

CHAMPIONS
CENTER

*Basics for a
Balanced Seat
All Discipline
Horsemanship Series*

Clinician

Dr. Nancy Nicholson

**July 17-18, 2010
October 9-10, 2010
April 3, 2011**

*Basics for a Balanced Seat
All Discipline Horsemanship Series*

Registration Form - Please download, complete and mail in

Clinic Date: **July 17-18, 2010** **October 9-10, 2010** **April 3, 2011**
Enrollment Deadline: **June 15, 2010** **September 15, 2010** **March 15, 2011**

Fees: \$95/day Participant - Includes: 4 clinic hours on horseback, 4 clinic hours as auditor, Stall with 3 bags shavings, all clinic handouts, box lunch
\$20/day Auditor - Includes: Sessions A & B as auditor, all clinic handouts, box lunch
\$65/day Re-Evaluation - Must have attended a prior clinic - available April 3, 2011 only

*Cancellations prior to enrollment deadline will be refunded full clinic deposit.
Cancellations after enrollment deadline will receive 50% of deposit.*

Date Preferred: July 17, 2010 July 18, 2010 October 9, 2010 October 10, 2010 April 3, 2011

Session Preferred: Session A Walk Trot (or Gaited) Session B Walk Trot (or Gaited) and Canter

Name _____

Address _____

City,State,Zip _____

Phone _____ Email _____

Horse's Name _____ Breed _____

Primary Discipline _____

Personal goals for horse or rider: _____

All out-of-state horses must show coggins papers upon arrival

Make checks payable to: Champions Center

Mail to: Champions Center, 4122 Laybourne Road, Springfield, Oh 45505

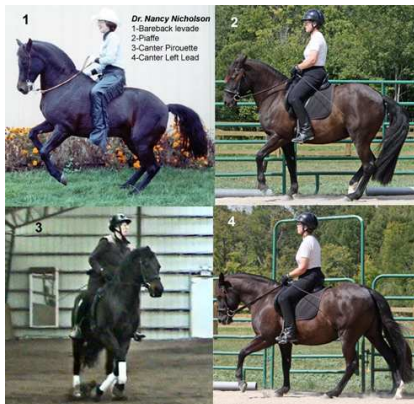
Call 937-324-4353 for more information

4122 Laybourne Road
Springfield, OH 45505
937-324-4353
www.championscenterexpo.com

About our Clinician

Dr. Nancy Nicholson is a renowned equestrian and author. She is a Doctor of Philosophy: Biology from Stanford University. Dr. Nicholson has researched animal techniques and developed computer modeling to help bring harmony and balance between rider and horse as demonstrated in her book *Bio-mechanical Riding and Dressage: A Rider's Atlas*.

With a background in dressage, she has ridden in competition Arabians, Aztecas, Hanoverians, Lipizzaners, Morgans, Quarter Horses, Saddlebreds, Thoroughbreds, Trakehners, Wurttemberger-Hanoverians. Dr. Nicholson has judged gaited dressage tests developed by the NWA in conjunction with USDF and USEF. She brings to this clinic her knowledge and experience in how the human body and horse physiology work together for a balanced ride.



Basics for a Balanced Seat All Discipline Horsemanship Series

July 17-18, 2010
October 9-10, 2010

Two sessions per day
Maximum 5 horses per session

Session A - Walk Trot (or Gaited)
8:00 a.m. to Noon

Session B - Walk Trot (or Gaited)
and Canter
2:00 p.m. to 6:00 p.m.

\$95 per day

4 clinic hours on horseback
4 clinic hours as auditor
Stall with 3 bags shavings
Box lunch

\$20 per day

Clinic Auditor
Sessions A & B
Box Lunch

April 3, 2011

8:00 a.m. to 6:00 p.m.

New Participants **\$95**
Past Participants **\$65***
Auditors **\$20**

*Series participants
invited for re-evaluation
of skills & advancement

Items covered in clinic

- How gravity effects your ride - balance
- Use your core muscles
- Transitions
- The "clock exercise"
- Stretching the horse
- Bending
- Gaits and tempo
- All disciplines and breeds welcome

Goals:

- ✓ Mounted and unmounted exercises
- ✓ Riding with your core muscles
- ✓ Independent seat and hands
- ✓ Riding straight lines, curves and squares

Which session is best for you?

Answer these simple questions.....

Session A

Focus on Walk and Trot (or Gaited)

- Does my horse walk and trot (gaited)?
- Does my horse bend in its body?
- Is my horse able to stretch down in the walk?
- Does my horse do smooth transitions between gaits?

Session B

Focus on Walk, Trot (or Gaited) and Canter

- Does my horse walk, trot (gaited) and canter both leads?
- Does my horse bend in its body?
- Does my horse have a favorite lead?
- Are my horse and I balanced in both directions?