

## Summer Boot Camp July 2017

### Tuesday July 25<sup>th</sup>

- 9:00 Rider Balance assessment ( riders will be asked to perform a number of exercises using scales and coordination exercises to determine weakness)
- 9:30 Group 1 Lungeing for Position flat and 2 point ( riders will lunge each other on their own horses )  
Group 2 Stetching and Yoga Exercises and The Relaxation Response ( riders will start with 20minute mindfulness yoga meditation then they will work through the Relaxation Response Technique)
- 10:30 Groups will switch
- 11:30 All riders , tutorial on how to set gymnastics . Riders wil be building exercises for afternoon Classes
- 12:00 Lunch
- 1:00 Group 1 Gymnastics , Group 2 ring crew and video
- 2:00 Switch groups
- 3:30 Bandaging lesson, poultice and wrapping
- 4:00 Clean tack and Finish off for the Day

### Wednesday July 26<sup>th</sup>

- 9:00 Off horse exercises and games to improve Contact
- 10:00 Group 1 Flatwork to deepen the connection , keeping the contact with bend changes  
Group2 "T" Touch for horses and Stretching Exercises
- 11:15 Group Switch
- 12:30 Lunch
- 1:30 Group 1 Hill work to Strengthen 2point, Galloping Control, How to deal with a refusal  
Group2 Grooming for Success : How to properly groom, bath, and braid
- 2:45 Group Switch
- 4:00 Finish of Horses and day summation

### Thursday July 27<sup>th</sup>

- 9:00 Discussion and Demonstration on the 5different rein aids and 3different leg aids and their co-ordination.
- 10:00 Group 1 Ride rein and leg co-ordination exercises  
Group 2 Mental Preparation for Riders (Goal Setting, Mental Rehersal, Creative Visualization, Positive Self Talk, Feelingization )
- 11:15 Groups Switch
- 12:30 Lunch
- 1:00 Preparation to Load for Caledon
- 2:00 to 4:00 Caledon
- 4:15 Return Home
- 5:00 wine and Cheese End of Boot Camp

Please check Boot Camp under coming events on the web site for pricing . We need 8 riders by July 19<sup>th</sup> to hold the Boot Camp. Sign up Sheet on Office Door.

