

Identify your goals for Endurance with coaching from Pam James

Two training days are planned:

13th November at Delwyn Hall's house, Holme Lacy, Hereford.

20th November Venue TBA (possibly near Newent Gloucester)

Times 9.30-4.00

Cost £20 per person 6 places per day (payable when booking confirmed)

Apply now. Final application date 6th October

To book a place please mail via Offa's Dyke website CONTACT

Pam is a level 3 qualified coach with many years experience in endurance (more info on EGB coaching page). We have arranged coaching as outlined in Distance seminar article in EGB National Magazine May/June issue

Info of what day will cover

- Goals – what you want to achieve with your horse.
- Personal profiles of horse and rider strengths and weakness – working with what you have got! You and the horse!
- Detailed Individual programme designed around each individual's lifestyle, ambitions – fitness for both horse and rider
- Preparing for competitions and how to avoid possible mishaps.
- Pre attendance: each participant will give Pam three things they want to especially talk about.
- Finally we will look at example photos and discuss rider and horse at that particular moment.