



# ICE BREAKER SPRING CLINIC

**MAY 9 - 11, 2014**

**REBECCA LEE & AMY WEST**

**ALHAMBRA STABLES, RED DEER, AB**

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Canadian **Rebecca Lee**, International Event rider and assistant trainer to US Olympian Stephen Bradley, has ridden Advanced through the three star level and has been long listed for the Canadian Equestrian Team. Rebecca has competed all over North America including such sites as Galway Downs, Fair Hill International and The Event at Rebecca Farms. Rebecca and Stephen train out of Longbranch Farms in Millwood, VA the majority of the year, and spend the remaining months in Aiken, SC.

Rebecca is passionate about teaching and has developed riders to the CCI\*\* level. A trained clinical psychologist, Rebecca incorporates sports psychology with confidence building techniques to enhance the learning experience. Rebecca welcomes Eventers, Jumpers, and Dressage riders as well as all levels of horse and rider pairs to join her clinics.

**Amy West** rides and trains out of Extreme Stables near Ponoka, Alberta, with a large group of competitive students. She has students competing from Starter through to Preliminary. Amy has been training and developing young horses for several years, as well as managing a horse boarding facility. Amy has taught several pony clubs in Central Alberta, including Blindman Valley, Red Deer and Clearwater Valley, as well as teaching camps and clinics to various other clubs and organizations. She understands the importance of developing confidence and a solid foundation for both horse and riders, allowing them to progress through the levels. Amy competes at all of the Alberta Horse Trials as well, competes in the US. She plans to compete at the FEI levels this coming show season with her horse. Amy is currently working towards completing her EC competitive coach certification.

## **CLINIC DETAILS:**

**FRIDAY- 50 MIN PRIVATE AND SEMI-PRIVATE SESSIONS IN SHOWJUMPING/DRESSAGE**

**SAT/SUN - CROSS COUNTRY SESSIONS IN GROUPS OF 6 RIDERS MAXIMUM. GROUPS WILL BE BASED ON LEVELS OF EXPERIENCE**

## **SPORTS MENTORING AND PERFORMANCE PSYCHOLOGY - INDIVIDUAL SESSIONS AT 30 MIN OR 60 MIN**

All Sport mentoring sessions include hand outs and a follow up phone call. The exercises listed below are three of the most common formats to meet a rider's needs for competition or recreation. I am also open to other topics or unstructured sessions if that is a better fit for the individual. 30 min sessions are \$40. and 60 min sessions are \$65 for a semi-private; \$85 for a private.

Sessions 1 and 2 can be combined into 60 min.

1. A pre-competition plan: A specific exercise based on breaking down past successful lessons, clinics or competitions to examine what the rider needs in warm-up and in the ring to be confident and achieve their goals at their next competition. 30 min
2. General relaxation and focusing: This exercise is very helpful if a rider feels they are not quite getting what they want out of their lessons, clinics, and general riding due to feeling unfocused, experiencing some tension and nervousness, mental fatigue or distractions. 30 min
3. Overcoming fear and other challenges. This exercise touches on the causes of the rider's fear, problem solving, realistic goal setting and understanding how anxiety affects us. 60 min

I have a Masters Degree in Clinical Psychology with 10 years experience practicing as a Clinical Therapist specializing in the area of anxiety and trauma. I have spent the last few years combining my experience as a professional coach and athlete with psychology and am excited to help riders get the most out of their time in lessons and competition by working with them to improve focus, relaxation, confidence, and achieve goals.

When signing up for these sessions, if you don't have a goal or challenge in mind that you would like to work on or have questions, don't hesitate to contact Darla and she will forward your questions to me.

**ICE BREAKER SPRING CLINIC - MAY 9 - 11, 2014**  
**CLINICIANS: REBECCA LEE & AMY WEST**  
**ALHAMBRA STABLES, RED DEER, AB**  
**REGISTRATION DEADLINE IS APRIL 30, 2014**

