

Chobham and District Riding Club

July 2020



Stay Alert and Stay Safe!

Our July newsletter includes; Training and clinics, the proposal of a fun day, Results from our online dressage competition and stretches to help your biomechanics.

Clinics and Training

With the changes in the government advice we have now commenced our clinics and training once again. So far, we have successfully held a 2-day polework extravaganza with Jade Hyatt over the 27 and 28 June and on the 05 July we had a fully day of dressage training with Suzanne Holt. Thank you to both for their support and expert guidance.

Both clinics ran exceptionally well and thank you to those who attended, it's great to be able to start up again.

We have more training planned in the diary with details in the upcoming events section.

Just as a reminder to all, please make sure you wash your hands regularly and use hand sanitizer. We have some supplied at each training event.

If you are feeling unwell please do not attend any training event and it is best practise to take your own temperature before leaving home.

Members only fun day

With the sad news we needed to cancel both our camp Summer show we are investigating into the possibility of running a members only fun day to be held on the August Bank Holiday Monday, 31 August, at Dunstall Green, in Chobham. All activities will be on grass.

We would like to have as many members as possible attend, therefore we would like your suggestions on what to include on the day. Please email us so we can start planning ASAP.

Suggestions so far:

- Dressage Arena (any test)
- Clear round jumping
- Le Trek Course
- Orienteering Course
- Group lessons (day camp)

WELCOME TO CDRC

Please join us in
welcoming our new or
re-joining members

Don't forget to join our
members only Facebook
group

Kate Middleton

Katy Waters

Claudia Corner

Pamela Mosby

Jessica Long

Donna Still



THE RESULTS OF OUT DRESSAGE COMPETITION

Well done to all competitors who entered our online dressage competition. As a reminder this was all for fun to get everyone back in the competition mode.

Scores were given for the following categories: Harmony between horse and rider, Transitions, Quality of pace and Overall impression. The judging was extremely tough, and all were very close. Well done to all, lets hope we will be out at real competitions soon

First place

Caroline Shrubbs riding Enriqueta
(Prelim test)

Second Place

Elizabeth Hillier-Sinclair riding
Vincenzo (Prelim test)

Third Place

Diane Brackley riding Nico (Intro
Test)

Fourth place

Sandra Hewitt riding Casey (Novice
test)

Fifth place

Elizabeth Hillier-Sinclair riding Mac
(Prelim test)

The winning test can be
seen on our YouTube
channel.

Just search CDRC!





UPCOMING EVENTS

To enter any training clinic please email us.

Sunday 12 July

James Emblen show jumping

Please contact Marci Gough directly if interested. 07966 741194 or via Facebook

Cost £30 individual £25 each for pairs

Saturday 18 July

Polework clinic with Jade Hyatt (£15 each)

Sunday 19 July

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

Evening of 21 July

James Emblen show jumping

Please contact Marci Gough directly if interested. 07966 741194 or via Facebook

Cost £30 individual £25 each for pairs

Saturday 25 July

Arena Eventing clinic with Jade Hyatt (£15 each)

Saturday 08 Aug

Polework clinic with Jade Hyatt (£15 each)

Saturday 08 August

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

Saturday 22 August

Gridwork clinic with Jade Hyatt (£15 each)

Sunday 16 August

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



TIME TO STRETCH

We are always looking to improve the way our horses go, but do we ever think about our own bodies and the impact we have on our horses. Here are 3 stretches that every rider should do which are specifically designed to improve suppleness and mobility in the saddle to help you move freely with your horse.

Each of the positions should be held for a minimum of 2 minutes and repeated daily for maximum benefit

Position 1- Couch Stretch

This stretch is one of the most beneficial stretches you can do. If you were to do just one stretch, I would suggest this one. Start with your back foot on the ground and place a cushion under your knee if needed. Then as your range of motion improves, place your back foot up on a couch, chair or table. Be sure to tuck in your pelvis and brace your core so you are not arching through your back

Position 2- Hindu Squat

This stretch is amazing for mobility through your hip joints.

Keeping your feet hip width apart slowly lower to a squat position. Place your upper arm inside you knees and push out slowly. If you can't get down low, hold onto a table edge.

Position 3- Butterfly Stretch

This stretch relieves compression of the lower back and hips.

Sitting on the floor, bring both of your feet together in front of you and join the soles of your feet together. Have your feet further away for less intensity and closer for more. Then using your elbows gently press your thighs down to open up your hips more.





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

WWW.Chobhamridingclub.co.uk