



Active Rider



BYRDS North West Camp Programme At Somerford Park, Cheshire 16th - 18th April 2010

Coaches: Fiona Lace, Patsy Bartram, Janet Horswill, Sarah Probin

Friday 16th

Arrival from 6pm – Report to the pavilion & book in with Jane Walker

6.15pm - Stables available

7.00pm – Hot soup & sandwiches available for purchase

7.30pm - Welcome talk & introductions. Weekend programme explained inc workshop timings and lesson times/test riding times distributed.

Followed by Game/Quiz.

Saturday 17th

Food available to purchase in the pavilion throughout the day / Photographer on site all day

1 x 45 mins pairs lesson & 1 x private videoed 15 min test riding session with feedback

Workshop 1 (AM): Carr & Day & Martin – a fun tack care workshop!

Also available FOC Carr & Day & Martin 1-1 hoof assessments

Workshop 2 (PM): Alison Leach, Improve your riding position! – Gym balls and more!

Also available for both BYRDS and guardians Alison Leach Sports Massage - £10 for optional 30 min back massage

Guardians Workshop: Intro to BD & BYRDS, Membership, Training opportunities and the squadding system

Baileys Horse Feeds – 1-1's optional horse assessments & electrolyte advice – free Aqua Aide Electrolyte at camp

Workshop 3 (evening): Moira Lafferty - Teambuilding/Games

Photographer returns with pictures

Sunday 18th

Food available to purchase in the pavilion throughout the day

1 x 3/4 hour pairs lesson & 1 x private videoed 15 min test riding session with feedback

BYRDS Workshop 4: BYRDS Proficiency Progression

Guardians Workshop: Team opportunities, selection process, progress charts and regional competitions.

Fill in the feedback form

Collect DVD before vacating stable by 4pm

CAMP COST: FOR BD MEMBERS £160 / NON BD MEMBERS £180

(NB: BD Pony Club Membership is just £18 – follow link below for more info)

http://www.britishdressage.co.uk/uploads/File/BD_Pony%20Club%20Form_3.pdf

To reserve a place visit www.activerider.co.uk
or call Jane Walker on 07736 872307