



INFORMATION ABOUT YOUR EVENTS IN THE EAST....



If you are interested in one of our events but want to know more, then read on below for information about what our different events involve. Then you can [click here](#) to jump to our booking system and book yourself onto something! Look forward to seeing you there 😊



SPRING AND AUTUMN CAMPS (Senior and Youth)

We run two day camps in the Spring and Autumn. One for Youth riders (up to 25) and one for Seniors (over 18). These camps are a chance to come along for a couple of days training with your horse, meet other riders and have fun! They start the evening before the first day when everyone arrives and stables their horses. Mostly you will be stabled in 'teams' and the team riders then get together in the café for an evening of entertainment which can include talks, demos, asking questions of the expert panel, quizzes or questions from the audience.

The two days of camp follow a timetable which includes a 40 minute lesson (2 people in each lesson) in the morning for all. Riders also attend 2 workshops during the morning on all sorts of related subject such as rider fitness, horse nutrition, butting, veterinary, saddle fitting, equipment for riders, gait analysis, pole work, pilates, judging etc. In the afternoon we have test riding, and you can use this to ride a test at the level you are currently competing, or try riding the next level up. The judges give feedback, and campers also get the opportunity to go and sit in the box with them and listen in to their words of wisdom!

The middle night of camp involves another talk or demo, plus dinner and drinks and a chance to reflect on the day. The price for these camps includes all tuition and workshops and test riding, stabling for two nights for your horse and dinner on the first and second night. Friends/family are welcome to accompany you and join in all activities.

You need to bring with you, all equipment for you and your horse, plus mucking out tools and wheelbarrow/skip. Most riders stay in their lorries or trailers, and you can also camp. If not, there are lots of B&B's and hotels near to Keysoe where you can stay. Check out:

<http://keysoe.com/images/bandb/accommodationlist.pdf>

A full timetable and all information about the event will be emailed to you a few days before camp starts. This will include your test times, your workshop times, what team you are in and where your horse is to be stabled. All our coaches are BD Accredited or Recognised Coaches and are great with riders at all levels. We love our camps because they cover everyone from the nervous first-timer to the rider trying out their first Grand Prix Test, and everything in between! All shapes and sizes are catered for and all are equally welcome and I promise you will have a great two days and go home exhausted but happy!



SATELLITE CAMPS

Our Satellite camps are a cut-down version of the main camps for those who have not got time for a whole weekend away. You can arrive either on the Saturday evening and stable and stay over, or come first thing on Sunday morning and stay for the day (booking a day stable for your horse if you like). We will have a talk/demo on the first night for those staying over.

The Sunday includes a 40 minute lesson (2 people in each lesson) in the morning for all. Riders also attend 2 workshops during the morning on all sorts of related subject such as rider fitness, horse nutrition, butting, veterinary, saddle fitting, equipment for riders, gait analysis, pole work, pilates, judging etc. In the afternoon we have test riding, and you can use this to ride a test at the level you are currently competing, or try riding the next level up. The judges give feedback, and campers also get the opportunity to go and sit in the box with them.

We have satellite camps in Beds, Norfolk and Essex planned so far for 2018.



TEST RIDING DAYS

Test Riding Days are run all over the region, with the Coaches also being Judges themselves. You will either warm up on your own and then come and ride a test, or maybe do some work with the Coach first. Either way, you will have approx. 35-40 mins of training and test riding, with the Coach/Judge giving you tips on how to present your test better and where to gain those extra

marks. These days are particularly useful if you have a specific competition coming up and want to run through your Regional/Team Quest or Championship test.



YOUTH INTRO AND TRAINING DAYS

Our Youth Intro and Training Days run throughout the year in various venues in the region. They are open to all riders under 25, and consist of a lesson and then some test riding. They are a chance to chat to the Trainer about what is involved in BD Youth and also to ride through the Squad tests in the run up to the Inter Regional Team Competition. These are a stepping stone

into BD for new riders, and a training day and catch up with friends for current members.

Dress for these events is just training gear, but correct boots and hat must be worn. All levels are welcome and you do not need to be a member to come along for the first time. If you enjoy it and want to do more of our Youth Training, then you can join BD as a Club Member initially, which also means you can compete at BD shows in Prelim classes, and take part in My Quest and Team Quest Competitions.



JUDGE TRAINING

We run many judge training events throughout the year. These take the form of DVD evenings, practical training at shows watching the horses in the classes, theory sessions and seminars. Although these are aimed at Judges, they are also open to non-judges and those who may be

interested in becoming a judge one day, or who are curious about what the judge is looking for when judging a test.



CLINICS

Clinics are held all over the region with different trainers. All the clinics advertised on the BD site will be with Accredited or Recognized Coaches, meaning that they have obtained their Level 3 or Level 2 UKCC qualification. Check out our on-line booking system for who is doing what and where. <https://bookwhen.com/bdeast>



BIOMECHANICS DAYS

The way the rider sits on the horse will have a dramatic effect on its soundness, performance and development. The rider analysis sessions are designed for riders of all levels to help improve the rider's position and horse's way of going. With the use of high speed video cameras (capturing 20 x faster than the human eye), Visualise training jackets and Quintic software the rider's position and horse's

way of going can be constructively analysed. Russell Guire, who carries out the analysis, is a keen rider himself and has worked all over the world helping riders improve their position and horse's performance.

You will be asked to carry out a series of movements, such as centre lines from both the left and right rein. We then analyse the high speed video files - the riders can see their efforts immediately whilst mounted - using sophisticated software the rider's position and horse's way of going can be analysed. From here we select key areas on which to work. The session combines the use of training and video analysis, this is one of the key aspects of our sessions as it allows riders to see instantly any improvements. Each session will be individual and last approx 45mins.



