

23 April 2014

Dear all,

We will be sending a monthly update from now on covering forthcoming events and general news. As this is the first one it covers a lot but we hope you will find it useful.

### **INSTRUCTION and lots of it!**

***Please remember to send a booking form and your cheque to guarantee a place.***

All the following events are on the Google calendar and the website. The Google calendar will be our main source of information for forthcoming activities, so you only ever have to go to one place to see all our events. We will continue to advertise instruction etc on Facebook and the website and send a monthly email but remember to check the calendar on a regular basis.

Link to calendar

<https://www.google.com/calendar/embed?src=westsurreyrc%40gmail.com&ctz=Europe/London>

#### **Richard MacKay - Dressage Clinics - Green Lane Farm, Shamley Green GU5 0RD 29 May/ 27 June/26 July : from 12.00**

Richard is a BHS qualified rider & instructor who rides to Grand Prix level. He has training with some of the world's best including : Mette Assouline, Damian Hallam, Kaye De Graaff, Kyra Kyrkland and more recently travelling to Holland to work with world No 1 Adelinde Cornelissen! He is now based at Green Lane and the lesson will take place in the lovely indoor school with warm up in their outdoor school. You can hack or box there. Cost is £40 for an hours individual lesson or £25 per rider for a group lesson of up to 3 riders.

#### **Ali Cookson - Dressage Clinic - TTT, East Whitley Farm, Shamley Green GU5 0TE 16 May and 13 June : from 10:30**

Alex Cookson BHSI : Director & Senior Instructor of the Training Teachers of Tomorrow Trust. Alex began her career as a three-day event rider. Now specialising in dressage, she has competed and trained many horses, including her own, up to Intermediare I level.

Cost of ½ hour private lesson - £30 - only 6 sessions available. There is plenty of parking on site. Please follow directions to TTT Horsebox Parking and then follow the drive around to the farm gates. You will see the indoor school in front of you and signs pointing you to the outdoor school. Warm up in the outdoor school and then knock on indoor school door at your allocated time.

#### **Sally Ede Clinics**

Sally's training as a bio-mechanics coach includes a deep understanding of how to break jumping skills down into bite size chunks for both horse and rider, to make the challenge of learning to jump much more accessible and enjoyable. Her coaching sessions are progressive and fun, and give participants a full understanding of what is required to improve their results, along with exercises to practice at home. Sally caters equally well for novice riders or those lacking confidence, right up to riders competing at national level. [www.horseandridercoach.co.uk](http://www.horseandridercoach.co.uk)

### **XC Clinic Sunday 27 April : 12.30 and 2.00 - Rogate**

Rogate has a really good range of jumps, so probably a first group at no bigger than 60 cm, followed by a second group up to 80cm. However, it is easy to cater for different abilities within a group as each jump has three or four different heights. If we have 7+ riders the course hire will be £19 each plus £15 for Sally so £34 per person (based on 4 riders per group - will be more if less riders) - 1.5hrs each session.

### **XC Clinic - Sunday 4 May : 10.00 and 11.30 - Heath Farm, Munstead**

Munstead has an Intro Course (50-70cms) and a Novice/Intermediate Course (70-90cms). Course hire is £20 + £15 each for Sally so £35 per person (based on 4 riders per group). Intro group first followed by novice.

### **Show Jumping Clinic - Series 2 : 10 & 25 May and 7 & 22 June - Whitley Manor Farm, GU5 0LL**

Following on from the success of the first Sally Ede SJ Series at the beginning of the year, we've organised another for you :

**Level 1 - 9.00AM** : is aimed at those new to jumping, returning to jumping after a break or with a young or inexperienced horse/pony. Heights: polework and small jumps (under 2'). Each session will have a different theme : 1. Working in trot and canter over poles and jumps to develop the correct rider focus; 2. Canter tempo and impulsion, developing the right balance to negotiate a simple related distance; 3. Learning how to see a stride – using rider focus and a more established canter. Putting together lines of fences; and 4. Jumping a course in rhythm and with confidence.

**Level 2 - 10.00AM** : Heights 70-80cms (2'3/2'6 max) depending on the group. Each session will have a different theme : 1. Staying in a rhythm on a course; 2. Shortening and lengthening through related distances; 3 .Doglegs, angles, skinnys; and 4. Jump off skills

NOTE : you do not need to attend all sessions - please use a separate cheque for each date booked. Cost 4 riders per group - £15 each(will be more if less riders)

### **Arena Cross Country - 12 July : 9.00 and 10.00 - Parwood, Normandy A fun SJ/XC session in the outdoor arena.**

Will include some show jumps combined with a number of small xc fences (portable skinny/corners, small banks/drops and a small log). Great for those wanting to try xc in a safe arena environment.

**9am** - Level 1 (60-70cms) **10am** - Level 2 (70-80cms)

*Priority will be given to those who booked on the cancelled session on 29 March.*

**Cost:** The cost will be £80 per group which includes the hire of Parwood's facilities. So 4 riders = £20 each. We do need 4 in each group to make these sessions affordable for everyone and able to go ahead.

