

2007 USEA Convention Educational Programs

Mental Preparation: Develop Your Focus for Competition a Two part program

Speaker: Tonya Johnston, MA

Mental Preparation: Before the Event

Integrate sport psychology techniques into your training at home in order to stay focused in competition. Techniques will include: setting performance goals with the strategies to support them; positive problem solving; visualizing success at the competition venue; and exercises to practice staying in the moment.

Mental Preparation: At the Event

Mental strength, focus and confidence are required in competition for you to be able to ride up to your potential. Learn techniques to develop a pre-ride routine for use at the event. performance and create health hazards for your horse. Please join Dr. Nancy Loving at the USEA National Convention in exploring practical strategies to limit the effects of heat load on your horse's abilities and in recognizing potential metabolic problems so you can have the best rides possible. There will be ample time for questions and interaction following the presentation.

Better Safe than Sorry – Creating the Best Team for Cross-Country Day

Panelists: Cindy Deporter, Jean Johnson, Roger Lauze, with MSPCA, Rusty Lowe and Jon Wells

A panel comprised of some of the best in the business, including TD, cross-country control, safety coordinator, jump repair crew and Emergency Horse Transportation will outline the jobs and responsibilities of the key cross-country and event personnel.

Training Solutions from Top Event Riders

Panelists: Bea di Grazia, Phillip Dutton, Mike Huber and Eric Smiley

Don't miss this opportunity to hear four of the world's top riders discuss key training issues that they have encountered with their horses. Common to horses and riders at every level, these issues and their solutions will be discussed by the panel, with audience questions invited!

Rider Fitness: Don't Forget Strength Training

Rider fitness, including strength training, is crucial to giving your horse the best ride possible. One of Broadmoor's Fitness Trainers will offer practical tips to adding strength training to your fitness regiment.

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Proper use of Studs for Maximum Performance

Speakers: Bonnie Mosser and Max Corcoran

Learn from an international competitor and top-level groom why studs are necessary, when to use them, and how they'll help your horse's performance.

Beyond the Obvious

Speaker: Eric Smiley

Social changes, marketing, training methods and a generation of urban living. Where is it taking us?

"Where Will You Gallop Tomorrow?"

Presenters: Deb Balliet, ELRC chief executive officer, and John Strassburger, member of ELRC Executive Committee

Equestrian Land Conservation Resource leaders give you practical advice on preserving the land you need to train and compete.

Guidelines for Jump Builders

Presenters: Dan Starck and Greg Shlappi

The revised edition of the "Cross Country Design Guidelines" is completed and is the "Bible" for cross country jump dimensions and details. A panel of professional course builders will discuss construction of each of the obstacle types included in the guidelines. Discussion will include recommended sizes, shapes, and alternative construction options.

Current Therapies in Equine Sports Medicine

Speaker: Dr. Stacey W. Kent, Cochranville, PA

With each passing year our ability to accurately and effectively diagnosis lameness issues in the equine athlete continues to become more and more sophisticated. As a result, our options to treat these conditions are becoming more diverse and sophisticated. This session will hope to serve as a primer for many of the "buzz word" therapeutic options available such as extracorporeal shock wave therapy, IRAP, stem cell therapy and pharmaceuticals previously not available in this country.

Are you "Staying on Course" with Your Health Care Coverage?

Speaker: Allina Strickland, Health Insurance Specialist

Riders wouldn't think of not insuring their horses, but what about themselves? Learn how Supplemental Insurance, along with your major medical coverage, is necessary to keep you on sound financial ground.

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A Gut Feeling – How Digestive Health Impacts Your Horse’s Performance

Maintaining a healthy and effective digestive tract is critical so that performance horses get the nutrients & energy required to perform hard & recover fast from exercise. This seminar will demonstrate why it is only when a horse is healthy *inside* that it can perform and look its best on the *outside*.

Judging the Young Event Horse: Conformation, Style & Ability

Panelists will discuss in detail what judges look for when evaluating young event horses in each of the USEA/Spalding Labs YEH tests, covering the dressage, jumping, and conformation phase.

RESCUE "U" "Its Just A Flesh Wound"

*Presenters: Gwen Ka'awaloa, EMT-I and Chad Toney, EMT-B, OnSite EMT's, LLC
Dr. Eugene Eby, Emergency Physicians at Porter Hospitals, Dave Sanko, Paramedic,
Porter, Parker and Littleton Adventist Hospital Emergency Medical Services*

A lecture on who is qualified to determine the level of injuries, and the proper equipment needed for treatment.

Web Operator’s Manual: Promote Your _____ Using the Web!

Speaker: Robert Winter

Promote your event, your organization, your business. The web offers lots of tools to promote, but where do you start? This seminar will survey low cost promotional tools available on the web, and help you build a strategy to deploy these tools. Plan to learn the in’s and out’s of this process from the USEA’s Manager of Development & Services with topics including: building a website, advertising and link sharing, search engines, multimedia, blogging, email newsletters, and more! A question and answer session will follow the presentation.