

Chobham and District Riding Club

March

2021

35th Anniversary



Stay Alert and Stay Safe!

Our March newsletter includes: A brief update about our AGM, Our Final Vet Talk date, Fun crossword results, Virtual Trek Results, News on our dressage show, training dates and more rider specific stretches to help your biomechanics.

Update from BRC

From 29 March the restrictions on grassroots sport are easing. This means that BRC activity will be permitted if meeting current guidelines.

For us, this means we are able to recommence our offering of training and we are able to run competition, both of these are subject to compliance to the rule of 6 and include no spectators.

This is excellent news. We have already built a full training programme and we are able to hold our planned competitions.

The schedule for our 18 Aril Dressage is attached to this email and also available on our website.

AGM

Thank you to those who attended the virtual AGM. We had 25 members join us and due to the current circumstances we rattled through the formalities in record time concluding proceedings in 24 minutes.

Full minutes will be circulated in the coming days.

Vet Talk

Thanks to Rebecca for our wonderful virtual Vet Talk. This month's Vet talk covered Call Outs, Colics, Cuts and First Aid

The next session is in the diary for **17 March @ 20:00** which will cover Strangles, Vaccinations and there is room for one or two more topics.

If you want to join us for these talks please email us to retrieve the Zoom link.

We are also pleased to share more free virtual talks form Sound Equine Vets. Simply visit our Facebook site for the link (link also shared in the email to this newsletter).

Equine Pilates for CDRC members

Member and our wonderful newsletter exercise guru, Ali Williamson, is offering CDRC members a free Pilates taster session to run on Thursday 18th March at 19.30.

If there are a reasonable number of people who are interested in progressing further, Ali has offered to run a series of 6 weekly sessions at a cost of £48 (£8 per session). If people want to do one or two, rather than the full series, that would be £10 per session. Please let us know if you are interested.

Please join me in welcoming our newest member

Danielle Scandone

Emma Clark

Florence Blandford

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



VIRTUAL TREK

Well done to everyone who entered the virtual Trek. All the activities are excellent at building and maintaining confidence, trust between horse and rider as well as helping when the unexpected occur.

Here are the results. Congratulations to everyone.

