

# Chobham and District Riding Club

February 2021

**35<sup>th</sup> Anniversary**



***Stay Alert and Stay Safe!***

***Our February newsletter includes: A reminder of our AGM, Review and more Vet Talk dates, fun crossword, virtual trek and more rider specific stretches to help your biomechanics.***

## **Reminder of the AGM**

A reminder that the invites for the AGM have been sent and the voting for the two specific items continues to be open until 17<sup>th</sup> February. We also welcome any other amendments or interest in joining the committee by the same date.

The AGM will be slightly different this year without the ability to meet in person, but we aim to keep it as enjoyable as possible virtually.

I am sure you have all received and read the membership update from BRC about the reduction in affiliation fees. In the information shared by BRC it states that how a club chooses to account for this financial relief is entirely up to them.

We will cover this topic at the AGM in more detail however, as a committee we would propose to use this relief towards running another Members only fun day, similar to the one we successfully ran in 2020.

If anyone has any other suggestions or objections, please email us.

## **Vet Talk**

Thanks to Rebecca for our wonderful virtual Vet Talk. There were so many questions provided that Rebecca agreed to run two more vet talk sessions. (details below)

This month's Vet talk covered Laminitis, Weight and Feeding, Living In vs Living Out. All very interesting subjects with lots of thought provoking information. The slide presentation which accompanied this talk is attached to the email.

**17 February @ 20:00** which will cover:  
Callouts, Colics, Cuts and First Aid

**17 March @ 20:00** which will cover Strangles, Vaccinations and there is room for one or two more topics.

If you want to join us for these talks please email us to retrieve the zoom link.

Please join me in welcoming our newest member

Danielle Scandone

Don't forget to join our members only Facebook group to keep up to date on the latest news.



# VIRTUAL TREK

Whilst we are limited on the activities we can run, we thought it would be a perfect opportunity to test some of our TREK skills and run a small competition.

To enter, you need to film yourself and horse completing 8 of the 10 potential activities below. This means you can do these either ridden or in-hand (if you need any images of the set-up please let us know). There is no time limit and you can wear whatever you like.

Once completed, send us the video to be marked, up to 10 points are awarded per activity with 80 points available. Points are awarded based on the success and ease of the activity being completed.

To send the video please either email it directly to us or if the file is too large send for free using 'WeTransfer' <https://wetransfer.com/>

The closing date for this is 22 February 2021 and an entry fee of £3 is to be paid to the club account – Good luck!

