

## **Scottish Dressage Group Winter Newsletter - November 2016**

Hi everyone,

Welcome to a new riding club membership year with SDG! We are delighted that we have several new members who have joined SDG and we look forward to meeting you at our upcoming events.

If you have any questions regarding any of this content, or any other matters, please get in touch at any time. Our contact details can be found on the SDG website - found [here](#).

Enjoy!

Claire ☺

### **Competition Update**

We have had a great start to our winter series with large entries to both the October and November shows. Thank you so much to everyone who has attended so far and we wish you all the best of luck over the remainder of the series. A special thank you to all our fantastic volunteers who have helped at the first two shows. It has been great to see some new faces as well as our regular helpers, without you running these shows would not be possible.

Please do remember it is a requirement of your membership to help at least one event per year. This can be fitted in around the classes you intend to ride in and we provide training of how to steward, write for a judge or score up a dressage sheet. It helps us to know in advance how many helpers we are likely to have for each show, so please let us know if you would like to help at any of the remaining winter dates and we will keep a record of this. A reminder of the remaining winter dates is listed below for your reference:

- Sunday 4<sup>th</sup> December – Optional festive fancy dress at this event, prizes for the best dressed in each class!
- Sunday 5<sup>th</sup> February
- Sunday 5<sup>th</sup> March
- Sunday 2<sup>nd</sup> April

You can keep up to date with the latest results and winter league points table on our website.

### **Pilates for Dressage Demo**

Thank you to everyone who attended the demo with Angie Blackwell last month. We hope you enjoyed this and took away some tips to improve your position over the winter months. Huge thanks to our guinea pig riders – Anne Anderson, Lorna Pate, Carol Wood and Joan Lauder – and of course your lovely horses too!!

We have been lucky enough to secure another date for a ridden clinic with Angie in December – see the training update for more details.

We also hope to confirm more 'Pilates for Dressage' courses at both beginner and advanced level soon. This has been delayed due to a substantial increase in hall hire at the venue previously used. Angie is researching alternative venues and we hope we will be able to give further details very soon.

## **Training Update**

We have booked Cousland Park for a 20x60m arena training day on Sunday 22<sup>nd</sup> January. This event has been organised following member feedback – we know not everyone has regular access to an arena when the weather turns colder and so this makes keeping horse fit over winter tricky, and practicing for upcoming shows impossible. We will have the arena set up as it is on competition day with white boards and markers. Sessions will be 45 minutes long with a maximum of 3 riders per session. The cost for SDG members is £10 and we will be running sessions from 10.00-13.00. If you wish to book a slot for this event, please email Kayreen at [kayreenjones4@btinternet.com](mailto:kayreenjones4@btinternet.com). We will also be using 20x60m tests for the months of Feb-April at our winter series shows, so great opportunity to practice these. If this event is successful we will hope to run this regularly.

As mentioned earlier we have secured another date for an Equi-Core ridden clinic with Angie Blackwell. The last clinic was a great success and we look forward to welcoming Angie back to Cousland on Saturday 3rd December. The Equi-Core Programme is based on the principles of pilates, however no previous experience is required – the main aim is to make simple changes to improve your position and have a positive effect on the horse's way of going. Check out this recent testimonial:

*My daughter and her horse had 1 session with Angie. The advice and techniques Angie suggested were amazing, improving her riding and the horse's way of going. That evening she got a score of 81% on a client's horse and the following day 78.65% on her own. Previously her scores were always in the 60's!! Thoroughly recommend this service*

This clinic will take place in the indoor school (to make use of the mirrors) and costs £25 for a private half hour session. There is also a £5 school hire fee payable to Cousland Park. If you would like to book a session, please contact Claire at [Clairewx@hotmail.com](mailto:Clairewx@hotmail.com). If you would like to find out more about Angie and her work, please see the Equi-Core Website [here](#).

## **BRC Area 1 Novice Dressage Qualifier – SNEC, Sunday 9<sup>th</sup> November**

Huge congratulations to junior member Sorrel Feather who, representing SDG, qualified for the BRC National Novice Dressage Championships with both of her rides. Sorrel scored over 70% on both Opposite Reflection and Quite Easy, as well as winning her warm up class.

The next opportunity to represent SDG will be at the Area 1 Intermediate Dressage Qualifiers on Saturday 25<sup>th</sup> March. These qualifiers will take place at Rockrose Equestrian Centre and classes will run from prelim to medium level. We will be looking for teams and individuals to take part – more info to follow at the start of next year.

### **Scottish Dressage Group Annual General Meeting**

The committee invite all members to our AGM taking place at the Stable Bar, Mortonhall on Wednesday 4<sup>th</sup> December. There will be a hot food buffet served at 7pm and the AGM will begin at 7.30.

The AGM will include the presentation of trophies from our Winter League 15/16 and Summer League 16 – winners are detailed below. If you are unable to collect your trophy on this date, please try and arrange for someone to attend and accept this on your behalf. We are still awaiting the return of some trophies from last year, please return these to a committee member ASAP if you still have one of these.

We would also like to ask any members who are considering joining the SDG committee to contact us before this date, so they can be formally accepted onto the committee at the AGM. The SDG committee is currently at the lowest number of members we have had for several years and we desperately need more members to support the current team. We do most of our planning and correspondence via e-mail, so that everyone can respond in their own time, eliminating the need for monthly formal meetings. If you feel you would have the time to spare to help us run the club and organise the events we hold, please do let us know.

## **Scottish Dressage Group Trophy Winners 2015/16**

### *Winter League Winners 2015/16*

Intro Restricted – Christine Finlayson and Dudley  
Intro Open – Hazel Stewart and Aukland  
Prelim Restricted – Hazel Stewart and Aukland  
Prelim Open – Rachel Jackson and Jay  
Novice – Claire Fraser and Murphy Too  
Elementary – Sorrel Feather and Opposite Reflection  
Medium – Ros Kirkman and Comfrey  
Advanced Medium – Joan Lauder and Udolin  
Total Points – Rachel Jackson and Jay

### *Summer League Winners 2016*

Intro Restricted – Hazel Hunter and Roger Wilco  
Intro Open – Christine Finlayson and Dudley  
Prelim Restricted – Christine Finlayson and Dudley  
Prelim Open – Alison Scougall and Elva  
Novice – Sheila Rodgers and Opposite Reflection  
Elementary – Eilidh Whiteford and Munchie  
Medium – Carol Wood and Zamaro

### *Volunteer of the Year*

Christine Finlayson

### *SDG Special Award*

Joan Lauder and Udolin for representing SDG at the BRC Intermediate Dressage Championships

