



“THE HOMEWORK SERIES”

Winter Training Tips to elevate competition performance

SYMPOSIUM 2013 with

Cara Whitham

Saturday, November 2

Rider Training Clinic

Sunday, November 3

The “Homework” series, Saturday, November 2nd will highlight six riders, each one representing a different competition level from Level one to PSG/Inter1/Grand Prix. Riders selected will ride a test of their choice to be judged by Cara Whitham, scores are to be discussed and suggested training tools for improvement will be provided, in consultation, with each rider (and their coaches), to help them train and prepare for the upcoming 2014 show season. The clinic on Sunday, November 3rd will be conducted as a conventional training clinic. Riders not selected for the Saturday Symposium will be given first priority to one of eight sessions available on the Sunday. Riders new to competition and seasoned competitive riders will be able to participate in either the Symposium and/or the clinic. Coaches, riders and judges are invited to attend both date, as active auditor participation is being encouraged. Riders are invited to video tape their rides.

Cara Whitham is currently the only judge in the world to hold the top official’s license for Dressage (5*) and Eventing (O), from the International Equestrian Federation (FEI). After becoming the first and only Canadian judge to hold her ‘O’ status for Eventing, she was awarded her ‘5*’ status for dressage in 2004. In 2010 Cara was included on the FEI list of approved Dressage Technical Delegates.

In 2013 she will judge CDIs in Australia, Japan, Korea, England, USA, and the FEI Bolivarian Games in Peru. Cara was the Chef d’Equipe for the 2013 Costa Rican Dressage Team at the Central American Games, where they won Team Gold , Individual Bronze and the overall Individual Silver medal. Most recently, Cara was the FEI Foreign Dressage Technical Delegate (TD) at the North American Junior & Young Riders Championships in Lexington, KT and in 2014, Cara will be the Foreign Technical Delegate for the South American Games in Chile.

Cara is a certified Level 3 Dressage Coach, an examiner and level 1,2,3 Course Conductor. Over several years, Equine Canada has re-designed the Coaching program, as sanctioned by the Coaching Association of Canada and NCCP. Cara has been appointed, by these organizations, as a High Performance Specialist coach & Master Evaluator for Ontario. She has coached a team member of the NAYRC Gold Medal Event team, as well as an Individual Bronze Dressage medalist.

Please visit “Events” at www.stonehavendressage.com for Rider Registration forms, selection criteria for the Saturday symposium and Sunday Training Clinic and Auditor Registration forms.

Symposium and clinic hosted by Stone Haven Farm Dressage, 791 Rock Rd, Oxford Mills ON
For information please contact:

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