

Come and watch in...

Houston & Austin TX



Testing rider position gives instant feedback to the Officer on stability & safety (and the ability to win those highly prized equitation competitions!)



A founding Member of the ISRB, Colleen Kelly is the 2013 Chairperson of this highly respected international scientific body researching rider seat, position & balance.



Colleen Kelly teaches Mounted Units around the world, teaching the safest, most stable position for both patrol, honour guards and competition.

Seat, Position, Balance

IMPROVING & TESTING RIDER Seat, Posture & Balance

Come and watch: This is a very rare opportunity to be able to come and watch the Police Mounted Units train! With the concept of "testing not trusting"...we will be able to test the rider's position, and show how easily a rider can be dislodged by an offender or a factious horse. By watching, you will learn strategies to cope with the pain and discomfort of long hours in the saddle, safety techniques to keep you on, keep you safe and build the confidence of even the most novice rider. It is ideal for all levels of riders, coaches & trainers and suitable for all horse sports.

Rider Biomechanics: Colleen Kelly has had an enormous amount of experience teaching Mounted Units around the world. From the smallest group of Novice beginners to some of the most famous military training facilities in the world her unique blend of world-class biomechanics and testing, coupled with a teaching style based on accelerated learning techniques gets Mounted Units to improve their seat, posture & balance FAST!

What you will learn: By coming and watching how the Police train, you will learn the safest, strongest position there is. Find out why we lose balance, either falling backwards, sideways, or the most dangerous: forward. Find easy and simple techniques to help you ride for long hours pain-free. And, if you do want to compete, some great techniques to get you started and get the competitive edge.

HOUSTON TX

9:30am - 3:30pm 16, 17, 18, 19, April 2013

Contact: Leslie Wills leslie.wills@houstonpolice.org 832-394-0371

AUSTIN TX

9:30am - 3:30pm 22, 23, 24, 25 April, 2013

Contact: Contact: Julie Payne julie.payne@austintexas.gov 512-750-2067

COSTS:	Auditing - 1 day	\$100 (Donated to the unit)
	Auditing - 2 days	\$180 (Donated to the unit)
	Auditing - 3 or more days	\$250 (Donated to the unit)

Can you help? Colleen is **DONATING ALL AUDITING FEES** to the unit running the clinic. Therefore, the more people that come and watch, the more funds are raised for the Mounted Unit...so can you help us by spreading the word around your friends and local riding clubs?



Colleen Kelly started her career in exercise physiology. Now, 30 years later, she is one of the world's most sought-after speakers on rider biomechanics: seat & posture.

Famous for receiving a remarkable 100% in the Official Judge's Exam, Colleen now speaks at Grand Prix Judge's clinics, the world's most prestigious Universities, and the world's most prestigious horse event: The World Equestrian Games.

Colleen presents at the world's largest trade fairs: Equitana, Horse World Expo, Equine Affaire, and has judged and presented for the FEI, the EFA, NZEF, USEF and USDF.

But it's her fun sense of humour that has seen her awarded with 4 Awards from Riding for Disabled and allows even the most nervous rider to relax and enjoy their learning.

"She is very knowledgeable in Dressage and other equestrian disciplines. She is also very entertaining and keeps the audience's attention at all times."
University of Kentucky