



# Para-Dressage Symposium with Michel Assouline

**Coach Development Program  
Oct 20-22, 2017**

*Sponsored by the United States Equestrian Federation  
as part of the Center of Excellence Program*



**Hosted by  
Carlisle Academy Integrative Equine Therapy & Sports  
65 Drown Lane, Lyman, Maine**



**CARLISLE ACADEMY**  
INTEGRATIVE EQUINE  
THERAPY & SPORTS



**Thanks to the generous sponsorship of U.S. Equestrian, the U.S. Department of Veterans Affairs, and the Carlisle Charitable Foundation, Carlisle Academy is pleased to offer a 3-day Coach Development Program with Michel Assouline, providing full scholarships to 6 eligible demonstration riders and 8 qualified coaches\*.**

#### **Head of Coach Development:**

**Michel Assouline** is the USEF Head of Para-Equestrian Coach Development & High Performance Consultant. He is an International Dressage/Para-Dressage Trainer with over a decade of Paralympic and FEI Dressage coaching experience, and most recently completed his tenure as Head Coach for the undefeated U.K Para-Dressage Team.

#### **Symposium Theme:**

With the goals of pipeline sport development, the primary focus of this Center of Excellence Symposium is on *Train the Trainer*. To that end, Day 1 is dedicated to lectures and videos as a foundation in para-equestrian coach training. Topics include *USEF & FEI Para-Dressage Rules, Classification, Adaptive Equipment/Compensating Aids, Musical Freestyle, USEF's Para Dressage Program Structure & Pathways, and Paralympic Equestrian Programs for Veterans*. Videos of high performance para-equestrians will be shown as an instructional tool. Days 2 and 3 center on *Shadow Coaching* while Michel works with demonstration athletes in 45-minute private mounted sessions. Post test riding video analysis is also offered. Additional lunchtime lectures on *Equine Selection* and *Human Sports Medicine* are included on Saturday and Sunday.

#### **Funding & Eligibility:**

Due to the nature of this program and the funding provided, space is limited to full scholarship spots for 6 eligible athletes and 8 qualified coaches. Active Auditor spots are available for a fee. Trained program horses are available, or chosen athletes may opt to bring their own horse. All participants are invited to attend the offsite lecture day as well as two hands-on training days at the Academy. Lunch is included each day for all three categories. *Applications for scholarships and auditing are attached.*

**Qualified Coaches:** Fully funded scholarship preference will be given to the following, *(not in order of priority)*:

- A participating athlete's personal coach
- PATH credentialed coaches with an interest in expanding para-equestrian sport opportunities to disabled Veterans in their communities.
- Coaches at the existing USEF/USPEA Centers of Excellence
- Veterans who are active dressage coaches

**Eligible Athletes:** Fully funded scholarship preference will be given to the following, *(not in order of priority)*:

- Athletes who are willing to be demonstration riders and accommodate shadow coaching
- Representation at each Para grade level is optimal
- Developing and Emerging Athletes on the USEF posted list
- Para-eligible Veterans who are active competitors

**Active Auditors:** Active Auditor spots are available for a fee of \$75 per day.

- Active auditors are para-eligible athletes and coaches who did not receive a scholarship but would like to participate in the Friday lecture day and observe all of the lessons and presentations Saturday and Sunday.
- Athletes and coaches who are new to the sport are ideal for this level of participation
- *Any Veteran or active Military personnel may attend as active auditors free of charge*

## Summary Schedule

### Friday, Oct 20

9:00-9:30 Hampton Inn  
9:30-12:00 Hampton Inn

12:00-1:00 Hampton Inn  
1:00-3:00 Hampton Inn

1:00-4:00 Carlisle Academy  
3:00-4:00 Hampton Inn  
6:00pm Old Vines

#### **Registration & Welcome**

**Coach Development Program (Riders Welcome):** Michel Assouline, Sarah Armentrout, Keri Sowers, PT – Lectures/Videos  
Catered Lunch

**Coach Development Program (Riders Welcome):** Michel Assouline, Sarah Armentrout – Lectures/Videos

**Rider National Classification:** Keri Sowers, PT, FEI Classifier, (sign ups required)

#### **Coaches' Forum**

**Reception:** All participants and guests are welcome to a complimentary reception. Cash Bar and full dinner are self-pay. RSVP required.

