

**RDA NW REGIONAL CONFERENCE AND AWARDS DAY 2024**

- 10am Registration - Tea and coffee available**
- 10.30am Welcome (indoor school)**
- Sandra Edwards' Demonstration**
- Sandra is a qualified NLP (Neuro Linguistic Programming) practitioner as well as a British Dressage, RDA and Para judge. She will be giving a short talk on how NLP helps us understand our way of thinking and how this can help or hinder riders.*
- Sandra will then work with the riders on dressage test riding including the correct way of doing a led test, what the judge is looking for in accuracy and how to focus on shapes and movements using the minimum of physical aids.*
- 11.30am Short break**
- 11.40am Presentation of Awards by the High Sheriff of Cheshire – Clare Hayward, MBE. DL.**
- 12.00pm Choice of two workshops:**
- A. Megan Holland** “Supporting RDA participants with communication and sensory difficulties (EQ2)”; **OR**
- B. Riding Simulator and Hoist Demonstration** (Philly’s Stable) and a **Discussion and Question and Answer Session with the Regional Committee** (upstairs - RDA Centre).
- 12.45pm Lunch**
- 1.45pm Charlotte Wittbom Demonstration**
- Charlotte is a rider, trainer and teacher specialising in classical approaches to horsemanship. Charlotte will be presenting on how to introduce groundwork to RDA ponies, also including: A brief history of classical training; benefits of groundwork; and basics of the first moves. An RDA pony will be used to demonstrate how we can improve its suppleness by incorporating some simple groundwork moves into the pre session warm up routine.*
- 2.30pm Short break**
- 2.45pm Katie Reilly Demonstration**
- Katie is a young international para rider who rides for Ireland. She began riding with RDA at only 11 years old and has worked her way up to compete at the 2023 Longines FEI Para Dressage European Championships in Germany. Karen Reilly, Katie’s mum, will explain how Katie and her trainer, John Norcross, warm up both of Katie’s horses for an international event and what it takes for the trainer to understand the rider’s needs and ability within this environment.*
- 3.30pm Close**