

2015 HELPFUL HINT #1

SCHEDULING OUR CLINIC

Hour-by-Hour

Each day of our two-day clinic will consist of three hour-long jumping lessons for 12 riders (3 groups of 4), an equestrian sport psychology or fitness workshop and a 30 minute Q&A, book-signing and photo-op. There's no limit to the number of people who can attend our workshops (I will donate all auditing fees to your group so the more the merrier!)

Rider Ages and Levels



Riders of all ages / levels can ride in our jumping clinics. It's important that they be divided into 3 groups of 4 by level (as best you can). For example, a group of 3' jumpers, 2' jumpers and X-rail jumpers. It's not necessary to divide the groups by age. The clinics are great for all riders because the courses can be trotted or cantered.

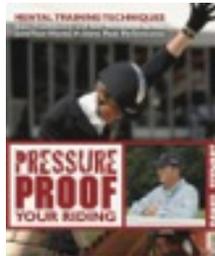
Mounted Clinic Grouping

Please organize your schedule so that the middle group rides first, the lower level group second and the upper level group last. The riders in the first group must be mounted, warmed up and ready to jump by the start time of our clinic. The riders in the 2nd and 3rd group need to be present at this time also, but not mounted. Please set the jump-cups to the height of the 1st group - but set the fences as cross-rails for the warm-up. We can raise them to verticals after the warmup (unless they'll be staying at cross-rails).

After Party!

I think it's a wonderful idea to eat a healthy meal during the workshop portion of our clinic. You can cater the meal or bring different dishes from home. Regardless, please create a healthy menu because I'll be speaking of the importance of respecting ourselves as athletes.

Following our workshop I'd be very happy to stay for an additional 30 minute to do an *after-party* consisting of a Q&A, book signing and photo op.



Clinic and Workshop Venue

Our show-jumping course fits any arena but the larger the better. We'll need 6 to 10 complete jumps and I'll send you the course designs prior to our clinic. If you're hosting a XC clinic, we will need an open field with at least 8 questions in view of each other.

Our sport psychology or fitness workshop needs to take place right at the barn and start immediately after our mounted clinics. This allows the riders to stay close to their horses and eliminates the possibility of any riders getting lost or arriving late for the workshop.

Lastly, it's always a good idea to have an indoor arena as a backup plan in case of rain. If it rains and we don't have an indoor we'll still complete our clinic - I'll simply teach your riders a symposium of rider fitness workshops, sport psychology seminars and a videotape analysis of the jumping position (using videos I'll bring with me)

Plan Your Ride - Ride Your Plan

I'll teach your riders a different jumping clinic and workshop each day, but the schedule for both days will be similar - three hour-long riding lessons and a ninety-minute workshop, Q&A, photo op, and book signing. I recommend that you organize the sport psychology seminar on the first day and the rider fitness workshop on the second. Our exact schedule will vary depending upon my flight itinerary, but it will look something like this:

12:00 - 12:30	Welcome Briefing for all 12 riders / auditors. Group 1 already warmed up
12:30 - 1:30	DISTANCE Jumping Clinic for group 1 (medium level group)
1:30 - 2:30	DISTANCE Jumping Clinic for group 2 (lowest level group)
2:30 - 3:30	DISTANCE Jumping Clinic for group 3 (upper level group)
3:30 - 4:00	Group 3 untacks while lunch is prepared
4:00 - 5:00	Sport Psychology or Fitness workshop during a healthy meal together
5:00 - 5:30	After party consisting of a Q&A, photo op. and book signing

* Please remember that the above schedule is just an example, our start time will vary depending upon my flight itinerary (most Saturdays begin at noon, most Sunday at 9:00).

Rider Scheduling

Twelve riders can ride in the jumping clinics each day. The 12 riders can ride both days, or 12 different riders can ride each day. Riders do not need to ride on the 1st day to be able to ride on the 2nd, however it's recommended that they audit the first day. Additionally, you may have a mix of riders; some riding both days with others riding only once (i.e. 8 riders riding both days, 4 different riders riding the 1st day only, and 4 riding the 2nd day only).

