

Scottish Dressage Group – Newsletter Summer 2016

Competition Update

Thank you to everyone who has attended and helped make the first 2 summer shows a great success. We are all set for our next show on Wednesday 6th July and hope to see you all then. If you are able to help on the evening, or at our August and September evening shows, please let us know.

Any feedback you can give us regarding the organisation and running of our events is always much appreciated. We now have a small feedback book kept in the secretary's hut at shows for this purpose, or the committee members on duty are always happy to listen and answer questions.

We have now booked Cousland for our Winter League Dates which are as follows:

- Sunday 2nd October
- Sunday 6th November
- Sunday 4th December
- Sunday 5th February
- Sunday 5th March
- Sunday 2nd April

British Riding Clubs Intermediate Senior Winter Dressage Championships

Many congratulations to Joan Lauder who represented SDG at the championships in March. She took a fantastic 8th place in the Medium Individual Championship on board her horse Udolin, who has only recently recovered from a very serious pedal bone injury. You can read her blog detailing her experience [here](#).

The next BRC event we hope to send individuals and teams to represent SDG are the BRC Novice Winter Championships qualifiers, being held at SNEC on Sunday 9th October. We will send details to members when more information is available. The committee had a great time meeting and supporting our riders at the last qualifier at Rockrose in March. We hope that sending SDG representatives to these events will become a regular and enjoyable occurrence for everyone involved.

Training Update

We are very pleased to announce that we will soon be welcoming back list 1 BD judge Sue Petty, for a 2-day clinic at Cousland Park. More details to follow very soon, once a date has been confirmed with Sue.

Pilates for Dressage

Our first dressage specific workshop has been a huge success, with 7 members attending the 4 week course. I think all participants would agree that they have felt a huge improvement in their posture and core, both on and off the horse. We hope to organise a follow up session for this group, with Angie Blackwell, after the summer.

Angie will also be attending Cousland park on the afternoon/evening of (Friday 29th July – TBC v shortly), to run on horse pilates sessions. These are ideal for any rider who is keen to improve their position and strengthen their core, regardless of previous pilates experience. The cost is £25 for a half hour private session with Angie. If interested, please contact Claire at Clairewx@hotmail.com to reserve a space.

There is a possibility we may organise another ‘Pilates for Dressage Foundation Course’ after the summer, if there is enough interest. If this is something you would like to attend, again, please email Claire at the address above.

End of Summer Social Event

The committee are keen to organise a social get together for members to celebrate the success of the club and get to know each other a bit better. We hope to run this towards the end of the summer, and this could be a BBQ, meal out to a restaurant, quiz night, day/night out at the races or even just a few drinks in the pub to talk all things horsey and non-horsey!

If you would be interested in such an event, please let us know and if there is any preference you have as to what we organise for this. Once we have numbers and interest we can make and confirm plans to members. Please email Clairewx@hotmail.com in regards to this.