### Saturday, October 21

9:00-12:00 Indoor Arena  
12:00-1:00 Viewing Room

1:00-3:00 Indoor Arena  
3:00-4:00 Viewing Room

**45 Min Private Athlete Sessions with Shadow Coaching,** Michel Assouline

**LUNCH LECTURE:** Janet Smaldone, PT, HPOT; *Importance of Athlete Stretching & Strengthening Program. Reflections from HSSM Course at USEF, Gladstone*

**45 Min Private Athlete Sessions with Shadow Coaching,** Michel Assouline

#### **Coaches' Forum**

### Sunday, October 22

9:00-12:00 Indoor Arena

12:00-1:00 Viewing Room

1:00-2:30 Indoor Arena

**45 Min Private Athlete Sessions – Test Riding/Coach Feedback/Post Ride Video Analysis;** Michel Assouline

**LUNCH LECTURE:** Michel Assouline, *Equine Selection*

**45 Min Private Athlete Sessions – Test Riding/Coach Feedback/Post Ride Video Analysis;** Michel Assouline

## Sponsorship Sources:

**United States Equestrian Federation:** As the governing body of all recognized U.S. equestrian sports, USEF is committed to the pipeline development of para-equestrian sports. Through its support of USEF/USPEA's Centers of Excellence, USEF has underwritten the clinician costs in this symposium so that demonstration athletes may attend free of charge.

**Carlisle Charitable Foundation:** Carlisle Charitable Foundation, an independently governed 501(c)(3) organization and the Academy's philanthropic partner, has supported para-equestrians who participate in Carlisle's camps and clinics since 2011. In this particular symposium, CCF is sponsoring each of the six fully funded athletes at \$250 per person.

**Veterans Administration:** Special funding has been awarded to Carlisle Academy from the U.S. Department of Veterans Affairs Adaptive Sports Program. In partnership with the United States Equestrian Federation (USEF) and Professional Association of Therapeutic Horsemanship International (PATH), Carlisle is the primary coordinator of the Veterans Paralympic Equestrian Initiative. This funding is used to expand para-equestrian sport opportunities nationally to disabled veterans specifically through Coach Development Programs offered at USEF/USPEA Centers of Excellence. *(Disclaimer: This program is funded in part by a grant from the United States Department of Veterans Affairs. The opinions, findings, and conclusions stated herein are those of the author and do not necessarily reflect those of the United States Department of Veterans Affairs).*



## **Carlisle Academy Clinicians & Faculty**

**Michel Assouline, International Dressage/Para-Dressage Trainer, USEF Head of Para-Equestrian Coach Development & High Performance Consultant:** In May 2017, Michel became the Head of Para-Equestrian Coach Development and High Performance Consultant for the United States Equestrian Federation. He is a graduate of the French National Equestrian School, home of the Cadre Noir in Saumur and gained a vast international experience in the USA, France, Germany and the United Kingdom as an international dressage rider and trainer. Michel was long-listed to represent France at the Seoul Olympics and won the French National Championships in 2000. He has also scored numerous successes at International and National level. Michel was voted in 1995 UK Dressage Trainer of the Year, and is a member of the International Dressage Trainers Club. In 2005 Michel became the British Para-Equestrian Dressage Team Coach and led Team GBR riders to win Team Gold medals at the 2005 European Championships, the 2007 World Championships, the 2008 Beijing Paralympic Games, the 2009 European Championships, the 2010 FEI World Equestrian Games, the 2011 FEI Europeans, the 2012 London Paralympic Games, the 2013 FEI Europeans, the 2014 FEI World Equestrian Games, the 2015 FEI Europeans and the 2016 Rio Paralympic Games.

