

FLAMSTEAD BRANCH OF THE PONY CLUB

Main Camp 2025

Letter 3

Camp is looming and we couldn't be more excited!

No doubt you all have lots of questions, so here's some information to help you get prepared.

Preparing for Camp

Get your pony/horse fit

If you haven't done so yet; please start getting your pony fit for camp. Ponies will be ridden every day, with a huge variety of activities ranging from flatwork to cross country and mounted games. They will get tired, and experience tells us as the week goes on, any unfit ponies struggle with the demands put on them, so please don't delay... here are some tips:

- Get out hacking
- Include some hill work
- Build up canter work using intermittent walk/trot/canter
- Remember that if you take energy out, it must be replaced with energy in their feed
- Ensure your pony is shod before Camp
- Give your pony a 2 day rest before Camp commences (if possible!)

Kit Lists

All the kit lists can be found on the Camp page. A reminder that TC Feeds is giving us 10% off – just quote Flamstead Pony Club!

Camp Plans

Entrance to Camp will be via Gate 1 (Beechwood School end)

Sunday 27th July. All children will be required to come to camp between 4:30pm and 6:00pm to drop off their non-valuable equipment and familiarise themselves with the setup. For those in year 6 and above, who are staying overnight, this will include beds, bedding and clothes for the week. Please do NOT bring tack, this can come on Monday morning with your pony.

Day 1

On the first morning, gates will be open from 7am and ponies and campers can arrive and park in the strip at the top of field 1. Please unload your horse and take them to the stable allocated. Please sign in at the secretary's tent and hand in your named mobile phone and any medication you have. (Please note, there will be **no breakfast offered Monday morning** so please ensure your child comes to camp well-fed).

There will be a short welcome and **safety briefing at 8.30am, which parents and members are required to attend** and camp activities will commence after that. Parents, unless they are volunteering must leave camp after that.

Members, please come dressed and ready for your first activity, referring to the daily programme for what to wear, this will be published on Sunday evening.

For flat work, mounted games, show jumping & dressage, riders should wear long or short-sleeved Flamstead/PC t-shirts and/or sweatshirts (no hoodies allowed). Plain beige, white or neutral (black/brown) colour jodhpurs only. Hats must be tagged; long hair must be tied back in a bun in a hairnet (no ponytails or plaits). For cross country, Jockey skull cap with no fixed peak is compulsory as well as a body protector. XC skins are allowed, as are T shirts but shoulders MUST be covered as a minimum. All hat covers should be plain or Flamstead colours. No spurs without a yellow hat tag.

Ponies & Tack should come to camp sparkly clean.

If anyone needs to purchase or update their wardrobe, visit the [Branch clothing page](#).

During Camp

Daily Timetable available on [this link](#) and on Camp page.

Your day will consist of three sessions a day (two ridden plus stable management). Sessions may include dressage, show jumping, grid work, pole work, arena eventing, mounted games, cross country, musical ride practice, shooting, swimming, fun games and stable management.

Breakfast, Lunch and Supper will be served daily as well as snacks, drinks and afternoon tea and cake. Water, squash, and fruit will be readily available throughout the day.

Day Campers are welcome to come for Breakfast but must go home before Supper.

There will also be a tuckshop after lunchtime. This year this is included in your camp fees so no need to pay any extra.

On Wednesday, all campers must go home after the daily activities for a shower and a good night's sleep but we request that all tackroom leaders return to camp after their shower so they can feed and keep an eye on camp horses.

Thursday afternoon will be filled with a variety of demonstrations from a farrier to an equine behaviourist to a teambuilding exercise. This is always such a fun and highly informative event that our campers always enjoy.

Thursday evening is BBQ night from 6pm until 9pm. Please bring your family & friends and join us at the Wild West BBQ. This is a renowned evening with a bucking broncho and superlative catering by the indomitable Juliet Laing. Everyone welcome. Children attending camp (both main and mini) go free.

Tickets are now on sale on [this link](#) – deadline 25th July. NO LATE TICKETS.

Friday Display

This year, parents and friends are invited to come and watch their children in a fun, show jumping display from approx. 1pm. More details on this will be forthcoming!

Saturday Musical Ride from 10am

We invite all parents and friends back to the field to enjoy a Flamstead Special! This year's theme "Musicals". Each tackroom will work together to refine their costumes and will come together on the day for a spectacular group performance, shortened to take into account the hard ground. Bring your cameras!

Saturday – Prize Presentations & Camp Dismantle

As soon as the musical ride is completed, it's clear up time. Please help your children to:

- Remove all their personal belongings from the marquees, including lost socks and rubbish!!
- All stables must be fully mucked out and any labels and pictures removed from the doors.
- Check for any "lost" or unnamed items - we do not have the facility to look after or hold onto lost or misplaced items; anything left over that hasn't been claimed on the day will be donated to charity.

Dismantling camp relies on EVERYONE helping out. We will expect at least one parent from every child attending camp to help with camp clearance and tidy up.

Presentation of prizes and awards will commence after clear-up and then you are free to leave following a final muck out!

If you have any questions or queries, please email flamstead@pcuk.org or contact us on WhatsApp.