

EQUINE CONDITIONING PROGRAM DESIGN & PREPARING STUDENTS FOR A SUCCESSFUL SEASON

April 26, 2014

At Foshay South Eventing, Lakeside, NB

Clinician: Barcelona Olympian & EC Coach, Dr. Rob Stevenson

This is a half-day clinic to provide coaches and instructors with information on how to create an equine training and conditioning program for your students to best prepare the horse and rider for the show season ahead. This clinic may be used for updating hours.

Specifically, the Topics Include:

- Creating the training program
- Proper conditioning of the horse depending on level of riding, age, fitness and experience
- Care and management issues to minimize injury and maximize your season
- Psychological aspects of training and competing
- Risk management

Schedule:

- 11 am: demonstration ride and coaching (in arena or sand ring weather dependant - bring proper clothing)
- 12 - 3 pm: Lecture and Discussion (indoor)

Bring your own lunch. Coffee/tea/water provided.

This is a fundraiser for Horse Trials NB. Thanks to Rob for donating his time, expertise and facility!

Cost: \$30 per participant. Please bring cash or cheque to the clinic. Make cheque payable to Horse Trials New Brunswick.



To Register: Send your name to Foshay Eventing on or before by April 12th suzannestevenson@nb.sympatico.ca