

Tentative Schedule – Saturday

☺ Lectures are suitable for our younger attendees, but are open to all.

The Instructors Forum is in the Congress Room from 11:30 – 6:00. The Instructors Forum is open ONLY to Instructors and Trainers and those who wish to become Instructors and Trainers.

Please respect our speakers who are all donating their time: turn off your cell phones.
No video taping of the presentations please!

9:00 Registration opens; coffee and refreshments are available for purchase

10:00	☺ Opening Remarks	Constitution
10:30-11:20	☺ Dr. Laura King – 7 Tips to Reboot Your Personal Best <i>Mindset matters when creating the path to your personal best. Learn 7 tips to help you create your own personal-best mindset. Learn how to cultivate the habits that help you achieve your goals, create an attitude of gratitude, increase self-discipline, and do all of this while letting go of fears.</i>	Constitution
11:30-12:20	Hollie McNeil – The Great Pyramid Scheme <i>What is the Pyramid of Training and why every rider should care. The Holy Grail of the riding world explained.</i>	Constitution
	Instructors Forum (11:30 – 6:00)	Congress
	☺ Margaret Freeman – Ask a Judge Anything You Want <i>Gain insight into how to improve your scores and how to be more comfortable in the ring when you show.</i>	Senate
	☺ Lois Brockmann and Patti Coyle – The Foundations of Equine Assisted Activities And Therapy - <i>Ever wonder about programs for riders who have different abilities and disabilities- what can you or your horse do to help? Come learn about how our horses' movements, communication and relationships can help our riders with special needs in a variety of different types of EAAT programs.</i>	Madison
	☺ Maureen Pach – Grooming	Jefferson
12:30-1:50	Lunch is available in the Timbers Room from 12:30-1:50	Timbers
	Instructors Forum (11:30 – 6:00)	Congress
2:00-2:50	Dr. Heather Beach – Veterinary Perspectives on Issues of Connection and Throughness in the Dressage Horse	Constitution
	Instructors Forum (11:30 – 6:00)	Congress
	☺ Liz Webb – No Hoof, No Horse – The Horse's Hoof <i>We will cover directional terminology and the internal and external anatomy of the hoof. This will be an introduction to the required reading for the summer Youth Dressage Festival from the book "The Essential Hoof Book". Cadaver (frozen) horse legs will be available to view external and internal structures. Take away handouts will be provided.</i>	Senate
	Debbie DelGiorno – The ABCs of the North American Youth Championships	Madison
	☺ Amanda Gifford – Test Your Knowledge – <i>Use games to strengthen your knowledge</i>	Jefferson

Tentative Schedule – Saturday Continued

3:00-3:50	Brian Lomax – Mental Toughness for Riders <i>Do you want to perform better under pressure, have more confidence, improve your focus? Mental toughness includes all of those things and more. In this session, we will get you started on your mental toughness journey, and give you some specific items to work on right away to help you perform your best more often.</i>	Constitution
	Instructors Forum (11:30 – 6:00)	Congress
	Beth Clarke – Leasing Horses: The Pros & Cons from Both Sides <i>Leasing a horse can be a good arrangement both for riders who aren't quite ready to buy and for owners who don't want to give up ownership but want their horse to have a useful life. We'll discuss the issues to consider in deciding if leasing is right for you and some ways to address them.</i>	Senate
	☺ Jami Wallace – Forage: The Equine Mainstay	Madison
	☺ Amanda Gifford – Test Your Knowledge – <i>Use games to strengthen your knowledge</i>	Jefferson
4:00-4:50	Ann Guptill – How to Design a Musical Freestyle <i>Learn the elements involved in choosing music & designing choreography</i>	Constitution
	Instructors Forum (11:30 – 6:00)	Congress
	Dr. Heather Beach – Respiratory Disease	Senate
	☺ Katie Decker – The Ins and Outs of the Youth Dressage Festival <i>A guide to going to YDF the first few times.</i>	Madison
	☺ Nicole Pascariello – Building the Relationship <i>Using an understanding of equine communication to improve your test scores, and to develop exercises on the ground and under saddle to strengthen your relationship with your horse.</i>	Jefferson
5:00-5:50	Margaret Freeman – Musical Freestyles from the Judge's Perspective <i>Find out what the judge is looking for when you compete in a Freestyle class.</i>	Constitution
	Instructors Forum (11:30 – 6:00)	Congress
	☺ Crystal Taylor – The Intercollegiate Dressage Association <i>Creating leaders in and out of the saddle. Are you looking to pursue your dressage riding during your college years and be part of a team? Come find out how to join or start up a dressage team while in college. You only need 3 riders to make a team, (ideally 4 but 3 is enough). It is easy, affordable and fun. You get to travel, meet new people, catch ride and compete! Come learn more!!</i>	Senate
	Dr. Johanna Kremberg – Palmer Heel Pain aka Navicular Syndrome aka “I Give Up!” <i>In this veterinary lecture topic, you will hear from a sports medicine practitioner on the many iterations of caudal heel pain in the equine athlete. We will discuss the most common risk factors for this condition and the basics of hoof balance. Next we will explore the critical steps for appropriate diagnosis, and the myriad of treatment options now available. With this information, we can make a game plan for your farrier and veterinarian to work together and arrive at a long-term solution.</i>	Madison
	☺ Liz Webb – A Hodge Podge of Horses & Horse Care	Jefferson