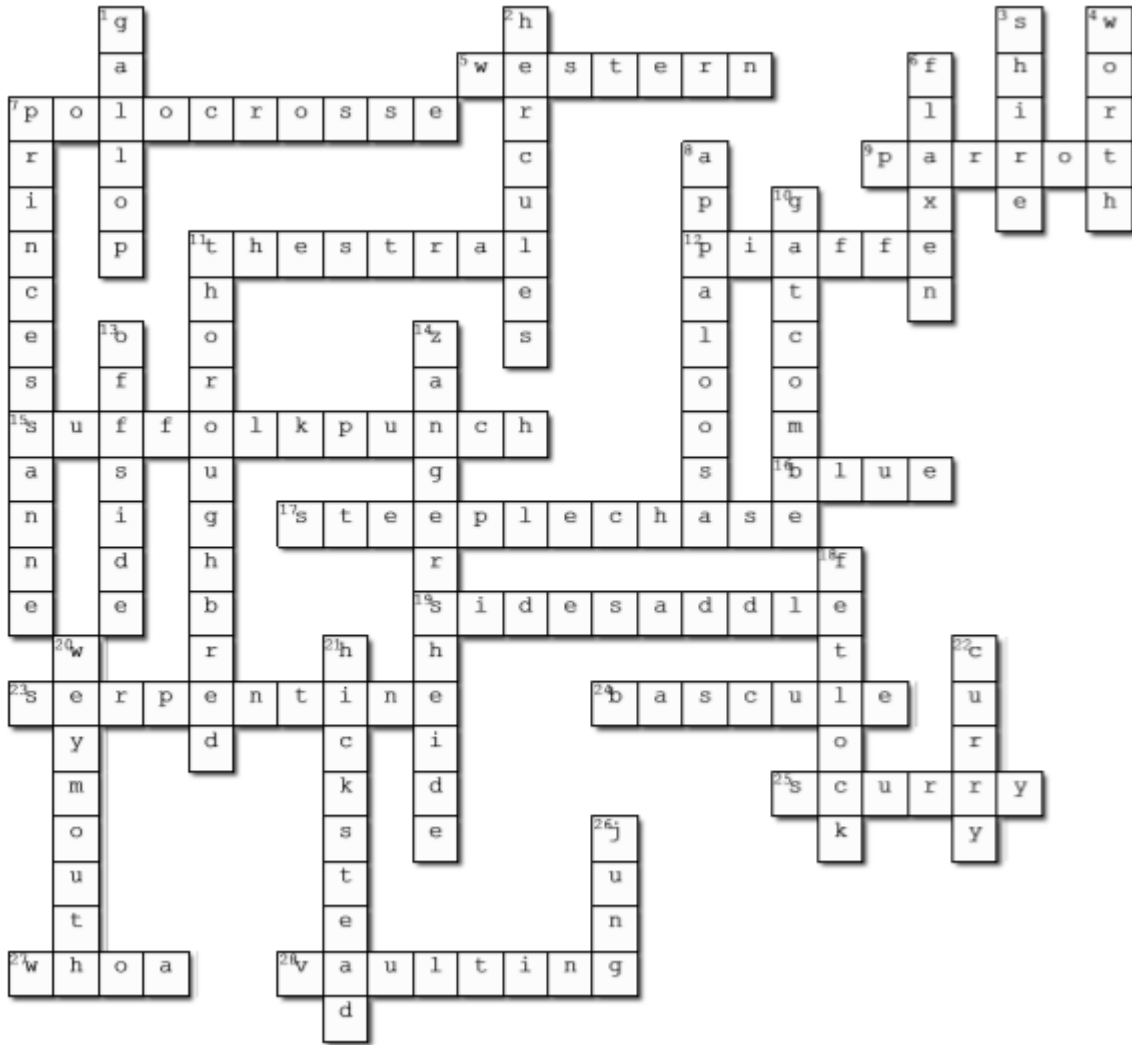
Placing	Rider	Horse
1	Alice Scott	Evie
2	James Parker	Breeze
3	Alice Scott	Ember
4	Florence Bradford	
5	Sara Green	Ty
6	Sara Green	Brit
7	Sarah Leno	Capital Casey
8	Ally Williamson	
9	Fiona lander	

Here is a reminder of all the activities that were completed as part of this competition for you to have a go at home.

1. Corridor ridden at a walk, trot or canter (4 poles in 2 lines set 1m width apart)
2. Jump (cross pole at a max height of 60cm)
3. Water walk across (Tarpaulin on the floor secured with poles x2)
4. Bending poles (6 cones/electric fence posts/jump wings set 2 metres apart)
5. Rein back (use same set up as corridor but only go halfway and rein back until front feet past the end of the pole)
6. Neck rein figure of eight (two cones two metres apart). Go around left-hand cone first and then the right-hand cone
7. A) (ridden) Halt in circle - walk into circle, halt, rest reins on neck and immobility for 10 seconds
B) (in hand) leave horse in circle for 10 seconds (bailing twine circle or pole circle or cone circle)
8. Washing line - collect coat from the washing line take to opposite side of horse and then put coat back on washing line (two jump wings and bailing twine)
9. Mount with mounting block, horse must remain stationary. Dismount, horse must remain stationary.



