



Newsletter February 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. Discount code will only be given out to fully paid up members of RVRC for 2019. Apply to Heather Deane - deanehth@gmail.com

CLINICS AND EVENTS AVAILABLE
FOR BOOKING NOW ON

<https://rvrc.pi-bi.com>

Clinic with Cindy Llewellyn 28/5 at Bull Farm

Clinic with Cindy Llewellyn 16/4 at Bull Farm

Clinic with Cindy Llewellyn 12/3 at Bull Farm

AGM and celebration supper 2nd March 2019 Leeford Place

Gridwork with Camilla Kruger at Bull Farm 26/2/19

Clinic with Cindy Llewellyn 19/2 at Bull Farm

SJ clinic with Camilla Kruger at Bull Farm 17/2

11th Feb Rider Psychology Talk No 5 see below

Photos – does anyone have any cross-country photos please?
Trying to find one to go on front of Friends of Freddie schedule.
Must have copyright. Please send photos to
mjillamrvrc@gmail.com Thanks

If you are on Facebook then join our new page created for RVRC members only.

<https://www.facebook.com/groups/224358708513955/>

It is hoped that once set up and running properly you will be able to offer horsey items for sale to your fellow members. Private ads only

LAST CALL FOR RIDERS FOR SENIOR DRESSAGE TEAMS 10 MARCH BLUE BARN. RIDERS DO ONE OF THE FOLLOWING TESTS PRELIM 13 (2006) NOVICE 28 (2008) NOVICE 34 (2009) ELEMENTARY 42 (2008) THERE IS ALSO A FRIENDLY COMPETITION WHICH STARTS AT INTRO LEVEL. FURTHER INFO FROM DEE MANFORD - dee.manford@live.co.uk

Rider Psychology Talks – the last of these talks is on Monday 11 February at 7.30pm

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. Booking through <https://rvrc.pi-bi.com>