



## Chobham and District News Brief – August 2019

Welcome to the August CDRC news brief updating you on what is coming up and our past events. If you do not wish to receive these emails, please contact us via [Chobamrc@gmail.com](mailto:Chobamrc@gmail.com) so you can be removed from the mailing list.

You can also use that email address to send us feedback or to contact any member of the committee with questions or suggestions.

### **Welcome to new members**

We would like to welcome Rebekah Prior and Rachel Walsh to CDRC. We hope to see you at many of our upcoming events.

**We have our two shows in the coming weeks, please see the schedules attached. We hope to see lots of members at both events.**

### **CAMP 2019**

A huge thank you to Liz and Caroline for organising a truly amazing Camp 2019. Everyone loved it and I am pleased to say the only accident was not horse related but did involve a few drinks and the song 'Despacito' which led to widespread hysteria through the group, but I promised I wouldn't mention it (Sorry Liz, but it was hysterical).

We all arrived at Boomerang stables in Hungerford after 14:00 and got the horses settled in their temporary homes, build/set up our own homes before all mounting our steeds and going for a quiet hack around the x-country course. This was itself fairly exciting for both horses and riders with statues of elephants, a camel and jumps shaped like pigs, cows and rockets to contend with.

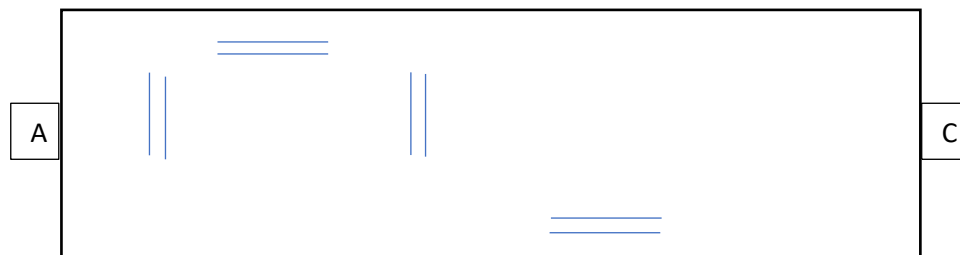
After this ride, we all settled around the arena with a glass of wine (or other tippie) to learn a little bit more about dressage to music. Our wonderful chairperson, Sara Green very kindly talked us through how to match music to a horse's paces including the difference in tempo and general ambience for the different types of horses. Caroline Shrubbs on her Spanish horse Enriqueta taking a more flamboyant lighter tune whilst Sue Simmons on Ruby, a warmblood who suited an orchestral version of teddy bears picnic, which had a stronger beat. Finally, Sandra Hewitt on Casey, who had slightly slower paces but could fit into both styles easily and demonstrated that the rider can really influence the horse to match the music.

The session was extremely interesting and for those interested, Merrist Wood have some competitions coming up in the near future, please see their website for more details <https://www.merristwoodarena.co.uk/event-listing/>.

We were all then treated to a delicious bolognaise cooked by Mr and Mrs Shrubbs (Norman and Vange) accompanied by a nightcap before our busy day ahead.

Saturday was an early start for Liz and Serrie who fed all the horses before making a full English breakfast for all (delicious). We then had two lessons each, one with Jade Hyatt show jumping in the huge outdoor arena, slowly jumping each fence in turn before linking them together to complete a whole course. Of course, it was noted that after clearing each fence it was often raised just a little bit before the next approach.

The other lesson was in the indoor area doing flatwork with Nikki Kerr. Nikki focussed us on suppleness. She set out corridors using poles, crossing the arena at G, X and then two more on the long sides on the  $\frac{1}{4}$  line creating a 'S' shape. Through the lesson you progressively rode through the corridors one at a time and then progressively added them together until you completed a figure of eight riding through all the corridors. (I hope you can picture this)



This was a very useful exercise for all, encouraging the horse to look down through the poles whilst following the riders seat to bend effectively.

The evening activity was a wonderful demonstration and talk by Jade on Biomechanics and sports psychology. Who knew that so many of us through the day had demonstrated 'protection of our ego' phrases? We also learnt how Liz May-Heggie has one leg longer than the other and there are very easy to do exercises to try to ensure we are aligned and therefore help to keep our horses aligned. The evening entertainment continued thanks to a wonderful quiz that Elizabeth had prepared which included, geography, history, music, equine and a general knowledge round. Well done to the winning team of Sandra Hewitt, Sue Simmons, Jess Long and Katie Hawker.

Sunday was x-country day. Our wonderful instructor Jamie was extremely supportive, providing instruction at each individual fence about how to jump it, what line to take and what to look out for. He then linked a few fences together to keep the momentum.

I think most people started off hesitant about the jumps on the course as many had been made into elaborate rider frighteners including a banana, a rocket and ducks on a river. There were two water complexes, both with steps up and down, which even the most hesitant jumpers completed successfully. In the end everyone thoroughly enjoyed the lesson and it was a great experience for all.

