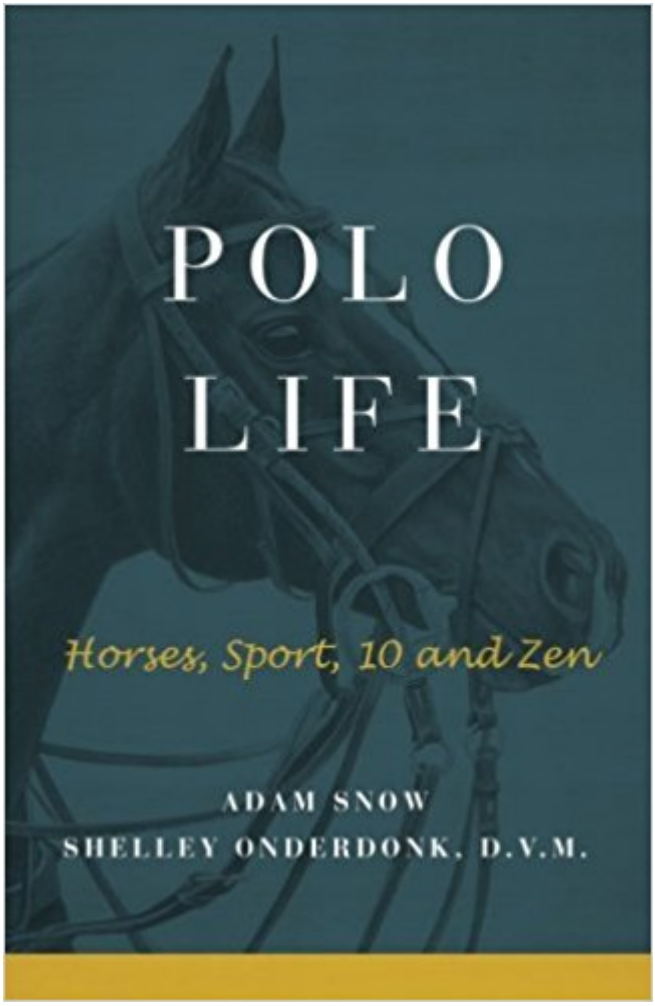
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Polo Life: Horses, Sport, 10 And Zen



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Synopsis

Polo Life: Horses, Sport, 10 and Zen delves into the world of high goal polo through the uniquely situated lenses of former 10-goaler Adam Snow and his wife and veterinarian, Shelley Onderdonk. Together their voices provide unprecedented access into the horse and human dynamics that make the sport tick; their passion, respect, and commitment for the sport and each other shine through each page. Less polo manual than human interest story, their chapters cover a broad range of topics: there is a horse so good she probably single-handedly altered the trajectory of AdamÃ¢â ¬â„¢s career, a farm named after the city where the couple met in college, and a country and polo culture that shaped Adam as a player...and where their luggage was stolen more than once. Adam recounts his childhood obsession with ball sports; Shelley hers with horses. Together, they reveal how sports psychology has been integral to AdamÃ¢â ¬â„¢s success, tell behind-the-scenes stories about teammates, grooms and trainers, celebrate their legendary equine partners, and provide an uncensored glimpse into the glamorous international component of the sport from Buenos Aires to Bandar Seri Begawan. The dynamics of maintaining a healthy marriage and family within the framework of a professional athleteÃ¢â ¬â„¢s career are also fundamental to Adam and ShelleyÃ¢â ¬â„¢s polo life. Their proseÃ¢â ¬â •by turns humble, humorous, and inspirationalÃ¢â ¬â •showcases the sportÃ¢â ¬â„¢s enduring appeal.

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Customer Reviews

A fascinating reveal of a sport and one of its greatest players from the unique vantage point of the team--Adam and Shelley--at the heart of it all. They eloquently weave a story of goals both on and

off the field. --Kenny Rice, NBC Sportscaster, Lexington, KYPolo Life offers a window into the life of an extraordinary couple and details their remarkable dedication to the pursuit of excellence in the sport of polo. --Melanie Smith Taylor, Olympic Gold Medalist, horsewoman and author, Memphis, TNAdam and Shelley's Polo Life is a nice breeze of fresh air on the polo scene. Behind the cool-headed polo legend rises a super sensitive soul, horse and nature lover, who was lucky to find in Shelley a true companion to share a dream and a lifestyle that is not always a walk in the park. The book is inspiring, fun and instructive; it goes from polo to yoga, from quantum physics applied to the search for a great mare to the mental strength necessary to win games and tournaments. Everything is connected. And at the same time, the book is a poetic journey of the last 30 years of American polo at the highest level, narrated in very simple but powerful prose by its last great hero. A must read for everyone, especially for all the kids who want to become professional polo players. --Javier Tanoira, 7-goal player, author, and founder of All Pro Polo League, Buenos Aires, Argentina

Adam Snow is in his third decade as a professional polo player. He fully engages in the sport at many levels: there is a childlike fascination with the ball, an adrenaline junkie's love for speed, and a college graduate's immersion in strategic machinations. He has played polo on four continents for hundreds of teams. Highlights of his career include US Open wins in 2002 and 2006, a 10-goal handicap for three years, Player of the Year awards in 1997 and 2003, and induction into the Polo Hall of Fame in 2014. Currently, Adam is also a broadcast analyst for polo productions on NBCSports. He graduated from Yale in 1987 with a BA in History. Shelley Onderdonk graduated Cum Laude from Yale in 1989 with a BA in Psychology and Biology. She taught for the Yale-China Association for two years before returning to the United States to enroll in veterinary school. After obtaining her DVM from the University of Georgia in 1997, she went on to become a certified veterinary acupuncturist. ShelleyÃ¢â ¬â„¢s practice focuses on sport horses and integrative medicine. Together, Adam and Shelley manage New Haven Farm, their horse farm in Aiken, South Carolina. They breed and train polo ponies and maintain Adam's playing ponies, striving to be sustainable stewards of their land while providing an ideal center for all their horses to thrive. They both work with the United States Polo Association furthering polo development in the US. In 2001, they were featured in a NatureSeries PBS documentary Horse & Rider. They are the proud parents of three boysÃ¢â ¬â •Dylan, Nathan, and Aidan.

