

Newsletter October 2015

Bourne Valley Riding Club

incorporating Woodhay District Riding Club
(Affiliated to the British Horse Society)

Website: www.bvrc.co.uk



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STRENGTHEN YOUR RIDING TO HELP YOUR HORSE

We have a variety of activities for you this Autumn to give you some ideas for strengthening your body and your mind to help your riding, which is likely to lead to an improvement in your horse's way of going. Hopefully we have organised enough to suit people's different tastes. Do you wish you had more core strength, more flexibility, feel that you may not sit level/straight but aren't sure or wonder if it is you, your horse or your saddle? Do you want to be able to do more but the mind plays tricks and maybe nerves let you down? As the evenings draw in, we have some sessions to give you some ideas of things you can build on yourselves.



BVRC Lancelot Sessions with Tammy Weald, Pitton – Tue 13th Oct from 7pm & Sat 17th Oct from 1pm.

You should already have received the email about these sessions where your posture can be assessed by Tammy whilst riding her mechanical horse Lancelot, surrounded by mirrors. The second session enables you to have further practice on Lancelot and then transfer these techniques to your own horse under Tammy's watchful eye. You are welcome to book for one or the other or both sessions.

Cost: Tue 13th £17, Sat 17th £35.

Contact: Lindsay Devine, 01722 712464 to book a place.



BVRC An Introduction to Equipilates by Gina Hemmings – Tue 27th Oct 7.30 for 8pm at The Lion, Clanville.

Gina Hemmings is a registered Chartered Physiotherapist of over 20 years and APPI Pilates Instructor with a special interest in Equipilates, for which she is a registered trainer. Some of you will remember her as one of our members at the 2013 BVRC Camp at Stockland Lovell. She has a degree in Anatomical Science (BSc Hons) from Bristol University and is registered with the Health Professions Council. Gina is passionate about bringing Pilates into people's lives whether recovering from injury or aiming for improvement in a sporting capacity. The aim of Equipilates is to help individuals, coaches and teams gain a better understanding, and use of, their body to achieve more harmony and performance with their horse.

Gina will talk about core stability, breathing and alignment, all of which are vital for a good position to be an effective rider, and which will also improve your everyday life. You will have the chance to do some practical activities sitting in your chairs; so nothing too energetic or aerobic! Gina will also bring her saddle horse for a demonstration with a willing volunteer, so it should be a fun and informative evening. Gina has had some very encouraging results from riders she has helped, including Susie Pool who went for an individual assessment and "failed" the hip assessment. After applying the specific exercises, she noticed an improvement in a couple of days. There will also be the opportunity to sign up for the 6-week course (details below).

If you wish to eat at The Lion please contact them directly to pre-order your meal as they are increasingly busy in the week and arrive early, as you will need to have finished eating before the talk starts so that you can take part in the interactive elements. Names to Susie Pool preferably (so we can get an idea of numbers) but feel free to just turn up on the night.

Costs: Members - £3, non-members - £4.

Contact: susie_pool@btinternet.com



6-Week Equipilates Fundamentals Course with Gina Hemmings – Mondays 11.10 from 2nd Nov 15, Odstock

These 6, hour long sessions with Gina Hemmings will be held at Pure Health, Odstock, SP5 4JB at 11.10 am every Monday starting 2nd November 2015 (till 7th December). This is a fully dismounted package including exercises for alignment, breathing, core strength, spinal and pelvic mobility. There are only 6 vacancies available so if you are interested and wish to guarantee your place, send a cheque with the Reply Slip below to Susie Pool immediately and don't wait for the Introductory Talk.

Cost: £72

Contact: susie_pool@btinternet.com



BVRC Mind-Body-Body-Mind. Rider Psychology Talk by Liz Morrison – Wed 25th Nov 7.30 for 8pm at The Lion, Clanville.

Liz Morrison is a Sports Coach specialising in supporting riders through advanced coaching techniques and sports psychology. She BHS-SM, BHSII, ICF-PCC is a NLP Master Practitioner and Advanced Modeller who applies the powerful techniques of NLP in her work with riders and teams. Liz is passionate about horses, the connection to nature that they offer, and what they can teach us about ourselves. She loves to work with people who want to experience their relationship with horses more successfully.

Riders are increasingly realising that riding is as much about their mental and emotional awareness as it is about physical ability and techniques. We all know a horse can become nervous under a nervous rider. Horses do literally read our minds, through our physical and energetic bodies. In Mind-Body-Body-Mind Liz will help you understand how your thoughts transmit from you to your horse and what you can do differently to change how you think about things, if your horse's response isn't what you want.

