



Dear Rider,

Dear Trainer,

Once again "a Young Riders Academy" has the pleasure to invite you to a series of clinics in Bulgaria where the contact person is Teodor Sheytanov.

In total there will be three clinics, the first one 28 – 30/31 of March, the second one 9 – 11 of May. The third one will be in the second half of the year but the date will be established later.

The intention with this series will be to give you some of the instruments you need to develop both horses and riders in a way that is modern, friendly to the horses and creates a foundation for further work. For us it is essential that both riders and horses are developed in a way that helps keep horses healthy and riders safe also in courses that are demanding.

The trainer will be Laura Klaphake, whom most of you already have met. In spite of her age she already has a medal from Senior World Championships and she has also brought five different horses up to top international classes.

Each training day will start with a short explanation of the days program and what exercises the day will contain. The how's and the why's for each exercise. The day will end with a "question and answer" session to clarify what has been done.

You will get drawings of the courses used during the day as well as videos of at least some of the exercises to make sure that you can continue in the right way once the clinic is over.

At any time we are open to questions and willing to help with additional instructions.

Welcome!

Sven Holmberg, sport manager

