

"Inspiration and Exploration"

A development day for all grade 1a and 1b riders and coaches but especially those just entering the sport of para dressage.

SUNDAY 22ND NOVEMBER 2009

10am till 4pm

SOUTH BUCKS RDA, MILL HOUSE FARM, FRAME WOOD ROAD, FULMER, BUCKS, SL2 4QR (0845 450 6813)

PROGRAMME

Time	Topic	Speakers
10.00am	Getting Started in Para Sport	Clive Milkins RDASI
10.30 – 12.30	Assessing the Rider and Identifying Goals	Jane Goldsmith FBHS Joyce Sherriff MSCP
12.30 Lunch please bring your own drinks available		
13.00	Supporting the Rider	Caroline Christiansen - A parent
13.30	Reaching the Top Freestyle Demos	Sophie Christiansen - Paralympic Gold Medalist Ricky Balshaw - Paralympic Silver Medalist Michael Murphy - An aspiring junior rider
14.30	Introducing the new 1a and 1b Tests Practical and theory novice tests	Jane Goldsmith
15.15	Starting Test Riding	Clive Milkins
15.40	Inspirational Youth Competition	Jane Goldsmith

Our thanks to EQUILIBRIUM for supporting the day.

To book a place please complete the section below and return to Di Redfern at the above address. There is no fee to attend this training day.

Name: Group:

Address:

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Telephone Number: Number of places required: