

# **RIDER ANALYSIS CLINIC WITH** **CENTAUR BIOMECHANICS 11th/12th June** **2018**

BHS Grampian is delighted to offer sessions with Russell Guire from Centaur Biomechanics on 11th and 12th June at Fountain Equestrian, Dyce.

Cost of clinic (including arena hire): £70 for 45min private session.

The way the rider sits on the horse will have a dramatic effect on its soundness, performance and development. The rider analysis sessions are designed for riders of all levels to help improve the rider's position and horse's way of going. With the use of high speed video cameras (capturing 20 x faster than the human eye), Visualise training jackets and Quintic software the rider's position and horse's way of going can be constructively analysed. Russell, who carries out the analysis, is a keen rider himself and has worked all over the world helping riders improve their position and horse's performance. Sessions can be either flatwork or jumping.

Russell Guire

Russell is the director of Centaur Biomechanics and is currently the British Equestrian Federation's Performance Analyst. He also carries out leading research looking at saddles, bridles, surfaces and rider position. Russell has worked with riders all over the globe helping them to improve their position and horse's way of going. He is a UKCC Coach and has a BSc in Equine and Human Sports Science. He currently has a role as a PhD student at the Royal Veterinary College's Structure & Motion Lab.

The Rider Analysis Session will evaluate your position on your own horse

- Work on exercises to help improve your position and horse's way of going
- Use instant video feedback and the latest software so that you can see the difference
- Provide you with a detailed feedback form outlining key areas to work on.

To book, please fill in the booking form below, and return with a cheque. Riders who are BHS Grampian members will have priority for sessions. Times will be emailed to you at least a week beforehand.

# **CENTAUR BIOMECHANICS RIDER ANALYSIS BOOKING FORM**

**Name:**

**Address:**

**Email:**

**Telephone (mobile incase of changes on the day):**

**Emergency Contact Name and Phone Number:**

**BHS membership number if a member:**

**Brief details of you and your horse:**

**Preferred day(s) and time(s)(please be as flexible as possible):**

**Please let Russell know of any medical conditions he should be aware of.**

Sessions will only be booked when this form and a cheque received. BHS Grampian members will have priority on a first come first served basis.

Please send form and cheque (made out to BHS Grampian) to: Julia Gourley, Nether Tulloch, Oldmeldrum, Aberdeenshire. AB51 0AX.

*Neither BHS Grampian, Fountain Equestrian or Centaur Biomechanics nor any of their assistants shall be in any way responsible for any loss, injury or damage that may happen to participants or their assistants or other members of the public, or to any animal or property or to any vehicle brought into the training ground or leaving same. No refunds will be made if you cancel within 2 weeks of the training day unless we can fill your space.  
Approved hats to current standards must be worn at all times when mounted.*