



# AIRC West Regional Training Day

## Sunday 30<sup>th</sup> June

### Ballinasloe Show Grounds Co. Galway



**Improve** your performance...  
**Build** on your skill...  
**Be** Confident...

**\*Supported by AIRC Training Bursary\***

**Limited Spaces!!**

Register via  
<https://itsplainsailing.com/org/aw>

**\*Superior Training\***  
ONLY ...  
€20 per discipline

**Cormac Rafferty**  
Showjumping, Gymnastics, Sports Psychology  
– HSI Level 2 Coach



#### Testimonials...

*'Heike has a great depth of knowledge and a great way of helping you understand what you are doing when training yourself and your horse'.*

*'Cormac works with both the horse and rider to tailor each lesson in order to accomplish their goals'.*

**Heike Holstein**  
Dressage, Competition Preparation  
– HSI Level 2 Coach

Enquiries to Regional Secretary:  
Regina Fahy 086 8903323

