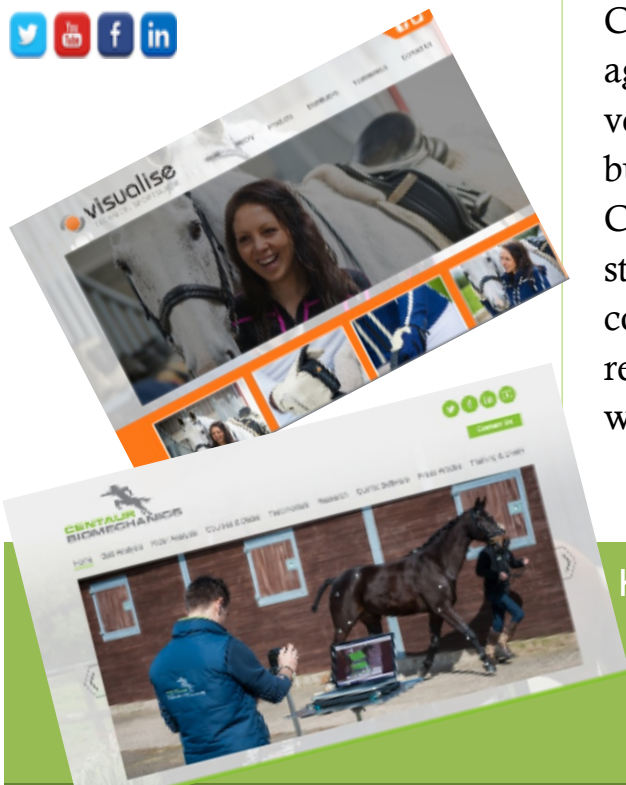
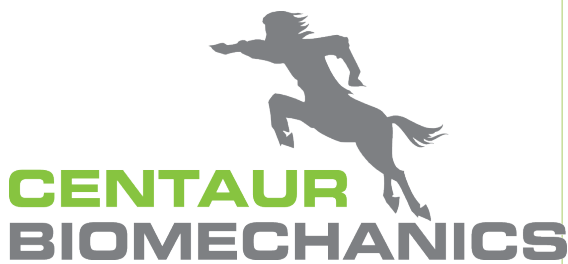


# Centaur Biomechanics

Summer Newsletter - 2016



## Centaur Newsletter.

We hope that you are well and have had a great start to the season. It is so nice that the summer is finally here, albeit debatable at times. This is an exciting year for us as 2016 marks 10 years of Centaur Biomechanics. It only seems five minutes ago that I was graduating from university and venturing in to the unknown of setting up a business. It has been a busy start to the year for Centaur Biomechanics, with new research projects starting and excitingly we are nearing the completion of others which have taken 2 years to reach. We have had a busy course programme, as well as our popular rider clinics throughout the UK.

Keep up to date with news, courses, products and events on our website and social feeds.

[www.centaurbiomechanics.co.uk](http://www.centaurbiomechanics.co.uk)

[www.visualisesportsear.com](http://www.visualisesportsear.com)

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## Out and About – at a glance

**Filming** – Centaur recently took part in a programme for Equestrian TV, featuring our rider biomechanics session. This should be aired later this year, check out their website as there are lots of interesting videos on there.

**Team GBR – Event** – Centaur have been following the senior event team in preparation for the Rio Olympics; so far Centaur have been to Fontainebleau, Belton International, Chatsworth, Burnham Market and Bramham. It's been a great experience to see how event horses cope in all weathers and on all terrains.

**BHS NW Biomechanics Day** – Centaur was asked to speak at the BHS NW day which focused on biomechanics, Centaur presented their research and showcased horse and rider interaction with two demonstrations. It was a great day and massive thank you to BHS for inviting us.

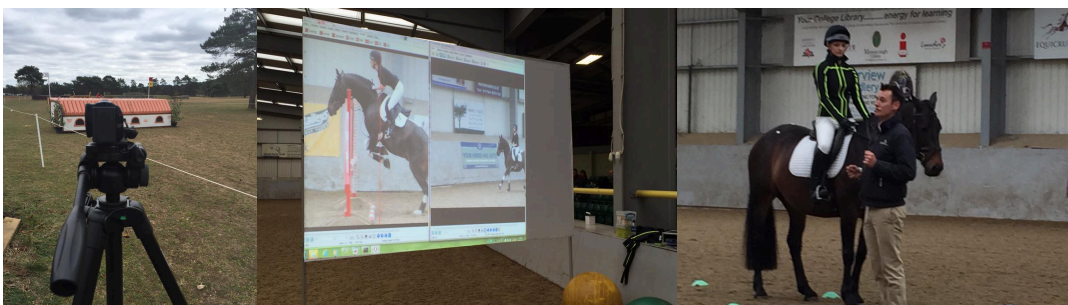
**Riding Club Talk – Scotland** – We love speaking at riding clubs, it's a great way to share our research in order to optimise welfare, soundness and performance in the horse.

