

Balance the Connection between Horse and Rider

FEI Coach Eddo Hoekstra and Heather Sansom of Equifitt.com are going to be at the **Nepean National Equestrian Park for a Joint One-Day Riders' Clinic.**

WHEN: Friday, April 16, 2010, 8am to 3pm

Equine Canada's Long Term Equestrian Development Guidelines suggest that riders dedicate time to their own fitness, so you can ride better, longer.

Fitting up in time for the riding and competitive season takes time for both you and your horse. In this clinic you will have an opportunity to be introduced to dressage or work on the finer points you need to get competition-ready. You will also gain feedback on the areas to target for your own training, so that you can maximize your time as you prepare for the season, while bringing your fitness and riding goals together. Complementing your riding with off-horse conditioning helps accelerate your progress in the saddle. If you compete, every minute counts. For all riders, injury is costly. Working on your stamina, self-carriage and the accuracy of your aids, while improving your communication with your horse through your dressage will help you be at your best when you need it most and reduce injury potential.

RIDER ENROLLMENT IS LIMITED (morning only). Auditors have an opportunity to participate with riders in the hands-on afternoon workshop, space permitting. Riding will be from 8-12am with either 4 private riding slots, or up to 8 semi-private. Cost will depend on whether you want a private or semi private lesson with Eddo in the morning. We are able to offer a special rate for this clinic due to Eddo Hoekstra being in town on the same weekend for an OADG Dressage clinic.

FEES:

Private (one hour) \$220 Semi Private (one Hour) \$130 Audit \$25.

Registration and payment due by April 1, 2010. Refreshments will be provided in the morning. Please bring a lunch.

For more information & to register, contact:

Andrea McCoy-Naperstkov 613-829-6925