



Achieve your equestrian ambitions

Attached is a timetable number 57 ...only joking but it is the latest and greatest for the weekend. I've had to make some adjustments as Alison can only squeeze in a couple of hours each day. So big thank you to still coming out to see us. You'll be able to see the sunken arena rising from the ashes.

We have tried to meet as many of your requests as possible but, inevitably, we might not have succeeded ;-(You should have a minimum of two main activities each day, with additional talks/demos where they fit in with your programme. If we have made any glaring errors, please let us know and we will try to sort it out. Most slots are now full so be warned, the possibility of moving you to other groups is severely limited. Talks aren't full so feel free to go along even if you're not specifically booked in.

Any remaining spare slots will be advertised on the secretary's board on Saturday and Sunday mornings so speak to one of us over the weekend if you are interested in any of these. We've booked a wonderful range of ridden and in-hand sessions as well as interesting talks, with a brilliant selection of instructors. If it is something you haven't tried before, give it a go – you may be pleasantly surprised!

A few things you need to know for the weekend.

Poo-lite notice The car park is used for human corporate events, so can you clear up any droppings and litter. We will put out wheelbarrows for the droppings but please no mucking out. . Sad to say it took 2 hours to clear up after camp one year – it's only 1 dropping from your horse but multiplied by 30 horses that's a load of poo to pick up when all we want to do is collapse with a cuppa or a glass of vino ;-)

Payment – The bit I hate. Thank you to every-one who has paid already. Can those who haven't, can you pay before unloading your horse. I've a short memory and don't want to have to try and remember where the pocket full of money came from. I have been known to wash cheques because I forgot about them. To be fair to everyone, you will not be able to take part unless full payment has been made.

Checking in When you arrive check the master sheet which will be pinned to the table/noticeboard so that no last minute changes have been made to your times. Feel free to join any talks/watch demos or other groups working when you are not occupied with your own sessions.

Fodder Lunch is being provided by Tesco shop with a drop slot between 1 and 12, but feel free to bring cakes to share (my favourite is chocolate by the way and who does those fabulous tray bakes with maltesers?). We'll have the usual bottles of water, teas and coffees so help yourself especially if the weather stays hot(ha ha think this is from last august's

camp) Don't forget your sun cream if you're going to be out all day (only relevant if its not raining) .

Bring a chair if you don't want to sit on the grass.

Jumpcross and Waterplay sessions If you are doing any Jumpcross/waterplay activities you must wear normal XC gear – non-fixed peak hat and body protector. No-One is to go on the jumpcross course without an instructor. For Jumpcross meet in the warm up area by the bus. Please no jumping before the instructor arrives (boring insurance bit that one). Waterplayers will meet at the bottom of the track by the arenas next to the stream.

Weighbridge Bailey's Henrietta Edwards from Bailey's will be with us Saturday, so pop along for a weight check and ask about any nutritional questions. Sadly we all already know excessive chocolate isn't good for us.

Talks will be in the conference room, we have an extra one at 3pm with Human nutrition talk is at 3pm in the conference room with **David Griffiths and Charlie Isaacs** will be talking about 'Why supplements – a talk on human nutrition ?' As a biologist with a special interest in health and longevity, he mentors a team of nutritionists and personal trainers including working for such bodies as England Rugby and UK Athletics. His company is affiliated with the prestigious Linus Pauling Institute. He has been giving talks on nutrition for 15 years and in the last 5 has seen a sea change in the way we are starting to talk about health. In his view, "If the doctors don't become nutritionists, the nutritionists will become the doctors" as we embrace age old wisdom with modern biochemical knowledge.

Equine massage and stretching exercises will be in the dry under the loft. As we have small groups bring your horse to practise on !

Pilates for humans The group will be aimed at very beginners to give an idea what Pilates is and how it benefits you in the saddle. There can be some more challenging exercises thrown in for the ambitious! But the idea is very much to work within your comfort zone, and yes some parts might be humorous . Please wear whatever you feel comfortable bending and stretching in, leggings or jodhpurs/breeches with t shirts or jumpers are fine. Its preferable to work barefoot (the room won't be cold!) or in socks. I will provide mats but if you have your own of any sort, please bring it along. If you have any majorly restrictive injuries or ailments please let Harri know prior to the class, but it won't be a issue as there'll be exercises to suit all.

First Aiders There will be qualified first aiders about (including the instructors). My first casualty at the combine training was one of the judges with a paper cut that wouldn't stop bleeding. Shout if you need help!

Timings You can imagine it's been hard to fit every-one to do what they want to do so you might find that you have to leave a talk/demo early in order to be ready for their next activity – we will warn instructors so they don't think you are being rude! Likewise, please be patient if an instructor desperately needs a comfort break or a drink – we are working them hard over the weekend.

Some sessions are 90 minutes, most an hour and the Equigym sessions are only 45 mins. You will be glad its only 45 mins of pure work, you will get your money's worth.

Instructors We have lovely professional instructors and they are there to help you – speak to them if you feel over-faced or uncomfortable with what you are asked to do or plain knackered. If you have a question – I bet some-one else has the same question, so go on and ask. We want you to have a good time.

Weather Yes Wittering gets it fair share, if it is disgustingly rainy and gales on Sunday we might have to abandon the riding element. The forecast has changed from cloudy, to showers to ...who know what depending on what web site and what time of the day you look. Although I'll go along with the latest forecast



but you might want to bring a change of clothes and plenty of waterproofs

Help! If you can help set up gazebos, arenas on Friday night from 5pm, conversely help clear away on Sunday afternoon, it would all be very much appreciated. No specialist skills needed although I'd exempt bad backs as a lot of bending and picking up.

We also need some-one to help Yvette on the waterplay sessions with a pair of wellies.

Finally, please help where you can, I know a lot of you already do. Doesn't have to be taking down the gazebo, simple things like taking a cuppa to the instructors or poo picking the arenas and car park makes for a load of happy bunnies. But especially the clearing away and setting up at the end of the days are our crunch times.

If you need to contact us, please email or text– only necessary contact please.

Have a great weekend!

Helen, Tania, Tracey, Angela, Karen, Lynette, Ruth and

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