



Chobham and District Riding Club

September 2020

Stay Alert and Stay Safe!

Our September newsletter includes: An Update on Covid, Review of the members fun day, training dates and more rider specific strengthening to help your biomechanics. We also have our orienteering planned for the 04 Oct

Covid regulations

With the regulations ever changing. Please see the below statement from British Riding Clubs.

From Monday 14 September it will be illegal, in England, to have a social gathering of more than six people. We are waiting for the detailed guidance to be issued which will enable us to issue clarification.—The information which has been released indicates that businesses and organised sporting provision are not included in this legislation. We recommend that Centres, both riding schools and livery yards, continue their current organised provision with Covid-secure measurements in place. We will update you as soon as we are able to.

Taking this advice into consideration we are confident that we will be able to continue to hold all the training events planned and we will continue to follow best practise at all events.

As a reminder we request all member to check their temperature before attending any event and if unwell, please stay home. If you are coming please ensure you only bring 1 other person unless agreed with us prior to the event/training.

Gasston Farm XC

Cross Country Clinic with Lucy Gasston – Sunday 6 September (Sara Green reporting)
Many thanks to Liz Hillier-Sinclair for organising this clinic at Gasstons Farm. Although outside of the local Chobham area, it was well worth the trip. Not only were there a huge variety of fences, from “step over in walk” height to the “scare me to death” variety, but Lucy was a very patient and encouraging instructor. I should make it clear at this point that I was chauffeur and groom and that someone else was riding my horse.

There were 4 in “my” session and after a warm up trot and canter around the first field, the jumps started with confidence building logs. Over the course of the lesson, Lucy encouraged riders to tackle a variety of fences, including tyres, a hedge, steps up and down, and a small water splash as well as the logs and other wooden fences. Apart from one horse who was adamant he was not going to go paddling (situation normal according to the rider) everyone achieved their personal challenges and certainly all seemed to have a good time. All the horses stayed relaxed, and even the riders managed to end up smiling. With such a wide variety of fences available, I’m certainly looking forward to a return visit at some point in the future.

Please join me in welcoming our newest members.

Megs Michael
Tracy Millett
Jenny Privet
Lola Rega
Louisa Hastings
Ida Welch

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



MEMBERS' ONLY FUN DAY

Sunday 31 August 2020.

This day would have ordinarily been our Annual Show which is primarily used to make money for the Riding Club, which we use to subsidise some training and other expenses. This is also great opportunity to encourage more people to join our wonderful club.

This year due to all the COVID-19 restrictions and challenges with limited people allowed at a venue we made the decision to cancel the show and instead run a Fun Day for members only.

I hope everyone who attended will join me in saying what an amazing day we had. If you didn't manage to join us, there is plenty of testimony on our Facebook page and I have included a synopsis of the day below.

The day consisted of 5 options for members to participate in.

Dressage

There were 6, 45-minute, lessons with Suzanne Holt, each with two riders per lesson.

The aim of the lessons was to either introduce lateral work to those who had not started this or to improve the movement to those already accomplished. Lateral work is important because it helps to keep your horse supple. There's no getting away from the fact that none of our horses are getting any younger and with age comes stiffness. But if you make lateral work a regular part of your horse's exercise programme, it'll help to keep them supple and moving freely. Suzanne emphasised, it doesn't matter how many steps you achieve, just focus on getting those you do as good as possible. Over time you will find you will be able to do more and more.

Show jumping

We had 3 groups for the show jumping lesson with Nick Edwards. Two of the groups were jumping 70cm with 4 riders in each. The third group jumping 80-90cm consisted of 5 riders. All lessons were for 60 minutes.

Nick was focussing on rhythm, impulsion and keeping our shoulders back to keep the horse in balance. He was excellent about providing encouragement and recognition when it all went well.

Polework

We had two groups in the polework lesson with Jade Hyatt. Both groups had young horses or rather excited horses. The poles definitely gave them something else to focus on and all finished having accomplished something. This was then followed by clear round jumping

XC

The XC was also taught by Jade Hyatt and with three groups of 4 and she had to walk miles around the course. (thank you Jade) Everyone returned with huge smiles from the XC having achieved some great jumps over the wonderful fences.

Le Trek

Huge thanks to Amelia for creating and running the Le Trek section. There were loads of challenges including, scary alley which had a pushchair, umbrella, banners etc but much to our disappointment the horses didn't even look. There was also a circle to be stationary in without any rein contact, a ditch (tarpaulin) to walk over, the slowest canter and fastest walk, s-bend, bending poles and a lot more. A really good experience for both horses and riders.



