

Interested in dressage? The **British Dressage Northern Region** is a friendly, sociable organisation which arranges many events for all enthusiasts. You don't even have to become a member of British Dressage to attend!

The British Dressage Northern Region is a valuable segment of British Dressage and is available to members and non-members catering for every individual need and interest. The areas of expertise are in social events, dressage career development, judge training, **BYRDS (young rider training), test riding and dressage training days**. The Northern Region even has its very own dressage teams which compete at Inter Regional and Home International level.

Personally, as a freelance trainer, I am interested in all areas of competition dressage and if it wasn't for the British Dressage Northern Region I would never have realised that I was welcome to train as a British Dressage Judge. Since September last year I have been attending judge training days organised by the British Dressage Northern Region throughout the North East and UK.

#### **The BYRD's Experience:**

Last month for the first time I sent one of my youngest pupils to try out some young rider training with Cathy Burrell at Jodhpurs Equestrian Centre near York. Giorgio (aged 7) is a talented little rider who absolutely loves fun but challenging training. He has been doing well in affiliated competitions at Prelim level and I thought it was time he took part in some BYRD's training to see if he enjoyed the experience. I like to keep all my pupils going into different environments so that they can have fun doing something different and ride their best in front of anyone and in any situation. The British Dressage training days are great for this and certainly keep me on my toes!

The test was a real success! Giorgio loved the lesson and got on very well with Cathy. He rode beautifully in the lesson and absorbed all the brilliant advice up like a sponge. After the lesson he still talks about what he learned and now he is looking forward to the BYRD's camp next year. I tend to print off the dates and let him choose what he would like to go to.

#### **When and how to send someone to BYRD's:**

The great thing about the young rider training days is that they cater for young people from six years old and **all abilities**. Yes there are very talented riders in the teams but you don't realise talent without training and the team members all started from taking that first step on the pyramid and progressed forward. To run for team selection three training sessions must be attended and going to a BYRD's camp is strongly recommended.

Does this young person enjoy dressage training and new challenges? Does this young person have drive and team spirit? So long as the **enthusiasm and enjoyment** of challenges is there within a young person, this is the time which BYRD's training can be introduced. However, the training is fairly intensive so it is important that children aren't over pushed and BYRD's is a part of their all round riding.

All you have to do to become involved with the BYRD's Northern Region training is register with BYRD's and complete the necessary forms. Join the mailing list and you can find out the dates for a whole range of events. To join the mailing list you can e-mail the Northern Regional Development Officer Sarah Huntridge [SarahHuntridge@britishdressage.co.uk](mailto:SarahHuntridge@britishdressage.co.uk) or join the facebook page: The

Official British Dressage "NORTHERN" Region Group. You can find all the information you need to progress by visiting the British Dressage website at [www.britishdressage.co.uk](http://www.britishdressage.co.uk) select Regional Activities then Northern. Let's see some new kids on the block!

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