



Alberta Horse Trials High Performance  
Alberta Equestrian Federation &  
Alberta Sport & Recreation  
*present*



*Master Coach  
Claudia Cojocar*

*Physiotherapist  
Sandra Sokoloski*

*"Coach Workshop & Rider Clinic"*

*Saturday, Sunday  
May 11/12, 2013*

*... at Olds College ...*

*Coaches & Instructors: All Certified and Non-Certified Coaches & Instructors are Welcome,  
\$30/day or \$50 for Weekend  
Qualifies for EC Coaching Credits*

*Riders: Open to AHTA High Performance Eventers,  
Jumper, Equitation & Hunter Riders  
Limited groups \$200/rider*

### **Topics for Discussion will include**

*Sandra Sokoloski: Helping Coaches Help Riders: A Biomechanics Perspective*

*Claudia Cojocar: "Thinking Outside the Box"  
Gymnastic/Homework Exercises for Flatwork and Jumping  
Cavaletti & Pole Exercises to improve the Canter  
Improving the rider's position to become more effective*

*The Schedule will include Q&A with Claudia, at the end of each day to discuss  
whatever the audience wishes*

*Contact Kathleen Ziegler for Registration Forms and Details;  
ziegler.kathleen@gmail.com*

*Registration Deadline for Riders who wish to participate in the Jumping Clinic is April 15, 2013  
Registration Deadline for Coaches/Instructors is May 1, 2013*