

# VNSW Lunging Clinic 2017 Series

## Clinic Two: 27<sup>th</sup> and 28<sup>th</sup> February

### Notes to Participants:

Lunging clinic #2 is approaching and Evans Park has been reserved for our use. This clinic will expand on what was undertaken in the first clinic, as well as introducing new information. The clinic will again offer riding and lunging sessions.

On Saturday, a big feature of the clinic is a session on **The Judges' View** by Nina Fritzell. This presentation will cover the points that judges award the lunging, including how lungers can maximize their scores during run-in and the trot circle.

Following Nina's presentation, participants will have the opportunity to practice the run-in individually under Nina's guidance. The techniques presented during this session will give you an invaluable addition to your competitive skills.

During the afternoon, riders will also be offered a riding session with Nicole Pullen, building on the basics of riding your horse to prepare him for vaulting. These sessions are planned to happen simultaneously, with opportunities for participants to observe either session.

On Sunday, lunging will be the focus and Nina will guide us through a day of lunging and discussions. Trot pole work will be introduced, with presentations about using trot poles safely, how to introduce them to your lunging routine, and how to configure the poles for different types of skill development. This will give lungers another tool to use in the development of their horses.

It will be a busy weekend with a lot of information designed to maximize the development of the lunging vaulting horse.

Please be sure to check that your riding helmets are compliant with the recent EA standard update. Bring your riding gear (if appropriate), your lunging gear, and two lungelines.

We look forward to seeing you this weekend!

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## Presenters

### Nina Fritzell

Level 1 Vaulting Coach  
Level 3 Vaulting Judge  
FEI Level 2 Judge  
Coached and Judged Vaulting for 25 years  
Competed up to Medium Level Dressage  
Ridden track work for 25 years  
Worked in Sweden as Riding Instructor before moving to Australia and also competed show jumping from my early teens.



### Nicole Pullen

Level 1 NCAS Dressage Coach  
E Level Judge  
Ridden to Advanced level  
Competed at State and National Dressage Competitions  
Riding dressage for over 25 years.  
Trains youngstock

**VNSW Lunging Clinic 2017 Series**  
**Session 2: 27<sup>th</sup> and 28<sup>th</sup> February, 2017**  
**Evans Park, Freemans Reach**

**Times are approximate and the program is subject to change.**

**Saturday Training Session Program**  
**Nina Fritzell and Nicole Pullen**

- 8:30 am      Registration and Coffee
- 8:30 am      Introduction to the Clinic
- 9:00 am      **The Judges View**  
                  Nina Fritzell
- 10:30 am     Morning Tea break
- 10:30 am     Group 1 – Trotup with Nina  
                  Group 2 – Riding with Nicole
- 12:30 pm     Lunch
- 1:30 pm      Group 1 – Riding with Nicole  
                  Group 2 – Trotup with Nina

Finish approximately 4 pm

**Sunday Training Session Program**  
**Nina Fritzell and Gillian Burns**

- 9:00 am      **FEI Veterinarians: What They Can Offer You**  
                  Gillian Burns, BSc, DVM, Dip. Eq. Man.
- 10:00 am     Lunging with Ground Poles  
                  Nina Fritzell and Gillian Burns
- 11:00 am     Morning Tea
- 11:30 am     Horse lunging
- 1:00 pm      Lunch
- 2:00 pm      Horse lunging

Finish approximately 4 pm.

**Note** – please maximise your riding & lunging experience by having your horse warmed up prior to your session.