

Chobham and District Riding Club

July 2021

35th Anniversary

Stay Alert and Stay Safe!



Our June newsletter includes: June Charity Show review, training dates and more dates for your diary

13 June Charity show

What a day!

It was the second hottest day of the year so far and boy, did we know it!

For those who attended to compete, I am sure you will agree that there was stiff competition in every class with an extremely high turnout. Here are some pictures of the day, (see next page) captured by Alex from Equiliens. Many thanks to her for spending the whole day capturing these wonderful shots. (All images can be seen on her website

www.equiliens.co.uk)

I must say a huge thank you to our helpers on the day. I know I say this every time but we really couldn't run the event without support on the day. We are really fortunate to get help from the RDA volunteers who are truly amazing and help us make the day so enjoyable for all.

Now I have told you how great the day was, I come to the part where I share the news on how much money we actually raised for our amazing charities, after all this is the sole purpose (apart from having fun) that we run the show.

In total we raised £3000 for our two charities, this is a remarkable achievement and we look to replicate this success at our August Bank Holiday Show.

Our donation to the Quest Riding for the Disabled will be £2500 (with a £500 additional donation from Lloyds Banking Group, thanks to Claire Valvona)

Our donation to Surrey Air ambulance will be £500.

I would also like to thank Bisley and Sandown Chase Pony Club and Mrs Shipp for enabling us to use the pony club field and facilities at minimal cost which enables us to donate all money raised to our chosen charities.

Our next show is on Monday 30 August 2021 at Dunstall Green and this is quickly followed by indoor dressage at Merrist Wood on **Sunday 05 September**.

If you are able to help on the day, please let me know as always, we need support to run these events.

Please join me in welcoming our newest members -

Elsie Kiernan (J),

Helen Freeman,

Michelle Nettleship

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



Images from the day, with thanks to Alex From Equilens





Ok just a few more...





MEMBERS ONLY FUN DAY

After the triumphant success of the members fun day last year, we are planning to run another similar event this year on 02 October 2021. The format has changed slightly, however the idea is the same, to be able to offer something for everyone to take part in, and to encourage continued development and learning

We are offering the following lessons:

- Dressage lesson (Pairs)
- Showjumping (Group)
- Trek / (Group)
- Test your fitness and speed on the gallops. (Individual)

You can choose to enter only 1, 2, 3 or all activities. All lessons will be held on an arena surface.

In addition to this, we will be stopping all activities over lunch to stop and celebrate the riding club being in existence for 35 wonderful years. We invite everyone to come, bring a picnic with you and celebrate together this remarkable achievement.

Add this date to your diary and full details about how to enter will be shared shortly .

If there is something specific you think we should do on this day please let me know.

Congratulations

Well done to Caroline Shrubbs and Sue Childs who attended the National Championships at Hartbury.

Sue on her gorgeous horse Killy Stew did exceptionally well coming 26th out of a very strong class of 54 competitors in the PETPLAN EQUINE PRELIMINARY SILVER AREA FESTIVAL CHAMPIONSHIP S - Test 19 (2008) achieving a very respectable 67.569%

Caroline had a slightly more challenging test on Enriqueta in the PETPLAN EQUINE PRELIMINARY BRONZE AREA FESTIVAL CHAMPIONSHIP S - Test 19 (2008) who retired as the excitement got a bit too much for Enriqueta and her concentration disappeared.

It was a great experience for both and we look forward to seeing them back out competing for CDRC team soon



UPCOMING EVENTS

To enter any training clinic please email us.

23-25 July 2021

Camp at Boomerang, Hungerford

15 August 2021

Trek Clinic in Chobham

21 August 2021

Dressage Clinic with Suzanne Holt in Chobham

30 August 2021

Bank Holiday Monday Show at Dunstall Green

05 September 2021

Indoor Dressage at Merrist Wood

02 October 2021

Members only Fun Day and 35th Anniversary Celebration
To be held at Twelve Oaks, Windlesham



THE SPINE TWIST

Watching the elite dressage riders at the Royal Windsor Horse Show recently, I was impressed by their beautiful posture and straight, strong backs. Are you proud of your posture? Or are you somewhat slumped in the saddle?!

The Pilates Diamond Press exercise will help you to develop mobility and strength in the upper back whilst also opening and stretching the front of the shoulders. Practising this exercise regularly should help you to develop better upper body posture.

Here's how to do it:

- Lie on your front. Correctly align your pelvis by tucking your tail under and lifting your navel away from the floor. (Imagine you have a chocolate button under your navel and don't want to melt it!)
- Create a diamond shape with your arms by bending the elbows. And another with your hands by touching the first fingers together and the thumbs together.



- Rest your forehead on your thumbs.



- Lift your head, then your neck, then your chest off the mat but keep your lower ribs in contact with the mat. You'll see in the photos that I don't lift very high at all. This is to keep the work in the upper, rather than the lower, back.



- Hold
- Then lower sequentially down again.
- Repeat ten times.
- To progress this exercise, keep the forehead and thumbs glued together and lift the arms off the floor too.

If you feel compression in the lower back you are lifting too high and/or are not using your abs enough (so tuck that tailbone and lift the navel more!)

If you feel a lot of work in the back of the neck, check that you're not poking your nose forward. You should be more or less looking down at the mat throughout.

Hope it helps!

All the best,
Ali



Camp 23-25th July 2021.

Final reminder for Campers - please make sure you have paid the full balance to attend or your place may be cancelled.

Training payment

This is a reminder to all members, please pay for any lessons a minimum for 7 days before the clinic. If your payment is not received, your space will not be confirmed and your space will be automatically cancelled.

There have been occasions of non-compliance to this rule. Further non-compliance to our rules will lead to us implementing the use of My Riding Life for training which will subsequently incur a £1.50 processing charge per booking on top of the lesson charge.

We don't want to do this change but it is extremely difficult and frustrating for us to chase payments.

Eventing League

British Riding Clubs are offering exciting new opportunities to BRC members competing at ALL levels BE80 to Intermediate with British Eventing (excluding FEI *, ** and *** competitions or BE Championships). For just £5.00 per combination for the whole season across all heights. Have you registered yet? The closing date to register is 1st September so don't leave it until it is too late. Points will be allocated to all BRC members who complete at any level BE80 to Intermediate during the BE 2021 season and have registered for the league. Once you have registered and paid the £5.00, all you need to do is get out and compete, we will pull all your results from BE directly. So what are you waiting for? For more information and to download a form visit <http://www.bhs.org.uk/enjoy-riding/british-riding-clubs/brc-leagues/brc-be-novice-league>

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

Contact us:

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