

## STAGE

# THEORY AND PRACTICE OF THE MODERN ENDURANCE

Endurance Riders – 1st Level

02/03/04 OCTOBER 2020

3 DAYS – 15 HOURS FULL IMMERSION

Personal and practical  
lessons  
ITALIAN LANGUAGE

APPLICATION TIME EXPIRES ON  
**SEPTEMBER 27 2020**

ITALIA ENDURANCE STABLES & ACADEMY

Via Emirati Arabi Uniti, 3  
Agello di Magione – Perugia





## ACADEMY

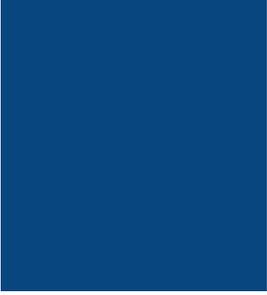
The first private Endurance Academy in the world with the mission of growing the talents of tomorrow.

Internships, workshops, courses, clinics and masterclasses will be aimed at preparing riders, trainers, coaches and in general all those who wish to experience this sport as professionals, training them through a continuous path that combines know-how with passion and personal motivations.

A school of life for those who want to make Endurance the center of their existence, for the youngest, for enthusiasts and for professionals who want to further specialize Endurance persuite.

Italia Endurance Stables & Academy is a project supported by Federazione Italiana Sport Equestri FISE and approved by the CONI Italian National Olympic Committee.





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***We believe in sharing the knowledges and the know how, in team working and in collaboration.***

# THE STAGE: MISSION

The Stage has the aim of encouraging the growth of riders and making them aware in the world of modern Endurance, and expanding their level of ability so that it can be used for them at any time.

The course is a training and exclusive experience, therefore it is reserved to a maximum number of 8 riders.



# THE PARTICIPANTS

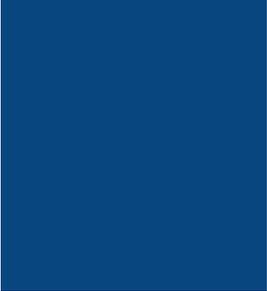
## **WHO IS IT FOR**

The course is aimed at all riders in possession of the FISE Endurance License and who have reached the age of 14. Riders deeply motivated for professional, sporting and personal growth.

## **WHY PARTICIPATE**

For personal and sporting growth; to pursue an ambitious path in modern Endurance in close contact with professionals in this sector. Experts will be able to offer an all-round experience as part of a theoretical and practical path.

***Maximum number of  
participants  
8 riders ...***



# THE TRAINING EXPERIENCE

The Stage provides **theory** and **practical lessons** held by well-known experts.

- The value of the combination: **HORSE** and **RIDER**
- The strength of collaboration: **TEAM & FAIRPLAY**
- The importance of programming: **WORK** and **STUDY**

The **practical lessons** will cover fundamental aspects of horse training:

- Difference training over hilly terrain
- Gallop on the All Weather track
- Presentation of the horse at trot up

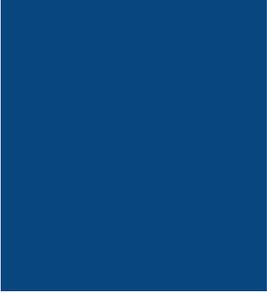
***A full immersion of  
3 days, between theory  
and practical, focused  
on professional growth  
and the training  
of expert riders***

 **Italia**  
**Endurance**

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ACADEMY





# THE PROGRAM

## Friday October 2nd 2020

Arrival before 16:00 Stable/Horse assignment

H 17:00 Academy's introduction and greetings

H 18:00 Theoretical lesson: *"Team Work and Fair-play"*

H 20.30 Welcome dinner

## Saturday October 3rd 2020:

H 08:00 Meeting in the stable

H 09:00 Difference training over hilly terrain

H 12:00 Vet Check

H 15:00 Practical – theoretical lesson: *"The importance of presentation"*

H 16:30 Theoretical lesson: *"Endurance horse morphology"*

H 18:00 Theoretical lesson: *"Program of the training"*

## Sunday October 4th 2020

H 08:00 Meeting in the stable

H 09:00 All-Weather track gallop with veterinary gate simulation

H 11:00 Follow up and conclusions

H 12:00 Delivery of certificates of participation

H 13:00 Farewell

# CERTIFICATES OF PARTICIPATION

At the end of the three days of full immersion, each rider will receive a **certificate of participation** on the Stage by



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# THE EXPERTS



**Costanza Laliscia**  
European Championship 2019



**Carolina Tavassoli Asli**  
Italian Championship 2019



**Gianluca Laliscia**  
Federal Technician  
Endurance 3rd level



**Angelo Paris**  
Team Vet fuxiateam  
Veterinary FEI 4\*



**Boni Viada**  
Endurance Coach



**Bijoy Brachini**  
Sport Performance Coach

# REGISTRATION PROCEDURES AND COSTS

- » To apply for participation at the course, it is necessary to fill in and send the form by September 27, 2020 at [costanza.laliscia@gmail.com](mailto:costanza.laliscia@gmail.com) ([www.italiaendurance.it](http://www.italiaendurance.it) – Academy section – Stage)
  
- » The costs:
  - 400 euro for participation with own horse
  - 600 euro for participation with horse from O.C.

The participation fee includes:

- Stable including beddings and food
- Welcome dinner on October 2nd

The participation fee will not include:

- Room and Board  
(Possibility of quotation on request)

# USEFUL INFORMATIONS AND CONTACTS

There are 15 hours of personal and practical lessons in Italian on 02, 03, 04 October 2020.

The course will take place in **implementation of the Covid-19 protocol** for the start of sports activities, training and FISE riding school and on the basis of the provisions currently in force.

The headquarters are the very modern Italia Endurance Stables & Academy in Agello di Magione – Perugia.

**For clarifications and further information write to:**

Costanza Laliscia  
[costanza.laliscia@gmail.com](mailto:costanza.laliscia@gmail.com)

***Start your lifes  
Experience...  
We are waiting for you***

**at**   
**ACADEMY**



-  [www.italiaendurance.it](http://www.italiaendurance.it)
-  [costanza.laliscia@gmail.com](mailto:costanza.laliscia@gmail.com)
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