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25<sup>th</sup> January, 2012

**CENTRAL REGION CAMP at ADDINGTON MANOR EC,  
BUCKINGHAMSHIRE.  
12<sup>TH</sup> & 13<sup>TH</sup> MAY, 2012**

**PLEASE READ THOROUGHLY**

Thank you so much for your interest in our senior residential camp this year. Our camps are always well supported so please apply in good time to avoid disappointment.

*“So, here we are another one for you all to enjoy!”*

We have been so lucky to secure the expertise of **International Coach David Hunt** who is the Director of Training at British Dressage. He needs no introduction whatsoever & for those of you that have not witnessed him in action all I can say it is a real eye opener and it will have you wanting to tack up your horse and get training, training, training!! In my role as RDO I am so lucky to work with some amazing people & have to say David is one of the most inspiring trainers I have ever come across and it has to be said that he certainly does not mince his words! He is so generous with his time and commitment to our sport – truly one in a million! David will be with us on the Saturday evening and work with Matt Hicks who will be riding two of his lovely young horses for us.

Camp will be held at Addington Manor EC, Nr.Buckingham, Buckinghamshire MK18 2JR from the evening of Friday 11<sup>th</sup> May to Sunday 13<sup>th</sup> May. If you would like to take a look at their superb facilities etc. please visit their website at <http://www.addingtonmanor.co.uk>

On the Friday you will need to arrive at Addington between 3pm and 7pm. There will be a stable manager on site who will direct you to your stable & once your horse is settled in you will need to come along to the cafe & register your arrival with me & collect your bridle number & times for Saturday. We will all meet up in the cafe at 7.30pm for your welcome glass of wine, nibbles & debrief for the weekend. You will be able to dine in the café and the upstairs bar will be open where you can all socialise together and let your hair down a bit! The bar will close when the last person leaves.

### Trainers

We have the very best Coaches & Judges on hand to help you over the weekend. They include **Andrew Bennie**, L2 Judge, BE Accredited Trainer, BHS Registered Instructor & currently working towards his BHS Fellowship. Andrew was also a member of the 1984 & 1988 New Zealand Olympic three day event team. Andrew has ridden at over thirty 3\* & 4\* three day events! Andrew will work on gymnastic exercises for the horses. **Matt Hicks**, BD Registered Coach, Central Region Trainer & Grand Prix Rider. Matt works with all level of horse & rider. **Angela Niemeyer Eastwood**, UKCC Level 3 Coach & Grand Prix Rider. Angela is a position and posture specialist & trains a wide variety of clients. Angela has recently published her own book, 'Understanding Dressage Training', written with Andrea Hessay (available on Amazon) & finally **Jenny Ward**, Grand Prix Rider, UKCC Level 3 Coach & UK Coach Educator, British Pony Team Selector and List One Judge.

### Lecturer

**Lee Harris**, ITEC, EMA, APNT, BCMA (that is a whole lot of letters after his name!!) of Equetouch who has been a long standing supporter of our region will be with us for both days. Lee will work on two separate modules with Saturday's workshop working with the rider to observe physical traits, strengths & weaknesses followed by exercises & stretching to improve yourself & ultimately your riding. Lee & will also look at tension & muscle restriction of the rider & the benefits of massage. (note:-riding attire will be fine for this workshop)

Sunday's workshop will focus on the horse and will show you areas of the body that are put under more strain when associated with dressage, common stretching techniques and massage for different purposes to alleviate these issues. Further information on Lee can be found at [www.equetouch.co.uk](http://www.equetouch.co.uk)

### Stabling

Superb permanent stabling is available to us and the cost is £65 for the two nights including shavings beds. For hook up, etc. please advise on your application form attached herein. **PLEASE NOTE ALL STABLING APPLICATIONS & QUERIES ABOUT STABLING ARE TO BE SENT DIRECTLY TO ADDINGTON.**

When you arrive on the Friday you will be shown to your allocated stable and collect anything you have pre-ordered. You will need to pay a £10 clean stable deposit which will be repaid to you before you leave on Sunday, once the Stable Manager has checked your box. Once settled you will need to register with me in the cafe in order I can confirm your timetable for the Saturday. Sunday timetable will be published on the Saturday afternoon.

You will need to bring your own feed, hay, mucking out tools and water buckets.

We will be limited on places so please send me a deposit of £50 to secure your place. Full balances will be due no later than 10<sup>th</sup> April which is the closing date. Once your deposit or balance has been received please be advised that refunds will only be made upon receipt of a vet's certificate or a doctor's note where a refund of 50% will be

made providing it is before the closing date. If withdrawals are made after the closing date NO refund is due.

### **What do I get for my money?**

Welcome glass of wine & nibbles on the Friday evening at our debrief meeting at 7.30pm, three mounted coaching sessions, one test, two lectures, entry to David Hunt & Matt Hicks coaching demonstration followed by live singing from our very own legendary & “gorgeous” Lewis – phew you will all be worn out!

### **Tests**

Competition dress and turnout please and in accordance with BD rules. No points will be awarded. Please note that tests may be commanded if you wish.

### **Who can go to camp?**

**ANYONE FROM ANY REGION at any level!** In Central Region we pride ourselves on training everyone from riders that have only just started to learn including non members right through to Grand Prix riders. No horse under four years old may take part. Riders must be aged eighteen or over. Provided you can walk, trot and canter then this camp is for you. The horses will come in all shapes and sizes from the faithful old family pony through to those aiming for a place at PSG level on the teams. It will be fun, informative and you will make many friends. You can come on your own as the region is so welcoming –there will never be a dull moment – guaranteed!

