

## **Oxford Downs Eventing Clinic I**

**Sunday, April 6, 2008**

**Proposed Schedule: (will be finalized after participants and levels are known)**

**8:30 am:** Arrival of all participants check-in, pony allocation, etc.

<b>Time</b>	<b>Activity</b>	
<b>8:30</b>	<b>Introduction</b> (move to barn ~ 9:00)	
<b>9:15</b>	<b>1<sup>st</sup> Ride* - by Group</b> <b>times (tbd)</b>  <b>~ 1 hour, warmup, flat, dressage</b> <b>components, etc.</b>	<b>Eventing Theory I</b>
<b>10:15</b>		<b>/ Conditioning</b>
<b>11:15</b>		Participants will attend when their group is not riding
<b>12:15</b>	Lunch & Personal Fitness for Eventing by Heather Sampson	
<b>13:00</b>	<b>2<sup>nd</sup> Ride* - by Group</b> <b>times (tbd)</b>  <b>~ 1 hour, indoor jumping/X-C</b>	<b>Fitness Feedback</b>
<b>14:00</b>		<b>Eventing Theory II / Equipment / Videos</b>
<b>15:00</b>		Participants will attend when their group is not riding
<b>16:00</b>	Untack, Break, Snacks	
<b>16:30</b>	<b>Wrap Up</b>	
<b>17:00</b>	<b>Video review of 2<sup>nd</sup> Ride, Questions</b>	
<b>17:30</b>	End of day	

\* Rides to be videotaped and reviewed with instructor

### **Possible Rider Categories (riders may be combined to form functional groups)**

PreEntry i.e. D1 to D2: Beginner jumpers, up to ~2'3"

Entry i.e. D2 to C: Intermediate, 2'3" to 2'9"

PreTraining + i.e. C and above, up to 3'3"

### **Eventing Theory** Topics to be covered include:

- Introduction to Eventing and the Ontario Horse Trials Association
- Eventing Disciplines Dressage, Stadium & X-C - 3 Day Eventing
- Striding, Timing, Galloping, Jump types, Strategies

**Ride Evaluation / Video** will consist of an evaluation of each individual riders ride, carried out in a group environment with instructors

### **Fitness:**

Fitness Principles Specifically for Equestrians

Feedback Feedback will identify areas in which each rider should focus to improve their riding skills.