



CARLISLE ACADEMY
INTEGRATIVE EQUINE
THERAPY & SPORTS

Young Rider Para-Dressage Pipeline Camp

*Training & Education for
Emerging Para-Dressage Athletes and Coaches*

Coaches/Auditors Welcome

June 23-25, 2016



**Designed & Hosted by
Carlisle Academy Integrative Equine Therapy & Sports
65 Drown Lane, Lyman, Maine**



INTERNATIONAL PARA-EQUESTRIAN DRESSAGE

CENTERS OF EXCELLENCE

Join us at Carlisle Academy in Lyman, Maine, a USEF/USPEA Para-Dressage Center of Excellence, for 3-days of training and education! This grassroots pipeline program gives emerging athletes and their parents and coaches the opportunity to learn the foundations of Para-Dressage sport, while training with Carlisle’s world-class team.

Carlisle’s Director of Sports Clive Milkins, an international Para-Dressage coach with 20 years of Paralympic coaching experience, will work with each athlete alongside Carlisle’s team of instructors, judges, and specially credentialed therapists to help young riders advance their skills along their sport journey. Riders will have private mounted sessions each day and each rider’s personal coach may participate in clinician-led, group warm-up lessons on personal or program horses. Coaches are also invited to participate in *collaborative coaching* in the arena, allowing for immediate feedback with the clinicians while assessing the riders’ positional and gait challenges, adaptive equipment and horse selection. Trained program horses are available.



Participants will receive a bound manual with information and training on the *Para-Dressage Classification Process, Adaptive Equipment & Compensation Aids, Introduction to Para-Dressage Competition Rules, Musical Freestyle Primer, and the Athlete Development Pathway (Transition from Equine Therapy into Sport)*. Lectures will be given on *Fundraising Tips, Video Review of Winning Rides, and a Winning Strategy*. Participants will also have a chance to learn more about programs for developing athletes through **USEF’s Para-Dressage Young Rider Program, USEF’s National Para-Dressage Championships, and USPEA’s Mentor Program.**

As special guests, Para-Dressage Young Rider and 2014 Alltech FEI World Equestrian Games Individual Competitor, Annie Peavy, and her mother Becky Reno, will share their experiences about the competition pathway from therapy into sport - and the support systems, travel tips, and fundraising advice that have helped them along the way.

Featured Trainers & Presenters

- **Clive Milkins** - Carlisle Academy Director of Equine Sports, International Para-Dressage Coach
- **Sarah Armentrout** – Carlisle Academy Head of School, USEF Para-Equestrian High-Performance Committee Member, USET Foundation National Advisory Council
- **Jane Tremlett:** USDF Bronze & Silver Medalist and “L” Graduate, Dressage & Para Dressage Coach
- **Janet Smaldone** - PT, HPCS ~ Carlisle Academy’s Licensed Physical Therapist
- **Annie Peavy** – 2014 World Equestrian Games Individual Competitor, Para-Dressage Young Rider
- **Becky Reno**- “Show Mom” Extraordinaire; Parents’ Forum Facilitator, USET Foundation National Advisory Council

TUITION

Young Rider Pipeline Camp (3 Days), June 23-25 - \$750

(Per Diem camp options are available for \$300 per day on Thurs/Fri; and \$150 on Saturday)

Included in full or per diem tuition are all items listed below:

- *Private lessons each day with Clive Milkins*
- *Optional PT Evaluations/Mounted & Unmounted*
- *Optional Test Riding with Judge's Comments*
- *Comprehensive report therapist's recommendations*
- *Access to all lectures on equine/athlete topics by experts in the field*
- *Information on youth programs, national programs, mentor programs, coach programs*
- *Bound manual for Coaches/Riders on all lectures and Para-Dressage Rules, Classification, Adaptive Equipment*
- *Use of borrowed horse or stabling is included*
- *Lunch is included in camp fee on Thursday & Friday*
- *Informal dinner gathering first night is included in camp fee.*



Coaches/Auditors - \$50 per diem

(Participants' family members or support staff do not have to pay the additional audit fee)

- *Observation of all lessons for educational purposes/Access to all lectures*
- *Bound manual for Coaches/Riders on all lectures and Para-Dressage Rules, Classification, Adaptive Equipment*
- *Information on youth programs, national programs, mentor programs, coach programs*
- *Lunch is included in camp fee on Thursday & Friday*
- *Informal dinner gathering first night is included in camp fee*



Lunches: A simple catered lunch will be provided on Thursday and Friday (June 23 & 24). On Sat, lunch is on your own. Please indicate any food restrictions on the registration form.

