



WILLOW GROVE STABLE

Invites you to participate in our
5 Day Training Camp
July 20-24, 2009

**IMPROVE
YOUR SKILLS!**

SET GOALS!

**HAVE FUN!
&
MAKE
FRIENDS!**

Individual Programs to meet riders' goals

Competition simulation training

Work with Nationally Certified Coaches

Equine Canada Licensed Judges,

Professional Riders &

Experts from the industry

Alberta Equestrian Federation Rider Level 1-8 Certification available

Trish Mrakawa (403) 938-6398
trish@platinum.ca

www.willowgrovestables.com

Directions to Willow Grove Stable: South on McLeod Trail (Hwy #2) or Deerfoot Trail extension. 8km past Hwy 22X overpass to Dunbow Road. Turn East (left) on Dunbow Rd for 8km. Turn South (right) on 80th Street. Turn East on 2253 Dr. East which is to the left. The stable is the fourth place on the right with a sign at gate.

2009 TRAINING CAMP

***New 2009* A limited number of riders will be accepted to the camp this year.
Minimum age is 12 years with exceptions approved by Trish only.**

Whether your goals are competitive, achieving your rider level certificates, preparing for your coaching levels or recreational riders with specific training needs, the camp will provide a unique, intensive and fun way to meet your goals. For the competitive rider there will be an opportunity to attend two competitions with Willow Grove coaches upon completion of this training session.

PROFILE & GOALS

All training camp participants must submit a horse and rider profile; yearly goals and camp goals. The profile should include information about the horse, the rider and your short and long-term goals. It should also include any other areas of interest you have.

WHAT YOU WILL NEED

Workbook for lecture notes. Bring a Journal to record riding exercises and track daily goals. Braiding equipment; Bandaging materials; Tack Cleaning supplies. Proper footwear (boots with a heel); Safety approved helmet; pants for riding; clothing suitable for the weather; sunscreen; lunch and snacks; water bottle. *Tentative activities: Potluck Dinner Monday evening; Movie night with be Tuesday; Swimsuit for Thursday eve.*

Dates	July 20-24 Monday to Friday 9am – 4pm + Evening Activities
Cost	\$450.00 plus G.S.T.
Camping	For those wanting to camp at Willow Grove there is a \$25 charge per person to cover additional expenses for power, sewer, and water.
Additional Costs	Lease fee for use of Willow Grove horses of \$10/day for training camp participants. Rider Level Testing \$21.00 per exam
Audit Fee	For those non-riders who wish to participate in un-mounted training, the cost is \$40/day or \$200 for all 5 days
Discount	A \$25.00 discount is offered for Willow Grove clients, 4H and Pony Club members, and multiple family members and to those attending more than one camp this summer. (One discount per participant)
Stabling	\$15 per night Box Stalls Feeding & Cleaning not included \$10 per night Paddocks Feeding & Cleaning not included (Very Limited)
Showing	For those riders wanting to participate in the Jurassic Classic and/or Willow Grove 'Magic in the Air' tournaments at the conclusion of the camp, additional expenses will be incurred. Lease of horse \$40 per day; Trainers show help \$40 per day; Entry Fees paid to horse show directly. Please talk to Trish prior to the camp.
Early Bird Discount	\$25.00 Camp Price Reduction Discount If paid in full by June 30th

2009 Coaches and Facilitators

**Trish Mrakawa EC/NCCP Level 3 Hunter Jumper Coach & EC Senior Judge
Cathy Chalack EC/NCCP Level 2 Coach / Instructor Equine Program Olds College
Ali Hedden EC/NCCP Level 2 Coach & Professional Rider
Jenn Smart EC/NCCP Level 1 Coach & Olds College Graduate
Additional facilitators to be announced**

July 20-24, 2009 Training Camp Activities

(Tentative Schedule- activities are dependant on rider levels and goals)

Monday - Long Term Equestrian Development

8:30 a.m. Registration & Team Selections

How to plan a yearly training plan

Goals and Goal Setting

Rider Journaling

Sports Psychology

Visualization

Training on the Flat – Training Tree

Stride Control

Your horses' health – Yearly plan and how to best take care of them throughout the season

Bandaging & First Aid

Welcome Potluck BBQ at the house 6pm

Bring salad, appetizers, and drinks

Tuesday - Discipline Specific Exercises

Do you know how fast you are going when you ride?

Equitation (flat) – Equine Canada testing

Course Design for hunters and equitation

Gymnastic Jumping to improve horses and riders

Judging Equitation and Medal class tests

What is the Judge looking for?

