

**Scottish Dressage Group**  
**January 2013 Newsletter**  
**DRAFT**

**Dates for your diary**

**3 March:** Winter points competition at Cousland

**26 March:** First of two evening presentations with Tony Westbury, Sports Psychologist

**7 April:** Winter points competition at Cousland

**11 April:** Second of two evening presentations with Tony Westbury, Sports Psychologist

**20/21 April:** Provisional date of competition working with Tony Westbury following on from the two evening presentations. More information to follow as soon as this is confirmed.

**??/??/??** Sue Petty lessons at Cousland. For more information/availability contact Judy Douglas Miller ??????.

**Summer Competition:** dates to follow.

**Winter Competition**

Volunteers are necessary for these competitions to take place. Help is welcomed even if only for a couple of hours. To members who have already assisted at competitions; thank you. It is appreciated by both competitors and committee members. You make the day a success. To those of you who are thinking about it; speak to a committee member to find out more of what is involved. It is usually very social and good fun. Helpers/writers also get vouchers for Carla's delicious food as a 'thank you' for giving up their time.

**Summer Competitions**

It is planned to run summer competitions similar to last year, which proved to be very popular. The Committee are presently considering awarding trophies similar to the Winter Points Trophies but for the summer competitions. More information about this will be in the next newsletter.

**Training**

**Tony Westbury Presentations:** Two evening sessions with Tony Westbury, the Sports Psychologist who spoke at our AGM, are planned for 26 March and 11 April. Please contact Jacky Chalmers at [jacky.chalmers@btopenworld.com](mailto:jacky.chalmers@btopenworld.com) to note your interest in attending and also to obtain information about venue, time etc. Cost for SDG members is free, however, should a member be bringing a guest, any non-member will be charged £10 on the first evening which covers the cost for both evenings. No refund will be made for anyone not attending the second evening. It is imperative members contact Jacky beforehand so the committee know exactly how many people will be attending, as numbers are limited.

**Pilates with Bill Taylor Physiotherapy, and Intelligent Movement: connecting body and mind:** The Committee are in the process of arranging a private evening with Intelligent Movement. This event proved very popular when we last did it a couple of years ago with many people continuing pilates as a result. More information to follow in the next newsletter.

### **Website**

Please check your club's website for a variety of information, including links to other websites which may be of interest to you.

Your club website is: [www.scottishdressagegroup.org.uk](http://www.scottishdressagegroup.org.uk)

The Committee welcome feedback from you on any issues involving your club. They also want to know if you have any suggestions of what you would like to see included in your club's website. Again, please either speak to a committee member or make contact with them via email.