Opening Dinner on the Farm: All participants and guests are invited to a farm BBQ at Spring Creek Farm, home of Carlisle Academy on opening night, Thursday, June 25th. Pre-registration is required for headcount. During this informal gathering, we will hear remarks from Para-Dressage Young Rider, Annie Peavy, 2014 World Equestrian Games Individual Representative in Para-Dressage.

Scholarship Support: The Carlisle Charitable Foundation, an independently governed 501(c)(3) organization and the Academy's philanthropic partner, supports para-equestrians who participate in Carlisle's camps and clinics. A scholarship funding request for \$500 can be made through the "Zoe Fund" of Carlisle Charitable Foundation. More information is available at www.carlislecharitablefoundation.org. (207-967-3242)



Registration Details

CARLISLE ACADEMY – A National Leader in Grassroots Para-Equestrian Education & Training: *Carlisle Academy is a founding center of the USEF/USPEA Para-Dressage Center of Excellence.* Since 2009, Carlisle Academy has been designing and conducting para-dressage camps and intensive training programs with international clinicians and judges at our training center in Maine as well as other select national locations. Emerging para-dressage athletes and coaches gain access to an international para-dressage coach, adaptive instructors, as well as an on-staff physical therapist to provide professional assessments, collaborative coaching, and innovative training to enhance performance development in the sport.



Farm Facilities: The 150-acre private facility is centrally located in Southern Maine, just 30 minutes from Portland, ME and Portsmouth, NH. Fly into Portland, ME, Manchester, NH or Boston, MA airports. The Academy provides an ideal environment for training. With two indoor arenas, two outdoor arenas, including a full-size dressage arena, a therapy room and classroom, individuals and horses alike will find the space comfortable, peaceful and conducive to a productive learning experience. The facility is fully accessible with ADA-compliant restrooms, parking, viewing room/classroom, lift system, and mounting ramps.

Camp Locations/Contacts: All demonstrations, therapist's assessments and mounted portions of the camp will be held at Carlisle Academy at Spring Creek Farm, 65 Drown Lane, Lyman, Maine (Office: 207-985-0374, Sarah Armentrout, Head of School, Carlisle Academy - mobile: 207-468-4035 sarmentrout@carlisleacademymaine.com).



Enrollment & Eligibility: *Due to the intensive nature of the Para Camp, space is limited to 5 riders.* Enrollment is open to any independent rider or driver with a permanent, measurable disability who is interested in pursuing a competitive para-equestrian track regionally, nationally, or internationally. (More info on para classification and eligibility at www.uspea.org; www.usef.org.) No prior para-dressage competition experience is required for this grassroots camp, however, riders must have a level of proficiency to be independent of sidewalking and horse handling support. Preference is given to riders enrolled in the full camp versus on a per diem basis. Carlisle Academy will hold space for 2 alternates in the event of rider cancellations. Unlimited enrollment is available for coaches/auditors.

Horses: Appropriate and trained program horses are available for para-equestrian athletes, including riders and drivers. Carlisle staff horse handlers are on-hand for assistance with borrowed horses. Stabling is also available for riders who choose to bring their own horses. Shipped-in horses must be up-to-date on vaccinations and with current Coggins (1 year). Turn out is not available. *Borrowed horses and stabling expenses are provided free of charge, courtesy of Carlisle Academy. Our sincere thanks to those horse owners who are lending their horses for the camp.*

Attire: You must wear an ASTM/SEI approved helmet with fastened harness at all times while mounted. Breeches, belt, half-chaps or tall boots are appropriate attire. Shirts should be neat and workmanlike.

