

# HORSE TRIALS BC WINTER EDUCATION SEMINAR

Hosted by: *HTBC- YR*

**February 11- 12, 2012**

Ramada Plaza and Conference Center, 36035 N. Parallel Rd, Abbotsford, BC

[www.ramadaabbotsford.com](http://www.ramadaabbotsford.com)

## SCHEDULE

### Saturday:

**9:am-10:00 Keynote Address**-David O'Connor and WEG Silver Medal Team Members

**10am-12:00- "The Use of Regenerative Medicine in Sport Horses"**-Dr. Christiana Ober, Canadian Eventing Team Veterinarian

**12:00-1:00 "Better is always Possible"** -Dave Freeze, general session

**1:00-1:45 LUNCH-provided on site**

**1:45-2:30pm "Equine Fitness as applied to the Lower Level Eventing Horse"**-Panel Discussion, Lynne Larsen, Chelan Kozak and Dr. Christiana Ober

**BREAK**

**2:45-3:45 Group 1-Practical Session, Dave Freeze**

**2:45-3:45 Group 2-"Eventing Saddlery: Saddles, Bits, Breastplates, Stirrups, Boots and Studs; Which ones and Why?"** Panel Discussion- Glynis Schultz, Rebecca Garrard, Nikki Ayers. Moderator-Lynne Larsen

**4:00-5:00-Group 1-Saddlery Panel Discussion**

**4:00-5:00-Group 2-Practical Session, Dave Freeze**

**5:00 Closing Comments**

**7:00pm Young Riders Dinner and Social** , in hotel, open to all HTBC member YR (21&under), pizza and Eventing DVD's provided.

### Sunday

**8:30-10:30- "Back and Neck Pain as Cause of Poor Performance in Sport Horses"** Dr Christiana Ober  
Break

**10:45-11:45 "Feeding Your Horse for Optimal Performance"**- Ken Wilkinson, Otter Co-op Equine Nutritionist

**11:45-12:00 "Apps for Eventers"**- interactive discussion, bring your ideas and questions...!!!

**12-12:30 -LUNCH-provided on site**

**12:30-1:30-" Core Strength and Flexibility for the Event Rider"**- Glen Hendricks

**1:30-2:15 Group 1- Practical Session, Glenn Hendricks**

**1:30-2:15 Group 2-General Questions and Discussion:** -Topic is up to the Seminar Participants...!! Panel to include: HP rider, HP Coach(s), HTBC committee member, YR committee member. Possible topics could include; timing/watches, moving up the levels, long distance travel with horses, "State of the Nation: Eventing in BC"

**2:30-3:15-Group 2, Practical Session, Glenn Hendricks**

**2:30-3:15-Group 1, General Discussion, as above**

**3:30 Closing Comments**

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### Hotel information:

**Room Rate: \$112/nite, ask for HTBC rates**

**Ramada Plaza Phone: 1-888-411-1070 [www.ramadaabbotsford.com](http://www.ramadaabbotsford.com)**

### Presenter Biographies:

#### **Dr. Christiana Ober-**

Christiana grew up riding and competing horses in Maryland. She spent her undergraduate years at both the US Naval Academy and the University of Virginia. She graduated from the Virginia Maryland College of Veterinary Medicine in 2000. She then spent the next 8 years at Virginia Equine Imaging where she specialized in lameness, imaging, and managing the sport horse. Her current practice, with Dr. Brendan Furlong, is Peak Performance Equine Services which is based in Ocala, Florida although she still spends her summer months in Middleburg, VA. She is also certified in equine acupuncture with the International Veterinary Acupuncture Society. She was thrilled to begin working for Equine Canada in 2005 as team vet for the Three Day Eventing Team. Being a part of the development and success of that program has been rewarding and exciting. She mostly enjoys the year round contact with the Canadian horses and riders and helping them develop a proactive approach to sports medicine and soundness. Her free time is spent running and cycling and when time permits racing a triathlon. She is an Ironman Hawaii qualifier and has completed six full distance Ironman triathlons.

#### **Glenn Hendricks-**

Glenn Hendricks holds degrees from both Simon Fraser University and the University of British Columbia. A Physiotherapist since 2000 he works out of the White Rock Sports and Physiotherapy Clinic. A rider himself, one of Glenn's particular interests is creating exercises to help increase a rider's strength, mobility and control in the area around the spine and pelvis-core stability for riders.

Riding in its simplest form is about control. The ability to deliver appropriate aids at a specified time without interfering with the horses movement; which sounds simple but most riders have imbalances and weakness performing certain movements on the horse. These sessions will focus on how riders can develop better awareness and control through functional exercises. The sessions will be interactive and participatory. Glenn has previously evented to the Preliminary level and currently rides his Hannoverian Mare at Third Level dressage. Also an avid cyclist, he has also competed at both the Tours of White Rock and Delta.

#### **Dave Freeze-**

Dave has a Master's Degree in Applied Behavioral Science and spends his time working with athletes, performers and competitive teams to create and pursue visions of greatness. He manages his business "RippleRock Performance Consulting" from Kamloops, BC, where he lives with his family.

Dave has over 30 years of experience training, competing and coaching many different levels of sport involving all age groups. He has participated in four world championships, is a four time Ironman, has completed ten marathons, raced in fifteen countries worldwide, and been actively involved in numerous individual and team sports. It has been Dave's experience working with performers and athletes that the answers and solutions always lay within. He sees his job as to help access the root of the challenges, assist in finding solutions, while providing the necessary support and encouragement to keep forging ahead.

RippleRock Performance Consulting is based on the idea that "Better Is Always Possible". It takes courage to dream big, and setting long-term aggressive goals is both scary and necessary if you want to be successful. Achieving these goals requires a belief in yourself, the right attitude, full commitment, a diversity of skills, and a great deal of support. We have developed an easy to follow approach to performance enhancement through personal awareness, long-term vision, and the development of skills to achieve sustainable and repeatable success. RippleRock takes pride in making the journey to success both memorable and enjoyable.

Registration Form

Pre-Registration Closing Date: February 7, 2012 (for catering purposes)

**REGISTRATION LIMITED TO 100...!!!!**

**Registration Fees:**

**HTBC-YR**-\$60

**HTBC member, certified Coach**-\$100 Coaching Level:\_\_\_\_\_

**HTBC member**- \$120

**Non-member**- \$150

**Anyone, at the door**-\$100/day

**Send Registration, before Feb 7, To: *Please make cheques payable to HTBC***

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Email: shawneenstephens@gmail.com

Name:\_\_\_\_\_

Birthdate if YR:\_\_\_\_\_

Address:\_\_\_\_\_

\_\_\_\_\_

Phone:\_\_\_\_\_ Email:\_\_\_\_\_

HTBC#\_\_\_\_\_ HCBC#\_\_\_\_\_ Amount enclosed \$\_\_\_\_\_