

## SANDRA VERDA

The Coach of the Year Award honours an outstanding coach who has made the most significant positive contributions to equestrian sport. Sandra Verda is the owner/founder of Fit to Ride, a competition equestrian training program. Sandra has coached riders at all levels from local to international dressage.

She specializes in coaching Para Equestrian athletes and Young Riders in preparation for competition. In addition, Sandra is trained in STOTT Pilates and is a Nationally Certified Coach.

She has travelled with the Canadian Para Equestrian Team for the past seven years. Sandra currently coaches three senior team members who competed successfully at three European Championships, two World Championships, the 2004 Paralympics Games in Athens, and represented Canada at the Paralympic Games in Hong Kong.

Sandra develops and monitors individual equestrian plans for horses/riders of all ages and abilities. She has developed a mounted lunge program using Pilates principals and regularly conducts workshops and clinics for riders and coaches. Sandra is well deserving of this award for all her hard work and dedication to her students.