



**CARLISLE ACADEMY**  
INTEGRATIVE EQUINE  
THERAPY & SPORTS

# **U.S. PARA-Equestrian Training Camp 2012**

*Information & Registration Packet*

**April 16 ~ 20, 2012**  
**Carlisle Academy at Spring Creek Farm**  
**65 Drown Lane, Lyman, Maine, USA**

**Sponsored by USPEA**



[www.carlisleacademymaine.com](http://www.carlisleacademymaine.com)

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# U.S. PARA-Equestrian Training Camp 2012

Join us for a week of training, workshops and individual consultation with top para coaches and experts in various equine fields.

Hosted by Carlisle Academy Integrative Equine Therapy & Sports, a nationally accredited center leading the northeast in Para-Equestrian Sports.

## Featuring PARA-Equestrian trainers & specialists\*

- **Hanneke Gerristen** of Holland ~ World-class FEI "O" Judge and Olympic Technical Delegate
- **Marlene Whitaker** ~ International musical freestyle designer
- **Jenny R. Susser, Ph.D.** ~ International Clinical Sports Psychologist

*\*All of our clinicians are offering their services at a reduced rate in support of our para riders*

## ***Additional Workshops & Individual Consult With***

***Hope Hand*** ~ President of USPEA

***Susan Grant, OTR/L*** ~ Licensed Occupational Therapist; Licensed Equine Massage Therapist; clinical skills in adaptive equipment design

***Janet Smaldone, PT*** ~ Physical Therapist; stretching & strengthening classes

***Jenny Robinson, LMT*** ~ Licensed Massage Therapist

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## **Riders Choose from Two Tracks ~ Technical or Freestyle**

**Camp includes educational lectures and other unmounted activities**

### **Exceptional Facilities**

Carlisle Academy is centrally located in Southern Maine, just 30 minutes from Portland, ME and Portsmouth, NH. Fly into Portland, Manchester or Boston airports. The Academy, located on 150-acre Spring Creek Farm in Lyman, Maine, USA, provides an ideal environment for training. With two indoor arenas, two outdoor arenas, a 60' round pen, a therapy room and classroom, individuals and horses alike will find the space comfortable, peaceful and conducive to a productive learning experience.



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### Details of Training Camp

#### RIDERS

#### **Tuition per rider \$1,250 for 5-day camp includes:**

- *All lessons, lectures, group and individual activities*
- *Access to on-site national classification/reclassification (additional fee applies)*
- *Stabling for one horse per rider, from Monday through Saturday morning; or lease of borrowed horse from Carlisle Academy for same period of time.*
- *Each rider is allowed to have one person (trainer, groom, parent or friend) to audit lessons and educational presentations at no charge, exclusive of meals.*
- **Meals:** *Monday Night Welcome Dinner, three lecture night dinners and all lunches.*

All riders are being subsidized by US Para-Equestrian Association, a major sponsor of this camp.

#### **Choice of Technical or Freestyle Track (lessons are 45 minutes)**

##### Technical Track (5 lessons)

1 session with Jenny Susser  
4 lessons with Hanneke Gerritsen

##### Freestyle Track (5 lessons)

1 session with Jenny Susser  
3 lessons with Marlene Whitaker  
1 lesson with Hanneke Gerritsen

#### **ACTIVE AUDITORS (Active Auditors must be para-equestrians)**

**Tuition \$400 for 5-day camp, includes:** Full meal ticket (see above); observe all lessons; access to all lectures, and all unmounted group and individual activities, including on-site national classification/reclassification (additional fee applies). Consideration will be given to prorating active auditing by the day. Call the office FMI.

**INACTIVE AUDITORS - \$25 per day:** Observation of riding lessons only (meal ticket can be purchased for full camp week only, \$100).

#### **Lecture Topics**

- Sports Psychology and the Spirit of Team Competition with Dr. Jenny Susser
- Para Theory with Hanneke Gerritsen
- Creating a Competitive Musical Freestyle with Marlene Whitaker
- Para Competition Etiquette and Expectations with Hope Hand

**Unmounted Activities include:** Stretching and strengthening classes led by physical therapist; therapeutic and sports massage for you and your horse; occupational therapist consults; equine nutrition consults and more!

## **Para Camp Clinician Bios**

*All of our clinicians are offering their services at a reduced rate in support of our para riders*

### **Hanneke Gerristen, World-class FEI "O" Judge and Olympic Technical Delegate**

Hanneke began her career with horses at her father's farm while continuing a career as an interior designer. Now she spends all her time coaching, judging and performing a number of executive functions in the Para-Equestrian disciplines. In addition to judging international qualifier competitions worldwide, Hanneke coached the Dutch Para-Equestrian Team from 2000 to 2004. From 2005 through 2010 she was a member of the ground jury at a number of international championships including the 2008 Paralympics in Hong Kong. She was the Technical Delegate at the 2010 World Equestrian Games in Kentucky. In addition to her Para-Equestrian pursuits, Hanneke is a Grand Prix judge and a selector and trainer for new dressage judges at all levels. She has bred several talented dressage horses and is a trainer and coach to several talented students in Holland. Hanneke gives clinics all over the world.

### **Marlene Whitaker, International musical freestyle designer**

Marlene Whitaker is a retired first grade teacher whose lifelong passions for music and the elegant equine led naturally to the creation of Custom Freestyle, Inc. Her music has been represented at the Olympics, Para Olympics, World Cup, Young Rider World Cup, Pan Am Games, World Equestrian Games, North American Young Rider Championships, European Young Rider Championships, and has won prestigious freestyle events as well as high score, regional, and national championships. Her client list reads like a Who's Who in the world of dressage. An amateur rider herself, she has won regional and national USDF titles. Contributing to the Breast Cancer Research's Challenge of the Americas exhibition in Wellington, Florida, Marlene's music received a perfect 10! She also donates all the music for "Dancing Under the Stars", a benefit for Therapeutic Riding of Tryon. She designed and donated an instructional DVD for USDF to use in their judging certification program. She is a past member of the USDF Freestyle Committee, and continues to speak, teach, and work at the all levels of the sport to promote understanding and development of the kur. With her husband of 45 years, she currently lives in Tryon, North Carolina where she devotes all day, every day to her music and 5 rambunctious grandsons under the age of 10!

### **Jenny R. Susser, Ph.D., International Clinical Sports Psychologist**

Dr. Jenny Susser, an international level athlete in swimming, has a doctoral degree in Clinical Health Psychology, specializing in sports psychology. She has worked with national and international athletes of all sports and ages, both amateurs and professionals. In addition to her private practice, Dr. Jenny worked at the Women's Sports Medicine Center at the Hospital for Special Surgery in New York City. She has conducted research on athletic injury recovery, investigating the use of mental imagery on recovery. Her work with equestrians continues to grow following the World Equestrian Games in Kentucky in 2010. She was the Team Psychologist for the South African Para Dressage Team and worked individually with some of the American athletes. She remains active out of the pool these days by running and riding her horses.

## **Para Camp Specialist Bios**

### **Hope Hand, President of USPEA**

Hope serves on the board of directors of the United States Equestrian Federation, is chair of the USEF High Performance Committee and has been a long time supporter of the United States Pony Club. Hope has had a successful and exciting competitive career. She was first alternate to the Atlanta Paralympic Team in 1996 and competed at the British Invitational in 1997, earning gold, silver and bronze medals. In 1998 at the USEF Festival of Champions, she was one of four disabled riders where each para-dressage rider competed on four separate teams with their able-bodied peers. At the 1999 World Dressage Championships as a member of Team USA she earned a bronze medal. Hope competed at the 2000 Paralympics in Sydney, Australia finishing 5<sup>th</sup> in the overall standings. Hope has received numerous awards for her leadership roles in promoting sport for athletes with disabilities.

**Susan Grant, OTR/L, Licensed Occupational Therapist & Equine Massage Therapist**

Susan graduated from Utica College of Syracuse University in 1978 with a BS in Occupational Therapy. She is a PATH Intl. certified therapeutic riding and carriage driving instructor and holds American Hippotherapy Association registration and certification in Sensory Integration. She is the Director of Therapy & Adaptive Programs at Carlisle Academy. Susan has worked as a clinician, supervisor, program manager and clinical director at Eastern Maine Medical Center, New England Rehabilitation Hospital, Alpha One and the University of New England. Susan has clinical experience working with adults and children with neurologic developmental and acquired disabilities. She has advanced clinical skills in adaptive equipment design, home modification assessment and assessment for seated and wheeled mobility, assessment of visual and visual-perceptual skills and sensory processing difficulties. Additionally, Susan became certified in equine sports massage therapy in 1986 at Equissage in Round Hill Virginia. She owns Performance Equine and Canine Therapy, offering full massage service from prevention to rehabilitation. Susan has worked with high performance horses to back yard buddies throughout New England.

**Janet Smaldone, PT, Physical Therapist**

Janet Smaldone is a licensed physical therapist in four states, including Maine. She graduated from UMass Lowell in 1985 with a BS in Physical Therapy. She joined Carlisle Academy in 2011 in the hippotherapy program. Janet has over 25 years experience in primarily pediatrics in a variety of settings, including 10 years at NCEFT (National Center for Equine Facilitated Therapy). In addition, she is trained in Pediatric and Baby NDT (Neurodevelopmental Treatment), more recently AHA Hippotherapy Level I and II, Craniosacral Therapy Level I and II. With Janet's extensive PT background and her interest in yoga, she can provide assistance with individualized stretching and strengthening programs. Janet is an active dressage rider and has had instruction in western, English, and dressage riding. She lives in the Seacoast New Hampshire area with her husband, children and dog.

**Jennifer Robinson, LMT, Licensed Massage Therapist**

Jennifer Robinson is a licensed massage therapist in practice since 2003. Horses have been a part of her life and heart since childhood, and she enjoys offering massage and Reiki (energy healing) to both horses and humans alike. Jennifer will offer both chair and table massage (for humans) and is looking forward to being a part of this event.

**U.S. PARA-Equestrian Training Camp 2012  
Registration Form, Page 1**

**Registration Due Date: Thursday, March 1, 2012**

*Please Note! Due to the intensive nature of the clinic, space is limited to 10—first come, first served and 4 active auditors. Once the 10 rider spots are filled, Carlisle Academy will hold space for 2 alternates, and make recommendations for the active auditor spots.*

**Registrant Information:**

- I am registering as a Rider  
 I am registering as an Active Auditor       I am registering as an Inactive Auditor  
 I would like to be nationally classified/reclassified while at the camp (*additional fee applies; see page 4 of registration form*)  
 I would like to be considered as a demo rider for Train the Trainer program on Saturday, April 21 (*see page 4 of registration form; priority goes to camp participants and active auditors first*)

My T-shirt size is (circle one):    Adult    S    M    L

Name: \_\_\_\_\_

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

Home Phone: \_\_\_\_\_      Cell Phone: \_\_\_\_\_

Email: \_\_\_\_\_      Age: \_\_\_\_\_

Grade: \_\_\_\_\_      Current Trainer: \_\_\_\_\_

Track:     Technical Track       Freestyle Track (*see page 4 of registration form for more information*)

**Optional activities.** I would like to sign up for:     OT consult     Human massage     Horse massage  
 Equine Nutrition     Stretching & Strengthening class

**Horse Information** (*not applicable for active auditors*)

I am bringing my own horse (*stabling fees are included in rider tuition*)  
*You must supply your own food, hay and water buckets. Bedding and daily stall cleaning is provided; morning and evening feeding is done by barn staff. Please note: Daily turnout is limited; turnout needs will be determined per horse.*

Horse's Name: \_\_\_\_\_      Breed: \_\_\_\_\_      Color: \_\_\_\_\_

Sex: \_\_\_\_\_    Age: \_\_\_\_\_    Height: \_\_\_\_\_    Horse's Owner: \_\_\_\_\_

Currently training with: \_\_\_\_\_    Level currently competing: \_\_\_\_\_

Anticipated Truck-in/truck-out days and times: \_\_\_\_\_

I will need to borrow a horse (*horse use fee included in rider tuition*)  
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:

\_\_\_\_\_  
\_\_\_\_\_

**U.S. PARA-Equestrian Training Camp 2012  
Registration Form, Page 2**

**Rider Support**

- *Each rider is allowed one primary person (trainer, groom, parent or friend) to accompany them to all lessons and activities at no extra charge (exclusive of meal ticket).*
- *Other friends or family members traveling with you, who are not your primary support person, are welcome to sign up as an inactive auditor (\$25 per day) to watch mounted lessons.*
- *Meal tickets for primary support person and all others can be purchased for \$100 for the camp week; see details below.*

**Please complete with the names of any support people who will be attending with you, making note of who is your primary person, in the event more than one person will be traveling with you.**

Trainer: \_\_\_\_\_

Family member: \_\_\_\_\_

Other: \_\_\_\_\_

**Do you use a wheelchair or assistive technology?** If yes, please specify: \_\_\_\_\_

\_\_\_\_\_

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

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**Meals**

- *Tuition includes the following meals for camp participants and active auditors: Monday Night Welcome Dinner, three lecture night dinners and all lunches. All other meals are on your own.*
- *Meal tickets for support people and inactive auditors can be purchased for \$100 per person for full camp week. Due to the need to order food in advance, we are not able to accommodate meals by the day.*

**Special Dietary Requirements**

**Please specify who requires special meals, e.g. rider name, support person, or trainer.**

- No special meal requirements for (names: ) \_\_\_\_\_
- Gluten-free for (names): \_\_\_\_\_
- Dairy-free (names): \_\_\_\_\_
- Other (specify requirement): \_\_\_\_\_  
(name: ) \_\_\_\_\_

**Transportation**

I will need transportation to and from:

- Airport (Portland Jet Port only), please specify dates and times:

\_\_\_\_\_

- Hotel to farm (specify hotel): \_\_\_\_\_

**U.S. PARA-Equestrian Training Camp 2012  
Registration Form, Page 3**

**Payment Information**

All riders are being subsidized by US Para-Equestrian Association, a major sponsor of this camp.

Rider	\$1,250
Active Auditor	\$ 400
Inactive Auditor - \$25 per day	\$ _____
National Classification Fee - \$15 (optional)	\$ _____
Additional Meals - \$100 per person for camp week	\$ _____
<b>Total Fee</b>	<b>\$ _____</b>

**Deposit, Final Payment & Cancellation Fee**

50% deposit needed with your registration by March 1<sup>st</sup> to hold your spot. Balance due on April 1<sup>st</sup>; a 20% cancellation fee applies

Paying by Check: Please make check payable to Carlisle Academy, and mail to Joyce Brown, Carlisle Academy, 65 Drown Lane, Lyman, ME 04002.

Paying by Credit Card:

Credit Card# \_\_\_\_\_ V Code (3-digits on back of card) \_\_\_\_\_

Expiration Date: \_\_\_\_\_ Authorized Amount: \$ \_\_\_\_\_

Signature: \_\_\_\_\_

*You may also call the office at 207-985-0374 to make a credit card payment over the phone.*

***PLEASE NOTE: Carlisle Academy reserves the right to cancel this camp if it doesn't fill to 80% capacity by March 15th. In that event, full refunds will be honored.***

**I have read and understand this Registration form and all of the attached documents. These include the Carlisle Academy & Spring Creek Farm Release & Waiver. I have completed these documents where required. By providing my electronic signature below, I acknowledge the aforementioned and agree to be bound by the governing rules and jurisdiction stated in these documents, and I fully understand and accept my responsibilities as a participant in the Para-Equestrian Training Camp, April 16 - 20, 2012. I further understand and agree that my signature is my legal and binding signature.**

\_\_\_\_\_  
Rider Signature

\_\_\_\_\_  
Date

**Please return completed registration, payment/deposit, and other required documents,  
by Thursday, March 1, 2012 to:  
Joyce Brown, Carlisle Academy, 65 Drown Lane, Lyman, Maine 04002.**

# U.S. PARA-Equestrian Training Camp 2012

## ADDITIONAL INFORMATION

### **Important Rules & Things to Remember**

- You must wear an ASTM/SEI approved or standard exceeding helmet with fastened harness at all times while mounted.
- Breeches, half-chaps or boots are appropriate attire. Shirts should be neat and workmanlike.
- Please leave your dog at home.
- If you are bringing your horse, remember to bring your own feed, hay and water buckets.

### **Additional Freestyle Track Information.**

Riders who choose the Freestyle Track will receive a detailed questionnaire and description of the freestyle process from FEI freestyle designer Marlene Whitaker. It is anticipated that riders in the freestyle track will go on to work further with Marlene. Marlene's typical rate for a completed para freestyle is \$3,000. She is offering a one-time 50% discounted rate for Carlisle's para camp participants of \$1,500. (***\$500 of your para camp tuition will be applied to this \$1,500 overall cost as a result of participating in the freestyle track***). Marlene's work includes music selection, choreography, studio work, vocals, practice, and performance CD and DVD. The total process can take up to 3 months.