PT Consults: Camp participants will have access to optional, private consults from licensed professionals in physical therapy free of charge. Please review bios about consultants for more information. Pre-registration is required.

Overnight Accommodations: There are many other hotel options in the Kennebunk/Kennebunkport area and can be found on our website at www.carlisleacademymaine.com, under the "Leadership Institute" button.



Summary Schedule

Young Rider Para Dressage Pipeline Camp

June 23-25, 2016

Thursday, June 23, Carlisle Academy

8:30-9:30	Viewing Room	Registration Opens; Horses settle into stabling provided. Riders meet borrowed horses.
9:30-11:30	Viewing Room	<i>Lecture Portion: Athlete Development Pathway: Transition from Therapy into Sport. Review of all manual materials: Para-Dressage Rules, Theory, Practice.</i> Presenters: Clive Milkins & Sarah Armentrout
11:45-12:45	LUNCH LECTURE:	Biomechanics of Rider Position, Presenters: Clive Milkins & Janet Smaldone, PT, HPCS
1:00 – 5:30	Indoor Arena	45 Min <i>Private Lessons & Collaborative Coaching</i> with Clive Milkins
1:30-5:30	CA Therapy Room	45 min. <i>Private PT Consults</i> (optional), Janet Smaldone, PT, HPCS Carlisle Therapist (pre-registration)
6:00 pm	DINNER on Farm	Catered BBQ (all participants and guests welcome) <i>Remarks: Annie Peavy, A Youth Perspective on Para-Dressage Sports</i>

Friday, June 24, Carlisle Academy

8:30-10:00	Office	<i>Parents' Forum: Navigating the Competition Pathway – Financial implications and support team needs.</i> Presenter: Becky Reno
8:30-10:00	Viewing Room	<i>Riders Forum: Discussion on growing options in para-dressage today, locally, regionally, nationally: Young Rider Championships, National Championships, USPEA Ambassador Program.</i> Presenter: Annie Peavy
10:00-11:30	Viewing Room	International Scene, Winning Strategy (Video Review of Winning Rides) Presenter: Clive Milkins
11:45-12:45	LUNCH LECTURE:	<i>Musical Freestyle Primer, A Judge's Perspective</i> Presenter: Jane Tremlett
1:00-5:30	Indoor Arena	45 Min <i>Private Lessons & Collaborative Coaching</i> with Clive Milkins & Jane Tremlett (Test Riding Optional with Judge's Comments -Novice Para Test of Choice)

Saturday, June 25, Carlisle Academy

9:00 – 1:00	Indoor Arena	45 Min <i>Private Lessons & Collaborative Coaching</i> with Clive Milkins Combined with mounted consults with Janet Smaldone, PT, HPCS
1:00	Viewing Room	Closing Comments; Evaluations, Camp Wrap-up

Carlisle Academy Faculty & Guests

Clive Milkins, International Para-Dressage Coach; Director of Equine Sports at Carlisle Academy

A leading international Paralympic Coach, Clive Milkins join the staff as the Sport Program Director, strengthening the sport orientation of Carlisle Academy and its growing student base in able-bodied, adaptive equestrian sports, and para-equestrian sports. Clive is a British Horse Society Instructor, Fellow and Senior Coach of RDA (Riding for the Disabled), and Graduate of the U.K. Sport Elite Coaching Program with over 25 years of teaching and Paralympic coaching experience. He began his work volunteering at Moreton Hall Group while at Warwickshire College and eventually became the Head Coach at South Bucks RDA in Buckinghamshire, U.K. for 20 years. Clive was the personal trainer of Sophie Christiansen, Great Britain's triple gold medal winning rider at three Paralympics, and has coached several other para-equestrians competing at the international level. He has been nominated for numerous awards since his career began: Groom of the Year, 2005; The Queen's Award for Equestrianism, awarded for 'Outstanding Services to Equestrianism'; and the Kuster BEF Groom of the Year in 2006.

