WEST SOMERSET RIDING CLUB

NEWSLETTER

January 2009

Chairman – Sue Rose
susan_rose@btconnect.com

Treasurer – Anne Hand
annehand@tiscali.co.uk

Secretary – Maggie Robertson
robertsonm@ranmorecommon.demon.co.uk

ANNUAL GENERAL MEETING – 4th December 2008

Thank you to all the members who turned out for the AGM and enjoyed an interesting talk from Toby Lee on Equine Dentistry.

Rosettes were awarded to the top six riders from the Summer Dressage Points Accumulator series that took place in 2008. The overall winner was Helen Grundy and Chorus Girl III with 27 points.

A presentation was made to Barbara Stevens who has stood down from the committee after 25 years service.

2009 WSRC Accumulator

At the AGM Anne Hand outlined a new accumulator series which will take place in 2009. The idea is to encourage people to come along to the 2009 competitions by allocating a couple of points to everyone who enters a competition and turns up to have a go.

Points in 2009 will be awarded at every WSRC competition, dressage, show jumping, TREC, cross country, eventers' challenge etc. The points will be awarded to the top placed WSRC riders in every class, according to the number of people in the class.

In classes with more than 8 entries (not necessarily WSRC people) points will be awarded down to the 6th placed WSRC rider. In classes with between 4 and 7 entries, points (3,2,1) will be awarded down to the 3rd placed WSRC rider. In classes with 3 or fewer competitors, points will be awarded to the top placed WSRC rider (1 pt).

An 'Accumulator' shield will be presented at the 2009 AGM, along with substantial voucher prizes for the top placings and special rosettes. The points system and the scores as they are collected will appear on the website, and in future newsletters.

Any questions please contact Anne Hand Tel: 01984 641302 or email annehand@tiscali.co.uk

Illustrated

TALK ON TREC

in aid of

BROOKE HOSPITAL FOR ANIMALS

at

Moorland Hall, Wheddon Cross

on

Friday 6th March at 8.00pm

by

Robert Billson who is a BHS Senior Technical Delegate, International TREC judge and also rides at Level 4.

There is no charge for the evening, but there will be a collection in aid of Brooke Hospital for Animals.

For further details contact
Maggie Robertson 01643 841833 (eves)

robertsonm@ranmorecommon.demon.co.uk

EQUINE QUIZ NIGHT

Thursday 12th February at the Rest & Be Thankful, Wheddon Cross, 7.30pm – prompt start.
Teams of four players.
£2.50 per person payable on the night
Food available at half time, but must be ordered in advance.
For more information contact
Sarah Osborne Tel: 01398 371144 Mob: 07768 680069

MEMBERSHIP 2009

Please send your subscription form and payment to Zoe Willford ASAP to ensure continued membership.

Tel: 01643 841555

zoewillford@tiscali.co.uk

Western Somerset Region Dressage Championship 2009

Eight Riding Clubs in Somerset will be running qualifiers at their dressage shows in 2009 for the final which will be held at Stockland Lovell Manor, Bridgwater on Sunday 11th October 2009.

The clubs are Taunton, Exeter, Witheridge, Polden & Bridgwater, West Somerset, Quantock, Sid & Otter Valley and Blackdown Hills

The Series will have Prelim and Novice sections.

Qualification eligibility:

1. Horses or ponies who have gained BD points are not eligible for the Prelim qualifying classes.
2. Horses or ponies who have more than 124 BD points are not eligible for the Novice qualifying classes
3. Riders may only qualify one horse in each class
4. If the first and/or second placed riders in a qualifying class have already qualified, the qualification passes down to the next qualified riders(s)
5. Riders must be a member of one of the 8 clubs.

Each club will forward the details of their qualifiers after their show to the WSRC secretary who will contact the riders nearer the championship date to invite them to participate.

At the championship the winners in each section will receive a Training Grant with the Trainer of their choice. There will also be prizes for the runners up and special rosettes.

Any profits from the championship will be donated to the Dorset & Somerset Air Ambulance

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The dates of the qualifying competitions will be posted on the clubs' website page as soon as they are confirmed. We have set up a special 'Dressage' webpage giving all the dates and details of the participating clubs shows. We will also include results from the shows giving the names of those who have qualified for the final.

Our club's dressage competition at Cannington College on 22nd February will have qualifying classes for Prelim and Novice.

The schedule for this competition can be downloaded from the riding club's website or please contact Maggie Robertson if you want a postal copy. Tel: 01643 841833 or Email robertsonm@ranmorecommon.demon.co.uk

New BRC Championship with finals at the Royal Windsor Horse Show

The new competitions are aimed at individual 'grass roots' riders under the auspices of the British Riding Clubs and HPower Ltd, organisers of the Royal Windsor Horse Show and with the backing of AmTrust Equine Insurance.

BRC realize that time is limited and that most qualifiers will have to be held indoors, but they expect to have almost 12 months available to qualify for RWHS 2010, which should allow time to introduce outdoor qualifiers during the summer months.

In 2009 there will be six competitions:

- Junior and Senior Riding Test
- Junior and Senior Novice Show Jumping
- Junior and Senior Intermediate Jumping

Each competition will have four phases:

- Club qualifier as the local round
- Area qualifier as the regional round
- The RWHS Final
- The RWHS Championship

There will be prizes in kind for the winners at the Royal Windsor and then the six champions will be invited back to Windsor at the European International Championships in August for additional presentations.

Round 1 (club qualifiers) will be open to riders who need not be a member of an affiliated Riding Club. Riders who qualify at Round 1 will be required to join a BRC affiliated club before taking part in Round 2.

