

Combined Driver Chester Weber Lectures at Central Florida Community College

Ocala, FL (May 12, 2010) – Combined Driver Chester Weber, the eight-time USEF National Four In Hand Champion, recently shared the secret to his success with students in an Exercise Physiology class in the Equine Studies program at Central Florida Community College (CFCC). The community college is the only two-year institution in Florida that offers an equine program, and Equine Studies is the college's most popular Associate in Science degree program.



“Chester gave a wonderful talk to my Exercise Physiology students during their last class of the semester,” said Dr. Judy Downer, Associate Professor of Equine Studies. “Chester summarized his training and conditioning program that he is using that will lead him up to the World Equestrian Games in Kentucky this fall. It was a great review of the subjects we covered all semester.”

Downer added that the Exercise Physiology program is a new major in the Equine Studies program at CFCC, and that many of the graduates will seek jobs supporting high performance horses as grooms and assistant trainers. Weber and his team of high performance Dutch Warmbloods have dominated the sport of combined driving in the United States for many years.

“Chester talked specifically about his feeding program, cardiovascular conditioning and how he maintains soundness through post-exercise therapy and regular veterinary evaluation,” Downer said.



Weber is a strong supporter of education and serves on the CFCC Equine Advisory Board. “It was a great experience meeting with the students and explaining to them about the program I use that insures that my horses compete at their peak,” Weber said. “We are following a specific program as we work toward WEG, and our goal is to have a sound and healthy team.”

A veteran of two previous World Equestrian Games, Weber is spending the summer preparing for WEG. “Our goals are to try to win two medals at WEG and in order to realize those

goals we will have to continue to step our game up,” Weber said. “We have added two new horses in the stable, two new staff members and several sponsoring partners that all show encouraging potential to make us stronger as a team than we have ever been.”

While Weber is planning on staying in the US to train his team for WEG, his European experience in 2008 earned him an Individual Silver Medal in the Four In Hand World Driving Championships in Beesd, The Netherlands – making him the first American to ever win an Individual Medal at the World Driving Championships. Weber was also named a 2008 USEF Equestrian of Honor and his horse, Jamaica, took home top honors as the 2008 Farnam Platform/USEF Horse of the Year.

For more information on Weber and his combined driving team, visit their website at www.chesterweber.com.

Photo 1: Combined Driver Chester Weber, (center) the eight-time United States Four In Hand National Champion, spoke to the Exercise Physiology class at Central Florida Community College in Ocala about his training and conditioning program. (Photo courtesy of Central Florida Community College)

Photo 2: Combined Driver Chester Weber, the eight-time United States Four In Hand National Champion, discusses the training program he is using that will lead him to the World Equestrian Games in Kentucky this fall. (Photo courtesy of Central Florida Community College)