**Para Day** – Centaur will be speaking at a Para Training Day, discussing rider biomechanics and how to optimise position.

**Physio Night** – A fabulous evening of thinking outside the box was organised by Victoria Spalding Physiotherapy, where Centaur presented their research to horse owners, therapists, farriers, trainers etc.

**Badminton** – Every year, Centaur take the high speed cameras around Badminton Horse Trials to capture the supreme athletic ability of the horse and rider. This year did not disappoint; if you have not seen the footage, please look at our You Tube channel where you will find it along with other great videos which showcase the supreme athletic ability of the horse and rider.

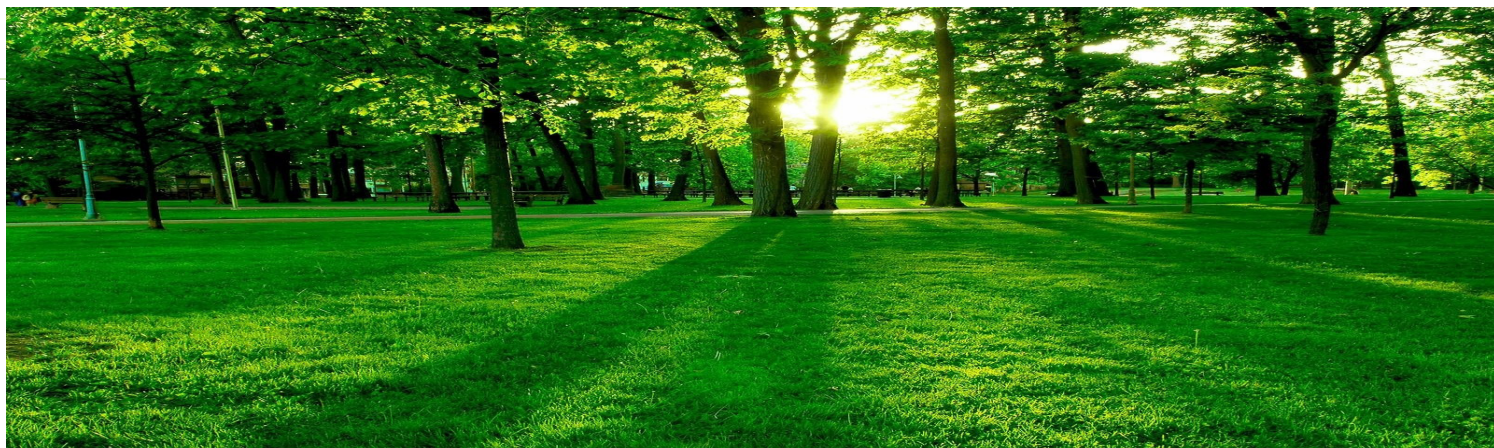
**Join the journey** – Join the journey is an initiative from the British Equestrian Federation on the run up to Rio, please see link aside where you will see some of the work that goes on behind the scenes within the British Equestrian Federation World Class Programme.



## Dutch Mounted Police

Earlier this year Centaur was approached by the Dutch Mounted Police to see if our services could be of benefit to their riders. There is a need to improve rider posture as many of the police have bad backs due to the demands placed on them. More often than not the riders are on their horses on the streets for more than 4 hours, generally on patrol or, in some cases, stood still at football stadiums. As a result, in March this year the Dutch Police came to Centaur HQ to have a meeting and experience one of our biomechanics session, as well as learn about our research etc. From there a plan was set to see if we could bring the session to Holland. As a result, Centaur has just returned from a great two days working with the police in helping to improve their position, as well as giving them ideas in which they can improve what they do, how they get on their horses, the equipment they use. The trip was a great success, so much so that we are looking to work with all of the regiments within Holland later this year. This is going to be a great project and one that will improve the welfare and soundness of the horse and optimise performance of both the horse and rider.





