



# UN RÊVE EN OR THE FRENCH TEAM

## HOW WAS THE TEAM CHOSEN?

The Chef d'Equipe, Philippe Guerdet, chose the team. He watched the horses for six months in all of the shows we have been to and he took his final decision just two weeks before the Olympics. All the riders have a lot of experience and having young riders in the team is not easy. Simon's horse was injured two days before the show and Penelope's mare had a stomach problem but recovered quickly, so it's a very difficult situation and the pressure is very high especially for young riders. However, all the riders coped really well and they are very close so they supported each other which provided a good atmosphere to win.

## WHO CHOSE THE SEQUENCE OF JUMPING AS A TEAM? WHY DID HE CHOOSE THAT SEQUENCE? AND WERE ALL THE RIDERS OKAY WITH THE CHOICE?

Philippe Rozier chose the sequence. He spoke on behalf of the Chef d'Equipe and the team. Due to having more experience, Philippe Rozier, chose to go first; second was Kevin Staut; third was Roger Yves-Bost; and last to go was Penelope Leprevost

## HOW DID IT FEEL LOSING YOUR NUMBER 1 RIDER, SIMON DELESTRE?

The team was very supportive and decided that they will focus on one goal which was to go clear. They didn't watch other riders or the time. Their only goal was not to drop any poles; suddenly, they found themselves with a medal! A Gold Medal!

## DO YOU HAVE ANY COACHES FOR MENTAL MOTIVATION?

Mental coaching is very important for all riders in all levels. It's very important for winning because it's not just about riding well or a good horse or having a good relationship with the horse; all the small details are what makes a winner. Mental fitness is not just for winning, it's also to help you in training and making an effective programme for both the rider and the horse. 🏆

