

BYRDS regional training (riders aged 12-25)

Whatever level you ride at, the British Young Rider Dressage Scheme (BYRDS) regional training is for you if you are aged 12-25. You will be taught the basics of dressage and, hopefully, you will make lots of new friends and have a bit of a laugh at the same time.

There will be at least one session in your region during school holidays, one of which will last two days, and inter-regional team competitions are held every year, which are fun-packed with lots of parties.

If you show special talent, your regional development officer (RDO) or BYRDS regional rep may invite you to go to national training, which could eventually lead to you representing Britain at the European dressage championships for ponies, juniors or young riders, depending on your age.

British Dressage (BD) accredited trainers, such as former national champion Nicky Barrett, Hannah Esberger-Shepherd, Daniel Greenwood and sisters Hannah and Becky Moody, run the clinics. They cost from £20 to £50 depending on region while two-day sessions are about £130.

To start with, you do not need to be a BD member. If you like the clinics and want to carry on with them, you can decide to join as a training member, which costs £32 per year, or take out full-membership, which is £54 per year if paid by direct debit, or £60 if paying by cash or cheque, and means you can compete in affiliated dressage as long as you ride a registered horse.

You can take part in regional training from the beginning of the calendar year of your 12th birthday to the end of the calendar year of your 25th.

BYRDS fledglings (riders aged 8-11)

How about making new horsey friends your own age? You need to be aged between eight and 11 – and having oodles of fun while you and your neddy learn lots. You don't even need to be a member of British Dressage (BD) for the first sessions.

Join the British Young Rider Dressage Scheme (BYRDS) fledglings and you can have training all year round in small groups, so your trainer has lots of time to help you. The teachers will show you the basics you need to get right if you want to do well in the long run, whatever you like doing – jumping, showing, dressage – and it will help with all your Pony Club stuff.

BD accredited trainers, such as former national champion Nicky Barrett, Hannah Esberger-Shepherd, Daniel Greenwood and sisters Hannah and Becky Moody, run the clinics. They cost from £20-£50 depending on the region, trainer and venue costs, etc.

You can take part in this from the beginning of the calendar year of your eighth birthday to the end of the calendar year of your 11th.

For the name and telephone number of your regional development officer (RDO) and BYRDS representative, click [here](#). Dates and venues of regional training days are listed in *British Dressage* magazine on the regional training pages as are RDOs, or contact BD BYRDS and U21 Co-ordinator [Karen Ryder](#) (tel: 024 76 698840) or BYRDS Assistant [Jeanette Proctor](#) (tel: 024 76 698845).