



Newsletter January 2019

Don't forget- we have negotiated a discount with Petley Wood Equestrian Centre for all their Unaffiliated events. £2 will be taken off each entry fee using this code Discount code will only be given out to fully paid up members of RVRC for 2019. Apply to Heather Deane for the discount code

## Rider Psychology Talks

A series of lectures planned on the psychology of riding. The first two have already been delivered and enjoyed by those who attended. Future topics covered will be

### 3. Dreams, ambitions and goals.

Working out realistic goals and the steps needed to achieve them. Embracing challenges and making your dreams come true.

**4. Having fun with your horse and competing.** Planning outings with your horse, celebrating the positives, dealing with setbacks and reflecting on your performance.

### 5. Managing your nerves.

Recognising the positive influence of nerves. Working on how to harness self-belief to generate productive nerves and banish destructive nerves.

These hour-long sessions will be delivered by Sian Griffiths UKCC Level 2 who is undertaking training organised by the BHS through Bath University on Applied Psychology for riders. Sessions will be in small groups cost £5 each to include a hot drink and biscuits. The next one is Monday 28th January at 7.30 pm Booking through <https://rvrc.pi-bi.com>

**The draft programme for 2019 will be discussed at the next Committee meeting but as some of you may know the big change for this year is that our flagship event, Friends of Freddie, will be at Comphurst in July.**

**Summer camp – we will be holding a 3-day summer camp to be held at Benenden in July 2019 – dates will be issued shortly.**

**We will be handing out folders with all the schedules in for these events at the AGM at Leeford Place on 2 March and we will have the Dressage Roadshows and show jumping competitions too!**

The AGM is your chance to have your say. Its your Club and your money that we are looking after so come and contribute. The AGM is on 2<sup>nd</sup> March 2019 at 7.00 pm sharp. This is free to attend but we hope you will stay for the supper and the awards after. We will also have a super raffle with lots of prizes from local businesses – such as R W Equine Vets Anna Hargreaves massage Charles Palmer Vineyard White Sails Battle Milbourn Vets Equine Express Cressida Sherston Remedial Therapist Zumba sessions 1066 Fitness LRG Photography Rebecca Manford Sports Massage. So not just horsey prizes!

The club is in a healthy financial position and so we have decided to share this out with all members. The first was to reduce the membership for 2019 to £30 pa and the second is to provide a supper following the AGM at the reduced price of £5 per ticket for each member and £10 per guest. SO PLEASE TAKE ADVANTAGE OF BOTH THESE OFFERS!



CLINICS AVAILABLE FOR BOOKING NOW ON <https://rvrc.pi-bi.com>

Yoga for Riders - 24/1/19	1 hour yoga session designed for horse riders - multiple sessions can be booked together Foxwood Studio Foxwood House Sheepstreet Lane Etchingam TN19 7AZ Further info: Debbie Haddow: <a href="mailto:debbiehaddow@googlemail.com">debbiehaddow@googlemail.com</a>
Yoga for Riders - 31/1/19	1 hour yoga session designed for horse riders - multiple sessions can be booked together Foxwood Studio Foxwood House Sheepstreet Lane Etchingam TN19 7AZ Further info: Debbie Haddow: <a href="mailto:debbiehaddow@googlemail.com">debbiehaddow@googlemail.com</a>
6.2.19 Jo Crouch polework 10am	Indoor school
6.2.19 Jo Crouch 50 plus gridwork 12am	Petley Wood Indoor School with Jo Crouch
6.2.19 Jo Crouch 50 plus gridwork 11am	Jo Crouch Confidence group - indoor at Petley
SJ clinic with Camilla Kruger at Bull Farm 17/2	RVRC MEMBERS CLINIC with Camilla Kruger (Olympic event rider) ☆ Showjumping ☆ Sunday 17th February 2019 ☆ Bull Farm, Cranbrook ☆ Bottom hole to 1m+ ☆ £20 per person (to include arena hire) All levels and ages very welcome, groups of 4. Lots of fun to be had Thanks to Juliet and Dom for allowing us a great venue at bargain price for RVRC. Please book in and select height you want to jump, I will then put you in groups and send out times.
Gridwork with Camilla Kruger at Bull Farm 26/2/19	RVRC MEMBERS CLINIC with Camilla Kruger (Olympic event rider) ☆ Gridwork/Gymnastic Jumping ☆ Tuesday 26th February 2019 ☆ Bull Farm, Cranbrook ☆ All heights from bottom hole to 1m+ ☆ £20 per person (to include arena hire) All levels and ages very welcome, groups of 4. Lots of fun to be had Thanks to Juliet and Dom for allowing us a great venue at bargain price for RVRC. Please book in and select height you want to jump, I will then put you in groups and send out times.
AGM and celebration supper 2nd March 2019	Combined event at Leeford Place Hotel. 6.30pm for 7pm start for AGM Followed by supper, prizegiving and general celebrations. Cost £5 per member £10 for guests. After the meal and prizegiving there will be a disco for the energetic! Plenty of quiet places to talk if that's what you prefer. We have the whole hotel at our disposal including a special rate for rooms for the night. Book these direct with the hotel. Any further information please contact Sally Williams.