

2022 GRIT Team

Ontario Equestrian is excited to announce the 2022 GRIT team. It was once again a very competitive process and the OE team is encouraged to see such a talented pool of young equestrians.

The GRIT program is very demanding and our 2022 line-up is going to really challenge these athletes.

Their schedules will include:

- 🔗 Full Team Fall Training Camp
- 🔗 Two Mini Training Camps
- 🔗 One Monitored Competition (Per Discipline)
- 🔗 Completion of Foundational Riding Skills Assessment
- 🔗 Functional Movement Screening
- 🔗 Daily Training Environment Visits
- 🔗 Weekly Strength and Conditioning Sessions with CSIO's Kiri Langford
- 🔗 Competition Tracking
- 🔗 Regular Training Updates
- 🔗 Creation of Individual Athlete Performance Plans
- 🔗 Creation of Yearly Training Plans
- 🔗 Monthly Webinars with Industry Professionals
- 🔗 Online Learning through Equestrian Canada's ECampus
- 🔗 Social Media Campaigns

GRIT's Head Coach Christilot Boylen, was encouraged by the exceptional talent in the 2022 applications. The program is a serious commitment and the athletes will be exposed to top level trainers and sport scientists.



2022 GRIT Team

When asked about his involvement with the program Chris Delia commented,

“As a coach of a GRIT rider of almost two years, I have really come to appreciate and respect all that the program offers its young members. Not only does it provide so many important resources for them to become well-rounded students of the sport such as fitness programs, sports psychology resources, access to world class and multi-disciplinary clinicians and trainers, it inspires the kids to think big.

It fosters a culture and attitude of high achievement - which really is the true engine that will drive their future success in high performance and, by extension, Canada’s future success in our sport.”

Introducing the 2022 GRIT Team

Dressage

Zachary Marshall
Allie Schmidt
Anna Swackhammer

Eventing

Lindsay Beer-Drury
Nicole Reynolds

Jumping

Olivia Blaber
Rayne Dubois
Carson Lewis
Mackenzey Nadeau
Emma Saunders
Mercedes Shulman
Becca Turnbull
Jessica Wang
Taylor Wood



2022 GRIT Team

Please go to the link below to find out more about the program, see profiles of the 2022 athletes and learn about our first class of GRIT Grads. We are looking forward to a fabulous year.

<https://ontarioequestrian.ca/grit-great-rider-intensive-training/>



For more details contact:
h.gregory@ontarioequestrian.ca

