

New Brunswick Equestrian Association  
Long Term Equestrian Development (LTED) Program  
**DRESSAGE**  
2026

### Preamble:

The 2026 NBEA LTED focuses on the Learn to Compete and Train to Compete phases of the Long-Term Equestrian Development pathway.

The LTED will consist of two clinics with Equestrian Canada Licensed NCCP High Performance 1 - Dressage coach and FEI dressage judge **Birgit Epskamp Valkenburg**.

Five riders will be selected for the Fredericton area venue and five will be selected for the greater Moncton area. Riders may apply for either location regardless of their place of residence.

The entire NB dressage community, as well as equestrians from any discipline, will be warmly encouraged to attend and audit. Developing one's eye for movement, correctness, and corrections is a huge part of athlete progress at all levels. Riders and their coaches should plan to attend and reap the benefits of observing what lies ahead on their own pathways.

### Program format

- Online seminars and quizzes hosted by the NBEA to assist with pre-season preparation.
- Two 2-day clinics will be held. Moncton and Fredericton venues are being made available. Five eligible riders will be selected for each location to ride in both clinics.
- Private lessons of 45 minutes each, one per clinic day. Following the lesson, 15 minutes will be spent in discussion with Birgit, the rider, and the rider's coach.
- Birgit will work with individuals and their coaches to develop yearly training plans.

Riders are strongly encouraged to make plans to stay for each day of the clinic to audit as many of the other lessons as possible. This is a training camp and designed to be inclusive to all the riders throughout the two days per camp.

### Rider requirements:

- NBEA 2026 member in good standing
- Must be NB residents
- Currently competing at Training Level or above in 2026.
- Commitment to ride in both clinics.
- Planning to compete at a minimum of **two** EC-sanctioned dressage competitions in New Brunswick in 2026.

- Has a minimum of Rider Level 4. The higher the rider level, the higher the priority for selection.
- **Priority will be given to applicants planning to attend the National Dressage Championships in October. NBEA funding will also be granted to those selected for the Championships.**
- ASTM helmets must be worn at all times while lunging and while mounted at the clinic venue.
- Biosecurity: All participating horses must have proof of vaccinations (flu, rhino, strangles) and Coggins test valid for 2026. Biosecurity best practices must be observed at clinic venue
- If more than 5 eligible horse/riders apply, selection will be made by the NBEA LTED committee in consultation with Birgit.
- All participants must sign the attached waiver. Note: two are attached – one for junior rider; one for senior
- *Should a rider be unable to attend, it is his/her responsibility to secure a replacement horse/rider that meets NBEA organizers' approval. No refunds will be issued.*

**Rider Cost: \$440** – two private lessons at each clinic x 2 clinics.

The fee equates to \$120/lesson. Rider participation in the clinics is highly subsidised by NBEA LTED funding.

**Dates: April 24 – 25 Fredericton**  
**April 25 – 26 Moncton**

**: June 12-13 Fredericton**  
**June 13-14 Moncton**

**Venue:**

**Fredericton – Geary Hill Stables**  
 31 New Rd, Geary

**Moncton – Kadillac Stables**, owned by Anne Doiron  
 1899 Melanson Road, Greater Lakeburn

Auditing: Interested riders, coaches, and trainers of all disciplines are warmly welcomed to attend. Auditing is free.

**DEADLINE for rider applications: April 1, 2026**

## Dressage LTED Coach

### Birgit Epskamp Valkenborg Seeley's Bay, Ontario



-  High Performance 1 – Dressage coach
-  Competition Coach Specialist – Hunter/Jumper
-  Competition Coach Specialist - Eventing
-  FEI 2/3\* judge – dressage/para dressage
-  FEI Grand Prix athlete

Born in Germany, Birgit has been riding since the age of 7, and successfully competed ponies at the national level in dressage, jumping and eventing, including a score of 80% in dressage at the German Team Pony Championships. She then trained young horses for Rhineland/Westfalen breeders and coached children.

