



“Polework for Balance” “Poles t’ Jump Clinic Details

In this workshop we will be working with poles in different configurations with a focus on improving rider position alongside horse and rider balance.

There are two classes to choose from, Polework For Balance and Poles t’ Jump.

Polework For Balance – will be mainly trot work, as a group, over a sets of poles. We will do some canter over single poles, maybe sets of poles depending on the group.

Poles t’ Jump – Will have more work in the canter. We will warm up over sets of trot poles, move on to sets of canter poles and aim to include a single small fence (max 60cm) at the end of the session.

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 is this clinic good for?

- Work on proprioception for horse and rider
- Increasing horse’s dexterity and strength,
- Beginning of jumping under saddle
- Improve rider position
- Horses coming back into work
- Dressage horses wanting to do something 'different'.

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

- Trot over three poles
- Canter over a single pole

What will we do?

Work over pole sets, varying in number and distances, set in different patterns to increase awareness of straightness and turns and curves.

What will I get from the clinic?

Better control around a turns

A measure of how balanced and strong you and your horse are.

Exercises to work on at home.

Can I stay over?

Yes if you wish. It is possible to come for this clinic and then stay over for additional 1-2-1 training sessions.

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 London 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.

How do I book? & How much does it cost?

A link to the booking form and costs can be found on our website.

<https://www.thundry.co.uk/items>