

Chobham and District Riding Club

June 2021

35th Anniversary



Stay Alert and Stay Safe!

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

13 June Charity show

We are so pleased to share with you that the pre-entries for our Show on Sunday 13 June have exceeded all other years with just over 250 entries made.

We are therefore expecting a very busy day. Thank you to those who have entered and will make this a very enjoyable day. An even bigger thankyou to those who have volunteered their time to help on the day.

If you are attending, please bring lots of water and suntan lotion with you as the forecast is 26C and sunny.

If you are able to spare some time to help please drop me an email with the times you could help.

The main purpose of this show is to raise money for the local Riding for the Disabled. Over the past year, along with many of us, they have struggled with the inability to raise funds in order to house and feed their horses. Along with the rest of us they have also incurred vet fees when one of their horse became ill.

It is excellent that we will be able to support them financially through this show. Well done all.

Moving but not leaving

I cannot begin to express our gratitude to Claire and Nick Valvona for all the years they have supported the club, allowing us to use their gorgeous home as a base for most of our training, waving the facility costs to members. Claire and Nick have made the wonderful decision to relocate to The New Forest but will continue to be on the committee and support the riding club.

We will now be using other local facilities in the area for training.

Thank you Claire and Nick, good luck with the move from us all and we are eternally grateful for all you have done.

Health & Safety and Child Protection

Is this a role you would be interested in? This will include completing H&S assessments for our events and advising on H&S and Child safeguarding. No previous experience required but a criminal record check will need to be completed.

Please email us if you are interested about this position.

Please join me in welcoming our newest members -

Gemma Murray

Maggie Dunning-Jones

Abby McGrath

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



UPCOMING EVENTS

To enter any training clinic please email us.

13 June 2021

Charity Show at Dunstall Green

20 June 2021

Arena Eventing Clinic with Jade Hyatt in Knaphill

26 June 2021

Dressage Clinic with Suzanne Holt in Chobham

23-25 July 2021

Camp at Boomerang, Hungerford

16 August 2021

Trek Clinic in Chobham (Waitlist only)

30 August 2021

Bank Holiday Monday Show at Dunstall Green

05 September 2021

Indoor Dressage at Merrist Wood



THE SPINE TWIST

In order to position your horse correctly on a circle you need to be able to rotate your upper body independently of your lower body and pelvis. If the spine is not mobile enough in its rotational movement, either only the head will turn or the pelvis will swing round too, lifting the outside sit bone off the saddle and causing you to lose straightness.

The Spine Twist exercise will help you to increase your mobility and strength but also to understand the movement that is required.

Sit with your legs in the diamond position, as shown, or your legs in front of you with your knees slightly bent. Don't cross your ankles. If your hamstrings are tight and it's difficult to stay upright, sit on a cushion.

Place your arms in the Cossack position.

Lengthen your spine and draw your navel towards your spine. Relax your shoulders down.

Then slowly rotate your body to the right, keeping the weight equal through your sit bones. And return.

Lengthen your spine once more when you reach the centre then repeat to the other side.

The imagery of a spiral staircase is useful on the first half of the exercise. Imagine climbing the staircase – you go up AND round at the same time. Start at the bottom of the staircase (the base of your spine) and keep going until you reach the top (your head). This means that your head turns last, not first.

You may find that you are able to rotate much further in one direction than the other. So do more on the bad side.

Hope this helps and that your circles are perfect! Ali





Members Fun Day and 35-year celebration

After the success of the Fun Day last year, we are planning to run a similar event this year. We are looking for your suggestions of what you would like to include. We also want to use this opportunity to celebrate our 35th anniversary with a picnic inviting all members. Hold the date – 02 October 2021

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 final 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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