



Athlete Development Session Equine Conditioning and Yearly Training Plans

Saturday, March 7th, 2020

1:30pm-5:00pm

Canada Games Centre, Halifax, NS

NSEF is hosting an Athlete Development Session with Master Coach Developer and High Performance Coach, Ruth Allum on Saturday, March 7th, 2020.

About the facilitator: Ruth is the head coach and trainer at Oakhurst Farm and operates Oakhurst Farm with Mark Nelson. As a coach, Ruth's commitment is to the total physical and mental preparation of both the rider and the horse in the sport of Eventing. During her more than 20 years as a coach, Ruth has taken students from beginner levels to high levels of international competition. Ruth's students have reached very high levels of excellence. She has coached horse & rider teams to the Ontario Provincial Championships, the North American Young Rider Championships, and the Canadian Eventing National Talent Squad. Whether her students are competing at the Pre-Entry or Advanced level, they still receive the benefit of Ruth's careful attention to detail in riding, conditioning, and building a strong horse and rider team.

This session will include an information session on Equine Conditioning and a workshop on Yearly Training Plans. The Yearly Training Plan Workshop is facilitated in an interactive format and using language which everyone can understand. Whether you are an entry level competitor, a recreational rider, or a high performance athlete, equine conditioning and a yearly training plan can help you meet your goals.

Pre-registration is required.

Limited Spaces Available.

Cost \$40

Athlete Training Camp Registration Form

March 7th, 2020
1:30 pm – 5:00 pm

Name: _____

Email address: _____

Phone number: _____

Media Release: I am aware that this event will have video and photos taken. Any media may be used by NSEF for promotional materials and social media.

Signature of Applicant _____ Date: _____

Name and Signature of
Parent/Guardian if under 19: _____
Printed Name Signature Date

Payment Information

Cost \$40

PAYMENT TYPE: -Cheque -Money Order -MasterCard/Visa/Debit-Visa -Cash (in office only – call ahead)

A ten percent administration fee will be applied to refunds requested, however, *NO* refunds will be granted after February 12th or for no-shows. The NSEF reserves the right to cancel session(s) due to unforeseen circumstances or insufficient advance registration. If the NSEF cancels the course, you can credit the amount to the next course, or request a refund in writing. The NSEF cannot accept responsibility for expenses incurred as a result of the cancellation of a course.

VISA/MASTERCARD PAYMENT INFORMATION: Total Credit Card Payment Enclosed: \$43.00

Name on Credit Card:

Signature:

Credit Card Number

Expiry Date

Verification Code (located on the back of the card)

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