CENTAUR BIOMECHANICS

Conference Timetable Saturday 10ᵗʰ June 2017		
08:00 – 09:00	**Registration**	
09:00 – 09:15	Introduction	Russell Guire
09:15– 10:00	Mastering the basics – from the leg and seat to the hand	Gareth Hughes Anna Lawson Alex Jesset Diane Fisher
10.00 – 11:00	Suppleness in dressage horses – how to achieve it and Progressive steps to the half pass – the know how guide!	Gareth Hughes Anna Lawson Claire Porz Katie Davis Jade Clarke
11:00 – 11:15 Break		
11:30 – 12:15	Training for dressage with horses of varying type, shapes and sizes – is it different?	Gareth Hughes Alex Geudon Jade Clarke Erin Orford
12:15 – 13:00	Gareth Hughes ridden masterclass	Gareth Hughes
13:00 – 14:15 Lunch		
14:15 – 15:00	Banish the bounce?	Lorna Cameron
15:00 – 15:45	Crash, bang wallop! – rider injuries, how to manage them	Dr Tracey Crook
15:45 – 16:15 Break		
16:15 – 17:00	Who takes the blame? – horse and rider interaction explained	Russell Guire

Lecture Presentation   **Practical Demonstration**

Conference Timetable Sunday 11th June 2017		
08:00 – 08.45	**Registration**	
08:45 – 09:00	Introduction	Russell Guire
09:00– 09:45	Brain versus body = mind over matter	Charlie Unwin
09:45 – 10:30	U versus U – how U can be your best	Charlie Unwin
10:30 – 11:00 Break		
11:00 – 12:00	5,4,3,2,1 – GO! Coping with last minute pressure	Charlie Unwin
12:00 – 12.30	Strike a pose – perfect position exercises on the lunge	Russell Guire Jade Clarke
12.30 – 13:00	Improving your posture on and off the horse	David Newbound
13:00 – 14:00 Lunch		
14:00 – 17:15	Carousel Work Stations – Small groups	
14:00 – 14:30	Does your bit and bridle fit….	Di Fisher
14:30 - 15:00	On your marks, get set, GO!	Carys Jackson
15:00- 15:30	Survival packs for riders – nutrition & hydration	Julie Scott Douglas
15:30 – 16:00 Break		
16:00 – 16:30	Pilates for riders – improve your stability	Lindsay Wilcox Reid
16:30– 17:00	Be your horse's gym buddy	Dr Tracey Crook
17:00 – 17:30	Banish the Bounce – are you supported.	Lorna Cameron