

POLO

TIMES

ARGENTINE TRIPLE CROWN UNDERWAY

La Natividad Secure Tortugas Open

CHRISTMAS GIFT GUIDE

There's Something for Everyone!

ALL OUR YESTERDAYS

A Groom's Life in the 1950s & 1960s

PLUS: BRITISH ARMY POLO TOUR & THE IMPORTANCE OF PROTEIN



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What's inside... November 2022



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Cover photograph: 82nd Tortugas Country Club Stella Artois Open Tournament Top Goal Scorer La Natividad's Camilo 'Jeta' Castagnola eyes up the ball. By Matias Callejo

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Understanding what it takes to overcome fear and self-doubt has been at the root of Paul 'Stalkie' Stalker's personal transformation. He has proven experience of working with Polo Teams, Patrons and individual players for the past 2 years achieving outstanding results. With individual clients, Stalkie's aim is to untap, nurture and focus their passion and potential on becoming the best versions of themselves in all aspects of their lives, whatever their starting point



The Power of Mindset

How to raise your polo game



Photograph by Jack Stalker

Spencer McCarthy's Emlor had unrivalled success in this year's 15 goal Victor Ludorum

Emlor team, as selected by Spencer, Nacho Gonzalez and Max Charlton, culminated in them winning the 15 Goal Victor Ludorum, and James McCarthy's team (Spencer's son), Emlor Black were the runners-up. The combination of great player selection, years of team experience, excellent physical coaching from Mark Newton and a new mental focus has become a winning formula.

It was Nacho Gonzalez who then introduced Stalkie to Wascosa patron, Philipp Mueller with players Sebastian Dawnay and Philipp's son, Pierandrea Mueller. Once again, great player combination, focussed tactical skills from polo coach David Morley, personal training from India Parker-Smith and performance coaching from Stalkie combined to help them win the 8 goal Victor Ludorum in their first season by a resounding point margin.

Subject of a Channel 4 documentary, the many thousands who have witnessed Stalkie in action, are unlikely to forget the high energy, no-nonsense, humorous manner in which he goes about his business – sharing his **RAISE** mindset, health and wellbeing principles to transform fear into power, barriers into benefits, and adversity into triumph.

Stalkie describes his sweet spot as a deep-rooted understanding of the science and psychology of human motivation and wellbeing, aligned with tools that can be

So, just who is Paul 'Stalkie' Stalker and how has he developed a winning mentality across the polo teams he has been working with?

Understanding what it takes to overcome fear and self-doubt has been at the root of Stalkie's personal transformation from wayward youth, failed businessman and dying man (Stalkie was given an estimated 12 weeks to live when diagnosed with an aggressive form of cancer), to iron man and

motivational coach to FTSE 100 leaders, high performance sportspeople, disengaged children, life-serving prisoners and now polo patrons, coaches and players.

Having worked together on various corporate projects, it was Spencer McCarthy, a second generation polo player and Emlor patron, who introduced Stalkie to polo last year when his team won The Royal Windsor and The Harrison Cup. In 2022 the



Paul Stalker with Philipp Muller Patron of Wascosa Polo Team Nacho Gonzalez and Pierandrea Mueller



Wascosa patron, Philipp Mueller has benefitted from Stalkie's tips

quickly applied and embedded in the daily routines of competitive sports teams.

His RAISE Polo performance programmes for individual polo patrons, coaches and players solve the mental challenges, communication and team culture barriers: "When an individual polo player or team compete, they can be their own worst enemies," he says, "their heads can definitely obstruct their performance. Slumps in form, repetitive performance problems, self-doubt, nagging injuries, poor focus and endurance or frustration at things 'beyond their control' all too often prevent success."

So, how does he remove the mental blocks that hold players back from raising their game?

"Becoming a champion on the polo field requires every player to pay their mental and physical dues. There is no shortcut to reaching your goals. You have to work hard, build mindset and muscle strength, improve your speed of thought and action, increase endurance, and hone the technique required to play at a high level. By making this kind of mental and physical investment and working hard at it, you will move towards excellence.

The difference between playing high quality and poor polo lies completely between your ears. When the game is on the line and the competitive pressure ramps up,

playing to your potential is all about how well you can execute mentally."

Stalkie believes the biggest concentration mistake that polo players make is 'focusing on the uncontrollables'. So, what are some of the main problems that patrons, coaches and players call upon Stalkie to fix? "I'm often asked to teach players how to quickly let go of their mistakes and get their head back in the action. Players who get really mad at themselves for screw-ups, who carry around their mistakes during the game end up rapidly losing their confidence and making more mistakes. Likewise, players who get mad at others for screw-ups, who carry a blame mentality around mistakes during the game end up rapidly reducing the confidence and trust of their team members. I'm often brought in to initially offer a fresh perspective or get to grips with the individuals involved. I help them play to their potential and to the wider benefit of the team."

England international player, Max Charlton sums it up: "The mental side, is huge, I feel. And I think what Stalkie does is to really get us wanting to play the sport we love. We all want to play. But even the best professional sometimes has issues and nerves. One thing I haven't had this season is issues or nerves."

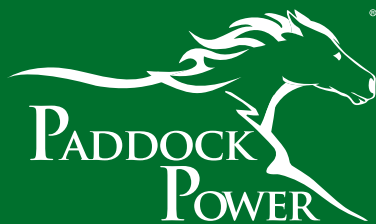


Max Charlton has found Stalkie's insights this season really helpful

Stalkie will be returning as a regular Knowledge contributor with more insights into improving your polo game through your mental performance. For further info contact; Stalkie@rygp.co.uk or call him on +44(0)7771 515885, www.raisepolo.com

Join Stalkie's Free Webinar: *Raising Your Polo Game*

Stalkie will be sharing three of the top tips that have supported two of the teams he's worked with this season, achieve new heights. Register by emailing polotimes@rygp.co.uk with your name, contact phone number and team name.



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