



# Chobham and District Riding Club

December 2020

*A very Merry Christmas and Happy New Year to all members and their families from CDRC*





### Thank you

On behalf of the committee we would like to thank you for being a member of CDRC over the past year

It has been extremely challenging for all of us, adapting to the new rules and regulations that Corona Virus has brought.

We have tried to run as many events as possible throughout the year keeping to the specific rules interpreted by British Riding Clubs. Unfortunately, this meant that we were unable to run any of our traditional shows. This was a great disappointment for us but also hit us financially as these shows generate revenue for the club to enable us to subsidise our training. Fortunately, we have not incurred any expenses, so the club is still in a very positive place.

In substitution of a show this year we ran a hugely successful members' only fun day. It was great to see so many members participating and we will try to run a similar event in 2021. (subject to venue availability).

If you have any ideas on what the club could do next year, please do let us know.

### Christmas Poem

On Christmas morning whilst everyone else is tucked up in bed, there are some of us that are mad in the head.

Out in the cold, wind and the rain, off we trudge to the stable again.

The jobs are endless, rewards are few, barrow after barrow, filled up with poo.

Why do we do it? What is the gain?  
Relentlessly washing the mud off again.

There is nothing more humble to be brought down to earth, as you hit the floor for not checking your girth.

Off to training with CDRC, off to get better, results we will see

Whatever your level, don't be dismayed, supportive training with Suzanne, Nick, Malcolm and Jade.

Helping us improve at a rapid pace, aren't we all luck our trainers are ace.

On Christmas day, when we are cold and wet, I remember times that I won't forget.

Riding my horse having lot of fun, joining the riding club was the best thing I've done.

Merry Christmas

### Tier restrictions

From 20 December, Surrey moved into Tier 4

Being in Tier 4 means you should stay at home and only travel when necessary.

It should be noted that your individual Tier is taken from your home address, not where your horse is kept.

Travel into and out of tier 4 should be minimised.

We await official advice on Tier 4 restrictions from the BRC however, we believe these to be similar to the latest national lockdown which means all BRC activity must stop. We will of course update you as soon as more information is available



## QUIZ RESULTS

A huge thank you to Claire Valvona for organizing the wonderful quiz evening. We all had a delightful time and using Kahoot made it even more enjoyable, trying to be the fastest to answer questions on your keypad.

The questions were all general knowledge, apart from two horse related questions, of which I got both wrong. The most enjoyable part was the quick-fire question round, which very easy questions were asked but the winner was the first correct on their Kahoot keypad. The mad frantic co-ordination to press the correct colour on the keypad to the correct answer on the screen was hysterical and despite my wonderful teammates telling me blue, I pressed green. The keypad was then quickly removed from my possession and our scores then improved.

Huge congratulations to our winners, The Webber Family. Well deserved after winning 3 individual rounds, followed closely by our Chair, Sara Green who took 2<sup>nd</sup> place.

## RENEWAL MEMBERSHIP

It is that time of year again, renewal subs are due once again for 2021. As discussed at the AGM held earlier in the year, British Riding clubs have increased the membership fees and as a result we have had to increase our fees to £24 for the year, which is equivalent to £2 a month. Membership entitles you to enter any CDRC organised event at reduced prices, including our shows. You will also be insured at any BRC run event, including training and receive a quarterly instalment of news, information and articles exclusively for BRC members.

If you do not re-join by 31 January, you will need to pay the additional £10 administration fee on top of the annual payment as per our constitution.

To re-join, if your details haven't changed, simply pay the membership fee of £24 into the club account and email us to confirm. If your details have changed please complete the attached form.

### **Chobham and District Riding Club**

**Sort code: 40-47-08**

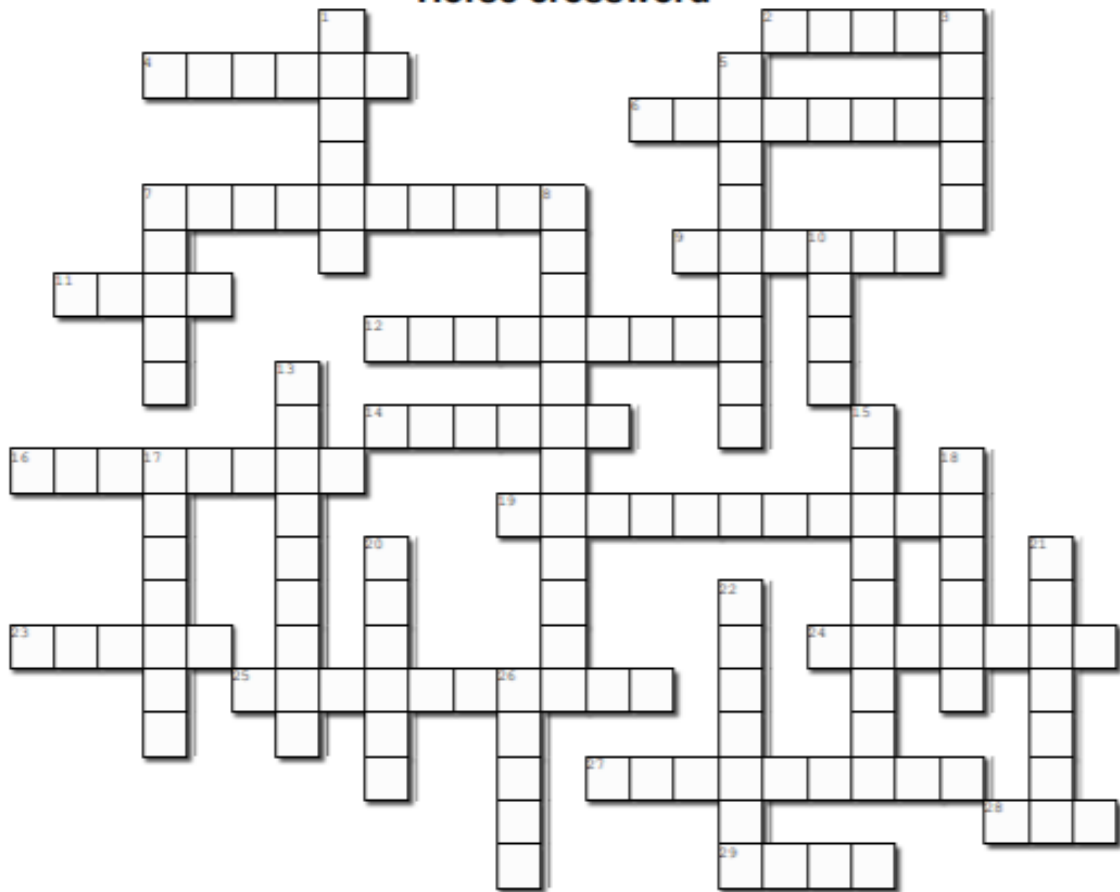
**Account Number: 22516586**

**HSBC**

Please try to reference as 'membership'.



## Horse crossword



Created using the Crossword Maker on [TheTeachersCorner.net](http://TheTeachersCorner.net)

### **Cross**

2. What do you use to age a horse
4. Saddle cloth
6. The cross country phase in carriage driving
7. The name given to pace, impulsion, submission and rider
9. Type of bit
11. Type of show jump
12. What event is held at The Duke of Beaufort's home
14. What was the name of the horse John Whitaker rode to win the King George V gold cup and Volvo World cup in 1990
16. Brown and White
19. Number of years CDRC has been running
23. A young or inexperienced horse, known as
24. Name of the horse who scored the highest dressage marks (94.3%)
25. Native breed in the UK
27. Name of the gray pony in Black Beauty
28. how many muscles are in a horses ear
29. Who won more individual European titles, Princess Anne or Zara Philips

### **Down**

1. The name of the back of a saddle
3. Measurement of horse
5. Type of XC jump
7. The top of a horse neck
8. What is the fear of horse know as
10. The 'seat of corn' is where on the horse
13. Worlds smallest Horse breed
15. The competition of who can jump the highest
17. Highest part of the horses back, used for measuring
18. What was the first name of the jockey in National Velvet
20. Type of horse boot
21. Name of the horse the Queen was riding in her 1981 birthday parade when six blank shots were fired at her
22. Appleby Horse fair is in which county
26. A type of brush to remove mud



## PSOAS

Are you a nervous rider? Do you carry with you the memory of a bad fall or accident? Are you so nervous before a competition you feel sick?

Why can't you just man up and get over it?

Blame your Psoas! (Pronounced 'so-ass').

You probably know the term 'hip flexors'. This is the term for the pair of muscles (Psoas Major and Iliacus, with the Psoas being dominant) that flex the hip joint, i.e. close the angle between the front of the thighs and the front upper body. Therefore, the condition of the Psoas has a huge influence on our leg position in the saddle.

