

Dates for your diary:
Actual Dressage for July closes
19th July. Video submission by 30th
for Virtual entry upload

Late entry will be charged £5.00.

Poles and Jumping Demonstration
training evening 13th July 2021 –
SOLD OUT

June / July 2021 Newsletter Wessex Riding Club

Hi all,

It's been a very busy time, what a joy to say that!
The end of month Dressage competitions are building and Ali Clarke has done a wonderful job to organise Judges, competitors and helpers to contribute to the ongoing success of this event each month. Full details of the schedules are on the website and include both Actual and our Virtual competition. Helpers at our RDA dressage competition at the end of each month are always in short supply so if you have a few hours spare please do let Ali know.

Our first Club get together on 8th June at RDA was a resounding success. Unfortunately, it was limited to 30 attendee. With the way things are going with the continuing battle against COVID maybe we need to consider a waiting list for the next one so that those who wanted to come and missed the cut off can hop to the head of the queue for the next one?

Sarah Michell- Shepperd gave us a great insight into what the dressage judges look for; what those comments on your score sheet really mean and an overall greater understanding of what to aim for. I was particularly fascinated as to our collective responses to the first two questions posed by Sarah; **'What does Dressage mean to you?' And 'How does it make you feel?'**

The answers were put on a board and believe it or not most were on the same lines! We all suffer from nerves under the spot-light and we are all flustered, we try to achieve our best but sometimes nerves get the better of the deal. The common word quoted was FRUSTRATED. Sarah turned this on its head and, very similarly to a

comment made by a judge some time ago, said "it's about spending time with your horse and having fun. The fact that we get nervous is good it shows you care!"



Whip measuring? See article about this later in newsletter

It's all part of the bigger picture and 'The Scales of Training' set out below are a fundamental basis to work on, the level improves as the quality improves but it still

needs to be FUN. So just as a reminder to all of us here you go....

The Scales of Training

Rhythm:

- Regular and correct for each pace.
- In walk there should be four hoof beats in a marching pace.
- In trot, two hoof beats – the legs move in diagonal pairs and there is a moment of suspension.
- In canter, three hoof beats-only one diagonal pair and there is a moment of suspension.

Suppleness:

- The aim is that horse's muscles have tone and are free from resistance. The test of whether a horse is supple and working through his back and neck is that when the rein is eased (as in free walk) he will want to stretch forward and down and not to hollow and lift his head.

Contact:

- The ideal contact is light, even and elastic feel in both reins which is achieved by aids from the legs and seat. The legs are applied as a driving aid, causing the horse to step under more and work through those muscles along his top line.

Impulsion:

- This is the contained power of the horse. It is created in the hind quarters by getting him to take more energetic steps, to place his hind legs further under his body and it is contained by the rein contact that stops him from using this extra energy simply to go faster.

Straightness:

- Horses are like humans, born with a favoured side, which is made worse by a rider who sits to one side or has stronger contact on one side in the rein than the other. When a horse is crooked, it will find it difficult to stay balanced and develop impulsion. The aim is that the hind leg steps into the tracks of the forelegs, both on a straight line and on a circle and the rider has an even feel in both reins.

and finally, Collection:

- Dressage makes the horse a better ride, more manoeuvrable, more powerful and easier to control. To achieve this his balance has to be changed as he has to adjust to carry weight of the rider in the most efficient way.
- *Extract taken from Dressage Principles BD*

I have to say a very big thank you to Tom Dyer and Lorna Roger for their contribution to a very enjoyable evening in the indoor arena (they were Sarah's demo team and they did exceptionally well in a warm dusty arena). Cake supplied by our resident Chef, Ali Clarke, was just another highlight of this evening event which we will hope to repeat when we have our next event on 13th July 2021.

A training session with Sarah followed on 13th June which swiftly got filled with attendees and the feedback again has been brilliant. I am very proud to say there have been many compliments regarding the organisation of these events, so huge thanks must go to Catherine and Hazel and the helpers for making these go so smoothly. If you are new to these events don't worry about coming, you will be looked after and helped if you need it. YOU ARE NOT ALONE, travel can be stressful but this club looks after its members so everyone has a good time.

And whilst I have your attention, I must mention our own resident club caller! Chris when available is a star and is very good at it! Chris stepped into the frame at our appearance at the Area 17 to provide support and directions around a number of Tests. We challenged her to come up with an idea on how we could reward this support and she has nominated her favourite charity '**The Brooke Sanctuary**' as the recipient of future donations. Grateful riders can pop a small donation into the collection tin at each event – so with that in mind bring a small amount of cash and we will point you to the tin so we can collect this on her behalf and submit from time to time to Brookes. The attached link will give you more info if you wish.