Sarah Chappell Armentrout, Head of School, Carlisle Academy

As co-founder of Carlisle Academy, Sarah is involved in all aspects of managing the Academy, from organizational oversight and curriculum development, to strategic planning and farm management with her husband Nick and their 3 children. She has been in the field of equine-assisted therapy for 20 years and is a PATH, Intl. Advanced Riding Instructor as well as a PATH, Intl. Mentor. In the early 90's, Sarah benefitted from working at the National Center for Equine-Facilitated Therapy in Woodside, California under the tutelage of the late Barbara Heine, early visionary and founder of the American Hippotherapy Association. Sarah first became certified as a therapeutic riding instructor in 1995 during a three-year management term at the Sagebrush Equine Training Center for the Handicapped in Hailey, ID. While in Idaho, she also became a working student for Connected Riding Founder, Peggy Cummings. Today, Sarah enjoys her own dressage and eventing pursuits. Sarah serves as the Chair of the York County Committee of the Maine Community Foundation, is an active member of the United States Equestrian Federation Para-Equestrian High Performance Committee, and sits on the National Advisory Council of the United States Equestrian Team Foundation.

Jane Tremlett, USDF "L" Graduate, Dressage & Para-Dressage Coach, Carlisle Academy

Jane joined Carlisle Academy in 2011. She is a CHA Level 3 Instructor; USDF Bronze & Silver medalist; and USDF "L" Graduate. As an accomplished dressage rider Jane divides her time between training her own two horses Lyra and Corina, teaching dressage at Carlisle Academy, and judging dressage schooling schools. Jane enjoys teaching recreational students of all ages and abilities, and her focus on technical skills allows her students to progress quickly. Jane has been involved with Carlisle's Para-Dressage Program since the beginning and looks forward to continuing her coaching and judging involvement in the para-equestrian community.

Janet Smaldone, Physical Therapist, Hippotherapy Clinical Specialist, Carlisle Academy

Janet joined Carlisle Academy as a physical therapist in 2011. She is a licensed physical therapist in four states, including Maine, and is a Hippotherapy Clinical Specialist credentialed by American Hippotherapy Certification Board. She has over 25 years of experience in primarily pediatrics in a variety of settings, including 10 years at National Center for Equine Facilitated Therapy located in Woodside, California. In addition, she is trained in Pediatric and Baby NDT (Neurodevelopmental Treatment) and Craniosacral Therapy Level I and II. She is a student of yoga, has taken many yoga training courses, and incorporates yoga into her practice as a physical therapist as well as her personal life. Janet is an active dressage rider and has had instruction in western, English, and dressage riding.

Special Guests

Annie Peavy: Nineteen year-old Annie Peavy from Avon, Connecticut was the individual representing the United States at the 2014 Alltech FEI World Equestrian Games in Normandy where she rode Ozzy Cooper in the Grade III Team and Individual competition. Annie has been the Grade III National Champion 2014, 2015 and 2016 (on Lancelot Warrior in 2014 and 2016 and on Ozzy Cooper in 2015) Annie was also the Reserve National High Performance Champion in 2015 on Ozzy Cooper and earlier this month on Lancelot Warrior for 2016. Annie has had the opportunity to travel with both horses to Europe and compete in 2015 and 2016. Annie has also competed in able-body and was the Region 8 Jr/Yr Champion in 2015 for 3rd level and Reserve Champion in 2014 for the Jr test. Annie is a graduate of The Ethel Walker School and plans to attend Lynn University in Boca Raton, Florida. Annie trains with Pan American Gold Medalist Heather Blitz in Wellington, Florida.

Becky Reno: Becky lives in Wellington, Florida with her youngest daughter Annie Peavy and husband Ed Peavy. She owns Annie's two show horses Ozzy cooper and Lancelot Warrior. She enjoys spending time at the barn although not a rider herself. Inspired by all the talented two and four legged athletes she has met through Annie's competition she serves on the National Advisory Council at United States Equestrian Team Foundation. Becky enjoys spending time with her children Bridgette who lives in California and John who is attending college in DC. When time allows you will find her on a bicycle or walking their dogs.



