

Tentative Schedule – Saturday

Please respect our speakers who are all donating their time: turn off your cell phones.
No video taping of the presentations please!

The Instructors Forum is only for Instructors and Trainers and those who wish to become Instructors. It is not open to the general public.

9:00 Registration opens and coffee is available in the Dining Hall

10:00	Opening Remarks	Smith Cornerstone
10:30-11:20	Ali Brock – “Work Harder and Have a Luck Dragon” <i>From working student to Olympian – turning dreams into goals, and goals into achievable actions</i>	Smith Cornerstone
11:30-12:20	Instructors Forum – Ali Brock	Giguere Hall
	Margaret Freeman – “New Dressage Tests: Intro & Training”	Smith Cornerstone
	Dr. Johanna Kremberg – “Gastric Ulcers & Gastrosocopy” <i>Let’s take a look inside the equine stomach. We will talk about why more than half of our equine athletes are affected by gastric ulcers. What are our options for diagnostics? What are our options for treatment? And most importantly, how can gastric ulcers be prevented?</i>	Room 126
	Colleen Akin – “Identifying Concussions”	Room 130
	Hollie McNeil – “Training 911: Rescuing Training Issues with the Right Exercises”	Room 134
	Liz Webb – “I want candy... but my pony... doesn’t!” <i>This presentation will cover the many different feedstuffs available for equines. Information about feeding roughages, concentrates and supplements will be discussed and a hands on take away activity will be provided. Learn and be able to identify what's in your horse's daily ration!</i>	Room 135
	Eric Dobler – “Choosing a College”	Room 131
12:30-1:20	Lunch is available in the Dining Hall from 12:30-2:30	Dining Hall
	Instructors Forum – Beth Clarke	Giguere Hall
	Margaret Freeman – “New Dressage Tests: Training & First”	Smith Cornerstone
	Dr. Jenna Donaldson – “Help! Should I call the Vet? Equine First Aid” <i>If you spend enough time with horses, you will inevitably encounter an emergency. This seminar will cover how to identify common emergency situations, when you should call your vet, and what you should do while you are waiting.</i>	Room 130
	Sarah Jane Massone – “Proper Attire for the Rider”	Room 134
	Interviews with Lendon Gray (see sign-up sheet at Registration)	Room 128

Tentative Schedule – Saturday Continued

1:30-2:20	Lunch is available in the Dining Hall from 12:30-2:30	Dining Hall
	Jane Rodd – “The More You Know, the More You Know You Don’t Know” <i>Join Jane to explore the topic of 'Learning Styles' and work out how to apply what you know to what you do. Make this theory work in practice so that you and your clients enjoy learning more, progress better, and achieve higher goals.</i>	Room 126
	Jon Nowinski – “To the Rescue! Preparing for Natural & Other Disasters” <i>When it comes to our horses we try our best to keep them safe, but there are many unpredictable situations – especially ones they get themselves in to – that can make that difficult. Knowing how to quickly and confidently respond to equine emergency can help provide a bit more comfort should you find yourself and your horse facing one of these. We’ll address some of the common, and not-so-common, scenarios that the EARS Equine Emergency Team has come across, and what to do to help prepare and prevent them from happening to you!”</i>	Room 134
	Liz Webb – “Hey, hey... HAY!” <i>Fiber should be the basis of any horse's diet. This presentation will cover the criteria you need to know to do a visual evaluation of your hay. This hands on session will involve hay samples and a score sheet to use at WEP or back at the barn. A brief explanation of chemical analysis of hay will also be covered.</i>	Room 135
	Lyla Andrick – “Cartooning and Caricature” <i>Learn how to draw your horse using simple geometric techniques, emotional expressions, and real life examples to create hilarious equine cartoons! The presentation included time to explore your own creativity and draw some cartoons yourself.</i>	Room 131
2:30-3:20	Instructors Forum	Giguere Hall
	Margaret Freeman – “New Dressage Tests: First & Second”	Smith Cornerstone
	Dr. Jenna Donaldson – “Acupuncture for Performance and Beyond” <i>Find out if acupuncture could be an option for your horse! This presentation will discuss the medical foundation of equine acupuncture, the process of an evaluation/treatment session, and several case studies.</i>	Room 130
	Jennifer Dillon – “Dressage Programs Geared Toward Youth Riders: USEF, USDF, & GMOs” – <i>Learn the alphabet soup of dressage organizations, what they can and can't do for you, and how can you find out more about the educational and competitive programs available to dressage riders under the age of 25.</i>	Room 134
	Liz Piacentini – “Pressure Proof Your Ride with Music” <i>Particular songs can inspire the energy and emotions we need to ride at our best. Discover how music motivation and other fun sport psychology techniques help riders sharpen focus, tackle show jitters, and boost confidence. Learn how the right lyrics can be developed into your own fun and effective pre-ride plan!</i>	Room 135
	Anthony Congelosi – “Trailers”	Room 131
	Interviews with Lendon Gray (see sign-up sheet at Registration)	Room 128
3:30-4:20	Instructors Forum	Giguere Hall
	Margaret Freeman – “New Dressage Tests: Second & Above”	Smith Cornerstone

