

## MASTERCLASS

# MODERN ENDURANCE RIDING: Philosophy Training Best Practices

Endurance Riders YJ - 1<sup>st</sup> Level

23/24/25/26 APRIL 2019

4 DAYS - 25 HOURS, FULL-IMMERSION COURSE

Lectures and practical lessons in Italian

**FREE OF CHARGE  
FULL BENEFITS INCLUDED**

**ITALIA ENDURANCE STABLES & ACADEMY**  
Via Emirati Arabi Uniti, 3  
Agello di Magione - Perugia - Italy





## ACADEMY

The first private Endurance-riding Academy in the world with the mission of training tomorrow's talented riders.

Apprenticeships, workshops, courses, masters and masterclasses aim to prepare riders, trainers and in general all of those who want to experience this sport as a professional. The training includes an on-going programme that brings together expertise with passion and personal motivation.

This is a "school of life" for those who want to truly focus on Endurance sport - for young people, aficionados, and professionals who want to further their specialisation.

Italia Endurance Stables & Academy is a project approved by CONI Italian National Olympic Committee.





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***We believe in sharing  
knowledge and expertise,  
in teamwork and  
the value of collaboration***

# MASTERCLASS: MISSION

The Masterclass aims to help young and junior riders grow, becoming more knowledgeable and skilled in the world of modern Endurance riding. The objective is to increase riders' skills so that they have them in all moments and situations.

**The Masterclass is absolutely free and includes everything needed. It is meant for a six riders who will be chosen for the programme.**



# PARTICIPANTS

## **WHO IT IS MEANT FOR**

The Masterclass is aimed at all Young and Junior riders born in 2004/2003/2002/2001/2000. These are young people who are strongly motivated to grow as athletes and people.

## **DOES THIS SOUND LIKE YOU? WE WILL CHOOSE RIDERS THAT MEET THE FOLLOWING CRITERIA**

- Those born in 2004/2003 must have completed at least two rides CEN A category
- Those born in 2002/2001/2000 must have completed at least two rides CEN B category
- Must have valid FISE membership for the current year
- Must have good athletic skills (let us know your level on the application form)

## **WHY PARTICIPATE**

To grow personally and as an athlete; to embark upon an ambitious journey in modern Endurance riding along with some of the greatest professionals in the field who can support young riders, taking them toward a successful, winning future.

# TRAINING

The Masterclass is to include **lectures and practical lessons** held by renowned experts.

- The value of the most important relationship: between **HORSE** and **RIDER**
- The fundamental role of working together: **THE TEAM**
- The importance of relationships: **VALUES** and **COMMUNICATION**

**All educational materials will be provided.**

**Practical lessons** will cover the fundamental aspects of training with the horse and athletic preparation of the rider:

- Practicing on a flat surface
- Galloping on an all-weather track
- Practicing in the countryside
- Strength training in the gym
- Resistance training
- Postural exercises

**A full-immersion course over 4 days, with theory and practical exercises, focused on developing and training the riders of tomorrow**

  
**Italia**  
Endurance  
ACADEMY



# CONTENT

## HORSE:

- » Planning of the season's commitments/objectives
- » Planning and structuring training
- » Evaluating preparation and potential
- » Preventing overtraining
- » The importance of rest
- » Nutrition
- » The use of supplements
- » Information on shoeing
- » The importance of excellent presentation

## RIDER:

- » Strength training
- » Resistance training
- » Postural exercises
- » Controlling emotions
- » Dealing with fatigue
- » Awareness of one's abilities
- » Improving personal motivation
- » Evaluating adversaries
- » Competition tactics

## TEAM:

- » Teamwork
- » Sharing objectives
- » Respecting roles
- » Ability to relate with others

## VALUES AND COMMUNICATION:

- » Relationships with all components of teams
- » Relationships with officials
- » Social media
- » Fair play

# SELECTION AND EVALUATION

The Masterclass is reserved for only six Young and Junior riders who will be chosen from among all of the applications received, based on athletic and psycho-aptitude qualities.

**There will be a final exam and each participant will receive an evaluation certificate that lists the level they've achieved.**



# EXPERTS



**Costanza Laliscia**  
International rider for  
fuxiateam



**Mario Becchetti**  
Specialist in marketing  
and communications



**Bijoy Brachini**  
Sports Performance  
coach



**Gianluca Laliscia**  
Endurance Technical lev.3  
for Italian Equestrian Federation



**Billy Lombardi**  
Olympic Disciplines Instructor lev.2  
for Italian Equestrian Federation



**Umberto Panichi**  
Osteopath, specialised  
in posture



**Angelo Paris**  
Team vet for fuxiateam,  
FEI 4\* veterinarian



**Fabian Stievano**  
Personal trainer,  
Athletic coach



**Carolina Tavassoli Asli**  
International rider with  
fuxiateam

# HOW TO SIGN UP

- » To apply for the free Masterclass, fill out and send the fulfilled form with your main sports achievements and a cover letter by 10 March 2019 ([www.italiaendurance.it](http://www.italiaendurance.it) – Academy section – Masterclass).
- » The name of the six riders chosen by a group of experts (choosing from among all of the applications received by the deadline) will be announced by 24 March 2019. Applicants will be contacted directly.

*Let your **adventure** begin...  
We look forward to seeing  
you at the*



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ACADEMY

# USEFUL INFORMATION AND CONTACTS

Once applicants are accepted, they will have the right to sign up for the free Masterclass, which is to include the following, absolutely free:

- Use of an excellent horse for practical lessons
- Room and board at the Guest House of Italia Endurance Academy
- The Masterclass uniform
- Educational Materials

25 hours of lectures and practical lessons will be held in Italian on 23, 24, 25 and 26 April 2019.

Lessons are to be held at the ultra-modern Italia Endurance Stables & Academy in Agello di Magione near Perugia in Italy.

## **For further information or clarification:**

Costanza Laliscia  
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