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Young Rider Para-Dressage Pipeline Camp Registration Form June 23-25, 2016

(Please fill out one form per person)

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Home Phone: _____ Cell Phone: _____

Email: _____ Age: _____

RIDERS ONLY:

Para Classification Grade (if classified): _____ National or International? _____ Para-Profile Number _____

Types of Para-Dressage (or other) competitions pursued to date (e.g. Local, USEF Recognized, National, International): _____

Do you use a wheelchair or other assistive technology? If yes, please specify:

Will you need a personal assistant/groom for riding? If yes, what specifically do you need assistance with?

Describe your mounting/dismounting process. Assistance needed. Header? Spotters? Block Mount/Ramp?

Any adaptive tack used? Can you bring with you? _____

I ride with a trainer on a regular basis (e.g, once weekly ++) Current Trainer's Name: _____

I ride my own horse/leased horse on a regular basis: How many times per week? _____

I take lessons on a regular basis and am actively competing in local/regional/national shows:

Horse Information (riders only)

I am bringing my own horse (stabling is provided free of charge courtesy of Carlisle Academy)

You must supply your own food, hay and water buckets. Bedding and daily stall cleaning is provided; morning and evening feeding can be done by barn staff. Please note: Daily turnout is not available. Must send in advance copies of current Coggins and vaccination records.

Horse's Name: _____ Breed: _____ Color: _____

Sex: _____ Age: _____ Height: _____ Horse's Owner: _____

Anticipated Truck-in/truck-out days and times: _____

I will need to borrow a horse (horse use is provided free of charge courtesy of Carlisle Academy & friends of the Academy) Please describe the horse you are presently riding, and include any specific information that will help us make the best match to suit your needs:

COACHES/AUDITORS ONLY

I am actively coaching a para-equestrian athlete _____ Grade: _____

Name of Athlete: (Not required) _____

Types of Competitions pursued to date (e.g. Local, USEF Recognized, National, International): _____

I am interested in pursuing Certification as a National/International Para-Equestrian Coach _____

My Current Level of Training and Qualifications are as follows (e.g. USDF Instructor, Medalist; Judge, PATH/CHA Certification, BHS, USHJA Instructor & Other Credentials: _____

SUPPORT PEOPLE:

Please complete with the names of any support people who will be attending with you.

Personal Care Attendant: _____

Other Family member(s): _____

Tuition:

Full Tuition – Young Rider *Para-Dressage Pipeline Camp* (includes all three days, June 23-25) \$750 _____

Per Diem Tuition - Young Rider *Para-Dressage Pipeline Camp (Thursday or Friday only)* days _____ x \$300 _____

Per Diem Tuition - Young Rider *Para-Dressage Pipeline Camp (Saturday only)* x \$150 _____

Per Diem - *Auditing* for Coaches, Equestrians, & Spectators #days _____ x \$50 _____

*Riders registered for full camp tuition do *not* need to pay additional per diem tuition or per diem meals.

Optional activities: I would like to sign up for:

- PT Consult (no fees)
- Test Riding (no fees)

Additional meals (for guests, see note above).

Opening BBQ Dinner, June 23, 6:00pm \$25 _____

Lunches only per day \$10 _____

Please indicate any Special Dietary Requirements: _____

Total Fee \$ _____

I have applied to the Carlisle Charitable Foundation for a \$500 scholarship : _____

I have included my \$250 deposit: _____

Registration Due Date: Postmarked or faxed by June 18, by 5pm. Deposit of \$250 is required to hold a spot.

Send attention: Sarah Armentrout, Carlisle Academy, 65 Drown Lane, Lyman, ME 04002. Fax # 207-985-7937, Tel # 207-985-0374, sarmentrout@carlisleacademymaine.com.

Paying by Credit Card: Mastercard Visa Paying by Check: Please make check payable to Carlisle Academy.

Credit Card# _____ Authorized Amount: \$ _____

Expiration Date: _____ V-Code _____

Signature: _____