Thank you Chris xx You are very much appreciated by all of us.

The Brooke Charity was founded in 1934 to relieve the suffering of millions of working horses, donkeys and mules and improve the lives of those who relied upon them. Needed as much today as it was then.

<https://www.thebrooke.org>

Some snaps from recent activity



Matchy- Matchy coaching and fashion!



Chris and some of the team at Area 17 – Chris is holding the clip board!!

Dressage tests are again on the menu for the month of July so practice, practice, practice, details for July below. The judge at the actual event is Heather Lewis who will be providing feedback and encouragement during the morning on what we call “Ride Coach Ride” so you will have interaction with the judge and an opportunity to improve your score by doing the test twice.

The tests are as follows for July 2021 ;

Actual EVENT 25th July

Ride Coach Ride

- Intro A
- Prelim 2
- Prelim 13
- Novice 24 & 27
- Elementary PYO
- No DTM

VIRTUAL EVENT

- PYO
- Prelim 12
- Prelim 14
- Novice PYO
- Elementary PYO
- Close 31/07/21

Ali can be emailed at WRCDressage@gmail.com

Last date for entry for each class :

- 19/07/21
- 28/07/21

Please refer to website for entry form and costs
PYO – pick your own 20 x 40 arena tests only.

So, what else is on the horizon?



Texas with his girls at Area 17

Forgive me for repetition but just a reminder below!

There are proposals to hold a Memorial Day for Pat Burgess who was the life and soul of RDA at Wilton. Covid restrictions permitting, the date is 21st September 2021 but we will keep you posted on the event as it becomes confirmed. If you wish to join in the Celebration please respond to the email address below;

**Celebrating the wonderful life of Pat Burgess MBE
August 21st 1930 – November 4th 2020**

We are having an informal gathering to celebrate and remember the life of lovely Pat. She has made an impact on so many lives and we welcome this time to reflect and share some stories of the great times and work she has done.

**Tuesday 21st September 2021 From 3pm until 7pm
at Wilton Riding for the Disabled
The Pembroke Centre, Home Farm Rd, Wilton
Salisbury SP2 8PJ**

Come and join us for afternoon tea. You are very welcome to bring a cake to share. Car parking on site. Let us know if you require disabled parking.

RSVP as soon as possible by email to

Patattherda@gmail.com

so we can get an idea of numbers. Responses by 1st September 2021 please.

Training with Julia Cory at Hurdcott Estate:

18th July 2021 There are still slots available for shared polework, jumping and flatwork. Costs start at £25.00 per head dependent upon numbers for full information please contact Catherine on her email noted below.

Main Contacts for Training and info:

Faulkner_catherine@hotmail.com

Sampainter07@gmail.com

Hazel.england0@googlemail.com

Whip measuring? Sounds quite alarming doesn't it?

New rules came into effect from January 2020 for British Show jumping. The rules are being enforced and are still very new because of the lack of activity due to Lockdown

in 2020 so I thought this guide produced by Equiport would be of assistance.

Length of Whip CMS	Min Length of Pad CMS	Length of Whip CMS	Min Length of Pad CMS
45cms	18cms	58cms	23.2cms
46cms	18.4cms	59cms	23.6cms
47cms	18.8cms	60cms	24cms
48cms	19.2cms	61cms	24.4cms
49cms	19.6cms	62cms	24.8cms
50cms	20cms	63cms	25.2cms
51cms	20.4cms	64cms	25.6cms
52cms	20.8cms	65cms	26cms
53cms	21.2cms	66cms	26.4cms
54cms	21.6cms	67cms	26.8cms
55cms	22cms	68cms	27.2cms
56cms	22.4cms	69.cms	27.6cms
57cms	22.8cms	70cms	28cms

- The contact area must be covered with a pad and be a minimum two fifths (40%) of the overall length of the whip.
- The pad must be smooth, with no protrusion or raised surface.
- No wording or personalisation on the Pad
- No Binding within 17 cms of the end of the Pad
- The weight of the whip must not exceed 160grms and should be evenly distributed throughout the full length of the whip.

As you can see from the front page photo of Sam at Area 17 Larkhill event, the Whip police are now in action at jumping events to check that the rules are being respected.

Horse racing is undergoing further scrutiny on the use of whips and there is an open discussion about this due to the general public alarms of cruelty and the banning of individuals due to excessive use. But in the main Racing, like all those who partake in equestrian sport, love and respect their animals.

Stay safe and enjoy your horses.

Janet and the committee.