Here are a very small sample of the 270 photos that Claire captured on the day. These are all being loaded to our Facebook account. If there are any you would like sent to you, please email us and we will try to accommodate.





ONLINE DRESSAGE COMPETITION

Since all our competitions have been cancelled this year we have decided to run an online dressage competition, similar to that held in June but this time, tests will be marked as a dressage test. This is open to all members, friends are also welcome to participate but they need to be accredited to another riding club or BD in order for us to use the BD tests.

You don't need to dress up in competition clothes but can if you want to. All tack must be per dressage rules.

Cost - £6 per entry

The Rules and requirement

- You don't need to dress up, unless you want to.
- Please film from C end of the arena (where the judge would usually sit)
- Film in landscape
- When sending your film please let us know the test, and name of Horse and Rider. Please also include the test number you are riding. (e.g. Prelim 18)

- Entries close **Sunday 01 November**. (plenty of time to practise and perfect your moves.
- Please then send your video(s) to us for free using 'WeTransfer' <https://wetransfer.com/>

Tests to choose from.

- Class 1- Intro B (2009) Walk & Trot**
- Class 2 - Intro C (2016) Walk & Trot**
- Class 3 — Prelim 12 (2005)**
- Class 4 — Prelim 14 (2006)**
- Class 5 — Prelim 18 (2002)**
- Class 6 - Novice 27 (2007)**
- Class 7 - Novice 30 (2006)**
- Class 8 - Elementary 44 (2002)**
- Class 9 - Medium 63 (2002)**





UPCOMING EVENTS

To enter any training clinic please email us.

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)

Saturday 03 October

Polework clinic with Jade Hyatt (£15 each)

Sunday 04 October – Orienteering competition - £6
(Please enter by 25 Sept to enable us to understand numbers and plan a route)

Saturday 10 October

Gridwork clinic with Jade Hyatt (£15 each)

Saturday 17 October

Dressage clinic with Suzanne Holt (£25 for private 45 minute lesson / pairs lessons available)

Saturday 24 October

Polework clinic with Jade Hyatt (£15 each)

Sunday 01 November

Flatwork with Malcolm Hunt (£25 for a private 45 minute lesson / pairs lessons available)



TIME TO STRETCH

Hello again, If you've been doing the flexibility exercises from last month's newsletter, you should be more able to move your shoulders back and down to open the chest. Now you need to add strength work for the opposing upper back and rear shoulder muscles so you can maintain this lovely open posture.

When you do these exercises do work hard enough to feel fatigue in the relevant area. You won't make gains unless you push yourself. Every so often you should be able to increase the weight and/or the number of reps you can do. You have become stronger!

You will need weights and/or a resistance band. You can get both from Amazon and they don't cost much. But of course, you want to get started straight away so grab a couple of 14oz cans of beans or something handy at the yard and let's go ...

It's very motivating to see your progress. Make a log of what you do each day, note down when you increase the size of the weight or the number of reps and look back over it from time to time and see how you've progressed.

Good luck! 'Till next month,
Ali

Reverse Fly

To strengthen the Deltoids (rear shoulders) and major upper back muscles including the Trapezius. Contraction of this muscle will help to pull the shoulder blades in towards each other.

- Stand with one foot forward and front knee slightly bent. Hinge forward from your hips, keeping your back straight and your chin slightly tucked in. Let your arms hang down, palms facing each other and weights in your hands. (Picture 1). It's really important to position your back properly so you are working against gravity and targeting the correct muscles.
- Slowly lift the arms up and down as though you are flying (Picture 2)
- Do 3 sets of 10 reps with a brief rest in between each set.

Dumb Waiter

To work the Rhomboids and Rotator Cuff muscles. This is a great exercise to improve posture and to stabilize the shoulders.

- Stand or sit with a resistance band held across the palms of your hands or weights in your hands and palms up. Lengthen your spine and slightly tuck in your chin so your neck lengthens too. (Picture 3)
- Move your hands apart with your thumbs leading the way then back to the centre with the little fingers leading. Keep your elbows glued to your waist. (Picture 4). You are working smaller muscles and they won't take long to tire so try for just 10 reps to start with.
- A resistance band works best for this exercise but make sure you move your hands slowly together and don't allow the band to pull them back to the centre.



Reverse Fly

Dumb Waiter

Picture 1



Picture 3



Picture 2



Picture 4



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



Dates for your diary for 2021

Sunday 18 April – Indoor dressage at Merrist Wood

Sunday 05 September – Indoor dressage at Merrist Wood

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.

ChobhamRC@gmail.com

WWW.Chobhamridingclub.co.uk