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**Musculoskeletal Development and its Association with Function and Performance
With Mia Palles Clark and Jane Hart**

10 April 2018 at Writtle University College, Cow Watering Campus, Cow Watering Lane, Writtle, Chelmsford, CM1 3SD.

Draft timetable:

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| 9.30-10am | Welcome Tea and Coffee |
| 10am | Theory:– Overview of the Scale of Training Identify key muscle groups in relation to the correct way of going‘Ages and Stages’ of muscle development for flat and jump training.Pre-habilitation, strengthening and maintenance of competition horses |
| 11-11.15am | Break |
| 11.15am | Influence of the riderConsequences of asymmetry (for horse and rider). Discussions using video clips. |
| 12.00 | Practical Session –‘Live labelling’ and chalking of anatomical land marks and key muscle groups in relation to function.   |
| 1.30-2.15pm | Lunch break |
| 2.15pm | Practical – watching horses move and jump in relation to the morning’s discussions, relating to the ‘Ages and Stages of Training’.  Focus on strengthening and injury prevention.  |
| 4.00pm | Round up and finish |

£40/British Showjumping Members, £45/non-members

You are welcome to bring your own lunch or a buffet lunch can be provided at an additional £9/head which must be ordered at the time of booking.

Please note that fees will be added to your online membership account.  Non-members will be asked to join as web members which is free of charge (<https://members.britishshowjumping.co.uk/security/assist>).  The British Showjumping cancellation policy will apply.

To book, please email Ruth McKiernan (East and East Midlands Development Officer) on ruth.mckiernan@britishshowjumping.co.uk stating your membership or web membership number.  Please note that this session does not count as an official CPD workshop for British Showjumping level 3 coaches.