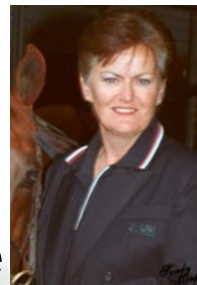




Colleen Kelly

Rider Biomechanics: Seat, Posture and Balance



**Saturday May 16,
2009**

**10 AM: Woodford County Extension
Office - Seminar**

**12:30 PM: Lakeside Arena – Live
Demonstration**

Cost: \$15.00

A fun, relaxed day with the World's No. 1 Rider Biomechanics Lecturer, Colleen Kelly. You will learn amazing techniques to improve rider seat, posture & balance. Ideal for any skill level or discipline! See how "Seat, Posture & Balance" creates and destroys engagement. Learn how to assess & improve rider position. Watch how easy the rider's position affects the balance of the horse. In the Live demonstration you will be able to see how horses fall on the forehand, cut corners, rush & go crooked.

Great tips for straighter jumping lines, sitting trot, heels down and looking up!

Easy tips for improvement! All welcome: Youth and Adults.

Great for coaches & parents.

Return riding lesson forms to Dr. Fernanda Camargo-Stutzman, 610 W.P. Garrigus Bldg, Animal and Food Science Department, University of Kentucky, Lexington, KY, 40546.

For more information: Phone: 859-257-7525, or 859-257-7501, or email fernanda.camargo@uky.edu or kjanicki@uky.edu

Deadline to sign up for lessons is May 13.

Brought to you by the Kentucky 4-H Horse Program

For more information, contact Dr. Fernanda Camargo-Stutzman

Fernanda.Camargo@uky.edu or 859-257-7525

Colleen Kelly

MISBS, Sports Biomechanics
Lecturer, Official Judge (retired),
President Vaulting Victoria

Colleen Kelly first started her career in exercise physiology and now, some 30 years later, is one of the world's most sought-after-keynote speakers on sports biomechanics, specializing in the seat, posture and balance of the rider.

Her elite world lecture tour includes Official Equestrian Federations, FEI Level Judge's Clinics, world class conferences & the world's largest universities.

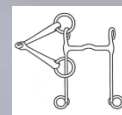
Colleen is well known for judging at many State, National and Royal Championships, and for receiving a remarkable 100% on her Official Dressage Judge's Exam, but she has an ability to keep audiences around the world smiling while learning!

Don't miss this incredible opportunity! This is a once-in-a-lifetime opportunity to come and see Colleen Kelly live.

You and your horse will never be the same after you apply her techniques to your riding!

Sponsors:

Kentucky 4-H Horse Program



Colleen Kelly Biomechanics Riding Lesson Reservation

May 16th 2008

Lakeside Arena

1385 Duncan Road - Frankfort, KY 40601

Contact: Dr. Fernanda Camargo-Stutzman and Ms. Kristen Harvey

The riding lessons will start at 2 PM. Seminar will be at 10 AM at the Woodford County Extension Office (184 Beasley Road Versailles, KY 40383-9558, Phone: (859) 873-4601). Live demonstration will start at 12:30 PM at Lakeside Arena, followed by the riding lessons at 2 PM. Space for the riding lessons will be limited. Make your reservation early! Lessons will be filled on a first come first serve basis. Checks for lessons and stall fees must accompany your entry made out to: KENTUCKY 4-H FOUNDATION.

RIDING LESSONS:

All lessons are 60 minutes in length and are available in Private (1 rider), Semiprivate (2 riders), Shared (3 riders or 4 riders).

LESSON FEES: Private lesson – \$140, Semiprivate lesson – \$85 each, Shared lesson – 3 riders \$65 each, Shared lesson – 4 riders \$50 each.

Seminar, Demonstration and Lesson Audit Fee: \$15 per person

Stall Fees: \$25 per stall for all day Saturday (price includes 1 bag of shavings and cleaning fee), \$15 grounds fee (for non-stabled horses) and \$15 for Friday night (for horses coming in the day before the clinic). Bring your own hay and water buckets.

Colleen Kelly Biomechanics Clinic and Riding Lessons

CHECKS PAYABLE TO: KENTUCKY 4-H FOUNDATION

Rider _____

Circle Choice: **Private Semiprivate Shared (3) Shared (4)**

Discipline _____

Level of Experience _____

Age of rider _____ (riders must be 9 or older)

ALL RIDERS MUST BE WEARING AN ASTM-SEI EQUESTRIAN HELMET.

Activity/Cost	Number of People	Total
Demonstration & Lecture — \$15/person		
Private Lesson (1 rider) — \$140 hr/person		
Semi-Private Lesson (2 riders)—\$85 hr/person		
Shared Lesson (3 riders)— \$65 hr/person		
Shared Lesson (4 riders)— \$50 hr/person		
Stall for the day \$25/stall		
Grounds fee (no stall) \$15/horse		
Total		

DISCLAIMER

The Kentucky 4-H Horse Program or Colleen Kelly accept any liability whatsoever for any accident, injury, or illness to horses, riders, spectators, or property while on or off these premises in connection with this event. Horseback riding, like any sport, can be hazardous. (If the entrant is under 18, parent or guardian must sign.)

WARNING

Under Kentucky Law, an equine activity sponsor or equine professional is not liable for an injury or death of a participant in equine activities resulting exclusively from the inherent risk of equine activities. A farm animal activity participant shall act in a safe and responsible manner at all times to avoid injury to the participant and others and to be aware of risks inherent in farm animal activities to the best of the participant's ability. KRS 247.401 - 247.4029.

Signature Date _____

Name: _____

Address: _____

Phone/Cell: _____ (Email) _____

Current Coggins test required for all horses that are entered in this clinic. A copy should be included with your entry.