**Kerri Sowers PT, DPT, PhD(c), NCS, FEI Level 2 Classifier, USEF National Classifier**

Kerri is an Assistant Professor of Health Science at Stockton University in Galloway, New Jersey. She obtained her DPT from Stockton University in 2008 and is currently completing her Ph.D. in Physical Therapy at Nova Southeastern University. She is a board certified Physical Therapy Clinical Specialist in Neurology. She continues to focus on neurological clinical practice at Atlanticare Regional Medical Center, an acute care setting which is a Level II Trauma Center and Comprehensive Stroke Center. She is a Fédération Equestre Internationale Level 2 Classifier for Para-equestrian sport, a United States Equestrian Federation National Classifier, and serves on the United States Equestrian Federation Adaptive Sports Committee. She also serves on the board of the Athletes with Disabilities Network Northeast Chapter. In addition to her experience as a classifier, Kerri is an accomplished dressage rider, who has competed successfully through the FEI levels. Her research interests include understanding the effect of exercise on stress, fatigue and quality of life in individuals diagnosed with Primary Immunodeficiency Disease, and balance and movement analysis of para-equestrian athletes.

**Janet Smaldone, Physical Therapist, Hippotherapy Clinical Specialist, Carlisle Academy**

Janet joined Carlisle Academy as a physical therapist in 2011. She is a licensed physical therapist in four states, including Maine, and is a Hippotherapy Clinical Specialist credentialed by American Hippotherapy Certification Board. She has over 25 years of experience in primarily pediatrics in a variety of settings, including 10 years at National Center for Equine Facilitated Therapy located in Woodside, California. In addition, she is trained in Pediatric and Baby NDT (Neurodevelopmental Treatment) and Craniosacral Therapy Level I and II. She is a student of yoga, has taken many yoga training courses, and incorporates yoga into her practice as a physical therapist as well as her personal life. Janet is an active dressage rider. Janet is currently pursuing National Para-Equestrian Classifier training and recently participated in the Human Sports Medicine Course at USEF Headquarters in Gladstone.

### **Registration Details**

**CARLISLE ACADEMY** – The Academy, located in Lyman, Maine, is a founding center of the USEF/USPEA Para-Equestrian Dressage Center of Excellence, and one among six centers nationally. Since 2009, Carlisle Academy has been designing and conducting para-dressage camps and intensive training programs with international clinicians and judges at our training center in Maine as well as other select national locations.

**Horses:** Appropriate and trained program horses are available for para-equestrian athletes. Carlisle staff horse handlers are on-hand for assistance with borrowed horses. Borrowed horses will be wrapped and braided. Stabling is also available for riders who choose to bring their own horses at \$50 per day. Hay and feed must be provided by owner. Shipped-in horses must be up-to-date on vaccinations and with current Coggins (1 year). Turn out is not available.

**Meals:** A simple catered lunch will be provided on Friday, Saturday & Sunday. Any additional family or guests will need to pre-register for lunches on the rider, coach, or auditor applications. All participants and guests are invited to a complimentary Friday evening reception at the Old Vines Wine Bar, 173 Port Road, Kennebunk, Maine (full dinner/cash bar are self-pay). Pre-registration is required for headcount on all meals. Please indicate any food restrictions on the application form.

**Attire:** Riders must wear an ASTM/SEI approved helmet with fastened harness at all times while mounted. Breeches, belt, half-chaps or tall boots are appropriate attire. Shirts should be neat and workmanlike. Bring warm layers. Coaches should be dressed in typical coaching attire and footwear.

**USEF National Classification:** Participants will have access to a USEF National Classifier as a preliminary classification for new para-equestrian athletes. Pre-registration is required. Medical forms will be sent from the Carlisle office to those who are interested.

