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## Learn to Find and Ride The Distance

### STRIDE CONTROL

#### Exercises to Improve Rideability, Adjustability, and Performance

JEN MARSDEN HAMILTON

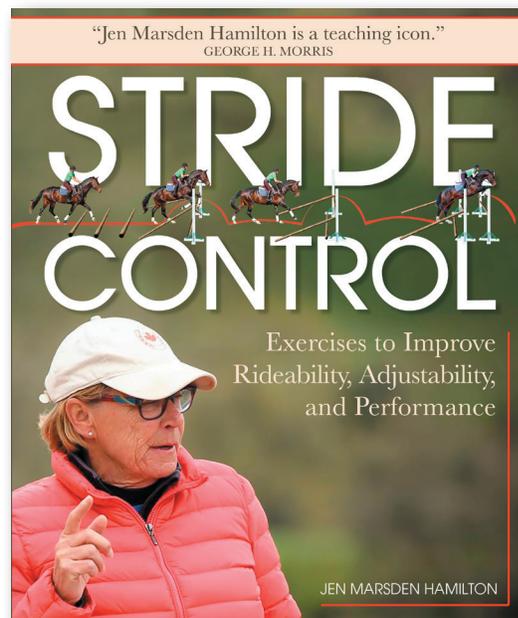
Trafalgar Square Books is pleased to announce the release of *Stride Control* by Jen Marsden Hamilton.

Stride control (striding) is an essential part of any rider's development when jumping obstacles, and jumping them well, is a goal. Understanding and implementing stride control (being able to adjust the number of strides before and between fences) improves a horse's rideability and allows the rider to further improve the horse's technique over an obstacle. Jen Marsden Hamilton was taught striding by former US Show Jumping Chef d'Equipe George Morris, who credits her as being the first student to whom he taught the method that he himself had learned from Bertalan de Némethy, one of his mentors. Now, after coaching countless riders and horses around the world in the striding techniques that brought her success during her own impressive competitive career, Hamilton has compiled her knowledge in an illuminating book of exercises and insightful strategies. This fun, approachable guide will help all riders train with correctness and form good habits at home so they can be stars at their next jumping or eventing competition. Exercises include detailed set-up instructions and illustrations for reference; clear discussion of the purpose and strategy for the training session; and helpful tips to ensure all involved are benefiting from the lesson. Throughout, Hamilton's straight-talk and wry humor entertain as well as advise, providing an all-around superb guide to an invaluable jumping skill.

**JEN MARSDEN HAMILTON** is an internationally renowned equestrian coach. Based in Canada, she also travels throughout the United States, New Zealand, Australia, and Kenya training horses and riders. For over 45 years Hamilton has combined her Bachelor of Education with the most current coaching and equestrian training to nurture the next generation of star athletes. Following an illustrious competitive riding career, Hamilton developed and wrote the National Coaching Certification Program's (NCCP) Canada, Level III—Jumper. She has been recognized for her dedication with the Canadian Coaching Association's "Year of the Coach" Coaching Award in 1988, and the 3M Coaching Canada Award for Coaching Excellence in 1996. She has also coached young riders at international team competitions throughout North and South America.

**"This book is the result of my passion to teach in a way that allows both the rider and horse to improve their performance through knowledge and enjoyment—not just luck."**

**—JEN MARSDEN HAMILTON**



176 pp • 7 x 8¾ • 147 color photos, illustrations, and diagrams • 978 1 57076 973 3 • \$24.95 pb

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