

EQUINE AWARENESS - Performance Improvement Plan

29 January	13 February	26 February	12 March
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With Lynn Russell and Sam Gifford-Brown - Equine & Human Sports Tissue Therapist
3 x sessions will be available on each date

Small groups (max 4) - sessions aimed at progressive improvement of horse and rider

Throughout the session you will get lots of advice and guidance to help you meet your goals

It is recommended you attend 3 x sessions over the period in order to fully benefit from this course

Each session will last approx. 2 ½ hours and is made up of 4 sections:

SECTION 1

Unmounted - horse and rider

- Initial assessment of horse dynamically and static (movement and standing). Straightness, circles.
- Initial assessment of rider. Straightness, standing, walking, and sitting

Mounted - horse and rider

- Saddlery and biting

Discussion with rider regarding ability and goals

SECTION 2

Ridden - horse assessment

- Straightness, balance working through transitions, circle work, lateral work.
- NB. If at any stage it is felt a horse is unsound, we will recommend the owner seeks veterinary advice.

Examples

- Works better on one rein than the other
- Reluctant to canter on desired lead
- Hollow back
- Head carriage too high
- Not able to track up equally on left or right hind
- Shoulder stiffness
- Lateral stiffness uneven strides

SECTION 3

Ridden - rider assessment

- Balance, straightness, flexibility, posture

Examples

- Collapsing one way
- Leaning forward
- Stronger in one hand
- Inconsistent rein contact
- More weight on one seat bone
- Gripping with knees,
- Struggling to turn the body in one direction
- More weight in one stirrup or losing the same stirrup
- Lack of balance
- Struggling with lateral work, flexibility
- Struggling with sitting trot

SECTION 4

The way forward and goals

- Mounted schoolwork LR
- Physical exercise SGB
- Performance Improvement Plan and follow up LR & SGB.

HOW TO BOOK AND COSTS

- You will be advised of your session time following booking.
- The cost per session for horse and rider is £80.
- Accompanying spectators are welcome at each session £10 per person.
- Stabling in a fully covered yard is available, bring your own bedding. £30 one night or £50 for two nights from the night before your event. Day stabling £10. Limited space so book early
- Bed and Breakfast is available locally, send SAE with Booking Form for a list. Local taxi service also available.
- To book your place please complete a booking form