

# Let get Going Clinic Details

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## Who is this for?

- Riders getting back to jumping after being off. Either because of injury to themselves or their horses
- Young horses who are jumping single fences, cantering over poles and are now ready to take things to the next level
- Giving younger horses experience of a different venue or staying away from home.
- Riders wanting to start affiliated competition.
- Riders jumping at lower heights.
- Riders aiming to get out to a show.
- Improving horse way of going and jump technique.

## What should I be able to do, already, to get the most out of this clinic?

- Jump single fences minimum of 60cm
- Canter over three poles.

## What will I get from the clinic?

- Improved confidence of horse and rider to ride around a novice level course, at a height suitable for the capabilities of the horse.
- A plan of where to direct training effort for continued improvement.
- Exercises to work on at home.
- The foundations of training to prepare for going to a show.
- How to formulate your seasonal training plan and set productive Performance Goals.

## Who is coaching this clinic?

Resident coach Christine Shubrook



*BS Accredited UKCC Level 3 Showjumping coach*

*Centre10 Advanced APEC (Applied Psychology for Equestrian Coaching) Coach*

*Testt® Certified*

*NLP Practitioner for Sport.*

*Part of the BEF National Development Program for Coaching Excellence*

*ITEC Certificate in Anatomy, Physiology*

## What will we do?

### Flatwork & polework –

Working over poles gives us the chance to work on our own balance and the balance of the horse. We can experiment with riding lines and approaches to fences. It also makes our horses very aware of their feet and proprioception making them nimble. The result is a more rideable, pliable horse.

### Gymnastic jumping exercises –

Taking polework into a full blown jump gives us a challenge to our balance, this conditions our smaller balance muscles and makes us more flexible and our horses more athletic. It also makes your thinking and reactions that much quicker.

These exercises will magnify the questions set by the course builder and allow us to prepare for them.

### Jumping a course –

The aim of our training is to be able to jump round a course in a flowing and controlled way. We will practice jumping a course and look at how best to do this, tactically and technically. The course will be on the surface, indoors.

### Rider position –

Often when training we talk about the position of the rider and how your body moves to communicate with the horse. It isn't always easy to be able to focus on this and get the 'feel' whilst mounted and executing an exercise. In this unmounted segment we will do just that.

### Course Walk –

Riders often ride for years without having anybody explain what to look for when walking a course, apart from the order in which to jump the fences. In this segment we will look at some technical and tactical aspects of course building and walking. We will also look at strategies for remembering the course.

### Goal setting & competition planning –

Goal setting is often talked about, and we are told we should have goals. But are you setting the right goals? Are those goals working to support you and motivate you? Are they giving you the building blocks that mean you get what you want out of your equestrian partnership or competition aspirations?

We will look at the strategies in producing your horse and preparing for competition. Discuss what skills are needed to take the first steps into competition and what is needed if you want to take a step up.

## Timetable.

The timetable can vary slightly on each course, depending on the number of people on the course and in each group. We plan for 3 people per group and two groups. Below is the normal run of things.

It works best if everyone is there for the whole time. It allows you to watch others and that is another great way to learn. Being able to share experiences is also part of the fun of a clinic and gives you the chance to support each other.

### 1st Day -

9:00	Welcome. Meet and tour of the facilities.
9:30	First group pole & flatwork session
10:45	Second group pole & flatwork
12:00	Lunch
13:00	Unmounted work on rider position
14:00	First group – jumping technique exercises
15:15	Second group – jumping technique exercises

### 2nd Day -

9:00	Meet to recap on previous day.
9:30	Unmounted - Course walking
10:00	Setting productive goals, preparing and planning for a show.
11:30	First group – jumping a course
12:45	Second group – jumping a course
13:45	Lunch – reflection on the clinic and questions.

## Can I stay over?

### YES

As part of the clinic cost you will be provided a DIY day stable. There will be a base shavings bed and an automatic drinker.

You are responsible for mucking out the stable and it should be left as found. For bio-security we ask that horses aren't grazed, and we disinfect stable door and bars with a long acting product prior to your arrival.

The stables are Londdon boxes and they have open bars between them, so please let us know if you have a stallion.

If you wish to stay overnight there will be an additional charge of £10 a night per stable. If you would like to stay over in your transport - hook up is limited but available (£5 a night), and we have a shower and toilet on site.

There are a number of B&B's and hotels close by.