

# Chobham and District Riding Club

August 2020



## *Stay Alert and Stay Safe!*

*Our August newsletter includes: A show update, Details about our Members' Only Fun Day, Area Dressage to music competition and more rider specific stretches to help your biomechanics.*

### **Dressage show at Merrist Wood cancelation**

The Coronavirus pandemic has completely taken over our lives in 2020. Things we would normally not consider have become part of everyday life like wearing a mask and keeping 1.5m away from other people.

Throughout the pandemic we have followed the advice of BRC to ensure we are fully compliant to the regulations to reduce the risk of spreading the virus. We are also privileged to have Dr Sarah Leno as our Health and Safety advisor, who alongside working in the front line dealing with the pandemic has provided us guidance and support throughout.

After the cancellation of the August Bank Holiday Show we were very keen to try to run the 13 September Dressage at Merrist Wood, however to be 100% compliant with all the rules and police the rules, we all agreed that it would be impossible to run safely or within budget.

Unfortunately, this means that we will not be holding any shows in 2020, however we have pre-booked the venues in anticipation for next year.

### **Members' Only Fun Day**

August Bank Holiday, Monday 31 August, Members' only at Dunstall Green, in Chobham. All activities will be on grass

Thank you to everyone who shared ideas. I hope you have all read the invite and are as excited as we are about this event.

As a reminder this day is for members only (the hack can include friends). We would love to see as many members as possible.

We are pleased to announce that the dressage lesson will be taught by Suzanne Holt and she will be focussing on an introductory to lateral work.

Jade Hyatt will be providing instructional for the Polework and XC sessions.

The show jumping instruction will be provided by Nick Edwards. Nick is a British Show jumping Level 2 Coach and continues to compete nationally on his homebred horses.

### **You cannot turn up on the day to this event without a booking**

(Please note; Bisley Pony Club also have a separate instructional on this day in a different part of the field).

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



# DRESSAGE TO MUSIC AREA QUALIFIER

**Sunday 6<sup>th</sup> September 2020 – Entry closing date 12 AUG**

**Cost – £20 per test. As this is an area event please email us to enter.**

**Vaccines – Horse must have current vaccinations to meet BRC competition requirements**

**Helpers – Every team entry must provide a helper**

Mid Sussex Riding Club (MSRC) are hosting this event at Belmoredean Dressage, which is only open to members of Area 11 or Area 13 riding clubs. Tests will be ridden in the indoor arena (60 x 20) with warm up outdoors (60 x 20). Both arena have excellent surfaces of fibre and wax.

## **CLASSES:**

*All classes are open to both juniors and seniors unless otherwise specified below. If there are insufficient numbers, classes (e.g. L&SE & National at same level) may be combined.*

**Class 1 L&SE Intro Freestyle DTM**  
(BD Intro Freestyle Test 2016 – to music)

**Class 2 L&SE Prelim DTM**  
(BD Prelim Freestyle to Music 2016)

**Class 3a L&SE Novice DTM Section 1: no BD points**  
(BD Novice Freestyle to Music 2019)

**Class 3b L&SE Novice DTM Section 2:**  
**unlimited novice BD points, up to 35 elementary points, no points at medium or above**  
(BD Novice Freestyle to Music 2019)

**Class 4 L&SE Elementary DTM**  
(BD Elementary Freestyle to Music (2019))

**Class 5 L&SE Medium /Advanced Medium DTM**  
(BD Medium Freestyle to Music 2016 or BD Advanced Medium Freestyle to Music 2016) – *state which tests(s) when entering*

**Class 6a Senior National Novice DTM Section 1: no BD points**  
(BD Novice Freestyle to Music 2019)

**Class 6b Senior National Novice DTM Section 2: unlimited novice BD points, up to 35 elementary points, no points at medium or above**  
(BD Novice Freestyle to Music 2019)

**Class 7 National Elementary DTM**  
(BD Elementary Freestyle to Music 2019)

**Class 8 National Medium/Advanced Medium DTM**  
(BD Medium Freestyle to Music 2016 or BD Advanced Medium Freestyle to Music 2016) – *state which tests(s) when entering*

**Class 9 L&SE Pas Seul (DTM in costume – see Pas Seul test sheet)**

**Class 10 Junior National Prelim DTM** (BD Prelim Freestyle to Music 2016)

**Class 11 Junior National Novice DTM** (BD Novice Freestyle to Music 2019)

**Class 12 Senior National Prelim DTM** (BD Prelim Freestyle to Music 2016)



## UPCOMING EVENTS

*To enter any training clinic please email us.*

### **Saturday 08 Aug**

Polework clinic with Jade Hyatt (£15 each)

### **Saturday 08 August**

Dressage clinic with Suzanne Holt (£25 for private 45 minute lesson)

### **Sunday 16 August**

Flatwork Clinic with Malcolm Hunt (£25 for a private 45-minute lesson)

### **Saturday 22 August**

Gridwork clinic with Jade Hyatt (£15 each)

### **Saturday 05 September**

Polework clinic with Jade Hyatt (£15 each)

### **Sunday 06 September**

Cross country lesson with Lucy Gasston at Gasston stables, Headley (£40 for a group lesson including course hire)

### **Sunday 13 September**

Flatwork with Malcolm Hunt (£25 for a private 45-minute lesson)

### **Saturday 19 September**

Jumping clinic with Jade Hyatt (£15 each)

### **Sunday 20 September**

Arena Eventing clinic with Jade Hyatt (£15 each)

### **Saturday 26 September**

Dressage clinic with Suzanne Holt (£25 for private 45 minute lesson)



## TIME TO STRETCH

Last month we looked at stretching the hips and legs – the lower body - but of course, it's important to have upper body flexibility as well, in order to carry the shoulders back and down and to open the chest whilst riding and on the ground.