## Charity Ball, 29<sup>th</sup> October 2016

As you will have already read, this year is Centaur Biomechanics' 10<sup>th</sup> anniversary and to celebrate we are hosting a black tie Charity Ball - in aid of Myton Hospice <http://www.mytonhospice.org/about-us/> and the Air Ambulance <http://www.midlandsairambulance.com> . It's going to be a fun filled night to which we would like to invite you, your partners and friends. It will be a night to remember with two aims 1) celebrating 2) more importantly raising as much money as possible for the charities. The Ball will be taking place at Chesford Grange Hotel, Warwickshire on Saturday 29 October 2016 and will provide a drinks reception along with canapés, 3 course dinner, charity auction, photographer and a disco till the early hours.

### Tickets:

Tickets costs £60.00 p/p with all proceeds going to charity. Tickets can be bought individually or alternatively, if you would like to bring your friends, tables are available in groups of 10. Tickets and further information can be booked using the link: <http://www.centaurbiomechanics.co.uk/courses-and-dates/centaur-charity-ball/>

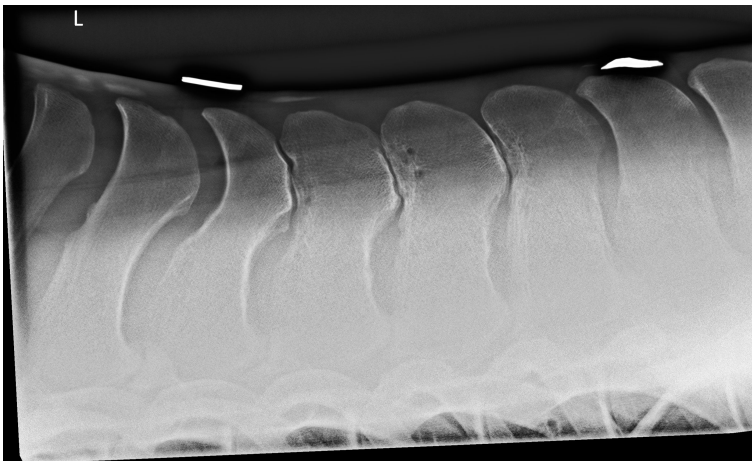
### Hotel Information:

Chesford Grange Hotel, Warwickshire, [http://www.qhotels.co.uk/our-locations/chesford-grange/?utm\\_source=google&utm\\_medium=organic&utm\\_campaign=local](http://www.qhotels.co.uk/our-locations/chesford-grange/?utm_source=google&utm_medium=organic&utm_campaign=local).



## New, Equine Sports Science Day - Sunday 16<sup>th</sup> October 2016

2016 marks 10 years of Centaur Biomechanics, a milestone of which we are very proud. To mark the 10 years we have several key events taking place: our annual rider conference, the Centaur Biomechanics' charity ball and we have created an Equine Sports Science Day. This day will be focusing specifically on the latest research and science available to help the horse and discussing ways in which we can help maintain soundness and optimise health and performance. The theme for this day is the Equine Back and how to optimise function, stability and health. We have a great line up of speakers: Dr Richard Coombes will be discussing his research detailing his pioneering new method of treating kissing spine, and he will talk through the causes, the rehabilitation and the prognosis. We also have Professor Renate Weller, from the Royal Veterinary College, who will be discussing the equine back and highlighting clinical observations through imaging – Professor Weller will discuss some of the misconceptions associated with back function, how to optimise back function and equine posture and offer useful tips and advice on the early signs of back dysfunction. We also have Stuart, an equine chiropractor, speaking on horse laterality and discussing how horses can have a curvature in their necks which affects soundness and performance. The Equine Sports Science day will be held on Sunday 16 October 2016 at Moulton College, Northampton. Tickets available online £125. SMS, ACPAT and IRVAP discounts available.



## Rider Biomechanics Sessions

These sessions are very popular with 98% of clinics becoming full which is fabulous. We have updated the sessions slightly and ask riders to complete short questionnaires before they ride, which allows us to monitor any trends. Over the year we may be able to provide the industry with invaluable information, from which we can all learn. We also have a new FAQ sheet which helps organisers plan and manage their clinics. If you are interested in hosting a clinic or joining one please email [Sharon@centaurbiomechanics.co.uk](mailto:Sharon@centaurbiomechanics.co.uk) or follow the website or social media.

