



BRC Training Day

Sunday 25 September 2022

*Dressage Protocol with Kate O'Connor
Young Horse/Rusty Rider Groups with Heather*



Dressage Protocol with Kate O'Connor

Local EA Level 1 Coach in both Dressage and Show Horse, Kate O'Connor will be available for Dressage Protocol.

The tests on offer will be the
Prep A, Preliminary 1A or Novice 2A.

Kate has been messing around with horses since she discovered she liked the smell of them at a very young age. She's ridden after

cattle and in endurance rides and spent much of her non-school hours in the saddle as a kid. She's started lots of horses under saddle and competed in Ag shows and western shows and done a stint as a catch rider. She's had a serious and competitive crack at side-saddle and started several locals on this addictive path. As she's matured she's discovered that dressage isn't just the boring bit you do before you get to jump but it's actually really interesting.

She has developed a program through her experiences in a variety of horse sports that assists riders at all levels and disciplines. Her main focus as a coach is in body awareness riding and she has a keen eye for balance and tension in both horse and rider. Kate judges at low level dressage comps and at hack shows. Currently she's working on a project to invite Gareth Hughes (from the WEG silver medal UK dressage team) to our region.

The *dressage protocol* will be run in blocks of 8 riders. Each rider will initially ride a test for Kate and get immediate feedback and a written comments sheet. This should take approximately 15 minutes per rider. After the riders have all done this session, the test is ridden again one after another, just like a competition, and this time only a written comments sheet is provided for comparison.

This is a good opportunity to either give Dressage a try or ride a test to practice for some of the upcoming competitions. Numbers are limited, so only **1 test per horse/rider please.**

PLEASE NOTE THAT WE MAY BE SHARING THE GROUNDS WITH ANOTHER EQUESTRIAN USER GROUP

CODE OF CONDUCT, SAFETY and INSURANCE -

Please ensure that your gear/equipment/horse/pony is in good safe working order. If you are riding, you will be required to wear a riding helmet approved by EA (Equestrian Australia) and appropriate clothing and footwear.

BRC is an EA affiliated club and, as such, is covered by Public Liability Insurance. EA members are also covered under insurance whilst riding and training their horses. However, being a BRC member only does not mean that you are automatically covered under insurance. You should consider if holding your own personal accident or loss of income insurance is right for you if you are not also an EA member.

Young Horse/Rusty Rider Groups with Heather

The ever popular option for those who want to experience a safe ride (or a safe handling experience) in a group setting, as well as to try some things you might not normally get to do at home. We're very lucky to have Heather come back so soon!



Enter into the **YHRR** group which sounds like it will best suit your desires and skills:

1. **Ground work and maybe ride** - Participants will carry out ground work exercises (with horses saddled ready to ride) and if safe a few ridden exercises which people can practice at home.
2. **Walk/trot and maybe test canter** - Riders in this group will mainly walk and trot flat work exercises. Come to the arena saddled ready to ride (but not mounted).
3. **Walk/Trot and Canter** - Riders will enjoy different exercises to allow the horses to become familiar and comfortable working in a group environment. Arrive saddled but no need to be warmed up. We will start at the walk first.

*Please note that Heather's groups are ideally suited to ~6 participants each, so enter sooner rather than later! **Please only enter ONE group per horse/rider.***

If the grounds are dry enough and we can find the space, we will also be setting up some **Novelty Games** for you all to try. **Helen Locke** will be on hand to guide you and maybe even time you if you would like to be a bit competitive, but the idea is for you to have a play and familiarize your horse with something a little different – and fun!

The cost for the day is \$25, which includes lunch.

Rego Form at <https://www.mybrc.net/whats-on>.

Enquiries: by email initially, please: 2mybrc@gmail.com

Group times will be emailed directly to riders before Friday 23 September

Cancellations: *after the closing date for registrations any cancellations will require a veterinary or doctors' certificate to receive a 90% refund, unless you have contracted Covid and you obviously have to stay home!*

CODE OF CONDUCT, SAFETY and INSURANCE -

Please ensure that your gear/equipment/horse/pony is in good safe working order. If you are riding, you will be required to wear a riding helmet approved by EA (Equestrian Australia) and appropriate clothing and footwear.

BRC is an EA affiliated club and, as such, is covered by Public Liability Insurance. EA members are also covered under insurance whilst riding and training their horses. However, being a BRC member only does not mean that you are automatically covered under insurance. You should consider if holding your own personal accident or loss of income insurance is right for you if you are not also an EA member.