Unfortunately, most of us have poor upper body posture to some degree. It's a result of our 21st century lifestyles which cause us to round our shoulders – driving, using a computer, looking at our phones, etc. But it's also due to the simple fact that our faces are on the front and we are always focusing forwards.

There are two things in play here – flexibility and strength and they need to be in balance. To put it simply, the muscles in the chest and front shoulder are short and 'tight' whilst the back muscles are correspondingly weak and over long. Your instructor may tell you to pull your shoulders back and you try. But you are unlikely to be able to maintain the position for long until you address the muscular imbalance.

Here are two exercises that will help release the tightness and tension at the front of your upper body. (We'll look at the strength part of the equation later.) Hold stretches for 40-60 seconds. Good luck!

### **Stretch 1**

Lie on your left side with your legs bent forward so your knees are roughly in front of your hips. Your hips and legs should stay in this position throughout.

Place your left arm on the floor, palm up, so that the arm is also in front of the body. Then place your right hand on top of your left. (Picture 1).

Move the top arm in an arc over the shoulder towards or onto the floor behind you. Your eyes should follow the movement of your hand.

Repeat this several times at a comfortable speed. This will mobilise the joint and make the stretch easier.

Then leave the arm back and hold the stretch.

(Picture 2). Try to keep both shoulders on the floor. If your back arm won't reach the floor, support it with a pillow. Roll over and repeat on the other side.

You could do this in bed! Make a habit of doing it morning and night.

### **Stretch 2**

Stand in an open doorway with your right forearm against the frame. Your shoulder and elbow should make right angles.

Take a step forward on your right leg.

Then simply lean your body weight forward through the door frame. (Picture 3)

It's an intense stretch so go easy!

Choose a doorway – your kitchen, the tack room, anywhere! Every time you enter that room stop and stretch the right side. Every time you exit, stop and stretch the left.



Picture 1



Picture 3



Picture 2



Our thanks to CDRC member Ali Williamson for providing these stretch and exercises helping us to continually improve our fitness and biomechanics. – Please email us if you are interested in a session with Ali  
About Ali - "I've been a fitness instructor for over 30 years, teaching group classes, gym based workouts/programmes and personal training in clients' homes.

These days I specialise in Pilates and Yoga, both group and 1-2-1 - and of course, presently on Zoom! - and have particular interest in postural analysis and improvement. We all need help with this!

I'm also trained and qualified to offer Equipilates™ classes and Rider Biomechanics sessions."



## A RAMBLE OVER RANMORE COMMON

In June, we published some easy to follow hacking routes around the area. Sandra Hewitt shares her experience of following the guided ride from Ranmore to Polesden Lacey.

A huge thank you to Paul for posting the directions for the stunning Ranmore Ride in the June newsletter. (still available on our website)

My stable mate Emily and I thought we'd explore somewhere new on a bright and sunny Sunday morning in July.

Parking was easy at the National Trust car park at the route start, we made sure to buy adequate tickets for the amount of space we were taking up so as not to upset any other car park users.

Clutching our instructions, we easily crossed the main road and set off down a fairly steep hill. We were curious as to the views Paul made mention of, but certainly he was right - the first vantage point he mentioned was indeed stunning, and we stood a while to enjoy the beauty of Polesden Lacey.

The route guidance was clear and we managed only to take a wrong turning once, having been distracted chatting to a group of cyclists 🗣️ but this actually gave us the opportunity to have a canter up a lovely long hill so was worth the extra mile.

Back on the route we enjoyed more fabulous views of London including The Shard, and in the distance Canary Wharf.

The route was more hilly than fast, though we enjoyed a good couple of blasts, great for fitness work and had a chance to relax and enjoy the countryside.

Not without incident as on the green lane close to GBEC, we encountered a group of Landrovers from Surrey 4x4 off-roading club. With nowhere to pass us they enjoyed a high-speed reverse until a gap was available to enable us pass, but all good natured fun!

On our final approach back to Ranmore we came across a distressed dog, clearly separated from its owners, luckily, he had a tag and we contacted his owner to find he was indeed lost. We arranged to meet them at our horse boxes and duly returned the tired pooch to them. The owners lived close by and we have had the promise of a 'wine pit stop' next time we ride the area!

Casey and Flynn were tired but relaxed and we headed home happy but will definitely do the ride again. Thanks for sharing Paul





## **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:*

*[ChobhamRC@gmail.com](mailto:ChobhamRC@gmail.com)*

*[WWW.Chobhamridingclub.co.uk](http://WWW.Chobhamridingclub.co.uk)*