

Coaching Symposium Schedule (*Subject to Change)

Saturday November 9th, 2019

Session #1 9:00am – 10:45am (1.75hr)
About the Horse – Equine Bio-mechanics
Tina Watkins / Inhand Equine Therapy

10-minute break

Session #2 11:00am – 12:00pm (1hr)
About the Athlete – Concussion Awareness and Prevention
A.J. Tabin / Sport Medicine & Science council of Saskatchewan

12:00pm – 12:45pm – LUNCH (provided)

Session #3 1:00pm – 2:30pm (1.5hr)
About Business- Insurance
Mike King / Capri Insurance

10-minute break

Session #4 2:45pm – 3:45pm (1hr)
Long Term Equestrian Development in Saskatchewan and Beyond
Shirley Brodsky / Saskatchewan Horse Federation

10-minute break

Session #5 4:00pm – 5:30pm (1.5hr)
Equestrian Canada - Learn to Ride Program Testing
Trish Mrakawa / Equestrian Canada High Performance 1 Certified Coach and Trained Coach Evaluator

Sunday November 10th, 2019

Session #1 9:00am – 10:00am (1hr)

About the Athlete – Stretching and Injury Prevention

A.J. Tabin / Sport Medicine & Science council of Saskatchewan

10-minute break

Session #2 10:15am – 11:00am (45Min.)

Equestrian Canada – Proper Lounging Technique

Trish Mrakawa / Equestrian Canada High Performance 1 Certified Coach and Trained Coach Evaluator

10-minute break

Session #3 11:15am – 12:15pm (1hr)

About the Business – Safe Sport Practices that Benefit All

Dave Robertson / Coaching Association of Saskatchewan

12:15pm – 1:00pm – LUNCH (provided)

Session #4 1:00pm – 2:00pm (1hr)

About the Horse – Caring for the Older Lesson Horse (Muscle & Joints)

Dr. Angela MacKay / Western College of Veterinary Medicine

10-minute break

Session #5 2:15pm – 3:45pm (1.5hr)

Equestrian Canada – Introduction to Coach Licencing

Douglas Duncan / Equestrian Canada

10-minute break

Wrap-up Round Table Discussion and Question/Answer

4:00pm – 5:00pm

Laurel Golemba / Saskatchewan Horse Federation Technical Director

Thank you for attending