

2017 Dressage Qld High Performance Seminar

11th June – UQ Gatton Campus



Join us for a day of Education for both the Horse and Rider

| Program | | |
|-------------------|--|---|
| 9.00-11.00am | Mindset/Wellbeing/Time Management / Stress & Anger Management for the Rider | Dr Damien Stewart - Sports Psychologist |
| 11.00- 11.30am | MORNING TEA | |
| 11.30- 12.30pm | Subjectivity in our Sport | Maria Schwennesen FEI 5* Judge & Nicole Tough Level 2 EA NCAS Coach, National A Level Judge |
| 12.30-1.30pm | Rider Fitness | Danielle Keogh - Sports & Spinal Fitness |
| 1.30-2.15pm | LUNCH | |
| 2.15-3.45 | Medication Control / Travelling Horses / Glucosamine and Joint Food - Yes or No | Various UQ Veterinary staff - Ben Ahern |
| 3.45-4.15 | New Rules and Protocols for Dressage | Maria Schwennesen FEI 5* Judge |

Tickets \$45.00 per head includes morning tea and lunch

Tickets available on nominate.com

Closing Monday 5th June

Contact Kim Tenkate for more information - millewa01@bigpond.com