

# USEA Area I Adult Rider Program

presents a clinic about

## **Safe Cross Country Riding**

with

USEA Instructors Tom Davis and Andrea Waldo

Scarlet Hill Farm in Groton, MA

Saturday June 19, 2010

\$65 for current ARP members; \$75 for all others



**This clinic is designed to help teach riders how to be safe on cross country. Riders will start the day with a discussion about how to ride safely when galloping cross country and jumping various types of XC fences. Following the discussion, riders will work in small groups on galloping techniques and riding to a variety of XC fences including ditches, banks and drops. ICP instructor and mental health counselor Andrea Waldo will present "Stop Worrying, Start Riding: Strategies for managing fear and anxiety in the saddle."**

**For more info and registration forms, contact Heidi  
Beaumont [HBeaumont@aol.com](mailto:HBeaumont@aol.com) (preferred) or (203) 558-1649**

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presents a clinic about  
**Riding Safely on Cross Country**

with  
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Rider: \_\_\_\_\_ Horse: \_\_\_\_\_

Address: \_\_\_\_\_  
\_\_\_\_\_

Phone: \_\_\_\_\_ Email: \_\_\_\_\_

List riders XC experience: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

List horses XC experience: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Included with form: \_\_\_ \$75 or \$65 AR members clinic fee to "Area 1 USEA"  
\_\_\_ Completed registration form with signature  
\_\_\_ Negative Coggins within 12 months  
\_\_\_ USEA educational activity Medical Release & Release of  
Liability - can be downloaded from Area 1 site under "Forms"

***No refunds unless spot filled.***

Send to:  
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