### **Alison Ure - Flatwork Clinics - Whitley Manor Farm, Bramley GU5 0LL 26/27 April 17/18 May 21/22 June : from 10.30**

A fantastic opportunity to train with the 1997 to 2000 Chef D'equipe for the Junior British Dressage Team. Please note that these sessions are open to all - from complete beginners to those more advanced. Old or young ponies and various ages of riders!! Go on give it a go - £35 for a private 3/4 hour lesson.

**Seb Poirier Show Jumping Clinics - Norwood Farmhouse, Elvedon Road, Cobham, Surrey KT11 1BS**

**10, 18 and 25 May : 9.00-13.00**

Sebastien Poirier is a top, French professional Show Jumper who has competed at National level and worked with some of France's finest equestrian talent and in some of the country's best stud farms. Sebastien is currently a UK Accredited Coach Level 2 with the BSJA and is training towards his UK Level 3. His teaching style focuses primarily on the rider position, whilst also placing importance on flatwork, to enhance and improve the horse and his way of going. His positive way of teaching encourages all rider levels to gain confidence.

There are four sessions each day starting with the lowest height of 60-70cm to 85-95cm.

If over subscribed we will try and slot in another session if possible or put you on a waiting list. Those members attending the training for the Horse Trials Teams will receive £5 off the cost of their lesson. The costs of a lesson are:- 1 person £35, 2 people £25, 3 people £17. If you are the only person on the lesson we will contact you before booking it to ensure you are happy to pay £35 for a private lesson. We will assume if there are only 2 members that members are happy to pay £25 each.

**Learn, Laugh & Lunch Camp - 21 June 2014 - Chase Farm, Bramshott Chase, Hindhead, GU26 6DG**

Back by popular demand our Day Camp. Three instructors - three disciplines with a great lunch in the middle! Full details on the booking form below.

Get your booking forms in soon - filling up fast!



**wsrc\_day\_camp\_21\_june\_2014.doc**

[Download File](#)

**NEWS**

**WSRC Open Dressage Show on 18 April, including Team Friendly Competition.**

**Congratulations** to our two dressage teams - West Surrey Girls (Julie Rowley, Judith Dunne and Sarah Fisher) and West Surrey Divas (Carys Jones, Sarah Orchard and Sarah Davey) who were 4th and 6th respectively. Full report to follow.

**Club Show Jumps**

The Club is in the process of purchasing a **set of show jumps**; we will be spending approximately £2.5k to buy an all purpose set of wings, poles and fillers for use at shows, clinics and events. The fillers will be funded by local sponsors who can advertise on them. We believe this will be a great investment in a modern but durable set of equipment and these will soon pay for themselves, saving us hire charges and mean that we have our own jumps to use whenever we need them. If you or anyone you know would like to sponsor a filler the cost is very reasonable - contact Lisa Fahy - [lisamfahy@yahoo.co.uk](mailto:lisamfahy@yahoo.co.uk)

**Summer Show**

**Will take place on Sunday 8 June**, we will need helpers to help set up the day before from approximately 1 pm, to steward on the day and to dismantle at the end of the Show. Remember, it is a condition of membership that you help at one event (at least!) during the

year. It needn't be onerous and is a great way to come and meet other members. Please email Cathy Hughes - [Cathy.Hughes@ahvla.gsi.gov.uk](mailto:Cathy.Hughes@ahvla.gsi.gov.uk) if you are able to help.

## EVENTS

We've got lots of good ideas but can always do with more help to get these organised. If you would be prepared to help out, even in a small way, we could do even more. Please contact any member of the Committee or put a message on Facebook and one of us will get back to you.

Equine Massage Course: We are in contact with Sally Wade, an equine osteopath who organises Equine Massage Courses. This is likely to take place at Whipley Manor Farm at the end of May/beginning of June.

Arrangements are being made for a Bitting Clinic with Hilary Vernon at Kilnhanger. We are currently looking prices, availability, format. This may also be followed by a bbq for all to attend, not just those who have attended the clinic.

Trojan the Mechanical Horse Simulator - Wildwoods Riding Centre - a couple of Committee Members recently went to try this with a view to organising sessions for the Club. They were extremely impressed so we will be going ahead with organising something over the next few months. They commented particularly on how sensitive the simulator was and how easy it was to see how well you are sitting and how your weight is distributed. Also how nice it was to be able to feel what a particular movement should feel like eg medium trot. This is the description from the website - The Racewood Dressage Simulator is the most interactive simulator in the world. It simulates a life like horse and is capable of performing movements from walk to piaffe. The interactive screen shows the digital horse doing piaffe, passage and flying changes. It is incredibly useful for instruction; it enables the rider (and instructor) to learn a lot in a very short space of time and do an in depth analysis of posture and the application of the aids.

Once we have our own set of show jumps we are thinking of organising some clear round jumping over the Summer now we're all raring to go after all the wonderful instruction! Let us know if you think this would be of interest.

**THAT'S ALL FOR NOW BUT WATCH THIS SPACE BECAUSE THERE IS EVEN MORE TO COME IN THE NEXT FEW MONTHS!**

YOUR COMMITTEE