

“Suuuperrr!” It’s just one word, but when Lizzie Gingras calls out “Suuuperrr!” to her riders, in her distinctive way, it means the world to them. They value Lizzie’s approval and hold her in high regard. Lizzie motivates her riders to achieve more than they ever thought possible by fostering an environment of growth and achievement. She does this through her dedication, integrity, and talent combined with kindness and patience.

Lizzie has a long list of impressive accomplishments; she was named to her first Canadian Show Jumping Team in 2014 then jumped double clear in her Nations’ Cup debut. The following year, Lizzie was the travelling alternate at the PanAm Games. She has won countless Grand Prix classes and has trained with Canadian Olympians Jill Henselwood and Eric Lamaze. Lizzie is an Equestrian Canada High Performance Coach, and the success of her students speaks volumes to her ability to mentor and guide them effectively. She has coached her riders to Championships in the U25 division, to the CET Finals at The Royal Winter Fair, to the North American Youth Championships, and to the USEF Pony Finals.

Even with such extensive credentials, Lizzie is still on a continuous journey of learning, actively seeking out new ways to improve her skills. She encourages her students to do the same, bringing in multiple clinicians in different disciplines to expand their education. She has zero ego, so if one of those outside coaches unlocks something Lizzie hadn’t, she’s excited, curious about the “how” and “why” of what worked for her riders.

Lizzie is generous with both her time and knowledge. She thoughtfully analyzes horses and riders, and tailors her program for each pair. Lizzie is strategic and always has a plan, not just for each lesson but the whole show season. She brings the same passion and commitment to matching riders with the right mounts, working hard for every student, no matter what level they are competing at or how often they show.

Lizzie represents a new generation of coach; she is empathetic and kind. Lizzie normalizes riders’ struggles by sharing her own. If they’ve been injured, she’ll talk about how she overcame a fall that left her with a broken back. If they’re struggling with a simple exercise, she’ll describe how she couldn’t get even the basics right the first time she rode with a top Olympian. Make no mistake though, kind is not soft, Lizzie has no problem pushing her students. She is always striving for excellence. Lizzie’s students want to meet her high expectations.

There is something intangible about the way Lizzie manages to create moments of magic in lessons, then empowers students to try things on their own. Lizzie’s enthusiasm and perseverance inspire her students, helping them to not only become better riders and competitors, but also better human beings. They learn lessons that go beyond the barn,

lessons they take back to their daily lives. To have that kind of impact as a coach, really is next level “Suuuperrr!”