YOUTH SQUADDING AND RE-SQUADDING DAYS

These days are for all Youth riders who want to come along and find out where they fit into the squadding system. We start out with U12's (these are riders up until the beginning of the year of their 12th birthday) and go through C squad, B squad, B+ squad and A squad (which also incorporates a Young Horse test for A squad riders). You will be assessed on your position, your influence on your horse, straightness and poise. The tests that are used for squadding are specifically ridden to demonstrate your riding skills as opposed to how your horse goes. There are also special score sheets that are used and these are marked on different areas such as riders seat and effectiveness of aids, riders influence on way of going and riders control of movements in test. These tests are used in the Youth Inter Regional Team Competition held annually at the end of June. Check out the link to team information at: https://www.britishdressage.co.uk/your_regions/team_competitions to find out more.



STEWARDED COURSES

The aim of the Steward Education and Development Programme is to train "more hands on" and practical Stewards to assist with the running of day to day and higher profile regional and national competitions.

Recognition of the importance of the role and the critical integration of these Stewards into the sport must be foremost as well as all aspects of horse welfare and enforcement of the BD Rules.

Courses are run at different levels and in different venues throughout the country, so if you are interested, do take a look for one near you.



STEP UP OR STEP IN DAYS

The Step In part of these days is for potential new members who want to come along, have some training and ride a test. They will then get feedback from the Judge/Trainer and can have a chat about BD and what is in it for them. There are usually membership offers available on the day and it is a chance to ask questions and find out more about BD, its competition, training and opportunities.

The Step Up part of the day is for current members who want to dip their toe in at the level above, with the advantage of a Judge to watch them and give them feedback on how their training is going. It is a good chance to see if you are ready to get outcompeting at the next level, and where you may need a little more work. A chance to ride the test in 'show' condition, in an arena with white boards and a judge, but without the pressure of a show.



INTER COUNTY TRAINING AND TEAMS

Our Inter County Challenge is a team event that is held annually in July in the Eastern Region. As the name suggests, it is a competition where all the counties that make up the region compete against each other for glory! (Herts, Essex, Norfolk, Suffolk, Beds, Cambs, London). Each county has an enthusiastic County Coordinator who sets up training days, social events, test riding and more within their

county. Everyone is welcome to go along to the initial training days, which are held with trainers who can chat to you about your aims with your horse, and tell you more about the event. The trainers and coordinators hold test riding days for long listed riders, and from there, pick 12 riders at Prelim, Novice and Elementary level to go forwards to the Inter County Challenge to represent their county.

The event itself is a fun day and a half at Keysoe, with two tests to be ridden by each member. The night before the event we hold our Freestyle Festival – a brilliant night of teams in fancy dress, riding to music and displaying some brilliant interpretations of the theme for that year (2018 is Toys and Games if you are interested!) The Freestyle allows each county to send one team up to Elem level and one open team who can do whatever they like. [CLICK HERE](#) to jump to the Eastern webpage where you can download the schedule for this year's competition.

If you are interested in getting involved, these are your county coordinators, so do get in touch:

County	Name	Tel	Email	Colour
Essex	Rachel Kellett	07773787484	Rachel.kellett@btinternet.com	Hot Pink
Herts	Antonia De Bearn	07785 303577	antoniadebearn@hotmail.co.uk	White
Suffolk	Tammy Ruffles	07979 300075	e.ruffles1@btinternet.com	Yellow
Norfolk	Amy Mills	07754 419103	amymills18@hotmail.com	Purple
Beds	Karen Griffin	07791686244	karen_griffin@icloud.com	Red
Cambs	Natalie Payne	07767 615267	mrsnataliepayne@gmail.com	Black/Gold
London	Kim Ratcliffe	07702 023288	Jacqui.rat@lineone.net	Royal Blue



TALENT SPOTTING DAYS

These days are run for our Youth riders and involve riding in a training session, performing a test and stable management and discussion. These from the regional rounds go through to the final, where the prizes are training funding to use for the rest of the year. The days are divided into age groups, so you will only be riding against people of the same age as you.



YOUTH FOUNDATION CAMPS

New for 2018, each area of the country will be running two Youth Foundation Camps. These will replace the old High Performance Camps and will incorporate training, goal setting, personal aims, test riding and progress. They will be open to B+ and A squad riders only, and riders will be asked to apply for a place over the summer. We are running two in the Eastern Region in conjunction

with the Southern and Central Regions – both at Keysoe. These are 15-16 September and 1-2 December. Click here for more information about opportunities for young riders within British Dressage: https://www.britishdressage.co.uk/under_255



QUEST CLUB SHOWS

Lots of our venues run Quest Club shows around the region. These are often run alongside their unaffiliated shows and are for riders from Intro to Novice level. They offer you a chance to ride in the My Quest classes where your points go onto a league table, with the

highest point scorers from each region going to a Semi Final and then the big weekend Quest Final at Bury Farm in October. There is also the chance to get involved with Team Quest, which is when you and three friends get together to make up a team, and again your scores go onto the league table and can take you to the finals. This is a really fun way to start getting involved with BD, and you only need to be a Club Member to take part (which is just £30 a year). Click here for more information: https://www.britishdressage.co.uk/competitions/team_quest



ASSOCIATED CHAMPIONSHIPS

There has never been more chances to qualify for a championship with your horse, and the good thing about most of them is that qualification is gained by attending your normal every day BD shows. So if you have a racehorse or an Arab, a native or a shire, then read on and find out what you can get up to together. And it's not just about your horse, there is a whole championship dedicated to Veterans, both riders and horses! Click here to find out more details of all our Associated championships and how to get involved:

https://www.britishdressage.co.uk/competitions/associated_championships