## Rider Conference, 25<sup>th</sup>, 26<sup>th</sup> June, Moulton College, UK

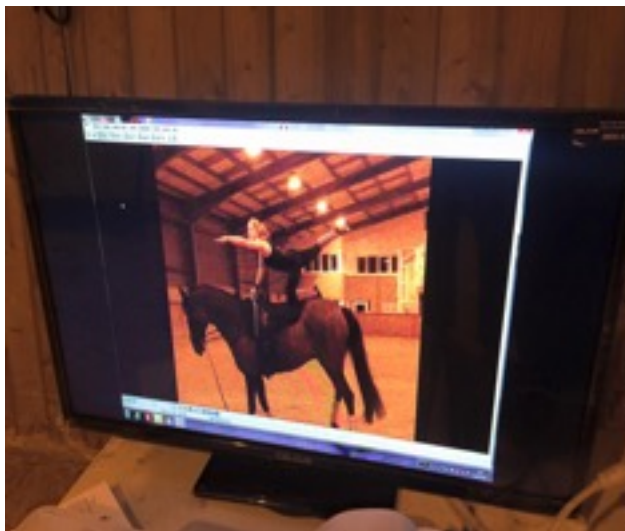
Our rider conference is becoming a staple in the equestrian's diary- last year was spectacular. The atmosphere of our conference has been described as inspirational, motivational, educational and fun. We aim to deliver world class speakers all geared to inspiring the audience and providing sound information which people can use and implement. This year's conference, 25<sup>th</sup> and 26<sup>th</sup> June, is set to be even bigger and better. We are delighted that we have Andrew Hoy - International eventer and 7 time Olympian, Judy Harvey - GBR Dressage and FEI List 1 Judge, Dr Rachel Murray - Researcher and veterinarian, Ben Benson - BEF Eventing Farrier, Russell Guire - Centaur Biomechanics, Helen Mathie - Chartered Veterinary Physiotherapist, Lindsay Wilcox Reid - Equi Pilates, Alex Jessett-Equine Dentist, Mark Fisher - Master Saddler and BEF consultant saddler. On the Saturday we have lecture demos covering: Training the young/ advanced dressage horse, what judges look at- explained by Judy Harvey. Dressage training versus event training - Andrew Hoy, followed by in depth process for preparing for the Olympics- Andrew Hoy. Russell will also be showcasing his research and discussing Horse and rider interaction part 1- the science. In the afternoon Andrew Hoy will be giving three sessions all geared to progressions, starting with young horses through to advanced, Andrew will showcase exercises all designed to improve the rider's and horse's ability. After a full-on practical day on Saturday, on the Sunday we have the science behind the performance- a key area allowing delegates to take away useful information which will undoubtedly help them keep their horses sound and optimise performance. We have leading vet and researcher Dr Rachel Murray talking about ways to optimise soundness and performance - warm up and cool down, travelling and much more. We also have leading farrier Ben Benson talking about shoeing for performance. Horse and rider interaction part 2 with Russell. New for this year is our interactive session where we have 6 interactive workshops all designed to give you a hands on experience, providing you with useful tips and exercises which you can use straight away.

It's going to be a great two days, preparations are well underway and we are delighted that we have delegates from all corners of the UK, Holland, Germany, Italy, Canada, America and New Zealand attending. There are a few tickets remaining please look at [www.centaurbiomechanics.co.uk](http://www.centaurbiomechanics.co.uk)

Massive thank you to our sponsors: Sync Thermology, Back in Action, Fairfax Saddles, Visualise Sportswear, Mirrors for Training, Saracen Horse Feeds and Equestrian

## Centaur Courses and Camps:

Centaur runs a busy biomechanics course programme and we are delighted as ever that every biomechanics course we have run has scored over 9.70. These courses are huge fun and provide a great “think tank” where like minded people get together and learn, inspire and take away skills which they can use to help optimise health, soundness and performance. This year we had delegates from Australia, Canada, America and Germany, as well as all corners of the UK. We have also run courses for ACAPT, IRVAP and SMS and are very pleased that we have been commissioned to run them in 2016 also. We have started preparing next year’s material which as always will combine theory and practical, all of which is supported by slow motion footage captured by Centaur, as well as our latest research. The courses are a great way to learn and understand further the influence of the rider and how best to manage horses. Our 2016 course dates are on the website.





