



HOLME VALLEY RIDING CLUB

Email: holmevalleyrc@gmail.com



POLE/GRID WORK CLINIC SATURDAY 26 OCTOBER 2019

WITH SUE CHADWICK @ WOODNOOK ARENA, HONLEY HD9 4DU

Sue Chadwick will be holding a pole work clinic in the morning and then a grid work clinic in the afternoon at Woodnook in the large arena.

Pole work is using poles to improve rhythm and balance in the paces, encouraging the horse to work from behind and over the back so improving muscle tone. Grid work is gymnastic jumping exercises to improve technique of both horse and rider, it encourages the horse to jump out of a level balanced stride and to help to teach the horse to think for himself.

The clinic will be held in the large arena at Woodnook, Honley and the lessons will be in groups of 4 for 1 hour.

ENTRY FEE: HVRC MEMBERS: £20.00 NON-MEMBERS: £25.00

CHEQUES payable: "HOLME VALLEY RIDING CLUB" along with completed entry form.

Online Entries available on My Riding Life

CLOSING DATE Friday 18th October 2019 (unless full earlier), no bookings will be taken after this date unless there are any cancellations

Please send entries to:

SECRETARY. NICOLA WATERFIELD 3 Racton Street, Slaithwaite, Huddersfield, HD7 5DQ

Tel: 07841535563. Dressage-entries@outlook.com

TIMES: will be on My Riding Life after the closing date

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POLE/GRID WORK CLINIC - SATURDAY 26th OCTOBER 2019

MAKING AN ENTRY CONSTITUTES ACCEPTANCE OF THE RULES

GROUP	Novice/Inter	RIDER	HORSE
CMS	mediate		
Grid	Pole		
Name:			
Address:			
Email address:			
Tele no			
No entry fees will be refunded after the closing date (unless we can fill the place)			

- HATS** to the current BRC standard (EN1384; PAS015; ASTM F1163 with appropriate kite mark) must be worn, correctly secured, by all riders. Long hair to be securely tied up so it does not hang below shoulder line
- BODY PROTECTORS** are strongly **RECOMMENDED**
- The organisers of this event have taken all reasonable precautions to ensure the **HEALTH & SAFETY** of everyone present. Entries are made entirely at your own risk. No liability can be accepted for any accident, loss, damage, injury or illness to horses, riders or any other person or property howsoever caused.
- The committee reserves the right to alter or cancel any session.
- No entry fees will be refunded after the closing date (unless we can fill the place).