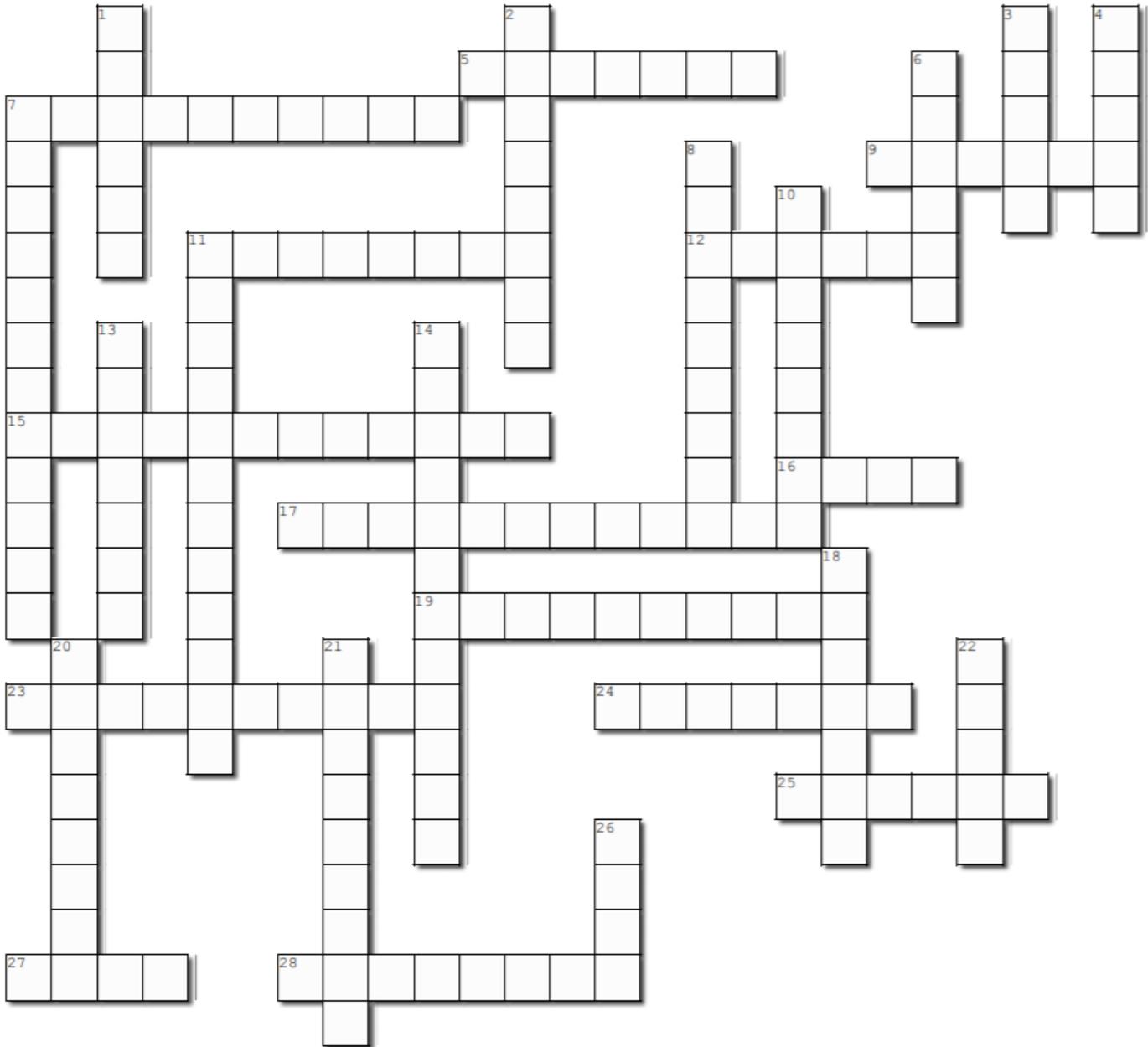
## **Activities (the set-up is for guidance only and can be adjusted to suit what you have available)**

1. Corridor ridden at a walk, trot or canter (4 poles in 2 lines set 70cm width apart)
2. Jump (cross pole at a max height of 60cm)
3. Water walk across (Tarpaulin on the floor secured with poles x2)
4. Bending poles (6 cones/electric fence posts/jump wings set 2 metres apart)
5. Rein back (use same set up as corridor but only go halfway and rein back until front feet past the end of the pole)
6. Neck rein figure of eight (two cones two metres apart). Go around left-hand cone first and then the right-hand cone
7. A) (ridden) Halt in circle - walk into circle, halt, rest reins on neck and immobility for 10 seconds  
B) (in hand) leave horse in circle for 10 seconds (bailing twine circle or pole circle or cone circle)
8. Washing line - collect coat from the washing line take to opposite side of horse and then put coat back on washing line (two jump wings and bailing twine)
9. Mount with mounting block, horse must remain stationary. Dismount, horse must remain stationary.



# CROSSWORD

Complete the crossword puzzle below





(There are no hyphens or spaces, if the answer is two words there is no space)

### **Across**

5. American style of riding
7. A team sport that is a combination of polo and lacrosse
9. where the upper jaw extends further out than the lower jaw
11. The name of the winged horse with a skeletal body from Harry Potter
12. Name the highly collected, cadenced, elevated diagonal movement giving the impression of remaining in place
15. Britain's oldest native breed
16. What colour is associate with a stallion
17. A distance horse race with diverse fence and ditch obstacles
19. The two pommel design refers to what type of riding
23. 'S' shapes in the arena using loops
24. The arc a horse makes while jumping an obstacle
25. Type of carriage driving
27. A verbal command used to signal a horse to stop
28. Mount, basic seat, flag, mill, scissors, stand and flank are all used in what?

