

The Alberta Equestrian Federation

presents

2017 AEF Annual Provincial
Instructor/Coach/Trainer Professional Update

May 13 & 14, 2017



April Clay

Registered Sports Psychologist

April Clay is a Registered Psychologist with an independent practice located in Calgary, Alberta.

April started out riding at age ten and was competing in the Open Jumper divisions by age sixteen. It was an early curiosity about the mental aspects of competition that enabled her to enjoy many successful years with her equestrian career. Although she works with all kinds of athletes in her practice, April especially enjoys assisting equestrian athletes with

their mental goals. Her approach has proven popular with various kinds of riders, from hunter/jumper to barrel racers, bareback riders and dressage. She offers both individual consultation and group services, and has been a featured speaker at such events as Equine Affaire, EqWest, and the Alberta Horse Owners and Breeders Conference. For more information please visit www.ridingoutofyourmind.com

