

# Ready, Steady, Event – 2 Day Camp Details

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If you are planning on making the most of the Autumn season ahead, looking at eventing, hunter trials, arena eventing or simply just want a boost and set up before the autumn showjumping season - this 2 day session is for you and your horse.

## Who is this for?

- Riders looking for a boost going into the autumn season.
- Young horses who now are ready to be challenged with more complexed questions.
- Riders wanting to sharpen up their performance.
- Someone looking to spend some time out with their horse and have a challenging but enjoyable learning experience.

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

- Jump a course of fences minimum 80cm, confidently.

## What will I get from the clinic?

- Improved confidence of horse and rider.
- A more focused horse and rider partnership.
- Exercises to work on at home.
- Being prepared to take on the season, showjumping or eventing.
- How to formulate your seasonal plan and set productive goals.

## Who is coaching this clinic?

Resident coach Christine Shubrook.

*BS Accredited UKCC Level 3 Showjumping*

*Coach*

*Cente10 Accredited Coach  
(Applied Psychology for Equestrian  
Coaching)*

*Testt® Certified.*

*NLP Practitioner for Sport.*

*Part of the National Development Program for Coaching Excellence*



## What will we do?

### **Polework & Testt® –**

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.

Using the Testt® system we will work on rider alignment and body awareness.

### **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.

We will particularly be working on angles and lines with the up coming event and arena eventing competitions in mind. These skills are equally important in the showjumping ring, they make for quick jump offs and careful horses.

### **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. Weather permitting, we will be using the course set in our sandy grass jumping paddock.

### **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. Looking at what we need to be 'fit'

### **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.

### **Studding –**

The subject of what studs when often comes up. So we have some time set aside to discuss this subject and look at some options.

### **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, or are they having a negative effect on your riding enjoyment?

There are some well-rehearsed steps to check out your goals are SMART, and we will discuss and work through these.

Elite riders have a seasonal plan for what shows they are going to and what needs to be achieved to get there. Not only in terms of how the horse trained, but also in how competitions link together to build experience and confidence to the horse. This is just as important at grassroots level. In fact it could be argued even more so, as work and family have to be considered too.

## Timetable.

The timetable can vary slightly, depending on the number of people on the course and in each group, as well as how we progress and what comes up in the discussions... and the amount of chat over lunch!

It works best if everyone is here for the whole time. The timetable 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. Non ridden sections will be as a whole group.

We plan for 3 people for the ridden groups and two groups, but this will be amended so everyone is working at their level.

Below is the normal run of things – the content will be stuck to the timings will be flexible..

### 1st Day -

8:30/9:00	Welcome. Meet and tour of the facilities.
10:00	First group polework & Testt® session
11:15	Second group polework & Testt® session
12:30	Lunch
14:00	Riders – body ready?
15:15	First group – jumping technique exercises
16:30	Second group – jumping technique exercises

### 2nd Day -

9:00	Discussion on stud choices
9:45	Unmounted – course walk in Jump Field
10:15	Competition Mindset techniques
12:00	First group – jumping a course
13:00	Second group – jumping a course
14:00	Lunch
15:00	Goal Setting

## 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. The stable door and bars will be disinfected 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.