Selecting the best horse to meet your goals.

Braiding Practise

Movie Night (will need drivers to movie theatre)

Wednesday - Competition Simulation Training

How to ride a Dressage Test or Flat ride

Hunter Simulation Training

Jumper Simulation Training

Practice Judging

Tack for the show ring

Bits & Bitting

Braiding Practise

Afternoon Gymkhana Competition

Thursday - Show Preparation & Rider Level Testing

Organizing your day at the show

How to plan your ride for efficient and effective warm up

What to pack to go to a show

What to take to the in-gate

Nutrition for horse and rider

Why Turnout is important

Sport Psychology

How to walk the course

Pizza Night

Friday - Competition Day

Competition Simulation Training All Disciplines

2009 WILLOW GROVE STABLE REGISTRATION FORM

Name:		
Age:	Male:	Female:
Address:		
City:	Prov:	Postal Code:
Email:		

Parent/Guardian:	
Day Phone:	Eve Phone:
Alternate Contact:	
Day Phone:	Eve Phone:

Special Health Considerations: (Allergies etc.):	HEALTH INSURANCE #:
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Are you bringing your own horse	Yes	No
ALL VISITING HORSES MUST HAVE PROOF OF VACCINATIONS		

Base cost of camp \$450.00 for 5 day Training Camp		A \$100.00 non-refundable deposit is required with registration. The balance is due the first day of the camp. **NEW** Early Bird Discount If paid in full by June 30th Camp Price Reduction Of \$25.00
Additional Costs Horse Lease \$10/day Rider Level Exam \$21.00 per test		
Camping Fee (Where applicable) \$25.00		
Stabling \$15/night Box Stalls \$10/night Paddock (very limited)		
Discount (Where applicable) (\$25.00)		
Early Bird Discount if applicable		
G.S.T. (5%)		
Total owing		
Deposit enclosed		

Visa/MC number: _____ Expiry Date ____/____/____ Name on card: _____ Signature: _____

**Items to include with registration:
Rider & Horse Profile; Yearly Goals; Camp Goals**

Fees are payable to Willow Grove Stable Inc. GST # 89204-0759
Mail to: Box 69 Site 2 R.R. #1 DeWinton, AB T0L 0X0
Fax: (403) 938-6065

Willow Grove Stable Inc.

*Box 69, Site 2 RR#1
DeWinton, AB, T0L 0X0
Phone 938-6398, Fax 938-6065*

THIS DOCUMENT WILL AFFECT YOUR LEGAL RIGHTS AND LIABILITIES.

PLEASE READ CAREFULLY

I agree to provide and wear protective headgear, boots with a proper heel, and to be fully responsible to take all other actions to ensure that I am acting responsibly and safely. I will abide by all directions, and rules and regulations, provided by Willow Grove Stable Inc., its owners, agents, employees, or volunteers. I will be fully responsible to Willow Grove Stable Inc. its owners, agents, employees, or volunteers for all claims, actions, costs or damage which may occur to Willow Grove Stable Inc., its owners, agents, employees, or volunteers or to other participants at Willow Grove Stable Inc. as a result of my negligence or carelessness.

I acknowledge that the sport of horses is a high-risk sport and that I am participating at my own risk and in full knowledge of the hazards and potential hazards, which are inherent in this sport. I further acknowledge the inherent risks in riding and working around horses, which include bodily injury to both horse and rider, which can result from normal use, competition or schooling.

In consideration of being allowed to participate at and use the facilities of Willow Grove Stable Inc., I hereby assume all risk and I hereby release and absolve Willow Grove Stable Inc., its owners and employees from all responsibility, liability or claims of any nature arising from my participation in this activity, including but not limited to bodily injury or death to myself or my horse(s) and damage to property arising from any cause whatever, including the negligence of one or more of the individuals and organization referred to herein.

I hereby declare that in signing this document I have read and fully understand and agree to the terms and conditions stated here in and that it is binding upon my executors, heirs and assigns.

NAME OF RIDER _____ Birthday (if under 18) _____

ADDRESS OF RIDER _____

CITY AND POSTAL CODE _____ Phone Number _____

SIGNATURE OF RIDER

DATE

If the rider is under eighteen years of age, the parent/guardian must also sign below:

I acknowledge as Parent/Guardian of _____ that I have read and fully

understand and agree to the terms and conditions stated herein on behalf of

_____ and myself.

SIGNATURE OF PARENT/GUARDIAN

DATE