Tentative Schedule – Saturday Continued

3:30-4:20	Gwyneth McPherson – “Why Do We Do What We Do In Dressage?” <i>After a brief introduction of the history of the purpose of dressage, Gwyneth will discuss why we do the exercises we do in dressage training, and ask the attendees for participation in discussion of individual exercises.</i>	Room 126
	Lori Vogel – “Equestrian Real Estate”	Room 134
	Tessa & Kristine Holloran – “Lendon’s Youth Dressage Festival A-Z” <i>2018 marked the Hollorans 6th consecutive year to Saugerties, NY for the “big D4K” show. They’ll cover almost everything you could think of as a competitor or parent. From intro classes to FEI Juniors to the Handling class, awards, and overnight stabling. Helpful hints, what to pack, and what to know before you go. Get an overview of this competition which is now held in three locations annually and enjoy an informal interactive session with all questions encouraged.</i>	Room 135
	Lyla Andrick – “Story Boarding & Character Creation” <i>Create an imaginative world with your own equine characters; learn how to find your own illustration styles to make each character’s shape and personality your own. Discover how to condense your imagination in a four-box cartoon strip...or maybe expand it into a graphic novel. This presentation allows you to draw your own characters and write your own cartoon strip.</i>	Room 131
	Interviews with Lendon Gray (see sign-up sheet at Registration)	Room 128
4:30-5:20	Roundtable Discussion for Trainers and Instructors	Giguere Hall
	Margaret Freeman – “New Dressage Tests: Intro & Training”	Smith Cornerstone
	Jane Rodd – “Why on earth did THAT happen...?” <i>The ability to honestly and accurately analyze why something happens (good or bad!) means we can react in a way that significantly increases our chance of repeating successes and avoiding future failures. Join Jane to learn more about how the ‘Causal Attributions’ we make impact how we feel and what we do.</i>	Room 126
	Jamison Wallace – “Schooling Shows: Fun or Fundraising” <i>How to plan, manage, and run a schooling show for fun or profit. Step by step ideas to make your show a success.</i>	Room 130
	Theron Simons – “Equipment to Use for Barn Maintenance”	Room 135
	Kristine Holloran – “Dressage Journey for Dummies” <i>OK, not really dummies, but there is a lot to get confused about in the riding world. This session will give you an overview of how a typical dressage journey may progress. From walk/trot, schooling shows, recognized shows, CDIs, and National Championships. And some ideas around how the training evolves (lessons, clinics, working student), support required, and the role D4K can play. Candid insights and advice that might help you minimize the learning curve and share realistic expectations.</i>	Room 131

Tentative Schedule – Sunday

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The USDF Region 8 Judges' Forum is in Giguere Hall from 7:30-3:30. The Judges' Forum is open ONLY to USEF Judges, USDF L Graduates, and USDF L Candidates.

