

GMO Education Session: Show Me the Money: Working with USDF, The Dressage Foundation and Sponsors to Pay for GMO Programs

Lendon Gray, The Dressage Foundation president, will give an introduction to The Dressage Foundation and will also speak on how GMOs can tap into The Dressage Foundation funds for their programs and members.

Sarah Patrick, USDF Region 4 Director, will speak on how GMOs can work with their regional directors to utilize USDF grant funding resources.

Linda Schultz, USDF Marketing Director will present information on fundraising and sponsorship ideas and resources.

GMO Roundtable: Discussion topics are insurance, recruitment, GMO business management, membership retention, conflict resolution and cutting expenses.

University Education Session: Exercises to Improve Riding: Balance in Motion

Vicky Busch and Allison Faso

Use the Eckart Meyners Six Point Structure to unlock your riding potential! Participants will learn exercises used before mounting and in the saddle to target blockages and improve balance, flexibility, adaptability and coordination.

Vicky Busch is a professional trainer who holds her USDF Bronze and Silver medals. She has worked with Eckart Meyners in the US and Germany for five years and is Co-executive Director of Equestrian Education Systems.

Allison Faso is a USDF Bronze & Silver Medalist and an active FEI competitor. Allison is currently part of the Balimo faculty that assists with distance learning courses.

University Education Session: Strengthening and Stretching Techniques for the Rider; The Five Physical Keys to a Successful Partnership

Dan Weltner and Kristi Weltner Redd of Equi-stretch

Pelvis, Posture, Legs, Heels and Hands....come find out why these five physical areas are paramount to building a sound relationship with your horse. Dan & Kristi will offer targeted exercises for these areas and demonstrate how to pull it together in five easy steps!

Dan Weltner has performed in nearly thirty states and traveled to five continents as a professional dancer with several New York City dance companies.

Kristi Weltner Redd is a professional trainer who holds a BA in Equine Science from Otterbein College, Westerville, Ohio. She is also a NARHA (North American Riding for the Handicapped Association) Certified Therapeutic Riding Instructor.

USDF Apprentice Dressage Technical Delegate Clinic: Learn the Dressage Ropes

University Education session: Sport Psychology for Riders: Training Your Focus for Competition

Tonya Johnston, MA

To ride at your highest level in competition you must be confident, focused and mentally tough. Integrating sport psychology techniques into your preparation is an effective way to ensure you will ride

up to your potential when it really counts.

Tonya Johnston is a sport psychology consultant who maintains a sport psychology practice in the San Francisco Bay Area. She works with professional and amateur athletes from a variety of sports but specializes in equestrian disciplines.

**Youth Education Session (Youth Only):
Cross Training for the Equestrian**

Dr. Hilary Clayton and Dr. Narelle Stubbs

Different types of exercises that can be used to prepare riders for the physical demands of dressage at different levels, cross training exercises aimed at improving mobility, core strength and balance will be discussed.

University Education Session: The Effective Rider: How to Improve Your Posture, Strength and Balance

Dr. Hilary Clayton and Dr. Narelle Stubbs

Dr. Hilary Clayton returns to convention by popular demand and teams up with her co-author on Activate Your Horse's Core, Narelle Stubbs. Bring an open mind as these two world-renowned experts explain how riders use their bodies and how it affects the horse. Also discussed will be common physical problems and injuries in dressage horses and riders PLUS exercises that can be used to prevent or treat these problems.

Hilary Clayton, BVMS, PhD, MRCVS is the Mary Anne McPhail Dressage Chair in Equine Sports Medicine at Michigan State University's College of Veterinary Medicine. A native of England, Dr. Clayton received her veterinary degree from the University of Glasgow in 1973 and returned to earn her PhD in 1978. As a veterinarian and researcher, Dr. Clayton's studies on the biomechanics of equine gait have focused on sport horses, including dressage and jumping horses.

She has competed extensively in eventing, show jumping and dressage and is a certified coach in the UK and Canada.

Narelle Stubbs, B.APPSC (PT) M. Anim St. (physiotherapy) Coauthored Activate your Horse's Core with Dr. Clayton. A graduate of the University of Sydney, Dr. Stubbs spent six years in private practice before returning to Australia to complete the Post Graduate Animal Physiotherapy program where she currently holds an associate lecturer role, teaching the large and small animal practical components of the program. A PhD candidate at the University of Queensland, investigating equine back pain, Dr. Stubbs has been the official Australian Equestrian Team Physiotherapist treating both horses and riders at the World Equestrian Games in 1998, 2002, and 2006 and at the Olympics in 2000 and 2004.

University Education Session and the USDF Symposium Friday Night Feature Presentation with Kyra Kyrklund

Reach Your Peak Performance at Every Level

Kyra will begin to lay the foundation for the Symposium presentations on Saturday and Sunday.

Reach Your Peak Performance at Every Level

presented by Kyra Kyrklund

Join us for our two day symposium with world class clinician and teacher, Kyra Kyrklund. An Olympian, Kyra is honest and positive but realistic in her teaching style and tries to demystify riding for the rider and provide tools for improvement. Kyra works to provide students the whole picture and then identify problems and provide solutions one at a time. She enjoys working with all types of horses and riders and

focuses on the rider's balance and seat as the key to success. Kyra's goal is to provide each rider at Symposium with at least one tool to improve their ride and help them reach peak performance. By providing tools, Kyra hopes the attendees will be able to move more easily up and down the ladder of training - up to learn new things and down to improve the basics in the movements the rider and horse can already do.