**Farm Facilities:** The 150-acre private facility is centrally located in Southern Maine, just 30 minutes from Portland, ME and Portsmouth, NH. Fly into Portland, ME, Manchester, NH or Boston, MA airports. The Academy provides an ideal environment for training. With two indoor arenas, two outdoor arenas, including a full-size dressage arena, a therapy room and classroom, individuals and horses alike will find the space comfortable, peaceful and conducive to a productive learning experience. The facility is accessible with ADA-compliant restrooms, parking, viewing room/classroom, lift system, and mounting ramps.



**Camp Locations/Contact:** All mounted portions of the camp and rider classifications will be held at Carlisle Academy, 65 Drown Lane, Lyman, Maine (Office: 207-985-0374, Sarah Armentrout, Head of School, Carlisle Academy - mobile: 207-468-4035 [sarmentrout@carlisleacademymaine.com](mailto:sarmentrout@carlisleacademymaine.com)). The offsite Lecture Day will be held in the conference room of the Hampton Inn, 6 Independence Drive, Kennebunk, ME. (207-985-9200). The Reception on Friday night will be held at Old Vines Wine Bar, 173 Port Road, Kennebunk, Maine.

**Overnight Accommodations:** We have arranged for a block of rooms at the new Hampton Inn, 6 Independence Drive, Kennebunk, ME. (207-985-9200), located 4 miles from Carlisle Academy, and right off the Kennebunk exit. The price is \$139 per night under "Carlisle Academy", but must be booked before October 16 to guarantee the rate.

There are many other hotel options in the Kennebunk/Kennebunkport area and can be found on our website at [www.carlisleacademymaine.com](http://www.carlisleacademymaine.com), under the "Leadership Institute" button.

**FMI, Contact Sarah Armentrout at [sarmentrout@carlisleacademymaine.com](mailto:sarmentrout@carlisleacademymaine.com), 207-985-0374.**

**Carlisle Academy is proud to be recognized as a USEF/USPEA Para-Equestrian Dressage Center of Excellence, a Paralympic Sport Club, a Premier Accredited PATH Center, and a Pony Club Riding Center.**





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## Para-Dressage Symposium Athlete Scholarship Application Form

October 20- 22, 2017

(Please fill out one form per person)

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

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

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

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

Email: \_\_\_\_\_ D.O.B: \_\_\_\_\_

Para Classification Grade (if classified): \_\_\_\_\_ National or International? \_\_\_\_\_ Para-Profile Number \_\_\_\_\_

Types of Para-Dressage (or other) competitions pursued to date (e.g. Local, USEF Recognized, National, International): \_\_\_\_\_

Are you a Veteran or active military personnel? \_\_\_\_\_ If so, please define: \_\_\_\_\_

Are you on the USEF Elite, Developing, or Emerging Athlete List? \_\_\_\_\_

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

Will you need a personal assistant/groom for riding? If yes, what specifically do you need assistance with? \_\_\_\_\_

Are you bringing a personal assistant/groom with you? \_\_\_\_\_

Describe your mounting/dismounting process. Assistance needed. Header? Spotters? Block Mount/Ramp/Lift? \_\_\_\_\_

Any adaptive tack used? Can you bring with you? \_\_\_\_\_

I ride with a trainer on a regular basis (e.g. once weekly ++) Current Trainer's Name: \_\_\_\_\_

Will your trainer be applying for a Coach Scholarship for this Symposium? \_\_\_\_\_

### **SUPPORT PEOPLE:**

*Please complete with the names of any support people who will be attending with you.*

Personal Care Attendant: \_\_\_\_\_

Other Family member(s): \_\_\_\_\_

**Horse Information**

I am bringing my own horse (*stabling is provided at \$50 per day paid to Carlisle Academy*)

*You must supply your own food, hay and water buckets. Bedding and daily stall cleaning is provided; morning and evening feeding can be done by barn staff. Please note: Daily turnout is not available. Must send in advance copies of current Coggins and vaccination records.*

Horse's Name: \_\_\_\_\_ Breed: \_\_\_\_\_ Color: \_\_\_\_\_  
Sex: \_\_\_\_\_ Age: \_\_\_\_\_ Height: \_\_\_\_\_ Horse's Owner: \_\_\_\_\_  
\_\_\_\_\_ Anticipated Truck-in/truck-out days and times: \_\_\_\_\_

I will need to borrow a horse (*horse use is provided free of charge courtesy of Carlisle Academy & friends of the Academy*) 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 (height, breed, temperament):  
\_\_\_\_\_  
\_\_\_\_\_

**Scholarship Narrative:** Due to the nature of this program and the funding provided, scholarships are available for 6 fully funded athletes. Please include a short bio along with a written submission indicating your eligibility given the preferences listed here.

