

EWA HIGH PERFORMANCE PATHWAYS SUPER CLINIC

Friday evening 19th June - SEC OCEAN FOAM ROOM



6.00 - 6.30 pm

Introducing the EA Horse & Athlete Management System (HAMS)

Julia Battams

*National Performance Director for
Dressage & Para Equestrian*

6.30 - 7.30 pm

ASADA - Athlete Anti-Doping Rules for National Competitions

Victoria Kahn

*Sports Science/Sports Medicine Manager
Equestrian Australia*

7.30 - 8.30 pm

Preparing the Horse for Domestic & International Travel

Stuart Tinney / Sharon Jarvis &
Jess Manson



	Vaulting C Quest Warm Up	SEC INDOOR ARENA	SEC Classroom downstairs	Ocean Foam Room
Saturday 20 June				
9:00	Tristyn Lowe Posture Core Training Specific To the Vaultier	Rebecca Ashton Equest Elite Focus, Balance & Fitness Core Training Specific To the Para Equestrian Session 1 - Open 9.00 am - 10.30 am		Show Horse Judges Seminar with Dr Andrew Hunt
9:15				
9:30				
9:45				
10:00				
10:15				
10:30		BREAK 15 mins		
10:45				
11:00		Rebecca Ashton Equest Elite Focus, Balance & Fitness Core Training Specific To the Horse Rider Session 2 - Squad only 10.45 am - 12.15 pm		
11:15				
11:30				
11:45				
12:00				
12:15		BREAK 15 mins		
12:30				
12:45		Rebecca Ashton Equest Elite Focus, Balance & Fitness Core Training Specific To the Horse Rider Session 3 - Squad & OPEN 12.30 pm - 2.00 pm		
1:00	BREAK 1.00 - 1.30 pm	Athlete Anti-Doping Sports Med Australia 12.30 - 1.30 pm		
1:15				
1:30				
1:45	Tristyn Lowe Posture Core Training Specific To the Vaultier			Open Forum Roles and Responsibilities of TD's, Judges, Stewards & Riders Q & A session on Protocols re; Horse Welfare Warm Up Gear Rulings Managing Disputes & Protests 2 - 4pm
2:00		BREAK 30 mins		
2:15				
2:30		Rebecca Ashton Equest Elite Focus, Balance & Fitness Core Training Specific To the Horse Rider Session 4 - OPEN 2.30 pm - 4.00 pm		
2:45				
3:00				
3:15				
3:30				
3:45				
4:00			BREAK 4.00 - 4.30pm	
4:15			Rebecca Ashton Equest Elite SQUAD Lecture 4.30 - 5.15 pm	
4:30				
4:45				
5:00			Sports Psychology Dr Tristyn Lowe 5.15 pm - 6.00 pm	
5:15				
5:30				
5:45				
6:00		Dinner Break 6 - 6.30pm		
6:15				
6:30			Goal Setting & Constructing a Seasonal Plan Rebecca Thomas EA NCAS L2 G CE	
6:45				
7:00				
7:15				
7:30			Travelling Jess Manson & Sharon Jarvis 7.30 - 8.30 pm	
8:00				
8:30			Close	

	SEC INDOOR ARENA	Brookleigh INDOOR ARENA	SEC Ocean Foam Room	SEC Classroom downstairs																																	
Sunday 21 June																																					
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11:45				WAIS Developing Champions Workshop																																	
12:00				<u>Parents</u>																																	
12:15				11:30 60 Supporting My Athlete																																	
12:30				12:30 FINISH																																	
12:45				<u>Athletes</u>																																	
1:00	Lunch BREAK 12.30 - 1.00 pm			<table><tr><th>Time</th><th>Mins</th><th>MODULE</th></tr><tr><td>1:00</td><td>15</td><td>INTRODUCTION</td></tr><tr><td>1:15</td><td>30</td><td>Communicatcn: P1</td></tr><tr><td>1:45</td><td>5</td><td>BREAK</td></tr><tr><td>1:50</td><td>30</td><td>Communicatcn: P2</td></tr><tr><td>2:20</td><td>40</td><td>Me; You; Everyone</td></tr><tr><td>3:00</td><td>15</td><td>BREAK</td></tr><tr><td>3:15</td><td>50</td><td>Mertal Skills for My Performance</td></tr><tr><td>4:05</td><td>5</td><td>BREAK</td></tr><tr><td>4:10</td><td>20</td><td>GOALS + SUMMARY</td></tr><tr><td>4:30</td><td></td><td>FINISH</td></tr></table>	Time	Mins	MODULE	1:00	15	INTRODUCTION	1:15	30	Communicatcn: P1	1:45	5	BREAK	1:50	30	Communicatcn: P2	2:20	40	Me; You; Everyone	3:00	15	BREAK	3:15	50	Mertal Skills for My Performance	4:05	5	BREAK	4:10	20	GOALS + SUMMARY	4:30		FINISH
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1:15	Tristyn Lowe Lunge & Coach Training sessions	David Cameron Masterclass @ Brookleigh 1 - 3pm	Rebecca Ashton Equest Elite Focus, Balance & Fitness Core Training Specific To the Horse Rider Session 7 1.00 pm - 2.30 pm																																		
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