You are welcome to bring along partners, friends etc to help you and they are more than welcome to spectate at the ridden sessions and they may also attend the lectures & the Saturday evening with David Hunt & Matt Hicks free of charge.

### **Dogs**

Addington Manor EC do not allow dogs around the arenas, walkways, stables etc. you are however allowed to have them with you in the lorry park provided it is kept on a lead at all times and you clean up after him. This is a strict policy – no exceptions.

### **Lorries & Trailers**

You will be met on the lorry park on Friday from 3pm until 7pm and will be shown where to park your lorry or trailer. There is electrical hook up for a fee, refer to stabling form.

### **Camping**

You are allowed to camp at Addington Manor EC free of charge.

### **Showers & Toilets**

There will be facilities available to us 24 hours a day

### **Cafe**

Opening hours:-

Friday 3pm until 9.30pm

Saturday 7.30am until 10pm

Sunday 7.30am until 4pm

Hot and cold food is available for purchase all weekend. The bar will be open on the Friday and Saturday evening.

**Raffle**

We will also run our usual super Grand Raffle which will be drawn on the Saturday evening. Tickets will be available to purchase from me on until 5pm on Saturday. There will be some super prizes including free return to camp & coaching from David Hunt, Peter Storr & Matt Hicks to name but a few!

Finally, please remember this is a fun & active weekend, open to all where we can all join together in one common theme and that is the desire to learn more about our sport, fellow riders and of course spend quality time with our beloved horses.

I look forward to meeting with you all once again and welcoming those that are new to Central Region Training.

**Please do apply early as places are strictly limited and are on a first come first served basis.**

For your info we should finish at the very latest around 4pm on Sunday afternoon.

Please do not hesitate to contact me if there is anything that you would like to ask that is not answered in this programme

**PLEASE BE ADVISED THAT ANY QUERIES RELATED TO THIS CAMP SHOULD BE SENT TO ME NOT ADDINGTON EXCEPT FOR STABLING WHICH IS BEING DEALT WITH DIRECTLY BY PIPPA HOLT AT ADDINGTON.**

Yours sincerely,

*Kim Moloney*

KIM MOLONEY  
CENTRAL REGION DEVELOPMENT OFFICER  
BRITISH DRESSAGE

**ADDINGTON MANOR EC SENIOR (AGED 18 & OVER)**  
**RESIDENTIAL CAMP 12<sup>TH</sup> & 13<sup>TH</sup> MAY, 2012**  
**APPLICATION FORM**

NAME OF RIDER:

AGE OF RIDER:

BD MEMBER YES/NO:

MEMBERSHIP NUMBER:

NAME OF HORSE:  
ADDRESS:

AGE OF HORSE:

CONTACT NUMBERS:

EMAIL ADDRESS:

IN CASE OF EMERGENCY WITH THE RIDER A CONTACT NUMBER &  
NAME OF A CONTACT:

LEVEL COMBINATION WORKING AT:  
RIDER GROUP NUMBER (IF APPLICABLE):

NAME OF NORMAL TRAINER:

I WILL BE BRINGING ALONG \_\_\_\_\_ EXTRA PEOPLE WITH ME.

**ALL APPLICANTS PLEASE CIRCLE THE TEST YOU WISH TO RIDE.  
IF YOU DO NOT CIRCLE A TEST WE WILL ASSUME YOU DO NOT  
WANT TO RIDE A TEST.**

P15    N22    E42    M73    AM85    PSG

**PAYMENT**

Camp £210 (members) and £220 (non members) PAYABLE TO BRITISH  
DRESSAGE & SEND TO ME.

Stabling per attached booking form **TO BE SENT DIRECTLY TO ADDINGTON  
MANOR EC & STABLING CHEQUES PAYABLE TO AMEC.**

Please send your camp application form and any additional information you think I  
ought to know to Kim Moloney, Regional Development Officer, British Dressage,  
Foxden House, Main Street, Grendon Underwood, Buckinghamshire HP18 0SH.

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SIGNATURE OF APPLICANT

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DATE

**BD SENIOR CAMP 12-13 MAY 2012**  
**Addington Manor EC Stable Booking Form**

This form may be faxed (01296 711721) with credit card details, or posted with a cheque to:  
 Addington Manor EC, Addington, Bucks, MK18 2JR

All stabling closes ONE week prior to the event

**Name:** \_\_\_\_\_ **Daytime Tel:** \_\_\_\_\_  
**Address:** \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

**Name :** **BRITISH DRESSAGE SENIOR RESIDENTIAL CAMP**

No of Nights	Date of Arrival	Date of Departure	Sex of Horse	Charge

**Stables include shavings bedding - bookings run from 5pm–5pm – you may not arrive after 10pm**  
**£40 per night, £65 for two nights, £90 for three nights**  
**Day Stables - £25 per day (9am – 5pm) Hookup - £20 a night, £40 for two, £50 for three or more**

Haylage and Hay can be pre-ordered from Country Equestrian 01869 277742

On arrival at Addington you will be required to give a £10 deposit per stable (DO NOT SEND WITH BOOKING). This will be refunded when your stable is left clean before you leave. If a deposit is not taken, any stable left dirty will result in a £10 charge. **All** hay and droppings must be removed.

**Please enclose a cheque made payable to 'Addington Manor EC ' or complete the credit card details below:**

**CARD NUMBER:**  
 .....

**Start Date:** ..... **Expiry Date:**  
 .....

**SECURITY CODE (last 3 digits on back of card):** ..... **ISSUE NO. (SWITCH):** .....