



## **RIDE A TEST with Lorraine Hill**

**April 6 afternoon at Vale's and  
April 7 morning at the Stables  
And**

**Improve Attention Control Workshop  
April 6, 2024 at McNally's School 6:30pm**

### **CC/ADA MEMBERS**

\$30 per lesson

### **NON-MEMBERS**

50\$ per lesson

### **WORKSHOP:**

**FREE FOR MEMBERS**

**\$20 for NON-MEMBERS**

**Haul-in fees may apply contact the  
barn directly.**

**Registration and Payment due  
March 29!**

**There are sign up sheets at each barn  
for boarder registration. or**

**Email: melissasmith3500@hotmail.com**

**E-transfer to  
chinookcountryada@gmail.com**

**What's my sport?**

**Answer: dressage**

**Lorraine Hill previous dressage  
judge, coach and coach  
developer returns to  
Lethbridge to allow riders to  
practice their dressage tests (1  
or 2) and receive feedback in a  
semi-private 45-min. lesson.**



### **BONUS Appy/ Potluck Workshop Improving Attention Control**

**"Helping riders with mental focus  
in their discipline."**

**Improve Attentional Control  
in training and competition.**

**Activities to identify distractors and  
control your focus during training,  
pre-competition, and competition.**