For those who want to build their confidence and riding performance further, Liz will be running dismounted Rider Workshops at Kingsettle Stud, Cholderton in the New Year. These cover specific techniques which you can use back home, in your riding and management of your horse (and yourself!).

If you wish to eat at The Lion please contact them directly and pre-order your meal as they are increasingly busy in the week. Ideally, please let Fiona know that you plan to attend (so we can get an idea of numbers) but do feel free to turn up on the night as well.

Costs: Members - £5, non-members - £6.

Contact: fiona.webb@bowen-technique.co.uk



BVRC Centaur Biomechanics with Russell Guire – Sat 12th Dec at Castle Farm, Over Wallop

Does your horse go better on one rein than the other? Do you struggle with straightness? Would you like to be more symmetrical?

We have been very lucky to secure on a Saturday, the time of the Russell Guire, director of Centaur Biomechanics and the British Equestrian Federation's Performance Analyst. Russell is a UK CC Coach who has competed in both show jumping and dressage. He holds a degree in Equine & Human Sports Science and currently has a role as a PhD student at the Royal Veterinary College's Structure & Motion Lab. He has carried out extensive research in rider positioning and saddle fit and, in addition, he works with the British Equestrian Federations World Class and excel Talent Programme.

Centaur Biomechanics, founded by Russell Guire in 2006, is a leading biomechanics company whose sole aim is to help riders and horses achieve their goals. An important benefit of working with Russell is that he is a rider, trainer and regular competitor, so he understands the difficulties of riding and as a result has a sympathetic approach to achieving a better position and ability to ride. He carries out leading research looking at such issues as the effect that tack, studs, surfaces, travelling and rider's position can have on horses' movement. He brings forward a wealth of passion and information which is all supported by research, as well as utilising the best technology available to help you improve your riding and position.

Rider Analysis sessions are designed to help improve the rider's position and horse's way of going. They are done on a 1:1 basis, last for 45mins and are open to riders of ALL levels. Don't be put off by the work Russell has done with riders of international standing - Russell's passion and easy going character will put you at ease and ensure you get the best possible results out of the session. The way the rider sits on the horse will have a dramatic effect on its soundness, performance and development. With the use of high speed video cameras (capturing 20 x faster than the human eye), Visualise training jackets and Quintic software, the rider's position and horse's way of going can be constructively analysed.

Benefits

- Instant visual feedback whilst mounted
- Step by step process in evaluating position and horse's way of going
- Bite size exercises given to help improve position and understanding
- Riders can see immediate differences with the before and after footage, which can be displayed side by side on the screen
- Professional and experienced interpretation of the rider's position and horse's way of going
- Detailed feedback forms given after the session with the option of purchasing a DVD of the video.
- Can help improve your dressage marks
- Motivates the rider
- Provides clarity on the rider's position weaknesses

Session. Riders are asked to wear a Visualise training jacket and carry out a series of movements, such as centre lines from both the left and right rein. Russell will then analyse the high speed video files - riders can see their efforts immediately whilst mounted - using sophisticated software the rider's position and horse's way of going can be analysed. From here Russell will select key areas on which to work. The session combines the use of training as well as video analysis, and the latter is one of the key aspects of as it allows riders to see instantly any improvements.

Cost: Members - £60, non-members - £65 (includes cost of indoor school).

Cheques payable to BVRC to be sent to Susie Pool with the Reply Slip below to secure your place.

Contact: Susie Pool, 01980 671523. susie_pool@btinternet.com

Reply Slips

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BVRC Centaur Biomechanics Rider Analysis. Castle Farm. Saturday 12th December 2015

Return to Susie Pool, Pegasus House, Everleigh Road, Haxton, Salisbury, Wilts, SP4 9PT Tel: 01980 671523

I would like to apply for a Centaur Biomechanics Rider Analysis Session with Russell Guire and enclose a cheque payable to BVRC for £60 (members) or £65 (non-members).

My availability on Saturday 12th December is (delete as appropriate):

Anytime / Morning / Afternoon / Not Before / Not After

Rider Name: Email

Experience, Known Issues, Ambitions:

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Horse Name: Age:

Known Issues, Experience

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Please enclose a cheque payable to BVRC for £60 (members) or £65 (non-members).

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Equipilates 6-week course, at Pure Health, Odstock. Mondays at 11.10am 2 Nov – 7 Dec.

Return to Susie Pool, Pegasus House, Everleigh Road, Haxton, Salisbury, Wilts, SP4 9PT Tel: 01980 671523

I would like to apply for a place on the 6-week Equipilates Course with Gina Hemmings and enclose a cheque payable to Gina Hemmings for £72.

Name: Email

Contact Number:

Please enclose a cheque payable to Gina Hemmings for £72