

ABERYSTWYTH UNIVERSITY – PARA NEWS

The purpose of this news bulletin is to try to keep everyone updated with whats on offer for disabled riders at the University. I'll also try to include any other events I think might be of interest to disabled riders so if you know of anything coming up please let me know. My telephone number is 01974 282787.

TRAINING

Regular training sessions are held at the University with Dr Carol Green and sometimes with Jane Goldsmith.

This year we are running the Para Training on the first Thursday of the month.

October 1st Jane Goldsmith
November 5th Dr Carol Green
December 3rd Dr Carol Green

These sessions are open to those with classification or those awaiting classification.

Please contact Dr Carol Green via email cgg@aber.ac.uk for further details and to book a place.

We also hope to hold a training session soon for United Counties RDA Training Group. This group was set up to cater for disabled riders who needed more than the average RDA group can offer. The group caters for teenagers and adults. To be considered for membership riders must have a disability and be able to ride unaided in a small group and have the desire and potential to improve their riding skills. Most members have either their own horse or access to a horse to ride. Aberystwyth University may have a few horses available for training sessions subject to assessment. This group covers a large area of Wales and hosts an annual regional dressage qualifier for the RDA National Championships. Membership is subject to an assessment ride to ensure your own safety.

For more details contact Carol Green via the above email or Di Waghorn (Chairman) on 01994 419741

COMPETITION

For the last few years the University has been putting on classes for disabled riders alongside its able-bodied classes. This year we are putting on two classes, the usual class for those riders with classification, Grades 1 – 4 which we are calling Para Class, and then a new class to cover those riders who do not fall into the above Grades. We are calling this class Disabled. Riders may also enter any of the able bodied classes on the same day.

Dates

October 24th
November 28th
December 19th
January 30th
February 27th
March 27th

For more info see the enclosed schedule. Or telephone Lluest Equine Centre on (01970) 621676

CAR BOOT SALE

This is being organised to be held in the indoor school at the University on **November 29th** to raise funds for the United Counties RDA Training Group. The emphasis is on Equine goods but you are welcome to bring other goods to sell too. Please spread the word. If you cannot have a stall but would like to donate equine goods to be sold on an RDA stand please contact Di Waghorn (Chairman) on 01994 419741 or Carol Green cgg@aber.ac.uk

DVD DRESSAGE COMPETITION

The University is running a DVD dressage competition to raise funds for United Counties RDA Training Group. This is for those disabled riders who don't normally compete and is a chance to 'Have a Go'. Tests to be used are numbers 6a, 10, and 31. There are separate sections for junior and senior. This competition is not open to those riders that have competed at Para level. It must be filmed in a 40m x 20m area (any surface) with the correct dressage letters in place. It must be filmed from the letter C with the arena clearly visible at all times. (Do not zoom in on rider) £6 PER ENTRY rosettes to 6th place. Entries close March 31st 2010. Please send DVD's to Lluest Equine Centre, IBERS, Llanbadarn Campus, Llanbadarn Fawr, Aberystwyth, SY23 3AL Please include your entry fee, name, address, telephone number, disability (and classification if you have one), horses name and whether you are junior or senior. Further information contact Carol Green cgg@aber.ac.uk

Coming soon at Aberystwyth University

We are planning a day for disabled riders where we can offer sessions on a mechanical horse hopefully with a physio, a lesson with Jane Goldsmith, and sports psychology sessions looking at goal setting, comfort zones etc. If you are interested please contact Carol Green.

NATIONAL PARA WINTER QUALIFIERS

As far as I know these are the dates so far:

Vale View	23 rd Jan
Aintree EC	3 Feb
Oldencraig	5 Feb
Patchetts	21 Feb
Bromyard	27 Feb
Pachesham	13 Mar
REC	TBC

To confirm these dates please check the British Dressage Schedules.

Exploring the New Para Tests Seminar

A day to look at the new tests, open to anyone interested, judges, riders, trainers etc.
This day is to be held at Hartpury College, Gloucester on October 24th.
Details contact Amy Cullen, Para Dressage Officer 02476 698837
Tickets cost £30

Finally

Useful contacts:

Dr Carol Green, Para Rep for Wales, cgg@aber.ac.uk or Tel (01970) 622575
Lluest Equine Centre, Aberystwyth University training and competitions (01970) 621676
Di Waghorn, United Counties RDA Chairman, (01994) 419741
Amy Cullen, British Dressage Para Officer, (02476) 698837
Paula Clarke, Para Rider and compiler of this newsletter! (01974) 282787
aber_paras@hotmail.com

I hope this has been useful to you and please let me know of anything you would like me to include in future. *Paula Clarke*