

# DCs Newsletter

Cottesmore Hunt Pony Club



## Looking Forward to the 2017 season

Competitive Teams; Efficiency Tests; Training; Rides; Polo and our own Competitions.

The Easter Holidays have proved a fertile ground for Cottesmore Pony Club success in all disciplines. Just to give a flavour; our Intermediate Show Jumping Team of Alice Freeman, Elsie Cunliffe, Patsy Brake, and Grace Lovett-Brunt were second at the Atherstone PC Show Jumping. Grace L-B won the 1m Class at the Burghley PC Hunter Trials and she, Breanna and Ned qualified for the National Hunter Trial Championship in September. Molly Roberts was 12th at the Dengie Winter Show Jumping Championships.

1

**JUNIOR SHOW**  
**MAY 13TH**

Please contact Jo Homes-Cole on 07758 295463 to offer help

2

**SENIOR CAMP**  
**JUL 31ST-AUG 4TH**

Please contact Barbie Coulson on 07725 984462 to offer help

3

**JUNIOR CAMP**  
**JULY 24TH -27TH**

Please contact Hannah Turcan on 07909 982500 to offer help



### Pony Racing for the Pony Club

Molly T, Millie P and Molly R have been well in the rosettes already



### Polo

Starting up with new members interested - a full Cottesmore team this year



### Setting up the PC Field

There is always hard work to be done. Please be sure to offer your help too.

## Stars of the Future Training

Two days of intensive training for both horse and riders with sessions in nutrition, physiology, competition preparation, psychology and fitness

Seven of our young riders who've high aspirations met together at Wittering Grange for our first ever Stars of the Future Training Clinic to start a development pathway for themselves for this season and beyond. There were two days of flat work and jumping training all of which was video'd and played back to them and talked through by Jo and Emily as feedback. All could see and understand the teaching that they had received.

There were also sessions given by specialists in horse biomechanics with regard to the cardiovascular system. This was then linked by a nutrition lecture with all the horses being weighed on a weighbridge and the riders being given weightapes to establish whether their horse were in the right range of weight for the work they are doing.

Simon Grieve came and gave a demonstration of what they can aspire to achieve as they get



older. He followed this up with giving lots of tips of how to take some of the stress out of competing. He reminded them all though that some level of stress may be needed to keep that competitive edge.

**“We don't go into a competition not wanting to do well”**

The second day also comprised some video'd flatwork and Show jumping and then in the final afternoon Andy Thomas (Physiotherapist to the equestrian Olympic team) discussed with them the need to be fit and how analysis of body position can identify likely characteristics when riding. Breanna was used as a guinea pig for this and was a perfect subject.

## COTTESMORE PC COMMUNICATIONS SYSTEMS

Over the winter we have been keen to update and streamline a lot of what we do.

- We have now introduced an on-line payments system for all training and it is now necessary to pay on line
- We have been updating our PC website
- We have introduced selection policies of Area and other competitions which are 'team only' events

All changes can be uncomfortable at first but we do hope you will find the advantages will massively outweigh any discomfort

