

British Dressage NW Active Camp 8-10 April 2011 £235 for BD members, £250 for non BD members @ Solihull Equestrian Centre

Debbie Jones & Felicity Scott as test riding coaches

Helen Bradley & Leonie Smith as pairs coaches

Russell Guire – Centaur Biomechanics – Gait/Postural Impact Analysis sessions

Friday 8th April 2011

7.30pm Dinner in the café (£ incl)

Welcome talk

1 x Nedz bale per stable

Sat 9th April 2011

1 x 3/4 hour pairs lesson

1 x private test riding session* or private Gait/postural impact analysis with Centaur Biomechanics 30 min slots (rotated over the two days)

Café open for lunch from 12.30pm (£ excl)

Coffee and tea complimentary while café closed

Workshop No 1: Staffs Physio workshop

Workshop No 2: www.equiscan.co.uk workshop, Leading new Equine Technologies

6.30pm Dinner in the Cafe (£ incl)

Sunday 10th April 2011

1 x 3/4 hour pairs lesson

1 x private test riding session* or Gait/postural impact analysis with Centaur Biomechanics 30 min slots (rotated over the two days)

Café open for late breakfast and lunch from 11am to 3pm (£ excl)

Equiscan 1-1's saddle fits (£excl)

Coffee and tea complimentary while café closed

Workshop No 4: Sports horse NLP workshop

Sportshorse 1-1's £excl appointments needed

NAF – supplement 1-1's – (FOC)

Camp critiques issued

Vacate venue by 6pm

* 1 x Private session for each attendee with Russell Guire from Centaur Biomechanics. Session Objective is to evaluate a riders' position and the effect on the movement of your horse. This is not a training lesson; this is purely a session to evaluate your riding position and posture. 2 x **horses** way of going comparison pictures will be issued by email following the camp. Call for more details. Any video footage taken you are able to keep – please bring with you a memory stick – we will not be issuing DVD's.

To book go to www.activerider.co.uk or call 07736 872307

Improve Your Horses Performance Workshop With Sarah Light Chartered Physiotherapist

Sarah Light Bsc(Hons), MCSP, ACAT, MScVet Phys will attend camp on Saturday.

The purpose of physiotherapy is to restore and maintain mobility, function, independence and performance. ACPAT members are fully qualified Chartered Physiotherapists (MCSP's) who have also trained in physiotherapy and rehabilitation for animals. Dysfunctional movement may not only cause pain but will also affect your horses' performance.

During her workshop Sarah will explain and demonstrate a gait and musculo-skeletal assessment and how simple schooling problems can be solved with specific exercises included into your training routine. With just a few minutes a day you could not only improve your horses' performance but protect against any potential movement dysfunction.

The workshop will include:

- Identification of **SYMPTOMS & CAUSES** of pain.
- The influence of **RIDER POSTURE** and **STABILITY** on the ridden horse.
- An explanation and demonstration of an equine **GAIT ASSESSMENT**.
- Practical group work involving an equine **MUSCULO-SKELETAL ASSESSMENT**.
- How not only improving your performance will **PROTECT** your horse from injury.

HIGH PERFORMANCE WORKSHOPS.... FROM THE NECK UP (Sporthorse NLP)

From The Neck UP provide sport and business performance coaching to a range of clients across the equine industry. We help professional jockeys, competition riders, trainers, judges and leisure riders to reach their full potential and deliver their goals.

Much of our work is based on NLP principles which allow us to identify any negative mental 'programming' and re-write it to form habits that are more useful to us in achieving high performance.

The workshop will include an introduction to how our conscious and subconscious thought processes affect both our physical riding behaviours and our emotional responses both on and off the horse. It will include some practical exercises to demonstrate the impact of positive or negative thinking with some specific techniques that rider's can use to enhance their personal confidence and boost their motivation.

- Learn to 'anchor' specific emotional states e.g. motivation, confidence, focus
- Use mental rehearsal techniques to improve consistency of performance
- Remain relaxed and create positive 'muscle memory'

Danielle will be available after the workshop for individual sessions to tackle rider specific problems. These sessions will provide some practical exercises for riders to go away with to manage themselves more effectively, and may include aspects such as:

- Managing nerves
- Building Confidence
- Getting over accidents
- Improving focus and concentration
- Removal of negative beliefs

Sessions will cost £15 for 30 minutes



Danielle Olding is an experienced sports performance coach, specialising predominantly in Equestrian sports. She is an NLP Trainer, Master Sports Practitioner who works with both amateur and elite world class riders.

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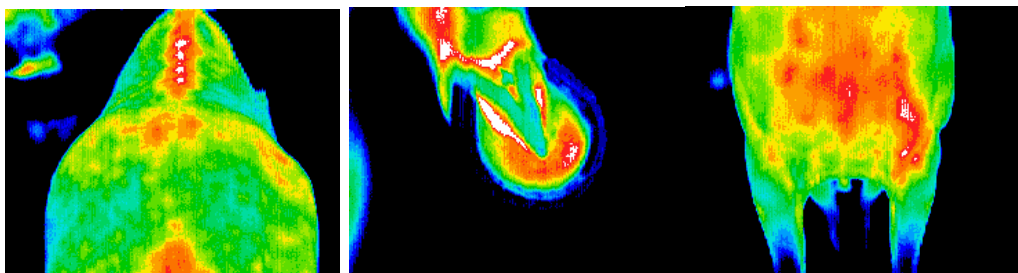
EQUISCAN

EQUINE THERMOGRAPHY

DIGITAL INFRARED EQUINE THERMOGRAPHY WORK SHOP HELD HERE ON SUNDAY 10TH OF APRIL WITH SOPHIE GENT CERTIFIED EQUINE THERMOGRAPHER

Equiscan is the first company in the UK to specialize in medical grade equine thermography.

Digital infrared thermal imaging is the only non-invasive diagnostic test of physiology available. It is a crucial aid in the early identification of musculoskeletal and neurological injury's, especially non-specific and difficult to diagnose lameness!



Workshop will include

- How digital infrared thermal imaging can benefit you and your horse, from back problems to dental issues
- Visualizing your horses pain and detecting disease at an early stage
- How we can help prevent & locate the source of non-specific lameness and aid rehabilitation.
- Our Session will conclude with a live demonstration!

You can win a free full body health screening worth £395 (only available for those who attend the workshop's)

Sophie will be available at camp for free one to one consultations with you and your horse.

For more information please contact Equiscan:

0845 519 5971

info@equiscan.co.uk

www.equiscan.co.uk