

The Alberta Equestrian Federation

presents

2017 AEF Annual Provincial
Instructor/Coach/Trainer Professional Update

May 13 & 14, 2017



AEF Session Information:

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As trainers and coaches I know you have all run into challenges training and conditioning horses. The horse has united us all, no matter what style saddle you toss on its back one thing for all of us is the same. We got in this industry for the betterment of the animal.

This clinic will be a practical tool to help you with that goal.

We will be breaking the body into three sections, forehead, back and rear. In these sections we will talk through some functional anatomy, and

biomechanics. Once we have explored that, we will look at assessment of each of these sections and how you can take this assessment home to greater understand what is happening with each horse that is in your care. The key to an effective training and conditioning program is to have the individual knowledge of the horse and what that horse needs to function at its optimum. After the assessment portion, we will talk through an exercise and stretching program that will target the specific area of concern and allow you to take home practical discipline neutral exercises and stretches to apply to these areas.

This lecture will be a functional look at horses in a way that I hope answers some questions about some of those horses in your barn that just are not right. They are not lame but they are not at the level that you know, from your vast training knowledge, that they could be at.

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