

# Scottish Dressage Group

## Newsletter – April 2014

### Dates for your diary

Summer 2014 competitions: Wednesday 7 May, 4 June and 2 July. Tests will remain the same for every month so progress can be monitored. Carla's Kitchen will be on site providing delicious food.

Dressage to Music Competition: to take place after workshops with Catherine Eardley late summer/early autumn. Watch this space!

### BHS Horsebox and Trailer Safety Day

This event on 29 March did not disappoint those attending. Everyone left the event with a goodie bag as well as lots of information which for some was going to require them contacting the makers of their trailer to get changes made to their paperwork to ensure their trailer was still legal. Discussions and resulting questions made for a very interesting, friendly event with everyone leaving wiser than when they arrived.

The three presenters were excellent as was the content of their presentations. Sheila Hardy from BHS encourages riders/horse owners to report **any** incident to the BHS which leaves them feeling in danger to the BHS Accident Website. This might concern dogs, motorbikes, off road riding etc. Details of this can now be found on both the BHS and SDG's websites.

### Veterans Horse Championship

Scotland has its own championship, The Scottish Veterans Championship, with a final to be held in Spring 2015 at Inchcoonan. It has been decided that SDG will not hold its own veteran championship but instead will run 3 qualifiers annually for the Scottish Veterans Championship.

### Tony Westbury

SDG are making progress in arranging an evening talk/presentation with Tony Westbury, Sports Psychologist which will be open to members and their guests. This will be followed at a later date with the opportunity for SDG members to work with Tony as equestrian volunteers for some equestrian research he is planning. This exercise should prove beneficial for everyone involved and more details will be provided in due course. It is not too late to note your interest in taking part if you have not already done so. Please contact Hazel Hunter at [hhuntergeeup@aol.com](mailto:hhuntergeeup@aol.com) for your interest to be noted before 18 May 2014.

### Teams

Due to the work and expense involved in having teams the Committee is seeking feedback from the members to find out if this is something our members want to do. SDG have supported teams in the past however to do this again, demand permitting, SDG will need someone to take on the

responsibility of organising the teams and their entries for the various competitions. This can involve more than one person should people wish to share this role. Please feel free to speak to any committee member regarding this.

An alternative may be British Dressage Team Quest which can be found on BD's website. For more information on how to take part in Team Quest visit [www.britishdressage.co.uk/competitions/team\\_quest](http://www.britishdressage.co.uk/competitions/team_quest).

### **Gyrotonics**

Should there be sufficient interest in this from members we will arrange an introductory group session with a trainer who has been introduced to SDG by a member who has experienced the benefits from it. See the attached article for details. Please send a note of your interest to Hazel Hunter by email: [hhuntergeeup@aol.com](mailto:hhuntergeeup@aol.com) before 18 May 2014. If numbers merit, this will be arranged before the end of this year.

### **50<sup>th</sup> Anniversary Celebrations**

Work is progressing very well for this and details will be made available soon. More information about events being investigated/considered will follow soon.

### **Winter Points Championship**

Attached with this Newsletter are the draft results for the 2013/2014 Championship. Please check this over and if you think there may be an error please contact Jacky Chalmers asap. We would hope to be able to publish these results on the club website by the end of the month.

### **Photographs for the club website**

We hope to appoint an amateur photographer to take some photographs at some of our competitions in order to keep our website fresh. More information about this to follow soon.

The Committee always welcome ideas and suggestions for club events so feel free to speak to any of them at any time. They are a friendly bunch! The Gyrotonics and a request for a Lunging Demo are both suggestions recently received from SDG members and committee members are currently organising both for 2014 events. Details of the Lunging Demo should be available soon.

**Check your club's website [www.scottishdressagegroup.org.uk](http://www.scottishdressagegroup.org.uk) often as it is regularly updated with useful, and relevant information for our membership.**



Learn to move with more flow, power and integration

## Gyrotonic Exercise for Equestrians Open Evening Edinburgh Body Tonic

The brainchild of Juliu Horvath, an ex principal dancer, Gyrotonic exercise uses a specially designed machine to facilitate a better understanding and awareness of the body in motion. Fluid, circular movement patterns have been cleverly crafted to simultaneously stretch and strengthen creating symmetry, great posture and a strong centre. It is already used by elite dancers but was designed to be used by anyone and has particular benefits for Equestrians.

- Improves alignment, posture and balance
- Creates profound core strength through motion
- Increases awareness of the entire body
- Improves efficiency and teaches you to move with ease

Understanding your own body and movement patterns will have a profound effect on both you and your horse. Rhona Maclean, founder of Edinburgh Body Tonic, would love to introduce you to a method that has great potential to transform your body and your riding.



[www.edinburghbodytonic.co.uk](http://www.edinburghbodytonic.co.uk)