

BC Therapeutic Riding Association

BCTRA was formed in 1986, as the provincial organization for groups providing horseback riding as therapy for people with disabilities. We are a registered charitable organization, committed to improving the quality of life for young people and adults with disabilities.

Presently, BCTRA serves approx. riding groups in the province. We provide representation at the provincial level (through Horse Council BC) and other disability sports organizations. Through information and resource sharing, we bring together organizations, individuals and government to provide opportunities for the many riders, volunteers, health care professionals and riding instructors dedicated to therapeutic riding.

Our Goals & Objectives

- To promote and foster the use of the horse for therapy, sport and recreation for people with disabilities in BC
- To encourage regional co-operative development and communications
- To provide a framework for those interested in the promotion, research and development of therapeutic horse related activities.
- To promote and plan workshops and other educational programs on a continuing basis.

2 Locations: please circle chosen location

May 14–15, 2016—
Cowichan Therapeutic Riding Association,
1843 Tzouhalem Road, Duncan, BC V9L 5L6
250-746-1028

May 22–23, 2016—
Pacific Riding for Developing Abilities,
1088–208th Street, Langley, BC V2Z 1T4
604-530-8717

Workshop Schedule

Both days will begin with mounted sessions in the arena with riders of various levels and abilities. Theory sessions will be held between rides and afternoon will finish with a lecture and question and answer session.

Start time: 8:30 am
Finish time: 4:30 pm

Snacks & Lunch provided for all registered participants (riders and instructors/coaches)



BRITISH COLUMBIA
THERAPEUTIC RIDING
ASSOCIATION

Bridging the Gap— from Therapy to Para-Sport

**Instructor Training
Workshop 2016
with
Mary Longden**

**May 14-15, 2016
CTRA— Duncan
Vancouver
Island**

**May 22-23, 2016
PRDA—Langley
Lower Mainland**

Bridging the Gap— from therapy to sport

We are thrilled to welcome Mary Longden back to BC for another exciting workshop. This time we are fortunate to offer two locations, Vancouver Island and the Lower Mainland, thanks to the support of the Margaret Carpenter Trust. BCTRA hopes to provide many more educational opportunities in the future with this legacy and we are happy to launch the Margaret Carpenter Trust with such a popular clinician. The workshops will focus on training instructors and encompass all aspects of riding therapy from the young beginner, building movement and motor skills in sequences to develop agility, balance, coordination and spacial awareness to the young adult who is looking for more challenging goals to achieve with his riding. She will address teaching riders with physical, intellectual and emotional challenges, discuss problem solving techniques and differences between riders at the various stages of their development. The clinics will be a mix of practical applications with demo riders in the arena and discussion following lessons, as well as theory sessions on autism and other disabilities as well as activities for teaching certain skills. As this is an instructor training clinic, not a rider development clinic many of the riders will be young and will not be interested in staying for the entire day.

About Mary Longden

Mary is an International Level 3 coach, an Australian 'A' Level dressage judge, FEI 'T' Level Eventing judge (until 2009), FEI 'O' Level Para-Equestrian judge and an International Para-Equestrian coach and consultant. She has been a technical advisor to the Canadian Para-Equestrian Team since 2010 and filled the position of Team Coach from 2002—2004. Mary has published "Coach with Courage" and numerous DVD's, most recently her "Ride Towards Excellence" series. Through the effective use of training DVD's, distance coaching and targeted coaching sessions, particularly for up and coming coaches, Mary hopes to assist a far greater number of riders across a more broadly distributed base than ever before.

Registration Form **Deadline: May 7, 2016**

Name: _____

Address: _____

Group: _____

Phone: _____

Email: _____

Coaching Level & Affiliation:

Fees:

BCTRA members \$150 _____

Non-BCTRA members \$200 _____
(includes membership)

Please mail registration and payment to:

Liz Anderson
1860 Fulford-Ganges Road,
Salt Spring Island, BC V8K 2A5

For more information please email:
Jane James : jjames3@telus.net
or phone: 250-537-1785