

To: National Federations of  
Albania, Croatia, Greece, FYROM , Romaina, Serbia, Turkey

## **“a young Riders Academy” 2018**

*Dear Secretary General*

In 2018 “a young Riders Academy” will organize training and educative camps for riders and coaches from our region.

The days of the camps are:

- 26-28.03.2018
- 08-10.05.2018
- 25-27.06.2018 and
- 01-04.10.2018

The venue of the camp is Zhitnica, Bulgaria

Every National Federation is invited to nominate three riders and one coach. To achieve sustainable development the riders and the coach have to be the same for all camps.

The format of the camp is:

The participants will be separated in two groups – the first will have training sessions, and afternoon theoretical education, the second group the opposite – theory at the mornings and training at the afternoons.

The coaches will work closely with the main trainer Jean-Maurice Bonneau.

Lectors will be:

- **Dr. med. vet. Stéphane Montavon (SUI)** – Since 2005 he is chief veterinary of the Swiss jumping national teams (incl. CSIOs in Calgary, Hickstead, Göteborg, Lissabon,

Falsterbo...). Former President of Swiss Association for Equestrian Medicine.  
**Subject:** *Equestrian Biomechanics for Showjumping*.

- **Jens Frederickson (SWE):** brother of the current European Champion Peder Frederickson. **Subject:** *Training of young horses*.
- **Poppy Blandford (IRL).** She is specialized at mental fitness training, especially with youth. **Subject:** *Mental Fitness for Athletes*
- **Jean-Maurice Bonneau:** Planning of the training process
- At every camp a role model will be invited an athlete who is part of the main YRA program: Laetitia Du Couëdic (SUI), Maria Madenova (RUS), Derin Demirsoy (TUR) and Laura Klapake (GER).

“a young Riders Academy” will cover the costs for accommodation of horses and riders and coach. The camps are free for participants and are open for visitors.

If you have any questions please do not hesitate to contact us.

3 January 2018

Sven Holmberg  
Sports Director “a young Riders Academy”

Teodor Sheytanov  
Secretary General BUL NF