Tightness and tension in the Psoas is very common but you may not be aware of it. It's a very deep muscle which makes it hard to actually feel that it's tensed but tightness in this area means that the angle between the hip and thigh is stuck in a closed position and you will struggle to allow the leg to drop away and hang in the stirrup which you need to do to give you better 'stickability' if things get hairy.

So you should stretch your hip flexors, right? Yes, but it's more complicated than that.

Having tight, tense Psoas muscles isn't just a physical problem – it has a profound effect on your stress levels and emotions too and this is why the Psoas is known as 'The Muscle of the Soul'.

The Psoas passes through the pelvic bowl. The Solar Plexus, an energy centre with a lot of nerve activity is very close to the Psoas/Diaphragm junction and the Lumbar Plexus, another bundle of nerves, actually passes through the Psoas. When you experience an emotion such as shock, anxiety or fear these bundles of nerves go into a highly active state and, due to its proximity to the Plexuses, the Psoas reacts.

The subsequent sensation you get, which you may describe as "I felt my stomach drop" or "my stomach was in knots", is caused partly by the Psoas suddenly and involuntarily contracting (shortening) to give this intense physical feeling in our guts.

In addition, our fight or flight response kicks in when we are faced with real or imagined danger. The body becomes flooded with adrenaline, the heart beats faster and muscles are primed for action – we are supercharged, prepared either to stand and fight or to run for our lives. However, if the adrenaline is not used up by physical effort, your system remains flooded and the body continues to be in a state of stress. If this happens repeatedly your muscles – and especially the Psoas – end up holding on to chronic tension and the resulting heightened emotional state.

Another primal, protective reaction to fear is the freeze mechanism. Our bodies try to close up into a ball shape (to help to protect our major organs).



Riders who are extremely anxious may start to freeze as soon as they put a foot in the stirrup to mount. Some even experience signs of nerves, a dry mouth for example, as they approach the horse's stable. Due to how our subconscious mind works, the physical fear response can be triggered by just thinking about riding or handling a horse. I've had a serious riding accident myself and I know this feeling well.

When this stimulus causes our bodies to adopt the foetal, protective position (or want to adopt it), it is the Psoas that tenses to initiate this closing of the body into flexion.

All these things affect the muscle of the soul and it can be very frustrating that you can't control your fear and just get over your nerves. However, your body reacts in this way to help you – to keep you safe and out of danger. These ancient instincts are so strong, so embedded in your unconscious mind, that it can be a long process to overcome them and move forward.

In order to encourage the mind to relinquish its grasp on your hip flexors so you can improve both mentally and physically you need to practice breathing drills. Stretching too, but use of breath comes first because, due to the close relationship between the Diaphragm and the Psoas, breathing really does have a huge influence on how well your Psoas functions. In addition, because breathing exercises have such a positive, calming effect on the nervous system, this can help to release tension in the whole body as well as the mind.

Many people experience an incredible sense of peaceful relaxation and wellbeing from releasing the Psoas. It's as though the stress, fears and traumas that are 'stored' in this muscle are also released.

We'll get started on that and look at some breathing drills next month.

Till then, I hope you have a wonderful Christmas and that Santa brings your horses everything they have asked for.

Ali

X

PS: A fun fact about the Psoas - there is a Psoas Minor too but only 40% of us have one!



### **Dates for your diary for 2021**

Sunday 18 April – Indoor dressage at Merrist Wood

Sunday 05 September – Indoor dressage at Merrist Wood

### **Christmas Gifts**

If you are short of Christmas ideas we have vouchers to be used against instructionals. Just email us for more details

### **Goddards Equine Hydrotherapy.**

The Equine Water Treadmill has recently moved to Clasford Farm Stables just 5 minutes away from Merrist Wood, so convenient for many CDRC members. Located on a quiet livery yard, the treadmill has level access, making it easy for horses to walk in and out. Customers will also receive complimentary use of the solarium post session if required. With winter weather on the way, this is an ideal way of supplementing your horse's exercise programme.

As an introductory offer, Rob is offering CDRC members a 10% discount on all sessions booked and paid for by the end of December. That includes multi session block bookings with future sessions taking place in 2021.

Prices are -

Introductory session - normal price £25, CDRC offer £22.50

Single session - normal £40, CDRC £36

Block of 6 sessions - normal £210, CDRC £189

Block of 10 sessions - normal £325, CDRC £292.50

To book, contact Rob on 07543 220400 quoting your CDRC membership number. If you can't find that, you can give your postcode. A member of the CDRC Committee is a livery at Clasford and will verify the discount eligibility.

### **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.

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