Birgit married Armand Valkenborg and the two moved to Canada to found Windedge Farms. They have been training, competing, organizing international competitions and working to develop FEI Children, Juniors, Young Riders, and Ponies. She began riding Grand Prix in 2008, was named Trainer of the Year 1997 by the Quebec Equestrian Federation, and has earned “Elite” status in Quebec’s “Program D’Excellence”.

Now living in Ontario, Birgit is an NCCP certified High Performance 1 Dressage coach, FEI level 2\* Dressage judge, and 3\* Para Dressage judge

**All riders are represented on the following diagram. Where are you?**

**The LTED program is designed to move you along the pathway...**

# Long-Term Equine Development at a Glance

Stage	Active Start	FUNDamentals	Learn to Train	Train to Train	Learn to Compete	Train to Compete	Learn to Win	Train to Win	Active for Life			
Chronological age Years in Equine Cumulative Years	0-6 years	6-9 years 0-3 years 2+ years	8-12 years 1-4 years 3+ years	11-15 years 2-4 years 4+ years	14-18 years 2-4 years 5+ years	16-21 years 2-4 years 6+ years	19-25 years 4+ years 8+ years	23 years plus 4+ years 10+ years	Enter at any age Ongoing Ongoing			
<b>Equine Sport</b>	<b>Riding</b>			<b>Disciplines</b>								
				Para-Dressage				Paralympic Games, FEI World Equestrian Games				
				Dressage				Olympic Games, FEI World Equestrian Games, Pan American Games				
				Reining				FEI World Equestrian Games				
				Jumping				Olympic Games, FEI World Equestrian Games, Pan American Games				
				Eventing				Olympic Games, FEI World Equestrian Games, Pan American Games				
				Endurance				FEI World Equestrian Games				
				<b>Vaulting</b>						FEI World Equestrian Games		
				<b>Driving</b>							FEI World Equestrian Games	
					Para-Driving						Paralympic Games, FEI World Equestrian Games	
<b>Skill Development</b>												
	Develop basic movement skills, with exposure to equine environment. Little to no riding.	Horse familiarization. Horse and barn safety. Introduction to riding, with exposure to English, Western, Vaulting and Driving.	Develop foundation riding skills in multiple disciplines. Introduction to fun, local, competitions. Encourage participation in other sports.	Focus on 2 disciplines (complementary). Develop physical capacity of equestrian. Continued skill improvement, and understanding of horse behaviour.	Select primary discipline and develop competition skills. Greater emphasis on physical and psychological preparation and horse management.	Develop ability to ride multiple horses at competitive level. Greater responsibility for horse preparation for competition. Manage travel and environment.	Ability to ride multiple horses in competition-on demand and under pressure. International travel with horses. World class riding skills.	Ability to peak for major competitions. World leading riding skills, supported by exceptional fitness, psychological readiness and support team.	To meet the personal riding, health, fitness and social needs of the participants.			
<b>Programs</b>	Horse Day and First Involvement	Rider 1-2, Petit Trot	Rider 3-4	Rider 5-6	Rider 7-8, and P-TSO AD Program	Rider 9-10, and P-TSO AD Program	NSO AD Program. To be developed	NSO AD Program.	All levels of riding/vaulting & driving			
<b>Instruction/Coaching</b>												
	Instructor			Competition Coach		Competition Specialist		HP 1 Coach	Athlete choice			
<b>Training per week</b>												
	30-60 min.	Up to 100 min.	2 guided sessions	3 guided sessions	3-5 guided sessions	3-5 guided sessions	30-90 min/day	30-90 min/day	Athlete choice			
<b>Competition</b>												
	InHouse/Fun days		InHouse - P-TSO	P-TSO/NSO	JR. YR/NSO	YR/Start International	PanAM	FEI	Athlete choice			
<b>Training to Competition Ratio</b>												
		90/10%		80/20%	70/30%	60/40%	60/40%	60/40%	Athlete choice			
<b>Equestrian Canada Athletes</b>												
							Long-List Athletes	Short List Athletes				