**Eligible Athletes:** Fully funded scholarship preference will be given to the following:

- Athletes who are willing to be demonstration riders and accommodate shadow coaching
- Representation at each Para grade level is optimal
- Developing and Emerging Athletes on the USEF posted list
- Para-eligible veterans who are active competitors

**Tuition/Meals:**

Athlete Full Tuition –includes all three days (Value \$600 - includes lunches & reception) **Full scholarship**

I intend to complete all three days: \_\_\_\_\_ If no, which days: \_\_\_\_\_

I will have lunch Fri \_\_\_\_\_ Saturday \_\_\_\_\_ Sunday \_\_\_\_\_

Please indicate any Special Dietary Requirements: \_\_\_\_\_

I will attend the Friday Night Reception: \_\_\_\_\_

**Classification:** I would like to sign up for:

USEF National Classification (to offset cost of classifier travel expense) \$50 \_\_\_\_\_

**Stabling:** \$50 per day. See details above. \$ \_\_\_\_\_

**Additional meals** (for family members/guests only)

Reception, Friday, October 20<sup>th</sup>, 6pm \$15 \_\_\_\_\_

Lunches per day Fri \_\_\_\_\_ Saturday \_\_\_\_\_ Sunday \_\_\_\_\_ \$15 \_\_\_\_\_

Please indicate any Special Dietary Requirements: \_\_\_\_\_

**Total Fee:** \_\_\_\_\_

**Application Due Date:** Postmarked, faxed or emailed by October 13th, by 5pm. Send attention: Sarah Armentrout, Carlisle Academy, 65 Drown Lane, Lyman, ME 04002. Fax # 207-985-7937, Tel # 207-985-0374, [sarmentrout@carlisleacademymaine.com](mailto:sarmentrout@carlisleacademymaine.com). You may pay by credit card on the Carlisle website at [www.carlisleacademymaine.com](http://www.carlisleacademymaine.com).



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## Para-Dressage Symposium Coach Scholarship Application Form

October 20 - 22, 2017

(Please fill out one form per person)

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

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

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

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

I am actively coaching a para-equestrian athlete \_\_\_\_\_ Grade: \_\_\_\_\_

This athlete is applying for an Athlete Scholarship at this Symposium \_\_\_\_\_

Types of Competitions pursued to date (e.g. Local, USEF Recognized, National, International): \_\_\_\_\_

I am interested in pursuing Certification as a National/International Para-Equestrian Coach \_\_\_\_\_

My Current Level of Training and Qualifications are as follows (e.g. USDF Instructor, Medalist; Judge, PATH/CHA Certification, BHS, USHJA Instructor & Other Credentials): \_\_\_\_\_

**Scholarship Narrative:** Due to the nature of this program and the funding provided, scholarships are available for 8 fully funded coaches. Please include a short bio along with a written submission indicating your eligibility given the preferences listed here.