CROSSWORD





(There are no hyphens or spaces, if the answer is two words there is no space)

Across

5. American style of riding (**western**)
7. A team sport that is a combination of polo and lacrosse (**polocrosse**)
9. where the upper jaw extends further out than the lower jaw (**parrot**)
11. The name of the winged horse with a skeletal body from Harry Potter (**thestral**)
12. Name the highly collected, cadenced, elevated diagonal movement giving the impression of remaining in place (**piaffe**)
15. Britain's oldest native breed (**suffolkpunch**)
16. What colour is associate with a stallion (**blue**)
17. A distance horse race with diverse fence and ditch obstacles (**steeplechase**)
19. The two pommel design refers to what type of riding (**sidesaddle**)
23. 'S' shapes in the arena using loops (**serpentine**)
24. The arc a horse makes while jumping an obstacle (**bascule**)
25. Type of carriage driving (**scurry**)
27. A verbal command used to signal a horse to stop (**whoa**)
28. Mount, basic seat, flag, mill, scissors, stand and flank are all used in what? (**vaulting**)

Down

1. Refers to the four-beat gait of the horse (**gallop**)
2. Name of the horse in Steptoe and son (**hercules**)
3. Worlds largest Horse breed (**shire**)
4. Surname of the person with the most Equestrian Olympic titles (**worth**)
6. Any shade of chestnut, with a blond mane and tail (**flaxen**)
7. Only English Equestrian winner of Sports personality of the year (**princessanne**)
8. An American horse breed best known for its colorful spotted coat pattern (**appaloosa**)
10. Residence of Anne, Princess Royal (**gatcombe**)
11. Horse breed best known for its use in horse racing (**thoroughbred**)
13. The right hand side of the horse (**offside**)
14. Breed that has a Z suffixed to their names (**zangersheide**)
18. Type of horse boot (**fetlock**)
20. Another name for a double bridle (**weymouth**)
21. The name of the All England Jumping Course, (**hickstead**)
22. Plastic and rubber used to remove mud, sweat, loose hair and grease (**curry**)
26. Sumame of a three-time Olympic gold medalist in Eventing (**jung**)



UPCOMING EVENTS

To enter any training clinic please email us.

17 March 2021

Vet talk with Rebecca Gengasamy MVB Cert (EVP) MRCVS. 20:00 start - virtually via Zoom

01 - 11 April 2021

Orienteering starting from Knaphill

03 April 2021

Polework Clinic with Jade Hyatt in Knaphill

11 April 2021

Dressage Clinic with Suzanne Holt in Knaphill

18 April 2021

Indoor Dressage at Merrist Wood

25 April 2021

Jumping Clinic with Jade Hyatt in Knaphill

13 June 2021

Charity Show at Dunstall Green

23-25 July 2021

Camp at Boomerang, Hungerford

30 August 2021

Bank Holiday Monday Show at Dunstall Green

05 September 2021

Indoor Dressage at Merrist Wood



BEFORE YOU MOUNT

Here are two stretches that you can do at the mounting block before you get on your horse. They will not only help you to swing your leg over to mount but make it easier to lengthen the legs when you're riding.

Do both of them twice for about 20 seconds each time with a brief pause in between.

Hip Flexor/Quadriceps stretch:

Hook one foot on top or at the side of the block, hold onto a rail for balance and simply lean forwards. (Lean the whole body like a ski jumper, don't bend at the hips and look at the ground.)

Calf stretch:

Stand with the balls of your feet on one of the steps, hang onto the rail and push your heels towards the ground.

Happy stretching!

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.

We are so excited to announce our dates for 2021.

The camp is a very fun, supportive training weekend, based at Boomerang Stables in Hungerford with some excellent instructors.

We try our best to accommodate everyone, but the camp generally consists of a dressage lesson, a show jumping lesson and a XC lesson over the two days. If you don't do one of the disciplines, we will try to double up on one of the others.

In-between training there is plenty of opportunity to watch and support others as well as feast on all the delicious food.

Spaces are limited and will be on first to book and pay the deposit.

Please book via the RC email and then the deposit information will be shared with you.

Orienteering 01-12 April (£5 each)

Our legendary orienteering dates are also in the diary.

Following the success of our orienteering over two weeks last year, we are proposing to do the same this year. You will have the opportunity to book into a space, any date from 01 – 12 April. You will then be given a list of instructions to follow on the day along with answering Claire's conundrums. Each correctly answered question gains points. Points are then deducted the further away from the bogey time that you are.

This event is best completed in pairs or a group of 3. To book your orienteering space get your partner or team together and then email us.

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