

# USEA Area I Adult Rider Program

presents a clinic about

## **Safe Cross Country Riding**

with

USEA Instructor Tom Davis and Babette Lenna

At UNH in Durham, NH

Monday, May 31, 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**

USEA Area I Adult Rider Program  
presents a clinic about  
**Riding Safely on Cross Country**  
with

USEA Instructor Tom Davis and Babette Lenna

At UNH in Durham, NH

Monday, May 31, 2010

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

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:

Heidi Beaumont

PO Box 87

Windsor, SC 29856

[Hbeaumont@aol.com](mailto:Hbeaumont@aol.com)