Tentative Schedule – Sunday

☺ Lectures are suitable for our younger attendees, but are open to all.
The USDF Region 8 Judges' Forum is in Congress from 7:30-3:30. The Judges' Forum is open ONLY to USEF Judges, USDF L Graduates, and USDF L Candidates.

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7:00 Registration opens; coffee and refreshments are available for purchase

7:30-3:30	Judges' Forum	Congress
8:00-8:50	☺ Lendon Gray – Considerations on Training Your Horse	Constitution
	☺ Rachel Greene-Lowell – Walking the Cross Country Course <i>What do you need to think about when walking your cross country course? Learn about the jumps you'll see on Beginner Novice through Training Level cross country courses and how to effectively prepare for a safe, fun and positive ride.</i>	Senate
	☺ Jami Wallace – Tack for 5 Disciplines	Madison
	☺ Amanda Gifford – Test Your Knowledge – <i>Use games to strengthen your knowledge</i>	Jefferson
9:00-9:50	Dr. Julia Graham – An Introduction to Diagnostic Imaging <i>The science behind it, and examples of its use in equine practice.</i>	Constitution
	☺ Rachel Greene-Lowell – Cross Training for the Dressage Horse <i>Learn exercises that will help your dressage horse to become a strong and versatile athlete doing activities outside of the dressage arena, and maybe outside of your horse's and your own comfort zone. Help your horse with balance, strength and flexibility while changing up the routine of flatwork and having fun.</i>	Senate
	Vicki Hammers-O'Neil – How Do You Know When to Move Up a Level	Madison
	☺ Ival Kovner – Drawing	Jefferson
10:00-10:50	Dr. Joe Davis - CUT to the Chase: Laceration First-Aid <i>How to provide first aid when your horse has a laceration, when to call your veterinarian, and what to expect when they arrive. A focus on equine wound management, diagnostics, and treatment options.</i>	Constitution
	☺ Magdalene Meek – Young Horses <i>Your way to the top? Discussing the mind, body and soul of the young horse and how they could be your next best decision.</i>	Senate
	Sharon Schneidman – Maximizing Your & Your Horse's Performance	Madison
	☺ Ival Kovner – Drawing	Jefferson
11:00-11:50	Maureen Pach – Managing an International Level Stable and Grooming at CDIs	Constitution
	Deb Meek – USEA Area 1 Young Riders 2020 Program	Senate
	☺ Lendon Gray – Warming Your Horse Up Effectively	Madison
	☺ Kate Wilson – Saddle Fitting	Jefferson

Tentative Schedule – Sunday Continued

12:00-1:20	Lunch is available in the Timbers Room from 12:00-1:20	Timbers
1:30-2:20	☺ David Collins – Life Lessons From Great Teachers – Human and Equine <i>Inspiration and practical training advise from Olympic gold medal coaches to champion rodeo cowboys: Timeless horsemanship with great takeaways.</i>	Constitution
2:30-3:20	Liz Piacentini – Beyond Goal Setting: Creating Your Process for Progress <i>Boost the chances of achieving your goal! Create a process-focused plan for developing strong technical skills, a positive mindset and supportive behaviors. Discover creative activities that get your brain on board by sparking greater retention and motivation.</i>	Constitution
	☺ Jami Wallace – Centered Riding	Madison
	☺ Amanda Gifford – Test Your Knowledge – <i>Use games to strengthen your knowledge</i>	Jefferson