



Diario de reflexión en inglés

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My first equestrian competition

Today, I was thinking about my first equestrian competition. I had trained for months, but when the day finally arrived, I felt a mix of excitement and nervousness. My coach noticed my anxiety and told me, "Trust your horse and enjoy the moment." Her words helped calm me down, but I was still worried about performing well.

When it was our turn, my team and I rode onto the arena, and as soon as the music started, we entered our formation. At first, I was focused on making sure each movement was perfect, afraid of making a mistake. If I had relaxed earlier, I might have enjoyed it more. However, as we continued through the routine, I started to feel more confident and the movements became smoother.

Halfway through, we executed a complex maneuver, and everything felt perfectly synchronized. The crowd cheered, and I felt a rush of energy. By the end of the performance, I was exhausted but incredibly proud of my team's effort.

After the competition, my coach smiled and said, "Great job! Keep practicing, and you'll improve even more." My teammates hugged me, celebrating our hard work. That night, I reflected on the experience and realized how much I had learned.

Looking back, I now understand that teamwork, confidence, and practice are essential in escaramuzas. Even though I was nervous at first, that competition gave me confidence, and it will always remain a special moment in my journey.