



High Performance
SYMPOSIUM
Saskatchewan Horse Federation
2018



**Saskatchewan
Horse Federation**

THURSDAY JUNE 21ST

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|----------------|---|
| 5 PM - 6:45 PM | Registration |
| 7 PM - 8:30 PM | Sport Medicine Presentation <i>Mental Training for the Athlete</i> |

FRIDAY JUNE 22ND

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|---------------|--|
| 8 AM - 12 PM | Dressage and Hunter/Jumper Mounted Riding Sessions |
| 12 PM - 1 PM | Lunch & Sport Medicine Presentation <i>Sport Nutrition/Supplements for the Athlete</i> |
| 1 PM - 5 PM | Dressage and Hunter/Jumper Mounted Riding Sessions |
| 5:30 PM - TBA | Western College of Veterinary Medicine Presentation <i>Health of our Equine Partner</i> |

SATURDAY JUNE 23RD

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|------------------|--|
| 8 AM - 12 PM | Dressage and Hunter/Jumper Mounted Riding Sessions |
| 10 AM - 11:30 AM | Coaching and the NCCP Presentation by Connie Dorsch |
| 12 PM - 1 PM | Lunch & Sport Medicine Presentation <i>Injury Care and Prevention for the Athlete</i> |
| 1 PM - 5 PM | Dressage and Hunter/Jumper Mounted Riding Sessions |
| 5 PM - 7 PM | Social Evening <i>Food and Beverages Provided, Speaker TBA</i> |

SUNDAY JUNE 24TH

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|--------------|---|
| 8 AM - 12 PM | Dressage and Hunter/Jumper Mounted Riding Sessions |
| 12 PM - 1 PM | Lunch & Sport Medicine Presentation <i>Strength and Conditioning for the Athlete</i> |
| 1 PM - 5 PM | Dressage and Hunter/Jumper Mounted Riding Sessions |

