



BYRDS NW Camp



9th - 10th October 2010

Somerford Park, Cheshire

A residential camp with a packed programme of events for young dressage riders aged 8 to 25 years, open to everyone.



£160 BD Members & £180 Non-BD Members

Cost is inclusive of stabling (2 nights), shavings and a packed programme including 2 shared training sessions (one each day), a filmed test riding session, video feedback from the judge, a mounted Pilates session and three workshops designed to help you develop knowledge and understanding of all things dressage and work towards your British Dressage BYRDS Proficiency Certificate. We also have a fun packed Saturday team building evening and workshops for parents.



The BYRDS Canteen is open all weekend for you to purchase refreshments, breakfast and lunches. A two course evening meal is available on Saturday at a cost of £8 per person. Once you have booked your place I will send details of the evening meal options.

New for October Camp—Riders who cannot attend the full camp but would like to come along to the unmounted workshops on either Saturday and/ or Sunday can book on as a none riding member. Email Moira for details and cost. This is a great opportunity to learn more about BYRDS and develop your knowledge.

To book your place complete the attached booking form and send it with your payment to Moira Lafferty (NW BYRDS Rep)
07808 924695 (moira.lafferty@o2.co.uk)



BYRDS NW Camp

Programme & Workshops



Friday Evening Arrival 6pm.

7.30 pm Meeting in the Canteen and Quiz for all.
The canteen will be open for soup and sandwiches.



Saturday 9th October.

As well as your test riding and shared training session you will also have two workshops.

Workshop 1 - From the Judges Perspective.

This is an unmounted session where you will have the chance to find out what the judge is looking for when they judge a dressage test, have a go at judging and compare your views to that of our BD list 2 judge and BD trainer Islay Auty.

Workshop 2 — Sports Psychology planning for the Winter Season

The second workshop of the day will be taken by Dr. Moira Lafferty (C.Psychol) and will look at how sports psychology can help you plan for the Winter Season and help you at competitions. This will be an interactive session so you will need to bring a pen and notebook with you.

Parents Talk—A chance to learn more about BYRDS the squadding system and rider opportunities.

Team Building — An evening of fun and laughter with our team building games, you will work in teams to complete new and exciting challenges.

Sunday 10th October.

As well as your video feedback and shared training session you will also have another two workshops.

Workshop 3 - Trot ups, legs and problems.

Vicky Robertson an equine specialist vet from Ashbrook Equine Hospital will give a talk and demonstration on trotting up, problems with lameness and how to look after your horse/ponies legs.

Workshop 4— Mounted Pilates

This is a mounted session where in small groups you will work with a trainer and pilates qualified instructor and chartered physiotherapist Kathy Flinn to develop your understanding of how your posture, core stability and body control influence your horse/ponies way of going.

To avoid missing out on our Camp make sure that you complete the booking form and send it along with your cheque made payable to British Dressage to Moira. Unfortunately places cannot be confirmed without payment.