerance, and in cold or rainy weather consider how you need to prepare to keep warm and dry.

What time(s) of the day are your classes scheduled?

What tack or gear do you need for your classes?

What pre-class routine works best for you and your horse?

How much time do you like to get ready?

What does your horse need to perform at his/her best?

-Walks, feed, attention, grooming/bathing, etc.

When should you eat and what should types of food work best for you?

Can you purchase your food at the show or do you prepare ahead and bring it with you?

What routine works best for learning your course(s)? How should you prepare for your course walk?

Where are you in the order of go? When does your horse need to be at the ring and do you need a horse holder when you walk?

How do you mentally prepare for your day and what mindset allows you to perform at your best?

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When do you like to clean your tack and gear?

When do you like to get dressed?

How much time do you need to tack up your horse?

If you have a groom, what do you need to coordinate with them and what information do you need to communicate on ring timing, gear, horse care, etc.?

What do you need to bring to the ring with you and what do you need to do to prepare?

How early do you want to be at the ring?

How will you check on the ring timing?

Do you like to watch classes, socialize with others, or spend time at the barns?

Is it a busy show week for your trainer? How do you need to communicate/coordinate with your team members and your trainer for the day to go smoothly?

What do you need to consider to be prepared for ring delays?

How often should you eat and drink throughout the day to stay fueled and hydrated?

How much sleep do you need to be at your best?

Where will you stay during the show? Does it work best for you to stay at the show in your trailer, stay in a hotel, or drive from home?

What do you need to keep your body healthy during the show week or show season? Exercise, stretching, ice, medication, comfortable footwear, sunscreen, massage, physio, chiropractic care, blister prevention, and managing specific medical conditions are a few things to consider.

Are there any classes I want to watch or walk? Think about opportunities to support your team and develop your skills as a rider.

Do you have any other responsibilities to consider and incorporate into your plan? Work, school work, family, etc.

Be proactive by taking some time at the beginning of your show week to look at the week ahead and come up with a tentative plan. Then take some time at the beginning of each day to review your plan

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and make adjustments, or at the end of the day to plan for the next. If you are not sure what plan is best for you, think about the times when you have performed at your best at what routine you followed. Adapt your plan as needed if you feel tired or sick, have an injury, or have something unexpected arise. Taking the time to create a customized show management plan allows riders to find the right balance between looking after their own needs to perform at their best, being a supportive team member, and enjoying the show jumping tournament experience.

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