



# 2019 WORTH THE TRUST

## Sports Psychology Scholarship for Young Adult Amateurs

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The Worth the Trust Sports Psychology Scholarship is a fund of \$700 to be awarded annually to a Young Adult Amateur. (Riders between the ages of 16 and 25 as of January 1 of the scholarship year who have declared their amateur status). *Any expenses beyond the above figures are the applicant's responsibility.*

Both mentally and physically, eventing is a demanding sport whose three different phases require intelligence, training and competing skills, and bravery. At any competition level, an eventer can experience problems such as loss of confidence, fear of injury, inability to focus or to perform effectively under pressure. Often, an individual is unaware of self-talk or habits that are counterproductive. Discussion with a qualified sport counselor can help that eventer develop the insight and desire to identify and implement more productive attitudes and behaviors. This process can illuminate and enhance the eventer both as a person and as a rider. The Worth the Trust sport counseling scholarship has been created to provide event riders with this opportunity.

### **Deadline For Application Submission: October 1, 2018**

(Must be postmarked by October 1, 2018 to be eligible; email and fax applications will be accepted. If faxing (703-779-0550) make sure application and essay are legible or they will be ineligible for consideration)

### **CRITERIA:**

- Applicant must be a current USEA member in good standing.
- Applicant should also be a member of their local eventing club or association.
- Applicant must be a U.S. Citizen.
- Applicant must declare Amateur status with the USEA at the time of membership

### **HOW TO APPLY:** Please write an essay explaining:

- Why this scholarship is important to you.
- How you intend to use the funds.
- Your riding/competing experiences
- Essays must include financial need.

### **USE OF FUNDS:**

- The sports psychologist/therapist must be qualified in their field. An Equine Sports Psychologist is preferred but not required since for example, fears of failure, injuries, and loss of confidence, are fairly common to anyone engaging in any sport. It is up to the applicant to find and provide the Psychologist's name and qualifications.
- Past recipients of the Worth The Trust Amateur Scholarships may apply but future winners of the Worth The Trust Sports Psychologist may not reapply.
- The intercourse between rider and therapist must be in person. Skype, Facebook, Internet therapy or acquired videos may not be used. Possible exceptions may be made for those who live in VERY REMOTE places with no access to Universities, Medical centers, and the like. They must state where they reside and why there are no such facilities close by.
- The Applicant may choose to write an article for *Eventing USA* magazine. Writing is not required, but is strongly encouraged. Full identity will not be revealed, only the recipient's initials or level of competition and USEA Area unless the recipient would like to have his or her full identity revealed. Writing an article is important so that it might encourage others to apply if they feel that they might need advice. Article should be ready for publication for the 2020 March/April issue. Deadline is February 27, 2020.
- Recipient must keep an accounting journal/log of their expenses including receipts for all sessions. This journal must be submitted at the same time the article and pictures for *Eventing USA* are sent to the USEA office.
- Funds cannot be used for competition purposes. Funds must be used during a single calendar year.
- All expenses should be justified in writing (bills, receipts, etc.).
- Any monies used in an inappropriate manner must be repaid to the Scholarship.

### **SELECTION:**

- Entries are to be judged by a USEA panel and Joan Iversen Goswell.
- The judges will be familiar with eventing but not necessarily a competitor, rider, or instructor.  
A judge cannot be a relative of the applicant or involved with the applicant as an instructor or coach.

### **Sources for qualified sports psychologists may be found at:**

- [www.stewartclinic.wordpress.com/find-a-ride-right-sport-psychology-coach-in-your-area/](http://www.stewartclinic.wordpress.com/find-a-ride-right-sport-psychology-coach-in-your-area/)
- [www.appliedsportpsych.org](http://www.appliedsportpsych.org)
- [www.johnfmurray.com](http://www.johnfmurray.com)



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Name: \_\_\_\_\_ Date of Birth: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone: \_\_\_\_\_ Email: \_\_\_\_\_

USEA #: \_\_\_\_\_ Area: \_\_\_\_\_ Local Eventing Association: \_\_\_\_\_

All applicants are required to write a brief essay. On a separate page please state why this scholarship is important to you, your ultimate goal, and how you intend to use the funds. Essays must include financial need.

### **AGREEMENT FOR USE OF WORTH THE TRUST SCHOLARSHIP FUNDS: PLEASE INITIAL EACH LINE AND SIGN AGREEMENT. UNSIGNED AGREEMENTS WILL BE DISQUALIFIED.**

**NOTICE TO APPLICANTS:** Please read the rules carefully and abide by them when applying. Applications will be ineligible for consideration for any of the following reasons:

- Essays stating intended use of some funds for competition purposes
- Essays stating intended use of some funds in an inappropriate manner
- Essays/applications faxed that are not legible.

\_\_\_\_\_ I agree to use the Worth The Trust Educational Scholarship funds for a sports psychologist/therapist qualified in their field.

\_\_\_\_\_ I agree to use all of the scholarship money in a single year from the date of the award. Any unused funds will be forfeited.

\_\_\_\_\_ I agree to justify all expenses (bills, receipts, etc.) in writing by keeping an accounting journal/log, which will be submitted to the USEA.

\_\_\_\_\_ If any monies are used in an inappropriate manner, I agree to repay that sum of money to the Worth The Trust Educational Scholarship. Also, if all terms of the above agreement are not met, I agree to repay the sum awarded to me to the Scholarship.

\_\_\_\_\_ I agree that I have declared Amateur\*\* status with the USEA.

Signature of Recipient: \_\_\_\_\_ Date: \_\_\_\_\_

\*\* Per the USEF rules, the moment a rider accepts payment or engages in activities stated under Article GR1306.4, they may no longer represent themselves as an amateur. There is no grace period. Amateur status, as defined under GR1306, must be maintained for the entire year of the grant.

Please complete and mail, fax or e-mail form to:  
USEA, 525 Old Waterford Rd. NW,  
Leesburg, VA 20176  
Attn: Nancy Knight, Director of Education  
phone: (703) 669-9997 • fax: (703) 779-0550 • E-mail: nancy@useventing.com

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