

DOUBLE DEUCE GOAT TYING CLINICS

WHAT TO EXPECT AT A DOUBLE DEUCE CLINIC

When you come to one of my clinics, expect more than just making runs- you'll learn a complete process built around consistency, confidence, and competitive success. My goal is for every athlete to leave with clear takeaways they can apply immediately at home and in the arena. These clinics are tedious and will push each student to their max potential.

Each clinic will begin with an evaluation of each student's ability. By watching and talking to each student during this process, I am able to determine which areas the student needs more development in throughout the clinic.

We will then transition into proper stretching mechanics, footwork and agility drills. Each student will need tennis shoes.

Next we will go through my approach method along with drills. This is the most crucial part of the process, as I find most athletes have the most difficulties reading goats and knowing how to approach the goat properly. Throughout this process we will do lots of slow/fast work to ease into the flanking process. We will make runs on loose and held goats during this time.

The next step is to transition into flanking. We will start with correct flanking methods for flat flankers and for those who catch their flank in the air. We will then rotate through slow and fast stations, critiquing at each step and going through drills to help correct common mistakes. My method of flanking is what makes Double Deuce completely unique. Flanking can be one of the most difficult aspects of goat tying. Each student can be different, therefore we will evaluate and focus on what is most consistent for each specific student.

Once we have completed my methodology process, we will then begin to go over tying. We are known for using the Lyles, King and Rattler 3 strand strings. I will go over the pros and cons of each string and find what specific one will work best for you. We will use this time to start making competition runs and building speed.

After lunch, we will take this opportunity to learn more about mental enhancement techniques and practice strategies. I encourage each student to bring their own journal to take notes during every process throughout the clinic. Each student is welcome to video their runs so that we can critique them.

Each student will have this time to go over equipment and concerns with their dismount. I will then go over correct dismounting techniques and safety procedures.

We will end our day by make slow runs as well as competitive runs throughout this time. After everyone has completed their runs, we will take this time to review.

WHAT I EXPECT FROM EACH STUDENT

I encourage each student to come with an open mind and eager to learn. My methodology is unique and final results are not built in a day. Each student will be given these tools to take home and build on what they have learned throughout this process. I can not guarantee immediate success but, I can guarantee that you will be better than when you arrived!

I will have strings on hand for each student to try if they are looking for something different. Each clinic will come with a free T-shirt.

CLINIC OVERVIEW

<i>One/Two Day</i>	<i>Clinic Schedule</i>
8:30am	Check in & Welcome Pay remaining balance Meet & Greet Clinic overview Goal Setting for the day
9:00am	Warm up & Agility drills Go over proper warm up drills Footwork drills Evaluation of each student
9:45am	Approach Methods Footwork and body positioning mechanics
10:45am	Flanking Mechanics Adding the approach and flank together Building speed and control Slow work/Fast work Consistency drills
12:00pm	Lunch
1:00pm	Evaluations/Mental discussion
2:00pm	Competition Simulation Bringing it all together Pressure runs/Games Pre-run routines Handling mistakes and adversity
2:45pm	Horse Work/Dismounting Proper dismounting techniques Efficient runs Shaving time off Rodeo Ready prep
4:00pm	Goal Setting/Wrap up Review key take aways Individual action plans Q&A

CONTACT INFORMATION

- Each clinic requires a \$150 deposit which can be paid through Cash, Venmo, CashApp, or Check. Remaining balances will be due before the clinic starts. Safety releases will need to be signed by a parent and student.
- If you would like to host a clinic in your area, please contact Mersadie Martin!

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