Details will be posted on the BRC website – www.bhs.org.uk and choose the option for Riding Clubs

Riding Clubs are being offered an incentive of a pair of free tickets for RWHS if they run the Round 1 classes. If you think it would be worth the WSRC running the above competitions, then please pass on your thoughts to one of the committee. More information on the event to follow in future newsletters.

*** STOP PRESS ***

WSRC to feature in West Somerset Free Press in January

SHOW JUMPING **TEAM MANAGER** **Sarah Osborne** **TELEPHONE** **01398 371144** **07768 680069**	**AREA 12 JUNIOR AND SENIOR NOVICE INDOOR SHOWJUMPING** **THE HAND EQUESTRIAN CENTRE** **Davis Lane, Clevedon. BS21 6TG** **SATURDAY 7th FEBRUARY 2009** If you would like to be in a team, then please contact the Show Jumping Team Manager Sarah Osborne. Teams of 3 or 4 riders. First round 80cm. Entries close 30th January so please contact her ASAP
NEW DRESSAGE **TEAM MANAGER** **Catherine Freeman** **EMAIL** **freemanjd@tiscali.co.uk** **TELEPHONE** **01398 371416**	**BRC Qualifier and Area 12** **WINTER DRESSAGE CHAMPIONSHIPS** At Wellbeck Equestrian Centre Farringdon Exeter EX5 2JA **Saturday 14th February 2009** for **JUNIOR RIDING CLUB TEAMS** Teams of four will enter two members in Prelim 12 and two members in Novice 27. If you would like to be in a team, then please contact the Dressage Team Manager Catherine Freeman **also** Open to Senior and Junior Riding Club and non-Riding Club Individuals who would like to have a go at the tests (please note this will be non-qualifiers only). For full details and entry form see the BHRC website:- ***www.blackdownhillsridingclub.com***
FOR ALL TRAINING **Sue Rose** **EMAIL** susan_rose@btconnect.com **TELEPHONE** **01643 841411**	**INFORMAL FUN TEAM COMPETITIONS** Witheridge Riding Club will include at their dressage and jumping show on 24th May at Rackenford and the ODE at Winkleigh on 19th July team events. If you are interested in joining in a 'Fun Informal' team event, then please contact Maggie Robertson 01643 841833 (eves) robertsonm@ranmorecommon.demon.co.uk
BHS Kelly Marks Indoor TREC **Sunday 22nd March** **Heazle EC, Nr Wellington** **Classes suitable for novice and more experienced** **Schedule and Entry form can be downloaded from WSRC Website**	**BADMINTON 2009** **Are you interested in joining a coach party on Cross Country Day Saturday 9th May?** As a BHS Riding Club we can get 15% discount for a coach party. The advance ticket price is £17.85 per person, plus the cost of the coach hire (25 seater plus). Children 12 years and under free. This does not apply to minibuses or cars. If you are interested then please let Maggie Robertson know and if we have enough people then we will find out the cost of hiring a coach for the day. This promotion booking closes 27th April, so please let us know as soon as possible.

Horseshoe Training & Fun Ride

SUNDAY MARCH 8th 2009
Closing date 28th February 2009

AT
WATERHOUSE FARM, WITHYPOOL
courtesy of Mr & Mrs S Downey

A RIDE OF APPROXIMATELY 24K (15 miles) INCLUDING SOME OF THIS YEAR'S 'HORSESHOE' ROUTE.

Entry fee for EGB members and WSRC members: £15
Entry fee for Non-members: £20 (includes day-membership fee)

Excellent training for the season (and especially Golden Horseshoe) before the 'proper' rides begin!

Entry form can be obtained by sending a SAE to:

Entries to :Nikki Routledge, The Granary, Castle Street, Bampton, Devon, EX16 9NS

Or download from the EGB website (Wessex group)

www.wessexendurancegb.co.uk

How Can a Sports Psychologist help you?

Happy New Year! This is the time when many people think of how they can improve their lives or indeed their sport.
Equestrianism has special demands as the rider, as athlete has to create a partnership with a horse for the two to benefit, especially if It involves competition. Sport Psychologists in essence consider how athletes think and how they feel, either about themselves or others including their horses. There are a range of approaches and skills that can be developed to improve rider performance and the crucial relationships with your horse(s) and indeed your trainers and instructors.

Why is it so many new year resolutions fail? How about if you made your new 'goals' SMART ones. If you wish to achieve something 'Be Specific' about what it is, know that achievement is 'Measurable', that what you hope to attain is Achievable, Realistic and has a specific Time frame.
Sport Psychologists help athletes at all levels seek to improve performance and goal setting is just the beginning.

How many of you have even considered yourselves as athletes?!! How well you may look after your horse, spend money on training, special feeds and transport, but then find yourself tired, anxious and sometimes demotivated. Well how well do you look after yourself?

I teach nutrition and exercise physiology as well as psychology and can help riders maximise their potential. I work with elite and development riders at Hartpury College, the national Modern Pentathlon Academies and riders across middle and southern England. From recreational riders, one day eventers, dressage specialists and Olympic hopefuls. Have a read of my website and if you have any questions or would like to talk about some issue I'm now based in Bridgetown, near Dulverton. I can be contacted either via my website, email: mphilip.johnson1@virgin.netailt or telephone 01643 851622 / 07973 961764.
http://www.sportandperformancepsychology.co.uk/Equestrianism.htm

I can email a pdf of my recent article on sport psychology in equestrianism published last month in British Eventing Magazine.

Phil Johnson is a Chartered Sport & Exercise Psychologist, Lecturer, Life and Performance Coach. He has been a partner in a riding yard and tack shop and is one of a few equine specialist sport psychologists in the UK.