

Centaur Biomechanics Summer Newsletter

Issue 4 – August 2014

Courses and Events

- 4 September 2014 Burghley Horse Trials – Horse Village
- 18 September 2014 National Dressage Championships - Stoneleigh
- 27 October 2014 3 Day Equine Biomechanics Course – Warwickshire College

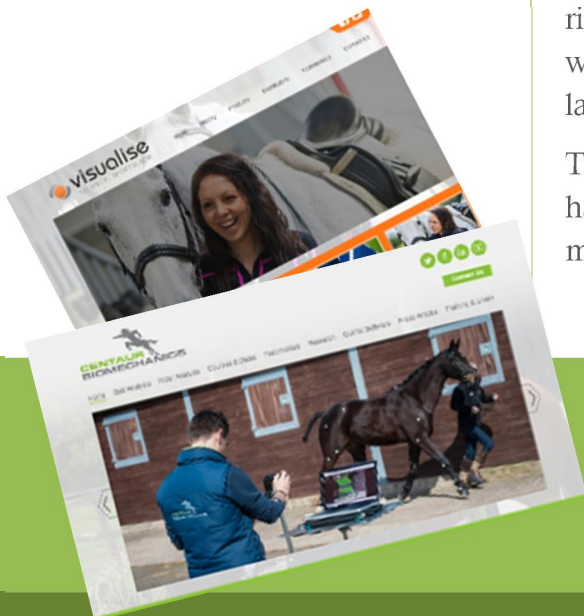


Lots of fun this summer...

Welcome,

We hope that you are well and have had a great summer. We have been very busy at Centaur HQ with lots of exciting projects going on. We have completed our mini world tour, carried out great research projects, worked with nearly 700 riders in 5 months. We held our annual rider conference, which was a ball, along with our inaugural dressage camp, plus launched an exciting, if not controversial, new product.

This new look newsletter will give you an insight in to what we have been up to. Please keep an eye on our website and social media feeds for daily updates.



NEW Websites Launched for Centaur & Visualise

Keep up to date with news, courses, products and events on our new and improved website.



Improve your Riding & Confidence Conference

2 days of interactive lectures from internationally renowned speakers which were designed to inspire and educate

This year's conference exceeded all expectations, from the minute the conference was opened it was high octane, energetic and simply inspiring. We are proud to have been able to bring world class, internationally renowned speakers to one venue. They offered outstanding tips, advice and information which

every delegate could implement straight away. The conference combined both lectures and practicals, thought provoking lectures from Russell Guire, Mark Fisher, Ken Scott and the Chimp Psychologists. These were supported by interactive workshops with Luke Sweet from the EIS, Addelinde Cornelissen's fitness and

mental coach, Helen Mathie and a fabulous lecture demonstration from Judy Harvey, discussing the correct training principles within dressage. We were truly delighted to be able to use Jonathan Boswell's, Di Fisher's and Erin Orford's horses for the ridden demonstrations, all of which behaved impeccably. The

"Amazing, Five * ...", G, Turner, Oxford

conference was inspirational, educational and above all, delivered within a fun and relaxing environment encouraging delegates to network and share experiences. We were delighted that the conference was rated 9.60 / 10 by

delegates. Next year's conference is 13th and 14th June @ Moulton College 2015.

Full report and magazine article from day 1 of the conference available online.



Centaur's World Tour 2014

Italy, Edmonton, Calgary, Toronto, Germany, Scotland, Latvia, Holland and Columbia



Our World Tour has been great fun, however, not without its challenges. Trying to coordinate travel arrangements for all of the equipment along with stock plus Russell has proved a logistical challenge for the office – a challenge well executed. The tour started with a visit to Canada Toronto where Russell was speaking at the Can AM 3 day conference, discussing the mechanics of the horse and how to maintain soundness. Alongside this, Visualise Canada was exhibiting at Can AM with our Visualise clothing range and Fairfax girths both of which were a sell out. This was then followed by 2 rider analysis clinics and a 1-day biomechanics course. This visit was great and we thoroughly enjoyed the trip. The tour then took us to Italy, working with riders from dressage and jumping of all levels from riding club through to Grand Prix – it was really fun working with

these riders and especially great working with the interpreters, without whom this tour would not be possible. Due to the success of the Italian tour it meant that a follow up visit was required which saw us returning in August.

Next stop was Latvia, Centaur visited Latvia last year and it was great to return and work with the Latvians again. Similar to Italy, it was great working with the interpreters.... On the last day we had a few hours spare so we ended up galloping our hosts' horses on the beach which was exhilarating, especially as my horse was only equipped with a head collar.

Interlaced in this tour were several visits to Scotland, Edinburgh, Inverness and Glasgow – I love visiting Scotland, it is great to work with these riders and particularly special as the Scottish countryside is so beautiful really

does make each clinic's location truly memorable. Due to the success of the Canadian Tour we were asked to return, this time to Edmonton and Calgary. Centaur presented an evening of loose jumping biomechanics to 100 Canadians, alongside 2 rider biomechanics clinics and a 1 day biomechanics course. Last but not least is our Columbian visit, which at the time of writing this I am currently flying too. This will bring a close to our World Tour 2014....

It has been a great experience and one I will remember forever although I won't miss the continual turbulence that is currently being experienced. We are looking to organise a world tour in 2016, but until then we will be focusing on our UK projects and our 2015 European tour.