## Research Update

We have had a busy winter and spring with various research projects, some of which are nearing completion. The first of these is a project we carried out in October looking at the effect a saddle has on the locomotion of the horse and rider; employing state of the art equipment we have made some fascinating conclusions which will help further develop our understanding of horse and rider interaction. From this study, research will be presented at the International Conference of Locomotion, London later this year and International Society of Equitation Science, France. We are currently in the final stages of writing this project up which will be submitted for publication. A 2-year project looking at saddle design and how it can affect locomotion is being prepared for publication and will be presented at the British Equestrian Veterinary Association Congress, Birmingham. From our rider conference in 2014 we captured seat pressures from 70 attendees and found an interesting trend, this will be presented at the International Conference of Locomotion and prepared for publication. Recently we have carried out two new projects which are very exciting and will be discussed in more detail in the next newsletter. With all our research it is important for the information gleaned to reach riders of all levels in order to improve welfare, soundness and performance, our sole objective of any research undertaken. In order for us to meet our objectives we have a 5 point strategy which will see all of the mentioned projects publicly discussed. Please keep an eye on the website, social media feeds and magazines for more information

## Looking ahead

As you can see we have had a busy year so far and things are set to be even busier, with key conferences coming up where we are presenting our research, our own rider conference, Rio Olympics, our 10 year anniversary celebrations with the Charity Ball and our new Equine Sports Science Day, plus continuing our research trials and clinics and courses. We hope you have a great summer and look forward to updating you with all the goings on in the next few months.



## testimonials

"I have used the Visualise Jacket with both able-bodied and disabled riders who have varying degrees of asymmetry. The jacket enables me to highlight areas of postural adaptation and potential weakness that may not be apparent initially when observing them."

Helen Mathie, Team GBR Physio to Para Equestrian Team

"The Visualise jacket provides the trainer with a clear picture of the rider's position enabling small corrections to be made."

Gill Watson, International Eventing Trainer

"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

"The Visualise jackets are a superb training aid."

Judy Harvey, International Dressage Rider & Trainer



UK Distributor – Centaur Biomechanics

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Products Designed To Improve Your Position



## visualise product range 2015/16

## how visualise works

Scientifically Proven to Improve your Riding

### Lightweight, Breathable Training Jacket

Black with green or pink lines  
XS, S, M, L, XL  
Prices start from £55.00



### GB Lightweight Training Jacket

Navy with red and white lines  
XS, S, M, L, XL  
Prices start from £55.00



### Visualise Winter Soft-shell Jacket Windproof, showerproof and breathable

Black with green or pink lines  
Navy with cream lines  
XS, S, M, L, XL  
Prices start from £65.00



### Visualise Training Gloves "Thumbs on Top"

Black with green or pink thumbs  
Navy with cream thumbs  
XXS, XS, S, M, L, XL  
£20.00



### Visualise Training Reins

Designed to help stop the reins getting too long  
Black or Brown  
Full  
Prices start from £65.00



### Visualise Fly Bonnet

Black  
Full  
Prices start from £20.00

### Visualise Multi-sport Shirt

White or black with green or pink lines  
XS, S, M, L, XL  
Prices start from £25.00

Visualise jacket worn by Jade Clarke with Adelinde Cornelissen, fitness and mental coach, at Centaur Biomechanics Rider Conference 2015.



Visualise training tops, are currently being used within the British Equestrian Federations World Class Programme, as a training tool to help improve riders position and performance.

### Visualise Jackets

Research carried out by Hartpury College found that using Visualise jackets helped coaches to improve both their coaching and their ability to evaluate the rider's position. In addition to this, they found that the riders benefited from the use of the jackets by being able to see for themselves their postural weaknesses more quickly.

### Visualise Training Reins

By the use of velcro and a special glove, Visualise Training Reins help the rider to maintain a more secure contact, as when the hand is opened - which results in the rein becoming too long - the rider will receive feedback from the rein and glove interface, thus helping to provide a signal for the rider to close their hand and hold the rein more securely.

### Visualise "Thumbs on Top" Gloves

The Visualise "Thumbs on Top" Gloves allow riders and coaches to see at a glance the rider's hand position - with the use of different coloured thumbs the rider and coach can easily see a correct or incorrect hand position.

### Visualise Multi - Sport T Shirts

Similar to the Visualise Training Jackets - we now have Visualise Multi Sport T Shirts which apply the same concept as our equestrian jackets. They can be used for Pilates, Golf, Running and Yoga.

### Visualise Fly Bonnet

The Visualise Fly Bonnet helps riders to determine which way is "Left" and "Right". It is also useful to determine if the horse is crooked and has a head tilt - both of which can be determined more quickly with the use of the fly bonnet.

Research has shown that we are Visual learners - using Visualise Training Products will enhance your learning process.