



*High Performance*  
SYMPOSIUM  
Saskatchewan Horse Federation  
2018



**Saskatchewan  
Horse Federation**

## THURSDAY JUNE 21ST

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

## FRIDAY JUNE 22ND

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

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

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

