

Chobham and District Riding Club

May 2021

35th Anniversary



Stay Alert and Stay Safe!

Our May newsletter includes: Review of our Dressage Show, Help required, training dates and more dates for your diary

Update from BRC

The weather certainly helped make our Dressage show a huge success. Being situated in the car park all day I benefitted from the southerly aspect and managed to get a tan.

This was the first weekend after the restrictions were lifted for events however, we were still restricted on the number of people allowed into the indoor arena. This resulted in us limiting entries and only running one arena. This made for a very peaceful day with a steady flow of competitors throughout the day.

Full results are available on our website

Thanks to all CDRC members who attended and extra special congratulation to CDRC members Lola Rega and Alice Scott who won their respective classes

Although we have not managed to make as much profit from this event as expected we have been exceptionally proud that we managed to run this event safely in the current situation.

Our thanks also go to our judges and helpers on the day. We could not have run this day without you.

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

Show Helpers required

Could you spare 2 hours to assist at our upcoming show on 13 June?
Please let us know times you are able to assist and any tasks you would be happy to undertake. We can't run this day without help.

Health and Safety and Child protection

Our huge thanks to Sara Leno for her many years of service to the Club as Health and Safety officer. Unfortunately due to her work commitments Sarah has stepped down from this important role. We are not asking all members if this is 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 member

Sophie Bevins

Gillian Tose

Shauna Lopez

Claire Archer-Davies

Sarah Miller

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



HER NAME IS LOLA AND SHE IS OUR SHOWGIRL

(Apologies for my awful, cheesy title! I couldn't resist.)

We are immensely proud to say that not only did Lola and her beautiful pony Amy 13, come 1st at our Dressage at Merrist Wood but she also has won the BRC Virtual Winter Dressage Championship.

Here are a few words from Lola about her triumph.

I have owned Marisol (aka Amy 13) for just over a year and in that time have been working very hard during lockdown to improve my riding ability, concentrating on the finer details to increase my dressage scores – this has obviously paid off greatly. My score of 81.46% for the BRC Virtual Winter Dressage Championship was absolutely amazing (totally shocked). I am planning on competing as much as possible over the next few months to, hopefully, qualify for further championships. The virtual competition was such a great idea – I thoroughly enjoyed learning the test and this gave me a focus whilst not being able to compete during the covid restrictions. I am very proud to have represented Chobham and District Riding Club for the virtual competition. My aim is to keep competing, improve my ability and learning with the help of my fantastic trainer Lynne.



Well done Lola from all of us at CDRC. We are exceptionally proud of your achievements.



UPCOMING EVENTS

To enter any training clinic please email us.

15 May 2021

Trek Clinic in Chobham (Waitlist only)

16 May 2021

Jumping Clinic with Jade Hyatt in Knaphill

23 May 21

Dressage Clinic with Malcolm Hunt

06 June 2021

Polework Clinic with Jade Hyatt in Knaphill

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



BEFORE YOU MOUNT

Hi everyone,

Here's another stretch to do at the mounting block. This will help you to 'open' your hips.

Simply sit as shown with one leg crossed over the other and press the inside of your knee away repeatedly several times. Then hold for at least 20 seconds and repeat on the same side. Then repeat on the other side. If there is a lot of resistance and your hips feel really immobile you could benefit from a technique called PNF stretching which is extremely effective in gaining greater range of motion at a joint.

To do this, stretch as before then push the inside of the knee back into the hand. Use equal and opposing force so that neither knee nor hand moves but you feel the inner thigh muscles working. Hold for 10/15 seconds then immediately go back into the stretch position. You should feel that the leg moves further than it did the first time. And, of course, do the other side.

You can also use this position to check the symmetry of your hips. Before you stretch, sit in the position, this time without your hand on your leg and get someone to take two photos of you, one with each leg crossed. Be very careful to set up yourself and the photographer exactly the same each time.

Compare the photos. Are they the same? If there's any asymmetry you will see that on the stiffer side the knee won't drop as far towards the ground. Hope this helps!

Ali



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



Camp 23-25th July 2021.

Camp is now full but if you haven't booked your place and are interested in attending, we have a waiting list. With horses you never know what might happen.

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.

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

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>

Bisley Pony Club ODE 30 May 2021

We recently shared the open ODE run by Bisley PC on 30 May. They also need helpers so if you can spare some time, let us know and we can pass your details to the organisers. There is also still time to enter as these close on the 20 May

Contact us:

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