

Scottish Dressage Group Summer 2013 Newsletter

Review 1: Sports Psychology Lectures/Day Events with Tony Westbury

SDG arranged two evening events with Tony Westbury, Sports Psychologist. Tony was our speaker at our club AGM last year. As at the AGM, his audience found the presentations very interesting and informative with many questions being asked and experiences shared. This was not only beneficial to all, but made the evening interactive and entertaining. Tony provided handouts as well as homework! Non-members interests varied from golfers, to volleyball players (they were the very tall people!), to cyclists, to competition singers. Interestingly, whatever the chosen activity/sport, we shared very similar issues eg the need to deliver a best performance on competition day, not performing as well as in practice, remembering to breathe! Both evenings were free to members with non-members being charged to help cover our costs. Both evenings were well attended. Feedback was excellent.

Two day events followed in the form of a competition with judge, writer, competition rules applying, including dress code. Each competitor was fitted with a heart monitor and received time with Tony before riding their test for the first time. All tests were videoed by Tony's students. After everyone had ridden their first test the judge then ran through the test sheet comments with each rider on their own while watching their test video in slow motion. Tony was also available in this consultation. Heart rates were still being monitored and some were rising!

Each rider then had the opportunity to ride the same test, which again was judged and recorded. With the help of comments/suggestions from the judge as well as Tony from earlier, % scores in the second test increased. Each participant received a copy of their recorded tests for them to keep. Feedback from every competitor was very positive and the couple of suggestions received from the first day were introduced to the second day, making that even better. Comments included:

- **Value for money:** definitely/would have paid more/excellent value/best day SDG have put on
- **Food:** excellent
- **Most beneficial:** talk with Tony and video replay in slow motion/top level instruction and guidance for both in the saddle and in the head/hugely helpful experience for going into next competition/heart rate monitor and slow motion video made me aware of things I had not thought about before/discussion with Ci very valuable and Tony's comments thought provoking.....been mulling over since/marginal gains interesting
- **How to make better:** not sure/ it was ideal as it was
- **Any disappointment:** weather (torrential rain)
- **Would you do it again:** yes to build on previous experience gained/definitely/yes and would pay more
- **TW Feedback:** eye opener to look at the detail as we did ie marginal gains/TW's ideas made me calmer and more focussed/more aware of my breathing/Tony's input along with video and Ci's comments were invaluable and made a huge difference/super day/what an opportunity for us
- **Communication:** good/well planned and well executed/excellent in all ways/well organised

A huge 'thank you' must go to our judge, Ci Henderson, who was generous with her input, encouraging each rider to improve their test riding; and also for agreeing to be put on the spot by having to go through her comments to the rider while watching the video of the test.....judge was bang on the money! Thank you' also to Ben and to Martha who provided the catering for lunch, which went down very well. Everyone enjoyed the experience including Tony and his students. It is hoped to do something similar again in 2014.

Review 2: Arena Experience Day at Cousland

This familiarisation day was very successful and feedback was extremely positive from participants. Ci Henderson kindly gave her time to assist members using this opportunity if they requested it. This was a 'free members event' and due to its success, it is planned to have more of these days in the future, the next before the end of this year, and ideally before the Winter Points Championships commence. Details to follow as soon as we can agree dates with Cousland Park TLC.

Rosette Vouchers

Any member winning a rosette, with effect from 2013/2014 Winter Points Championship will have the option to take a 'Rosette Voucher' instead of a rosette enabling them to have £1 off their next competition entry fee. Vouchers will be valid for 12 months from date of issue.

Competition Dates 2013/2014

Dressage to Music competition will be moved from December to April in the hope of getting better weather!

Winter Points Championship dates: 6 October 2013, 3 November 2013 (incl ROR), 1 December 2013 (incl Veterans), 2 February 2014 (incl ROR), 2 March 2014 (incl Veterans), and 6 April 2014 (incl Dressage to Music). Test details to follow soon.

Club Website

Remember to look at your club website for additional information including British Riding Club's link, Adverts, and also events involving other riding clubs, SDG web site is

www.scottishdressagegroup.org.uk

British Horse Society Horsebox and Trailer Safety Presentation - in the process of being planned by SDG.

Three presenters – Nicki Whittaker (NFU Mutual), Graeme Baxter (Transport Consultant and former VOSA Inspector) and Sheila Hardy, will come and talk to SDG members about Transport Safety. This will encompass driver licensing laws, vehicle weights and the problems which equestrians have, insurance issues, breakdown recovery, tyre safety and of course www.horseaccidents.org.uk. As they work through the presentation they will cover the complex legislation surrounding tachographs, drivers hours, other issues that make life confusing and complicated as a driver of equines. Most people believe that they are travelling well within the limit of their vehicles maximum allowed mass – but their experience has shown that for a large majority, that isn't the case and if stopped, many would be over the limit and subject to more formal action at a VOSA Official Weighing Station. Hopefully what is learnt from this presentation will help avoid all of this.

We are presently discussing dates with the above mentioned people for this presentation to take place. We await them confirming when is good for them. Watch this space. More information to follow soon!

Pilates for the Equestrian

SDG are presently in discussion with Bill Taylor Physiotherapy to arrange a Pilates evening specifically for the equestrian. More details to follow soon, including confirmed date and time for this taking place. The venue is in the centre of Edinburgh.

AGM and Awards Presentation **Note the Date!**

7pm Monday 25 November 2013 at The Stables Bar, Edinburgh. Refreshments will also be available. The speaker will be Catherine Eardley who will give an introductory talk on Dressage to Music. We hope this will be a precursor to some training sessions in the Spring on Dressage to Music in advance of this being included in our April competition. Trophies will also be presented at the AGM - this year for the first time there are class awards for both the Winter and Summer points competitions.

Trophies

Trophies are to be returned to a committee member in advance of the AGM and no later than Sunday 3 Nov, which is our competition date at Cousland. Please get your trophy engraved prior to returning it, and on production of a receipt, SDG will reimburse the costs of the engraving.

SDG Subscriptions are due before 30 September for 2013/2014.

Please complete and return a membership form (attached) when paying your subscriptions. It helps us keep our records up to date. Membership fee is £20 and Email only membership is £6. Once again, membership fees remain the same as last year's rates. Our membership numbers this year increased by 10% on last year.