



Fitness for Horse and Rider - unmounted training

February 19th 2010 : 11am - 2.30pm.

£5.00 per head - to include a light buffet lunch

Gt Linford Cricket Pavilion,
Marsh Drive, Great Linford, Milton Keynes. MK14 5AX

Whaddon Chase are delighted to welcome Lorna Skinner to speak on the subject of preparing yourself and your mount for the season ahead. Lorna Skinner is a qualified Equine and Human physiotherapist who has been involved for many years with Endurance GB. She has served as the nominated physio for both horses and riders on many teams, from novices to international riders. Although the focus of the talk will be Endurance Riding the skills and techniques learned are applicable for any discipline and should be of interest to riders of all levels.

This event is open to members and non-members alike. Funds raised from this event will go towards supporting the Whaddon Chase Endurance Teams.

Schedule for the day:

Session 1 : Lorna Skinner - Rider fitness.

This session will focus on the importance of rider fitness and how this affects your pony's performance. You should expect an active session where your personal strengths/weaknesses and goals are taken into account in order to create a personal fitness plan. Please wear comfortable clothing and sensible shoes.

Session 2 : Steve Beresford of Performance Equestrian - Equipment and tack.

What to use when you start and what might be helpful as you progress. As you may have realised if you have looked at the Internet there is a wealth of specialised equipment marketed for Endurance Riders. Steve is aiming to dispel the myths and help you identify which items may be useful when you start and more importantly those that are not!

Break for lunch - a light buffet lunch will be provided.

Session 3 : Lorna Skinner - Equine fitness.

Lorna will be looking at horse and pony fitness, with especial emphasis on developing fitness at the start of the season and after event care. She will teach you some simple exercises, using a variety of ponies as models, which you can use to help ensure even muscle development and flexibility.

Throughout the day there will be plenty of opportunity to ask questions. For Whaddon Chase Branch members there will also be the chance to discuss training and goals for the season with Endurance Team Manager Jim Parsler and to put yourselves forward for the development or competition teams in 2010.

Space is limited so please contact Nikki or Jim on 01908 677791
or mail nikki@nspresources.co.uk to book your place.

Directions from M1 J 14. Take right hand exit A509 London Road signed to Newport Pagnell. At roundabout, junction with H3 Monks Way A422 turn left towards Central Milton Keynes. At the 3rd roundabout turn right into Great Linford on St Leger Drive. 2nd right is Marsh Drive, follow the road past the tennis courts on the right. The 5th right hand turn is onto the High St (if you reach the hump back bridge over the canal you have gone too far). Parking is approx. 50yds on the left hand side. The pavilion is a short walk across the cricket green.