



Guidelines for submitting videos for analysis

Please film your ride in entirety, from entering the arena to leaving. There are many aspects of the interaction between horse and rider that can influence the ride itself before a foot is put into a stirrup. Filming how you typically introduce your horse to the arena or spooky objects and how you mount, gives me important insights that might have gone unnoticed otherwise. If you always lunge before you ride, I would like for you to include this as well.

Please do not edit your video! As stated above, much insight can be gleaned from aspects not typically "part of the ride". If you stop to answer your cell phone half-way through the ride, I would like you to include it. How your horse deals with these occurrences is an important assessment tool. Please try to include these angles at the walk, trot, and canter:

- Straight towards the camera
- Straight away from the camera
- Work on both reins
- If lateral work is often schooled, please include this on both reins, both facing towards the camera, and facing away from the camera

For electronic submission:

To expedite upload of your video, and easily share it with me, please join Humyo here at: <https://www.humyo.com/pages/en/free-online-file-storage-signup> for 10GB free online storage space. Joining only takes a moment and your online storage space will be activated immediately so you can start uploading and sharing your files straight away.

After you have activated your Humyo account, please upload your video under "My Files" by clicking on the "Upload Files" icon found on the gray bar at the top of the screen. A white pop-up box will prompt you to either "Add Folder" or "Add File". Please select "Add File". Scroll through your hard-drive files until you find the file containing the video of your ride, and double-click or select "Open". You will then see your file containing the video of your ride in the white pop-up box. Now click "Start upload". After the file has finished downloading you will see it

appear in your "My Files" section. Click on the file, so it appears highlighted. You will notice the "details" bar on the right hand side allows changes to you to share this item. In the "quick share" box, enter in my email, ridingcoach@ymail.com and click "Share document". After successfully sharing the file with me, the details section will display that you have "shared with" me your video file.

Once you have shared your video with me, I will receive an email notification. I will then be able to download your video from humyo. Once I have successfully downloaded your video, I will send you an email confirmation notice that I have received and downloaded your video. I will then watch and assess your ride, and within three days supply you with extensive written feedback including exercises that might benefit you and your horse, pending your completed PayPal transaction.

If you have any questions, or would like to discuss more training solutions, please do not hesitate to contact me at [www.larissacoxtraining.com/contact me.html](http://www.larissacoxtraining.com/contact-me.html) .

For mail submission:

Please mail your video to:

Larissa Cox Training
c/o 4751 Birch Bay Lynden Road, #235
Blaine, WA
U.S.A. 98230

Or

Larissa Cox Training
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