

Peak Performance for Riders

An Educational Series presented by CDS San Diego Chapter

Peak Performance for Riders is an educational series designed to help our members enhance their riding. This three part series, brought to you by CDS San Diego and USANA Health Sciences Independent Associates Karen Henken and Lisa Blaufuss, will focus on critical ways to improve our mental and physical preparedness as riders.

The goal of this education series is to help all of us see ourselves as athletes in partnership with our horses. As dressage riders, we typically focus endless time and resources to ensure our horses are in peak condition and health. Yet, we often fail to do the same for ourselves! As athletes, whether or not we compete, we can improve our riding if we train like serious athletes do. That would include focusing on overall fitness, nutrition, and mental/emotional skills.

Part II:

Fitness for the Equestrian Athlete

Wednesday, January 20, 2010 6:30-9:30 pm

AN EVENING OF WORKSHOPS WITH FITNESS PROFESSIONALS AND TRAINERS
FOCUSED ON THE UNIQUE NEEDS OF THE EQUESTRIAN

Put on your workout clothes, bring a workout mat and be prepared to learn how to get fit so you can become a better rider. The evening will begin with an overview of why fitness and core strength is critical to rider success and a safe rider! We will then move on to three 40 minute sessions on different ways to approach fitness and improving your partnership with your horse.

- **Dr. Scott Sebastian:**
Why Rider Fitness is Different from Just "Being Fit". Why it is Critical to Invest in Your Personal Rider Fitness.
Dr. Sebastian, a leader in sports medicine in San Diego County, has successfully treated thousands of patients and counseled hundreds of athletes to help improve their performance at his Encinitas landmark practice, Leucadia Chiropractic.
- **Robyn Bailis-Sirota and Debi Huber:**
Strengthening the Pelvic Floor for Better Core Conditioning .
This session will focus on core stability with an emphasis on the muscles of the pelvic floor. The pelvic floor muscles coordinate with the abdominal muscle(s) to provide the body with optimal stability, yet these muscles are often not addressed in conventional exercise programs. Robyn and Debi are highly trained, nationally ranked instructors in Pilates and Muscle Activation Technique(s). Robyn is the owner of Center of Movement and Balance Studio in Solana Beach.
- **Birthe Laufer:**
Core Fitness as a Foundation for Rider Strength and Success
Learn some key exercises for general aerobic conditioning and specific exercises for riders. The goal is to help you learn an approach for overall fitness and lower your risk of getting injured. If you want to ride your horse for peak performance you have to be able to give maximum support with your body! Birthe is a German Bereiter FN, FEI Level competitor and the Assistant Trainer for German Dressage. Birthe's training with top dressage professionals in Europe and the US, her teaching experience and her own fitness program give her a unique perspective on the importance of rider fitness.
- **Sue Eoff:**
Timing and Feel: Key Ingredients to Improving Your Riding Partnership.
You will learn concepts and drills from ballroom dancing that help develop personal awareness and can translate to moving in partnership with your horse . With 16 years of competitive ballroom dancing and 20 years as a dressage trainer, Sue has a unique insight into what creates a good lead and follow in a partnership: horse or human.

LOCATION: VETERINARY SPECIALTY HOSPITAL, 10435 Sorrento Valley Rd., San Diego, CA 92121

6:30pm - 7:00pm Reception / 7:00pm - 9:30pm Presentation

THIS IS AN INTERACTIVE WORKSHOP, COME DRESSED IN WORKOUT CLOTHES . BRING MATS FOR FLOOR EXERCISES IF YOU HAVE THEM!

There is no charge for this event, but a \$10 donation at the door on behalf of Ivey Ranch and Cornerstone Therapeutic Riding would be most appreciated!

PLEASE RSVP TO CDS_SANDIEGO@YAHOO.COM WITH THE NUMBER ATTENDING. For questions about the event, please contact Karen Henken at 760.271.5413/karen@henken.com or Lisa Blaufuss at 619.665.6463/lisa_blaufuss@yahoo.com