ONE REGISTRATION FORM PER HORSE/RIDER COMBINATION

<b>FRIDAY- SHOWJUMPING/DRESSAGE 50 MINUTE SESSION</b>		
REBECCA LEE _____ PRIVATE (\$85) _____ SEMI-PRIVATE (\$65) _____ (if enough interest)	AMY WEST _____ PRIVATE (\$65) _____ SEMI-PRIVATE (\$50) _____ (if enough interest)	
<b>SAT/SUN - CROSS COUNTRY</b>		
REBECCA LEE _____ \$210	AMY WEST _____ \$175	
Experience/Competition level of Rider: _____		
Experience/Competition level of Horse: _____		
Any specific areas or problems you wish to work on?: _____		
<b>SPORTS MENTORING SESSION</b>		
REBECCA LEE _____ 30 MINUTE SESSION (\$50) _____ 60 MINUTE SESSION (\$85)		
<b>STABLING</b>		
FRIDAY _____ \$30/DAY		
SATURDAY _____ \$30/DAY		
DEPOSIT \$30.00		
<small>**STABLING AND DEPOSIT TO BE PAID ON SEPARATE CHEQUES PAYABLE TO: ALHAMBRA STABLES</small>		
<b>RIDER INFO</b>		
NAME: _____	PH. NO.: _____	
ADDRESS: _____		
EMAIL: _____		
EMERGENCY CONTACT: _____		
HORSE NAME: _____	GENDER: _____ AGE: _____	
<b>PAYMENT DETAILS</b>		
CHEQUES FOR REBECCA LEE MADE PAYABLE TO: REBECCA LEE	TOTAL	
CHEQUES FOR AMY WEST MADE PAYABLE TO: AMY WEST	TOTAL	
CHEQUES FOR STABLING MADE PAYABLE TO: ALHAMBRA STABLES	TOTAL	
CHEQUE FOR STABLING DEPOSIT MADE PAYABLE TO : ALHAMBRA STABLES	TOTAL	\$30.00
<b>**COMPLETED FORMS AND PAYMENT IN FULL MUST BE RECEIVED BY APRIL 30, 2014**</b>		
LATE APPLICATIONS ARE SUBJECT TO A \$25 LATE FEE (PAYABLE TO YOUR CLINICIAN)	LATE FEE	
<b>NO REFUNDS WITHOUT VET OR MEDICAL LETTER</b>		
<b>CLINIC WILL RUN REGARDLESS OF INCLEMENT WEATHER</b>		
MAIL REGISTRATION FORMS, PAYMENT AND WAIVERS TO:		
<b>DARLA MITCHELL</b> 4610-76 Avenue NW Edmonton, AB T6B 0A5	<b>Questions?</b> Call Darla Mitchell at 780-699-0657 or email: darla@arkam.ca	

ACKNOWLEDGMENT of RISK and RELEASE of LIABILITY – “FOR PARTICIPANTS 18 OR OLDER”

PLEASE PRINT CLEARLY

PARTICIPANT'S NAME: \_\_\_\_\_ DATE OF BIRTH: \_\_\_\_\_  
ADDRESS: \_\_\_\_\_  
CITY: \_\_\_\_\_  
PROV: \_\_\_\_\_ POSTAL CODE: \_\_\_\_\_

**EVERY PERSON MUST READ AND UNDERSTAND THIS FORM BEFORE PARTICIPATING IN EQUINE ACTIVITIES**

To: Alhambra Stables  
(Name of Person, Organization or Company providing the Equine Activities)

their directors, employees, officers, volunteers, business operators, and site property owners. (collectively called the HOST)

**INITIAL EACH ITEM BELOW AFTER READING AND UNDERSTANDING THE ITEM**

- \_\_\_\_ 1. **I Understand** there are **DANGERS, HAZARDS** and **RISKS**, (collectively called **RISKS**) associated with Equine Activities and injuries resulting from these “**RISKS**” are a common occurrence.
- \_\_\_\_ 2. **I Acknowledge** that the Inherent “**RISKS**” of Equine Activities mean those **DANGEROUS** conditions which are an integral part of Equine Activities, **including but not limited to:**
- The propensity of an equine to behave in ways that might result in injury, harm or death to persons on or around them and to potentially collide with, bite or kick other animals, people or objects.
  - The unpredictability of an equine’s reaction to such things as sounds, sudden movement, tremors, vibrations, unfamiliar objects, persons or other animals and hazards such as subsurface objects.
  - The potential for other participant(s) to act in a negligent manner that might contribute to injury to themselves or others, such as failing to act within their ability or to maintain control over an equine.
- \_\_\_\_ 3. **I Freely Accept and Fully Assume All Responsibility** for the Inherent “**RISKS**” and the possibility of personal injury, death, property damage or loss resulting from my Participation in Equine Activities.
- \_\_\_\_ 4. **I Acknowledge** that it remains my **Sole Responsibility** to act in such a manner as to be responsible for my own safety and to Participate Within My Own Limits.
- \_\_\_\_ 5. **In addition to consideration given for my Participate in Equine Activity, I and my heirs, executors, administrators and assigns** (collectively called my “**Legal Representatives**”) agree
- **To Waive All Claims that I might have against the “HOST”**, and
  - **To Release the “HOST” from Any and All Liability** for any loss, damages, injury, or expense that I or my “Legal Representatives” might suffer as a result of my Participation due to any cause whatsoever **including any NEGLIGENCE ON THE PART OF THE “HOST”**, and
  - **To HOLD HARMLESS AND INDEMINFY THE “HOST”** from any and all liability for property damage or personal injury to any third party which might result from my Participation in Equine Activities.

Before signing this form I read it (as indicated by my initials above) and I stated that I understand it. I know that signing this form, waives certain legal rights I or my “Legal Representatives” might have against the “HOST”.

SIGNED This \_\_\_\_\_ day of \_\_\_\_\_, 20\_\_\_\_

\_\_\_\_\_  
(PRINT NAME OF HOST WITNESS TO SIGNING & INITIALING)

\_\_\_\_\_  
(SIGNATURE OF PARTICIPANT)

\_\_\_\_\_  
(SIGNATURE OF HOST WITNESS)

**DO NOT SIGN UNTIL YOU UNDERSTAND ALL ITEMS ABOVE**