**Riders in the freestyle track will need to send a video of a test ride to Marlene Whitaker by March 15.**

### **On-Site National Classification/Reclassification Information**

This camp is offering national classification/reclassification which allows the para rider to compete in the U.S. in recognized shows. Equestrians with permanent, measurable disabilities are encouraged to become classified. The assessed impairment and the resulting functional profile are compared with other profiles that should have similar ability when mounted. There are five grades of competition within each competition. Grade Ia and Ib is for the riders with a severe impairment, Grade IV is for the riders with the least impairment. The competition within each Grade can then be judged on the functional skill of the rider regardless of impairment. Impairments are issues in body function of structure, such as a significant deviation or loss. Impairments may be broadly classified as physical (including locomotor), intellectual, and/or sensory.

### **Demo Rider Information for Train the Trainer Program April 20 & 21, directly following camp.**

This program is designed for local and regional trainers who would like to increase their skills and knowledge working with competitive and recreational para-equestrians. Friday evening, April 20, 5:30 – 7:30, and Saturday morning, April 21, will be classroom and lecture time.

**Saturday afternoon, para riders in all grades will demonstrate riding the test at their grade level. Demo riders will work with Hanneke Gerritsen.** (Separate registration for Trainers is available).

## Summary Schedule

### Monday April 16

1:00 – 4:00 pm

6:00 – 9:00 pm

Orientation, stabling, horse matches, practice time

Welcome Dinner & lecture by Dr. Jenny Susser (**location to be determined**)

“Sports Psychology & the Spirit of Team Competition”

### Tuesday April 17

8:00am – 12:00 noon

Arena 1

Technical track lessons with Hanneke Gerritsen

Arena 2

Freestyle track mounted session with Dr. Jenny Susser

Classroom

OT consults (*specific times TBD; must sign up*)

12:00 – 12:45

**LUNCH**

12:45 – 3:00 pm

Arena 1

Freestyle track lesson with Hanneke Gerritsen

Arena 2

Technical track mounted session with Dr. Jenny Susser

Classroom

OT consults (*specific times TBD; must sign up*)

4:30 – 5:00

Viewing Rm

Group check-in with Hope Hand

5:00pm

Viewing Rm

Evening reception and lecture with Hanneke Gerritsen “Para Theory”

### Wednesday April 18

8:45am – 12:00 noon

Arena 1

Technical track lessons with Hanneke Gerritsen

Classroom

Stretching & Strengthening (*times TBD; no sign up needed*)

12:00 – 1:00

**LUNCH**

1:00 – 5:00 pm

Arena 1

Freestyle track lessons with Marlene Whitaker

Classroom

Stretching & Strengthening (*times TBD; no sign up needed*)

5:30pm

Viewing Rm

Evening reception and lecture with Hope Hand “Para Competition Etiquette and Expectations”

### Thursday April 19

8:45am – 12:00 noon

Arena 1

Technical track lessons with Hanneke Gerritsen

Classroom

Human/horse massage (*specific times TBD; must sign up*)

12:00 – 1:00

**LUNCH**

1:00 – 5:15 pm

Arena 1

Freestyle track lessons with Marlene Whitaker

Classroom

Human/horse massage (*specific times TBD; must sign up*)

5:15 – 5:30pm

Viewing Rm

Group check-in with Hope Hand

5:30 pm

Viewing Rm

Evening reception and lecture with Marlene Whitaker “Creating a Competitive Musical Freestyle”

### Friday April 20

8:45am – 12:00 noon

Arena 1

Freestyle track lessons with Marlene Whitaker

Classroom

Classification (*specific times TBD; must sign up*)

Classroom 2

Equine nutrition consults (*specific times TBD; must sign up*)

12:00 – 1:00

**LUNCH**

1:00 – 4:15 pm

Arena 1

Technical track lessons with Hanneke Gerritsen

Classroom

Classification (*specific times TBD; must sign up*)

Classroom 2

Equine nutrition consults (*specific times TBD; must sign up*)

4:30 – 5:00pm

Viewing Rm

Group check-in and closing meeting with Hope Hand