Controversy Followed By A Sell Out.....

This year saw the birth of Project Neptune, a new product that we had been working on for over two years. 3 weeks before Badminton Horse Trials we unveiled Neptune, this being our new training reins, which have been designed to help riders from preventing the reins becoming too long. With the use of Velcro on both the rein and palm strap allowing riders to receive a minimal resistance and as a result providing feedback as to when the reins are slipping.

When we launched the reins on Facebook we had an overwhelming amount of positive responses. However, the tide turned when we received some outrageous comments from behaviorists who somehow interpreted the reins as a cruel training aid...The official launch was looming-Badminton- and I am not going to lie, we were all a little worried in case we had protestors on the stand. However, quite the opposite...the reins received outstanding feedback and what was truly satisfying was some of the social warriors who protested on Facebook actually apologized and bought a pair. The reins have since sold out twice.

Although the negative comments were hard to read, it has to be said that the saying there is no such thing as bad publicity may be true, as thanks to the social warriors our 1 post, flyer and logo was seen in 40 different countries and by over 90,000 people.....

Our next trade show is Burghley Horse Trials followed by the Nationals and Your Horse Live.



Centaur Research – New Projects

We have been working hard testing new ideas and products, which will be of great benefit to the horse and rider. In February Centaur was commissioned a project by Back in Action, a company which specializes in massage systems for riders. We organized a test day and from here could scientifically test the idea that a massage pad could improve the rider and as a result improve the horse's movement. The results were interesting and will soon

be published in Horse and Hound. After the enormous success of the Fairfax girth research we have been back in the research lab looking at new ideas and testing new products with....very exciting.....more to follow..... We have also been working with Lucinda Green in looking at the effect that one or two studs has on the equine movement when turning, the results of this has been very interesting and not quite what we expected. We have also been fortunate to acquire a

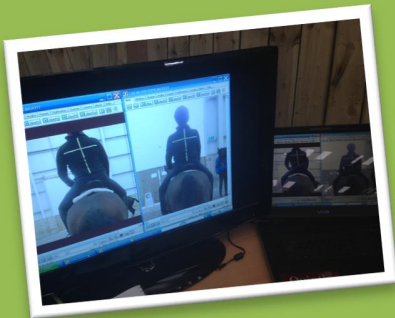
set of rein tension gauges and have started a new project looking at the rein tension of ridden and un-ridden horses.... We are so excited by the initial findings. We have other projects going on looking at rider's position, surfaces and travelling.



Rider Clinics Throughout the UK

Improve your position and horse's way of going with one of our rider analysis sessions.

These sessions have proved hugely popular – please check our website to see if there is a clinic near you....



Read what our clients have to say about our clinics on our website or Facebook page

Centaur Dressage Camp

This August we held our first dressage camp and what a ball it was. We had 14 campers who had travelled from all corners of the UK.... It was a fabulous atmosphere and great fun. Campers had sessions with Anna Ross Davies, Centaur and also test riding with Richard Baldwin. Alongside this, campers were invited to take part in Pilates sessions and were given a talk by Centaur about the mechanics of the horse. We were also delighted to be able to offer horse and rider massage sessions, which went down a storm. The camp was hailed a great success and was rated 9.60 / 10, which was fabulous and has definitely given us confidence to host another – in fact we have proposed a spring, summer and winter camp.... Dates to follow...



Looking Ahead....

We have a busy autumn coming up with the World Equestrian Games in Normandy starting shortly, (we are hoping to be able to bring you some fabulous high speed footage). This will be followed by our winter trade show plan, which sees us visiting Burghley Horse Trials, BD Nationals, BD Convention and Your Horse Live. As well as this we have clinics and courses booked all the way through to January and of course we will be continuing our research. Please keep an eye on the website and our social feeds for up to date information of our daily goings on. Until next time, have a great summer and hope to see you soon,

Kind Regards

Russell from a very turbulent flight x

Centaur Courses and Events

We have a variety of courses which would be useful to anyone who is interested in developing their understanding of equine biomechanics and learning tips on how to maintain soundness and improve performance.

1 day and 3 day biomechanics courses available

Open to All

www.centaurbiomechanics.co.uk



Centaur Biomechanics & Visualise @ Burghley Horse Trials 2014



visualise
TECHNICAL SPORTSWEAR

Constant Contact Reins

- New for 2014
- Stop your reins from becoming too long
- Improve your contact and horses's way of going

"One of the most effective training aids that I have used." Beccy Phillips

BUY ONLINE AT
visualisesportswear.com
OR CALL
07788 978627

visualise
TECHNICAL SPORTSWEAR
the power to see the things to change



ULTIMATE TRAINING TOOL TO IMPROVE...

- **Your Riding Position**
- **Your Hand Position**
- **Your Dressage Marks**

Training jackets and gloves designed to improve a riders position and awareness. Used by trainers, coaches, Physios and riders from all disciplines.

'A very useful, new tool that makes you even more aware of your straightness. An excellent tool for trainers to use on their riders during lessons to help evaluate straightness.'
PIPPA FUNNELL, INTERNATIONAL EVENT RIDER

Lightweight, winter jackets and training gloves are available with pink and green lines and in all sizes.

Visualise Training Jackets are currently being used by the British Equestrian Federations World Class Programme



Buy on line at visualisesportswear.com
Or call **01926 651657 / 07788 978627**
Sold exclusively through Centaur Biomechanics

