

# LUCAN LODGE PRESENTS:

## Rider Seat, Posture & Balance Clinic with Colleen Kelly

**Sunday June 6<sup>th</sup> 2010 – Equestrian Park, Yarralumla**  
*Private and Group lessons in the new fenced sand arena*  
**All levels and ages of riders and spectators welcome!**

The seat, posture & balance of the rider affects the horse from falling in, to being engaged (or on the forehand), to losing balance. One rider might make a horse rush, while another makes a horse go hollow. This amazing clinic consists of a full day of group and private for all levels of riders, and is deal for the youngest aspiring equestrians through to higher level professionals.



**Colleen Kelly MISBS, FISRB** has trained 8 World Champions, Paralympian Medalists and Olympic level riders in all horse sports, and the mare she rides only .5 point off Champion for the USDF for 2009. After receiving a remarkable 100% in her judge's exam, Colleen has spoken at Grand Prix Judge's Clinics for Federations around the world. Based in the USA, Colleen has spoken at many Universities, including the famous University of Kentucky, at the USEF Gala Ceremony & the country's largest events (*such as Equine Affaire - 7,000 people in the stands*). She has been given the honor of being asked to give 15 presentations at the World Equestrian Games Festival, Kentucky, 2010. Her kind & gentle approach has seen her awarded with 3 separate awards from Riding for Disabled.

Name \_\_\_\_\_ Age (if under 18) \_\_\_\_\_

Address \_\_\_\_\_

Phone \_\_\_\_\_ e-mail \_\_\_\_\_

I wish to apply for:

<input type="checkbox"/> Spectating – 1 day	\$30	Includes a demo/lecture/workshop at the lunch break
<input type="checkbox"/> One single lesson only – private	\$145	Lesson only - does not include lectures, demos or video
<input type="checkbox"/> One single lesson only – semi private (2 riders)	\$90	Lesson only - does not include lectures, demos or video
<input type="checkbox"/> One single lesson only – shared (3 riders)	\$70	Lesson only - does not include lectures, demos or video
<input type="checkbox"/> One single lesson only – group (4 riders)	\$55	Lesson only - does not include lectures, demos or video
<input type="checkbox"/> One single lesson only – CLUB (5 to 10 members)	\$40	Lesson only - does not include lectures, demos or video
<input checked="" type="checkbox"/> Horse Levy (per horse)	\$5	Required at time of booking

Preferred ride times \_\_\_\_\_

If you request a shared or group lesson, are you able to bring a friend(s) to ride with you? Yes / No *Otherwise, private lessons might only be available.*

Website: [www.colleenkelly.net](http://www.colleenkelly.net)

More info: [info@colleenkelly.net](mailto:info@colleenkelly.net)

Registrations: [rachael@lucanlodge.net](mailto:rachael@lucanlodge.net)

Enquiries: **Lucan Lodge - 0488 114 767**

*Lucan Lodge will be providing subsidized transport to Equestrian Park - contact Rachael to book*



Application to Ride and Release and Waiver of Liability

Your Full Name: \_\_\_\_\_

Age (only if under 18) \_\_\_\_\_ Parents Name (if under 18) \_\_\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_ Mobile: \_\_\_\_\_

Email: **PRINT CLEARLY to receive free riding music** \_\_\_\_\_

Details of all injuries, ailments or known medical problems of yourself or your horse \_\_\_\_\_

I hereby apply to ride under the direction of Colleen Kelly. I agree to follow the directions the coach, and all officials/representatives of the venue, and that any misconduct or refusal by me to follow any direction of the coach or officials will result in the cancellation of my lesson or training session and my immediate removal from my horse no matter where that may occur.

1. I understand and acknowledge that all horse sports, riding and vaulting are dangerous activities and that horses can act in a sudden and unpredictable (changeable) way, especially if frightened or hurt.
2. I understand and acknowledge that serious SERIOUS INJURY or DEATH may result from horse sport activities and in particular this lesson, training session or event.
3. I agree that I participate at my own risk. I am not forced to ride; I chose to do so of my own free will, accepting all the risks associated with a highly dangerous sport.
4. I agree not to drink alcohol or take drugs prohibited by law before or during any horse or training session.
5. I have disclosed fully above any medicine I am taking, especially if known to affect balance, co-ordination, or cause drowsiness, or affect my riding or training in any way. I will advise the coach or a venue official immediately of any change of my health status including, but not limited to, pain, nausea or dizziness that at any time may affect my riding or attendance at this event.
6. I agree to abide by all of the rules associated and related to this event, (such as FEI, EFA, USDF or Pony Club Rules).
7. **I agree to wear an Officially Approved safety helmet**, with strap correctly fitted during all lessons, training and lunging.
8. I agree for first aid to be given to me in an emergency situation, and for the ambulance or medical practitioner to be called for further treatment if necessary.
9. I agree that any photos or videos of myself or my lesson, may be used by Colleen Kelly and Improving Riding Pty. Ltd. For publicity or sales purposes.
10. **I agree not to privately film any event during the clinics**

I understand that my signature to this document constitutes a complete and unconditional release of all liability of Colleen Kelly, Nicholas Tsopanis, Improving Riding Pty. Ltd., Vaulting Victoria, their coaches, officials, instructors and volunteers. I understand that it also constitutes a complete and unconditional release of all liability to the venue owners or lessees, or club involved during lessons, training lessons, meetings, education days and competitions to the greatest extent allowed by law in the event of me and or the riders, children or horses under my care, suffering death loss or injury howsoever caused.

Signed: \_\_\_\_\_ Dated: \_\_\_\_\_

Scan / email: [rachael@lucanlodge.net](mailto:rachael@lucanlodge.net) Mail to: **PO Box 569, Dickson ACT 2602**

Payment Options: contact [rachael@lucanlodge.net](mailto:rachael@lucanlodge.net) for payment options