

For all riders, coaches, judges and others who want to keep up with –

What's New?

Brain training is the latest frontier in many sports. Did you know that

" USING THE BEAT"

can increase a sports persons' rhythm, timing, coordination, concentration, focus, balance, decision making, cognitive processing speed, motor planning and sequencing. Come and find out how this is possible.



Where is this happening?

WED 29th JULY, 7.15 for 7.30 start

Country Women's Association , 30 Dequetteville Terrace, Adelaide

Social evening, talk and 'hands on' practical demonstration

Who is doing it? - Linda Clark LCST, MSPA (CPSP)

Linda's Background - Speech & Language Pathologist

Since qualifying as a speech pathologist in London in 1979 She has worked with children and young adults with severe language impairment and developmental delay. This involves setting small enough steps and goals and devising ways to develop skills that aren't progressing normally or are difficult to grasp. With this challenging group, keeping abreast of research is a must and with the knowledge about the brain and how it can change (neuroplasticity) the range of therapy tools are increasing. One of these tools is 'The Interactive Metronome'. This program is now widely used in the US not only in therapy to aid development and physical rehabilitation after surgery but also in most elite sports. **Hands on experience with this program will be available on the night. However the aim will be to show and discuss with coaches and riders how they can apply the research learnt through this program to their teaching and the development of riding skills.**

How does this help riders?

'The Beat' can be used to improve rider dexterity, balance and timing and to help resolve issues like dominant hand, leg or seat. These problems affect all aspects of riding from basic delivery of signals to the horse to lateral work and jumping and eventually to achieving smooth rhythmic riding. Concentration, focus and mental stamina also improves.

Registration details overleaf





'Using The Beat'
Registration Form
Wednesday 29th July 7.15pm
Country Women's Association
'Mary Walker House'
30 Dequetteville Tce, Kent Town, Adelaide

NAME: _____

Equestrian SA Membership No: _____ *(if applicable)*

ADDRESS: _____

SUBURB _____ **Postcode** _____

PHONE: _____ **Mobile:** _____

EMAIL: _____

Early Bird payment by Wednesday 22nd July 2015Tickets @ \$15.00 each

Payment on the night \$20.00 per ticket

PLEASE COMPLETE FOR PAYMENT BY CREDIT CARD - POST TO Equestrian SA OR FAX TO 8391 5799																
TYPE OF CARD (Please circle)	VISA MASTERCARD										EXPIRY DATE					
NAME ON CARD:																
CARD HOLDER'S																
CARD NUMBER:																

I enclose payment of \$_____ by Cheque (attached) or card details *(All costs include GST)*

Please Note: **Cheques to be made payable to Equestrian SA** 1.80% fee applies to credit card payments

Please forward to: Equestrian SA Unit 10, 2 Cameron Rd, Mount Barker SA 5251

Phone: (08) 8391 0488

Fax: (08) 8391 5799

Email: coordinator@equestriansa.com.au