Sue and Siobhan opted to stay off the x-country course and have a show jumping lesson instead, which they were both flying round.

It was then the mammoth task of clearing up, mucking out all the stables and making the place spic and span before clearing away all the food and drinks, and taking down our tents.

It was an absolutely wonderful camp, so well organised and it ran like clockwork. On behalf of all campers, we would like to thank Elizabeth and Caroline for organising and Norman and Vange Shrubbs for looking after us all so well with amazing meals.

The 2019 campers were: Elizabeth Hillier-Sinclair, Caroline Shrubbs, Katie Hawker, Elizabeth May-Heggie, Marci Gough, Serrie Hurst, Jodie Shaw, Rebecca Wardle, Rebecca Prior, Zoe Frampton, Sandra Hewitt, Sue Simmons, Siobhan James, Jess Long, Maria Aspinall and Paul Dixon with additional support from Georgie Poulter and Ginny Winter.

### ***Hickstead***

We sent two teams to the Hickstead team of 3 show jumping. With 70 teams we ended up a respectable middle of the scoreboard.

The day was not without challenges with issues with the organisers which was not a great start for the day. Thank you to Liz for team managing, it is never an easy task especially with last minute team changes. Our teams consisted of Liz Hillier-Sinclair, Liz May-Heggie, Rebecca Hales, Francesca Elliot, Abigail Potter and Jess Long. Well done to all

### **Upcoming events**

To book any of the lessons please email [Chobhamrc@gmail.com](mailto:Chobhamrc@gmail.com) with '(date) lesson' in the subject i.e. 03 March lesson. Please note that payment for lessons may be taken in advance to secure your place.

#### **Sunday 11 August 2019 – Flatwork with Malcolm – Knaphill**

Individual lessons £25 for 45 minutes. £30 for non-members

#### **Saturday 17 August 2019 – X-country with Jade Hyatt – Mini Mattingly**

Small groups – cost TBC

#### **Saturday 31 August 2019 – Pole work with Jade Hyatt - Knaphill**

Small groups cost £15 for members and £20 for non-members.

#### **Sunday 22 September 2019 – TREC lesson at Westcroft Park Polo Club, Windlesham Road, Chobham, GU24 8SN.**

TREC is a fun, inclusive sport that all types of horse/pony and rider can enjoy. TREC training can add a new dimension to your schooling and it's fun for both horse and rider.

The cost is £35 for members (£40 non members) for 1hr 30mins training. Groups of 4 riders in a the polo arena (circa 90m x 90m). Lessons from 10:30.

At the clinic you will learn how to tackle a variety of TREC obstacles successfully, for example Corridor, Low Branches, Neck Rein, Bridge, S bend. Some obstacles are done lead as well! Suitable for all horses, ponies and riders, including newcomers to the sport.

Coaching by a TREC GB TD/judge/experienced competitor.

Improves your partnership with your horse as well as fun & beneficial for horse & rider whether you plan to compete or not

To book your place or if you have any questions please reply to this email.

### **Sunday 29 September – Dressage with discussion – Suzanne Holt in Knaphill**

A 45-minute individual session with Suzanne Holt. Cost £25 members (£30 non-members)  
Arrive prepared with a dressage test. Complete the test and Suzanne will make comments like a normal test judge. She will then go through a breakdown of the test with you, giving you pointers and instructional before riding through the test again.

### **Sunday 20 October – Beach Ride**

A very early morning start, meeting at Hayling Island at 07:30am for up to two hours on the beach.  
Cost £5. (please book this event)

### **Sunday 13 October – Festival of the horse – Team event**

Heights from 80cm to 100cm

### **Sunday 27 October – Flatwork lesson – Suzanne Holt in Knaphill**

Individual lessons £25 for 45 minutes. £30 for non-members

### **Shows**

We have two shows coming up in quick succession. The schedules for both are attached and available on our website and facebook. Please share with as many people as possible as these shows fund the riding club to be able to offer subsidised training and run other non-profit events

- **Monday 26 August 2019 - August Bank Holiday Show**
- **Saturday 07 September 2019 - Dressage at Merrist Wood**

We are always in need of help on the day so please let us know if you are available on either of these dates to help for up to 2 hours.

### **Area Events**

2019 Area team events are as follows – if interested please contact Liz via the club email.

- 13 October 2019 – Festival of the Horse qualifier at Munstead
- 09 November 2019 – Arena Eventing at Pyecombe

Finally, we have added a few more events to our 2020 plan which include, a polo lesson, Ride in the new forest and a ride and BBQ, so lots more to look forward to. Other ideas are always welcome.

See you at the shows!

### **CDRC Committee**

Chair – Sara Green

Treasurer – Nick Valvona

Teams & Training – Liz Hillier-Sinclair

Website & Communications - Paul Broadest-Dixon

Secretary – Amelia James

Membership – Claire Valvona

Area Liaison – Caroline Shrub

Ordinary member - Malcolm Hunt

Sarah Leno is the Club Safeguarding Officer.