



**BRC presents our 23<sup>rd</sup> of FEBRUARY 2020 training day:**

*Dressage Practice / Protocol +  
Green Horse / Rusty Rider Groups*

**For BRC members ONLY.**

*No stallions. Hoof boots welcome.*

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*Green Horse / Rusty Rider –*

For the first outing of the year Committee member **Heather Thomas** will be providing three (3) different offerings. Max of 8 per group – so get in quick!

**Group 1 – ~9-10.30am**

First up we will practice ground work and self-loading. With the recent evacuations due to fires it's a timely reminder to ensure we can safely get our horse on the float by ourselves. We can't always have two people in attendance and after all, floating your horse somewhere is often half the challenge. Let's build confidence so you can get out and about in 2020. Please park your float with your tailgate towards the indoor arena so we can all practice together in a group.

**Group 2 – ~10.45- 12.15pm**

We'll focus on ground work with the aim of getting on in a safe group environment. Come saddled ready to ride, but you don't need to have warmed up. We will all work together to mount up and have a safe and enjoyable ride.

**Group 3 – ~1.30-3pm**

This group will practice control in a group environment and tackle some obstacles for fun.

These activities will take place in the newly covered arena if possible, but due to some ongoing drainage works if the arena is not available on the day then we will move to the fenced jumping paddock.

**\$15 per group – max 2 groups**

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*Dressage Protocol –*

**Sue Wilmington**, local EA instructor, will be on hand to watch you ride your chosen dressage test and then give you immediate feedback and assistance before you ride it again. You can choose which test you would like to ride (maximum of two tests per horse - up to Elementary), so why not go up a level from your usual comfort zone without the stress of competition?

Sue specialises in equine behaviour and biomechanics and teaches that to be an effective and considered rider you must understand how the horse thinks during the training process and this must not involve violence or force. At the same time an understanding of biomechanics when training helps to focus and progress that training successfully. Shortcuts simply cannot be taken. All of this culminates in a happy horse and a pleasurable experience with your horse every time you train.

You have half an hour with Sue to ride your chosen test twice, with immediate feedback.

To read more about Sue : <http://suewilmington.squarespace.com>

**\$25 per test – max 2 tests**

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## Dressage Private Lessons –

We have been lucky to secure **Diana Waters**, from Responsive Equine on the NSW Central Coast, for four (4) private lessons and one (1) group lesson (max 4 riders). Diana is a UK trained BHSI and Enlightened Equitation (EE) instructor with many years of experience, as well as being a C Level Working Equitation Down Under accredited judge. Private lessons are 45 mins and the group lesson is 1 hour. Diana teaches the rider to synchronise exactly with the horse's movement, using clear and simple explanations. She teaches precise and correct application of the aids in conjunction with exercises that develop the horse's confidence and balance without force. This results in a horse and rider that move in lightness balance and elegance, ready to excel in their chosen discipline. She also believes in frequent breaks for the horse as well as variety.

She can offer help with in-hand work, development of a training plan, unmounted practice in correct application of aids, or whatever the rider feels would be the most useful.

To read more about Diana : <https://dianaparry.wixsite.com/responsive-equine>

**Private Lesson \$70**  
**Group Lesson \$50 per person**

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### **Registrations close Sunday 16<sup>th</sup> February**

***Unless filled earlier***

Rego Form at <https://www.mybrc.net/whats-on>.

**LUNCH is available on the day \$5 (via Rego Form)**

**Cancellations:** after the closing date for registrations cancellations will require a veterinary or doctors' certificate to receive a 90% refund. Please contact us ASAP if you need to cancel, so we have the best opportunity to fill your place.

**Enquiries:** by email first, please : [2mybrc@gmail.com](mailto:2mybrc@gmail.com)

(BRC President, Angela Dulhunty, will be lead for the day – 0448 822 923)



### **CODE OF CONDUCT, SAFETY and INSURANCE**

**BRC's Code of Conduct applies to the activity days, and is available to be read on the BRC website [www.mybrc.net/membership](http://www.mybrc.net/membership). Submission of registration is taken as acknowledgement and agreement.**

#### **BRC's Code of Conduct.**

Please ensure that your gear/equipment/horse/pony is in good safe working order. If you are riding, you will be required to wear an approved riding helmet (ASNZS 3838) or other approved by the EA (Equestrian Australia) and appropriate clothing and footwear as set out in the Club's Code of Conduct. You are asked to disclose any medical conditions or allergies in order for BRC to provide the best assistance in the event of an incident. BRC is an EA affiliated club and, as such, is covered by Public Liability Insurance.