### **Down**

1. Refers to the four-beat gait of the horse
2. Name of the horse in Steptoe and son
3. Worlds largest Horse breed
4. Surname of the person with the most Equestrian Olympic titles
6. Any shade of chestnut, with a blond mane and tail
7. Only English Equestrian winner of Sports personality of the year
8. An American horse breed best known for its colorful spotted coat pattern
10. Residence of Anne, Princess Royal
11. Horse breed best known for its use in horse racing
13. The right hand side of the horse
14. Breed that has a Z suffixed to their names
18. Type of horse boot
20. Another name for a double bridle
21. The name of the All England Jumping Course,
22. Plastic and rubber used to remove mud, sweat, loose hair and grease
26. Surname of a three-time Olympic gold medalist in Eventing



## UPCOMING EVENTS

*To enter any training clinic please email us.*

**17 February 2021**

Vet talk with Rebecca Gengasamy MVB Cert (EVP) MRCVS. 20:00 start - virtually via zoom

**25 February 2021**

AGM 19:30 start – virtually via zoom

**17 March 2021**

Vet talk with Rebecca Gengasamy MVB Cert (EVP) MRCVS. 20:00 start - virtually via zoom

**18 April 2021**

Indoor Dressage at Merrist Wood

**13 June 2021**

Charity Show at Dunstall Green

**30 August 2021**

Bank Holiday Monday Show at Dunstall Green

**05 September 2021**

Indoor dressage at Merrist Wood



## AND BREATHE

Hello. Last time we looked at the Psoas and its' effect on not only our physical state but on our emotional and mental health too.

The tension that is carried in the hip flexors (Psoas and Iliacus) makes it hard to extend the hip and lengthen the leg for riding. It also exacerbates nerves and anxiety.

It's not enough to stretch the muscles – release must come from learning to breathe correctly so that you are relaxed and not holding tension unconsciously.

Here are two techniques to help. To practise them lie or sit somewhere comfortable, quiet and warm where you won't be disturbed and can relax with your eyes closed.

Good luck with this. I hope it helps.

Ali

### **Breath Awareness**

Simply spend time observing your natural breathing cycle without judgement or expectation.

Is it fast or slow? Shallow or deep?  
Where do you first feel the breath? And how far inside your body can you follow it before it 'disappears'? To your throat? To your lungs? To your toes? Try to follow it further.

Feel your chest and abdomen inflate as you inhale and deflate when you exhale. It feels like a balloon or a pair of bellows.

Experience a sense of lightness on inhalation and heaviness as you exhale. Breathe in and float. Breathe out and sink. (Spend a bit of time on this – it's really relaxing.)

There is a pause after inhalation when you are full of breath. How does it feel? And what do you feel when you are empty of breath after breathing out?

Finally breathe naturally again and see if anything has changed from your first observation.

I know you won't remember all these points! Just read them through a few times before you start and do what you can. You'll get them all after a few sessions.

This is wonderful to practise at night if you can't sleep.

Our thanks to CDRC member Ali Williamson for helping us to continually improve our fitness and biomechanics. – Please email us if you are interested in a session with Ali

### **Breath Control**

Do several breath cycles of the following:

Inhale for 4 counts. Exhale for 4 counts.  
Inhale for 4 counts. Exhale for 6 counts.  
Inhale for 4 counts. Exhale for 8 counts.  
And so on.

You're really going to have to work to hold the exhalation for longer than 8 counts!



## **CDRC Committee**

Chair – Sara Green

Secretary – Amelia James

Treasurer – Nick Valvona

Membership – Claire Valvona

Teams & Training – Liz Hillier-Sinclair

Area Liaison – Caroline Shrub

Website & Communications - Paul Broadest-Dixon

Committee Member - Malcolm Hunt

Sarah Leno is the Club Safeguarding Officer.

*Contact us:*

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