**Qualified Coaches:** Fully funded scholarship preference will be given to the following:

- A participating athlete's personal coach
- PATH credentialed coaches with an interest in expanding para-equestrian sport opportunities to disabled veterans in their communities.
- Coaches at the existing USEF/USPEA Centers of Excellence
- Veterans who are active Dressage Coaches

**Tuition/Meals:** (includes lunches & reception)

Coach Full Tuition – all three days (\$300 value - includes lunches & reception)

**Full scholarship**

I intend to complete all three days: \_\_\_\_\_ If no, which days: \_\_\_\_\_

I will have lunch Fri \_\_\_\_\_ Saturday \_\_\_\_\_ Sunday \_\_\_\_\_

Please indicate any Special Dietary Requirements: \_\_\_\_\_

I will attend the Friday Night Reception: \_\_\_\_\_

**Additional meals** (for family members/guests only)

Reception, Friday, October 20<sup>th</sup>, 6pm \$15 \_\_\_\_\_

Lunches per day Fri \_\_\_\_\_ Saturday \_\_\_\_\_ Sunday \_\_\_\_\_ \$15 \_\_\_\_\_

Please indicate any Special Dietary Requirements: \_\_\_\_\_

**Total Fee:** \_\_\_\_\_

**Application Due Date:** Postmarked, faxed or emailed by **October 13th, by 5pm**. Send attention: Sarah Armentrout, Carlisle Academy, 65 Drown Lane, Lyman, ME 04002. Fax # 207-985-7937, Tel # 207-985-0374, [sarmentrout@carlisleacademymaine.com](mailto:sarmentrout@carlisleacademymaine.com). You may pay by credit card on the Carlisle website at [www.carlisleacademymaine.com](http://www.carlisleacademymaine.com).



## Para-Dressage Symposium Auditor Application Form

October 21 - 22, 2017

(Please fill out one form per person)

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

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

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

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

Email: \_\_\_\_\_ D.O.B: \_\_\_\_\_

Para Classification Grade (if classified): \_\_\_\_\_ National or International? \_\_\_\_\_ Para-Profile Number \_\_\_\_\_

Types of Para-Dressage (or other) competitions pursued to date (e.g. Local, USEF Recognized, National, International): \_\_\_\_\_

Are you a Veteran or active military personnel? \_\_\_\_\_ If so, please define: \_\_\_\_\_

Are you on the USEF Elite, Developing, or Emerging Athlete List? \_\_\_\_\_

I am actively coaching a para-equestrian athlete \_\_\_\_\_ Grade: \_\_\_\_\_

**Active Auditors:** Active Auditor spots are available for a fee of \$75 per day.

- Active auditors are para-eligible athletes and coaches who did not receive a scholarship but would like to participate in the Friday lecture day and observe all of the lessons and presentations
- Athletes and coaches who are new to the sport are ideal for this level of participation
- Athletes pursuing a National Classification
- *Any Veteran or active Military personnel may attend as active auditors free of charge*

### **Tuition/Meals:**

Per Diem Fee (includes lunches & reception) **\$75 per day** \_\_\_\_\_

I intend to complete all three days: \_\_\_\_\_ If no, which days: \_\_\_\_\_

I will have lunch Fri \_\_\_\_\_ Saturday \_\_\_\_\_ Sunday \_\_\_\_\_

Please indicate any Special Dietary Requirements: \_\_\_\_\_

I will attend the Friday Night Reception: \_\_\_\_\_

**Classification:** I would like to sign up for:

USEF National Classification (to offset cost of classifier travel expense) \$50 \_\_\_\_\_

**Additional meals** (for family members/guests only)

Reception, Friday, October 20<sup>th</sup>, 6pm \$15 \_\_\_\_\_

Lunches per day Fri \_\_\_\_\_ Saturday \_\_\_\_\_ Sunday \_\_\_\_\_ \$15 \_\_\_\_\_

Please indicate any Special Dietary Requirements: \_\_\_\_\_

**Total Fee:** \_\_\_\_\_

**Application Due Date:** Postmarked, faxed or emailed by **October 13th, by 5pm**. Send attention: Sarah Armentrout, Carlisle Academy, 65 Drown Lane, Lyman, ME 04002. Fax # 207-985-7937, Tel # 207-985-0374, [sarmentrout@carlisleacademymaine.com](mailto:sarmentrout@carlisleacademymaine.com). You may pay by credit card on the Carlisle website at [www.carlisleacademymaine.com](http://www.carlisleacademymaine.com).