



## Kathy Lifton – Biography

I have been teaching and training for 35 years. In the 70s and 80s I was a very successful western horse trainer for both Quarter Horses and Appaloosas. My students and I have won extensive awards both at competitions and year ends for halter, western pleasure, trail, western riding and English events. I coached the British Columbia Appaloosa Youth Team for two winning years at the Canadian National Show.

In 1986 I became interested in the sport of Dressage competing my first year in 1986. In 1989 I competed on the Canadian Team at the North American Dressage Championships and was Canadian Team Long Listed in 1990. I have trained two horses to the Grand Prix Level and have won many Championships in the Intermediare and Grand Prix Levels. I have had several students compete successfully in dressage from training to Intermediare I.

I became an Equine Canada Level I Coach in 1991 and a Level II (Dressage) in 2003. I am also a Canadian National Dressage Judge.

My coaching philosophy is the happy and harmonious development of horse and rider, setting long term goals for personal achievement and soundness for the horses. I look for a steady and balanced progression for horse and rider aimed for riding success and enrichment to my students overall well being both in the saddle in and life.

