**Technical Performance Clinics**

**Run by Wynnstay PC, open to all Area 5 members**

For members aged 8 and upwards, with good concentration skills

**Coached by Jon Pitts - Mon 15 Aug 2015 at New House Fm, Coedyrallt, SY11 3DR**



**Two clinics**

**Learning to Fall** - 1 hr unmounted session (max 10 per group) involving the use of gym balls. The aim is to help reduce the risk of falling off, and how to work with the ground to reduce the impact if you do fall.  £10

**Jumping with Confidence** - 1 hr ridden session (max 3 per group) for children comfortably jumping at least 70cm, targeting the key mental skills of seeing a stride, decision making & managing anxiety to deliver better and safer performance.  £25

Opportunities for technical coaching like this are few and far between.

Please **BOOK ONLINE** at <http://branches.pcuk.org/sirwww/> (‘Event bookings’ tab) to secure your place. Alternatively, call Janet Douglas on 01270 524805 or 07817 220605 for more info.

**Jon Pitts** is an equestrian performance coach who has been a consultant for both the GB World Class pathway and the Australian High Performance programme, and he has represented both these countries at the Beijing and London Olympics. His expertise has been endorsed by Paul Tapner, William Fox-Pitt and Flora Harris. For more information take a look at Jon's websites [www.ridesmart.me](http://www.ridesmart.me) and [www.jonpitts.co.uk](http://www.jonpitts.co.uk)