

## YARD CAMP 2018

### ‘Getting the most from your riding’

This year’s training camp is running over 2 weeks, starting on Wed 1st August. The camp is open to liveries and riding clients and focuses on the rider position and how to improve your effectiveness as a rider. It includes video feedback sessions, re-framing your approach to riding, horse and rider stretches delivered by Nadia Kopec ACPAT from NK Physio and a confidence boosting session delivered by Bonita from Future Edge Coaching.

You can attend morning or afternoon sessions, days or the whole camp.

Day stabling may be available depending on demand.

The timetable is below and includes a barbeque and the option to camp on the yard or in Stable 1 in overnight on the second Friday night (Aug 10<sup>th</sup>)

#### COURSE COSTS:

Whole camp                      £260.00

Per Day                              £55.00

Per Am or PM session        £30.00

Payment must be **received before the first day of the course**

	Thur 2nd Aug	Fri 3rd Aug	Sat 4th Aug		Thur 9th Aug	Fri 10th Aug	Sat 11th Aug
<b>AM SESSION</b>							
9.15-10.15am	Catching in, grooming & tackup	Catching in, grooming & tackup	Catching in, grooming & tackup		Catching in, grooming & tackup	Catching in, grooming & tackup	Catching in, grooming & tackup
10.30-11.15am	Group flatwork lesson inc videoing- Beth	Simon's treasure hunt! - on horseback weather permitting	Group lesson focusing on rider position - Beth		Group polework lesson- Beth	Group flatwork lesson focusing on rider position inc video- Beth	Group flatwork/ pole lesson to music- Beth
11.15-11.45am	Break		Break		Break	Break	Break
11.45 - 12.30pm	Video feedback session		Influence of Rider position when riding school moves - Beth		Team teach session	Video feedback session	Summing up session
<b>PM SESSION</b>							
1.30-2.45pm	Lunge lesson on school horse- Elgar and Rafa	Horse massage and stretches to improve suppleness- Nadia Kopec MSc, ACPAT	Saddle design and the impact on rider position- Beth		Confidence boosting session - Bonita Ackerman Du Preez from Future Edge Coaching	A new perspective on your approach to riding - Simon	
2.45- 3pm	Break	Break	Break			2.30 - 3.30pm- Rider stretches to help improve position - Nadia Kopec MSc, ACPAT	
3.00- 3.45pm	Postiton review session and setting targets for the week- Beth	Horse stretch practice with own horses	Spa session for the horse - trimming, bathing etc				
3.45- 4.30pm	Turn out and beds done-	Turn out and beds done-	Turn out and beds done-		Turn out and beds done-	Turn out and beds done	
<b>Yellow sessions are ridden sessions</b>						5.30pm - YARD BBQ	
						CAMPING OVERNIGHT FOR THOSE WHO ARE BRAVE ENOUGH!!	

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### BOOKING FORM & CENTRE GUIDELINES

To book your place on any of our courses simply complete this booking form and e-mail it to us at [office@thurleighequestriancentre](mailto:office@thurleighequestriancentre), or drop it in to the yard. Please call Beth on 07973329883 if you would like to speak to us first.

<b>Name</b>	<b>Age</b>
<b>Name and age of horse</b>	
<b>Emergency Contact name and number</b>	
<b>Contact e-mail Address</b>	
<b>Allergies, or special medical information of relevance.</b>	

Date	Session booked	Cost £	Total Fee £

*I hereby agree to abide by the Thurleigh Equestrian Centre Yard Guidelines (overleaf) and have read and accept the cancellation policy.*

Name: \_\_\_\_\_ Signed: \_\_\_\_\_ Date: \_\_\_\_\_

#### **Cancellation Policy**

**Any courses booked and cancelled within 3 days of the start date will be charged for unless a replacement attendee can be found to take the space.**



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### THURLEIGH EQUESTRIAN CENTRE YARD GUIDELINES

The rules of the yard are here to ensure that the yard remains a safe and enjoyable environment for all who use it, and Thurleigh Equestrian Centre appreciates your support in upholding them:

- Please ensure that you listen to your instructor at all times and pay particular attention to any health and safety or fire warnings.
- Any horse being brought onto the yard for a clinic must have an up to date flu inoculation and be in good health.
- Please make sure you act in a responsible and sensible manner at all times during your courses/days on the yard.
- Safe, suitable footwear must be worn when on the yard and around the horses. No flip flops or trainers are allowed.
- Gloves and a hat must be worn when leading or handling school horses. (these can be provided by the centre if needed)
- Health and safety procedures set out by the Yard must be strictly adhered to. Smoking on the premises is strictly forbidden - anyone found smoking on the premises will be asked to leave immediately.
- All students must not walk around the yard unattended. Particular care must be taken when near or on the muck heap and when walking around horses tied up on the yards or when walking through paddocks.
- All droppings on the yard and schools/arenas must be removed after each use.
- Please drive carefully and slowly around the yard and park in the designated spaces.