I sat down, in my barn, on a Sunday afternoon, and devoured this book ... cover to cover! I loved everything about it.Two of my favorite genres are:1) Behind the scenes, of anything

ÃƒÂ¢Ã â ¬Ã Â| Buckingham Palace, the White House, a successful restaurant or TV show. How does it all come together? What does OprahÃƒÂ¢Ã â ¬Ã â„¢s day look like? What are the daily routines of creatives and high performers?2) Stories of people who are able to maintain the discipline and focus, over long periods of time, to achieve what most of us canÃƒÂ¢Ã â ¬Ã â„¢t ... i.e. climbing Mt. Everest, getting through West Point, becoming an Olympian ... or getting to 10 goals.On top of that ÃƒÂ¢Ã â ¬Ã Â| I have the polo bug bad. I know Adam and Shelley. And, Ani Chroni, the sports psychologist who plays such a prominent role in the book, was a contributor to a project of mine.So, it was pretty much a given, if this book was even half way decent, I was going to love it.Now let me tell you why you will too.Just at face value, if you are into polo, it is going to be a very fun read. Starting with the opening chapter, it is a story artfully told.But it is so much deeper than that ...If you are interested in becoming better a polo player:- the lessons are on just about every page ÃƒÂ¢Ã â ¬Ã Â| get out your highlighterIf you are interested in the horses, this book:- gives us a glimpse into the life of a top polo pony- celebrates some of the best by telling us their stories- gives insight into how Adam assembled such a remarkable string- highlights the role the grooms, vets and farriers play behind the scenes ÃƒÂ¢Ã â ¬Ã Â| but especially the groomsFor those interested in peak performance, this book gives us a peek into:- visualization- superstitions- mindfulness- health and wellness practices- what does focus intently held for that long look like- the role of performance coaching and some ideas we can applyBut in the end, I think what I might have enjoyed most were ShelleyÃƒÂ¢Ã â ¬Ã â„¢s chapters. Probably because her perspective was the one we rarely get. And it was so refreshing.- How they both deal with the potential for calamity given the dangers of the sport?- How does a marriage thrive in spite of one spouse being wholly focused on something outside the marriage?- How is the balance struck between the well-being of the horses and winning a game?And finally, I love that Adam went to such pains to call out and celebrate the people and horses who made his success possible.Beyond just the simple memoir of a truly remarkable athlete, Polo Life is a reminder that any great accomplishment generally involves a whole cast of unsung heroes who make it all possible.

This is the real life story of a high performance athlete, but it is a lot more than a one dimensional to-do list of training, training, more training. It is a multi-dimensional biography that covers all of the complex human and equine angles of the story.It is educational and written at an entry level. You will learn about polo, international finance, horses, and wholistic veterinary practices that are helping horses to live happier and more productive lives. You will also learn about human sports psychology and its importance to high achievement.It is candid, full of interesting behind-the-scenes, personal

anecdotes from the obscure, but always alluring, world of high goal polo, which thrives in our free market economy. From the rough and tumble of childhood bicycle polo on a bumpy farm field in Massachusetts, to the student loans that paid for his Ivy League education, and on to the world class champagne polo matches of Palm Beach, FL; Adam Snow's journey is always one of risk, excitement, and high achievement.Most of all, it is a love story that shows what a talented and dedicated athlete can do with the love and support of an equally talented and devoted spouse, when their goals and interests are well aligned.Adam and Shelley have lived exemplary lives. Their story can be used not only to inspire equestrians and other athletes, but also as an example of a good marriage.This biography would make the founding fathers proud. In pursuit of happiness, Adam and Shelly have achieved excellence; and if excellence is the only solution to life's mystery, then Adam and Shelly have truly reached nirvana.

I had the pleasure of meeting Adam after moving to Aiken and getting involved in sponsoring Polo Events and bringing clients from around the U.S. to the tournaments. The way in which Adam and others worked hard to make the sport of Polo more accessible to the general public, really helped to draw in a more diverse and interesting crowd. I still keep in touch with clients who continue to talk about their experiences in Aiken and with Polo. What I loved most about the book is the openness Adam and Shelley had about the struggles of pursuing a career, raising a family and sacrificing to ensure that they could actually do both. Learning more about their work ethic, the incredible sweat-equity that they both put into building their life together is inspiring. Marriage is a marathon and not a sprint. You have to learn how to build endurance.Adam was always so gracious with his time and I have always admired his humility and professionalism. Reading the book and getting a glimpse of what goes on behind the scenes only reinforced that feeling. I wish I had the chance to have gotten to know Shelley more; but she is an INCREDIBLE woman and I can see how her strength and self-confidence and love of her work, allowed the two of them to make it through the tough times. I also loved her quote in the book: "I approach a problem with no preconceptions - make my mind a Tabula Rasa to assess the situation". Sound advice for anyone!I grew up on a ranch with horses and reading this book gave me a new respect for the relationship that Horse and Rider can (and should) have. It's an excellent read about Relationships, Integrity, Hard-work ethic, following your passion and being humble enough to learn from your mistakes and become a better person. It has important LIFE LESSONS for people from ALL walks of life that would make this world a better place if put into practice.

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