

LORRAINE LAFRAMBOISE

Lorraine is well known throughout Canada and the United States as an International Coach specializing in Eventing. She is a former Canadian National & Olympic Eventing Team Coach from 1991-1993, Canadian Champion, and was a member of the National Eventing Team from 1976 to 1983. Her early years as a competitor in the Ottawa Valley included having her first pony schooled by Olympic Medallist and double World Cup Champion Ian Millar, and then buying her first junior horse from Jump Canada's current Chef D'Equipe Torchi Millar. She is equally at home coaching on the A circuit in the Hunter, Jumper and Equitation disciplines as she is in international Eventing circles.

She recently has acted as EQUINE CANADA'S acting consultant to SPORT CANADA serving from 2006-2008 as national project leader for the newly established Equestrian Long Term Athlete-Participant Development Program (LTA/PD). With the CANADIAN ASSOCIATION OF COACHES she represented Equestrian sport on the reorganization task force for the Canadian High Performance Coach Training and Certification Program. Lorraine is presently the Young Rider Coach for the province of Quebec and the High Performance Coach Consultant for Alberta.

Lorraine was television colour commentator for the Canadian Broadcasting Company's Equestrian Sports coverage for the 2004 Olympics in Athens and the 2006 World Equestrian Games in Aachen Germany.

Lorraine is also committed to the scientific investigation of sport horse management and training. With the participation of national team athletes, she supported pioneering studies in dehydration, heart rate monitoring and biomechanical studies in elite level event horses, working closely with US and Canadian facilitators Dr. Hilary Clayton, Patricia Maykuth, and Gayle Ecker.

Lorraine holds a degree from the University of Ottawa with an emphasis on exercise physiology and sport psychology. When time allowed between coaching students and being a member of the national team, she developed a program of mental training for event riders under the tutelage of the world renowned sport psychologist Terry Orlick. She is also well known for her expertise in equine exercise physiology, applying innovative practices in interval training and peaking regimens for Event horses, to reduce injury through an emphasis on qualitative rather than quantitative principles.

With Assistant Trainer Korah Broderick and the Venturing Hills staff, Lorraine oversees the training of all students, and the management of the horses and facilities at the farm. Lorraine has to her credit, over 14 students named to the Canadian Eventing Team National Long or Short Lists, including the top point earning but youngest team members for the 1984 and 1992 Olympics at 21 and 23 years of age respectively. Among her areas of focus is developing highly individualized programs for her students, including the preparation of riders for the North American Junior/Young Rider Championships. This year at the Championships at the site of the coming 2010 World Equestrian Games in Lexington Kentucky, Lorraine's student and niece Sophie Laframboise won a Bronze medal on the combined Quebec and British Columbia Team, and she placed 4th individually - the top Canadian in that competition for the second year in a row. Sophie joins several other Young Rider medallists trained by Lorraine in the past; previously two individual gold and one individual bronze medals in that competition.

Among Lorraine's other activities are international horse agenting, conducting Eventing focused clinics in Canada and the US, and is a guest lecturer and motivational speaker.