7:00 Registration opens and coffee is available in the Dining Hall

7:30-3:30	Judges' Forum	Giguere Hall
8:00	Opening Remarks	Smith Cornerstone
8:30-9:20	Ali Brock – “Coaches, Horses, Owners & Sponsors – Making Good on What’s Been Given (or not been given) to You”	Smith Cornerstone
9:30-10:20	Dr. Caroline McKinney – “Vaccinations”	Smith Cornerstone
	Lauren Fitzgerald – “Helping Horses Help People” <i>The presentation will focus on what a career in equine assisted activities consists of and ways for individuals to get involved in therapeutic riding.</i>	Room 130
	Rachel Greene-Lowell – “Cross Training for the Dressage Horse” <i>Learn exercises that will help your dressage horse to become a strong and versatile athlete doing activities outside of the dressage arena, and maybe outside of your horse's and your own comfort zone. Help your horse with balance, strength and flexibility while changing up the routine of flatwork and having fun.</i>	Room 135
	Kristine Holloran – “Learning to Juggle” <i>Trying to keep balance in life while your child is trying to scale the training pyramid can be a challenge. How can they do it all? Riding, school, friends, and family. How can you do it all as a parent—especially when you wear the hat of driver, shipper, groom, show secretary, bank, cook, and more. And, what if your other children don't ride? Managing separate paths in one family is often paved with a few bumps. Sound familiar? You're not alone. Session will share personal experiences and some lessons learned while encouraging a group discussion.</i>	Room 131
	Quiz Game	Room 128
10:30-11:20	Dr. Amanda Prisk – “Lameness Evaluation”	Smith Cornerstone
	Colleen Akin – “Concussion Emergency Management”	Room 130
	Jon Nowinski – “To the Rescue! Preparing for Natural & Other Disasters” <i>When it comes to our horses we try our best to keep them safe, but there are many unpredictable situations – especially ones they get themselves in to – that can make that difficult. Knowing how to quickly and confidently respond to equine emergency can help provide a bit more comfort should you find yourself and your horse facing one of these. We'll address some of the common, and not-so-common, scenarios that the EARS Equine Emergency Team has come across, and what to do to help prepare and prevent them from happening to you!”</i>	Room 134
	Deb Meek – “USEA Young Rider Program: A Rider & Parent’s Guide”	Room 135

Tentative Schedule – Sunday Continued

10:30-11:20	Jamison Wallace – “Housing Horses – Design it Yourself” <i>Short power point presentation on the basics of equine housing needs, examples of barn design and "must have" elements. Then you get to draw your own 4 stall barn!</i>	Room 131
	Quiz Game	Room 128
11:30-12:20	Lunch is available in the Dining Hall from 11:30-1:30	Dining Hall
	Ann Kennedy – “Clicker Training the Horse & Planning Your Ride”	Room 126
	Tessa Holloran – “The Wonders of WIT” <i>Ever wonder about D4K's Winter Intensive Training program? Two-time participant Tessa Holloran will give a first-hand overview of the program. It all takes place in Wellington, Florida and includes activities that many dressage riders could only dream about. Don't miss this session if you're curious about a day in the life of a "WiTee" and wonder if this program is right for you. Valuable information for both riders and parents.</i>	Room 130
	Ival Kovner – “Drawing”	Room 131
12:30-1:20	Lunch is available in the Dining Hall from 11:30-1:30	Dining Hall
	Brian Stuart – “Equine Dentistry” <i>Brian has been floating teeth in the region for 35 years. He has cared for nearly every variety of horse at every level and type of competition. During that time he's developed a unique perspective for what's really necessary to care for a horses mouth. He's also gathered a number of skulls and other specimens which he will bring along to discuss.</i>	Smith Cornerstone
	Katie Eagleston – “Keeping a Well Kept Barn”	Room 126
	Kirsten Gray – “Right Out of the Gate: A Guideline for Starting Your Riding Journey”	Room 134
	Rachel Greene-Lowell – “What’s In Your Warm Up?” <i>Do you have a tried and true warm up routine before you head into the ring, or do you feel a bit scattered and unprepared when the whistle blows for your round? Let's talk about how to physically and mentally prepare you and your horse to get the most out of your competitive performance.</i>	Room 135
1:30-2:20	Liz Piacentini – “Pressure Proof Plans & Preparations” <i>Learn how to overcome the “what ifs” of worry through greater awareness of your thoughts, body language, breathing and routines. Create a personal pre-ride ritual to get in the zone of concentration and ride at your best – even if you experience a mistake.</i>	Smith Cornerstone
	Erin O’Neil – “How to Incorporate Cavaletti into Your Dressage Work”	Room 126
	Nicole Pascariello – “Reading the Horse: Equine Behavior & Body Language”	Room 130
	Theron Simons – “Equipment to Use for Pasture Maintenance”	Room 134
	Liz Caron – “NAYC”	Room 135
	Ival Kovner – “Drawing”	Room 131

Tentative Schedule – Sunday Continued

1:30-2:20	Interviews with Lendon Gray (see sign-up sheet at Registration)	Room 128
2:30-3:20	Lendon Gray	Smith Cornerstone
	Sarah Jane Massone – “Proper Attire for the Horse”	Room 126
	Katie Eagleston – “The Rules of Feeding”	Room 130
	Jamison Wallace – “Centered Riding On the Ground” <i>Experience the 4 Basics of Centered Riding: centering, building blocks, breathing and soft eyes leading to grounding and clear intent. Fun exercises help you become aware of your body's affect on your horse's movement.</i>	Room 134