

Area VI Adult Riders Present:
Northern CA Adult Camp 2016!
Clinicians: Yves Sauvignon, Alexis Helffrich, and
Valerie Owen

Every year there is a waiting list, so please sign up soon!

When: June 10-12

Arrive Thursday afternoon/evening, June 9th, ride with an instructor each day, Friday through Sunday. We will try to accommodate your work schedule as much as possible...

Where: Eventful Acres

Eventful Acres is a beautiful eventing facility in Oregon House, located in northern California. The site has 35 acres of grassy fields, cross-country jumps, on-site stabling, camping facilities, and more. Go to www.eventfulacres.net for more information. The address is 9594 Yuba Ranch Way, Oregon House, CA 95962.

What: Training in Dressage, XC, Stadium

One lesson each day, as well as time to hang out with your horse and your friends, go on a trail ride, watch lessons or just kick back. Camp on site, enjoy catered meals, meet other adult riders, and just relax for a change...

Who: All Adult Riders!

You must be a member of the Area VI Adult Rider Program and the US Eventing Association. You can become a member by joining at www.useventing.com. Adults over 21, amateurs or professionals, are welcome!

Instructors: Yves Sauvignon, Alexis Helffrich, Valerie Owen

Yves Sauvignon has been a professional horse trainer since the age of nineteen. Yves is originally from France and moved to Santa Rosa in 1981. He has competed through the three star level and is recognized for training numerous event riders and horses to the highest levels of competition. Yves owns an equestrian center in Sebastopol where he still rides and trains part time.

Yves is an adult rider favorite, known for his quick wit, straightforward approach and helpful demeanor.



Yves has trained hundreds of Three Day Eventers, many successful at regional, national, and international levels. Several of Yves' students have been Olympic qualifiers. Yves is equally proficient teaching teenagers, young adults, and adult amateurs. He has a loyal following; some students have been with him for twenty years. According to Yves, his greatest teachers have been his students and his horses.

Alexis Helfrich



Alexis Helfrich trained in France and England from 1997 – 2004, including riding at Andrew Nicholson's barn for a year and a half. Alexis's education includes two years at Ecole Nationale d'Equitation (ENE Saumur) and Université d'Angers, France, and a year preparing for the BEES2 (equivalent to USEA ICP

Instructor's Certificate Level III & IV) as well as a BS in Equine Business Management.

He has competed horses from Beginner Novice through Advanced in England, France and the USA, also show jumping in France and England up to 4' 6", and dressage in France through 4th Level. He is an instructor at Cheval Training who inspires his students of all levels with confidence.

Val Owen

Val Owen will be joining us once again on Friday for dressage training. Val is an adult rider favorite due to her extensive experience and her ability to push and inspire us while keeping riding time fun and productive.

Valerie Owen is an International Advanced Event rider and coach with over 25 years of experience. She has trained extensively with internationally known coaches Mike Plum, Torrance Watkins and mentor Jimmy Wofford. She was also invited to train with U.S. Coach Jack LeGoff at the USET training session in 1990 and the 1991 Rolex Kentucky Three Day Event. In 2004, Valerie completed her United States Eventing Instructor Certification program and she has continually taught for Pony Club in both England and the United States.

Cost of the camp is \$470.

This amount includes three lessons (dressage, stadium, xc) over three days. It also includes three nights stabling (Thursday, Friday and Saturday), and grounds fees. Meals are also included: two dinners (Friday and Saturday), three breakfasts (Friday, Saturday and Sunday) and three lunches (Friday, Saturday and Sunday). There will be group activities and presentations on Friday and Saturday nights.

We are in the process of organizing evening sessions, one of which will be an outstanding discussion by Shannon Thompson on the topic of Sports Psychology. Here is some information about this exciting presentation:

This workshop will be conducted by Shannon Thompson (Advanced level event rider, NCCP certified coach). Shannon is a graduate of the Masters of Applied Positive Psychology program at the University of Pennsylvania. She currently lives in Flagstaff, Arizona where she offers mental performance consulting to local and international athletes, as well as Northern Arizona University student athletes. Shannon will discuss how to find your optimal performance mindset, and will address common mental performance challenges such as nerve and fear management. This workshop is designed to enhance the enjoyment and performance of equestrians at all levels, and within all disciplines. Although the information will be presented in an equestrian context it is

applicable to achievers in all domains, including students and non-athletes. There will also be ample time for questions.

Shannon is available for private consultations on Saturday, June 11. Please email her directly at shannon@hypo2sport in order to schedule a time. Also, if you have particular mental performance topics that you are curious about feel free to let Shannon know by email and she will include them in the presentation.



Shannon Thompson

Eventful Acres charges additional fees for RV's - \$25/day (not including horse trailers with living quarters) and campers (non-riders who are staying overnight) - \$10/day plus food. Camping in tents is permitted on the grassy areas around the camp. The cost of food for the weekend for non-riders is \$125 for the entire camp or \$50/day, which may be paid in advance.

Applications for the camp are available on our Adult Rider facebook group, by emailing Sue Buxton at sbuxton59@gmail.com. You may also email Dawn Robbins, Adult Rider Coordinator, at dawnrobbins@sbcglobal.net, or contact her at 805-415-6266. See you there!