

SADDLEWORLD VICTORIAN YOUNG RIDER DRESSAGE SQUADS AND DEVELOPMENT PROGRAM

Welcome to the 2015 – 2016 Saddleworld Young Rider Dressage Squads and Development Program's training weekend, 30 April – 1 May at Werribee Park NEC. Below is some information about how the days will run.

Registration: All riders (or their parents) must register on Saturday morning. Registration sheets will be available at the Admin building (the big red brick one) from 8.30am on Saturday.

New members: we have a number of new members, please can you make them feel very welcome. If you are a new member and need help, look for someone in a YR red cap and they will assist you.

Stabling / Camping: Please contact Werribee Park NEC, 97417672 or www.wpnec.com.au to organise.

Lunch: Will be provided for riders and parents each day. This will be a very simple cold meat and salad. If you have any special dietary requirements could you please provide your own. Please contact Donna Desmet 0409 596742 if you can help out at the weekend.

Lessons: All riders will receive a riding lesson each day. Your times are on the timetable that will be sent to you by email or Team App, and also on the website: www.vic.equestrian.org.au. Please remember that if you don't understand something in a lesson – ASK your instructor about it, hopefully in the lesson, or afterwards. Please also ensure that your helmet is in good order, the correct standard and securely fastened.

We have the Indoor Arena available both days, and Sand Arenas 1 & 2 for Saturday only. Sunday lessons will be all indoors. Registration, Saturday lunch & dinner will be in the Old Admin building, Sunday lunch will be in Indoor 1.

Workshops: On Saturday after you finish riding you will attend a Manage your Money and Taxation Information **Workshop** conducted by Veronica Steward, a highly qualified accountant and mother of an elite Para rider. Parents are encouraged to attend as well. **PLEASE BRING A NOTEBOOK TO WRITE ON.**

Rule Book exercise: You will be doing an Open Rule Book test on Saturday (Dressage Rules that is) If you have a copy of the rules please bring them, or would like to know how to download them, bring your tablet. You will be able to ask for help from Victoria Green, a long time Young Rider who has volunteered to assist you. Pick up your copy of the ORBT when you sign in.

Saturday evening: We will be enjoying a PotLuck dinner (everyone brings something to share) THEN get ready for The Amazing Race. Test your detective skills and horse knowledge against your fellow riders. Please bring a torch.

Equissage: a valued sponsor, will be available on one day (tbc) for complimentary treatments & information.

Athlete Fitness Sessions: Conducted by Natalia Evertsz-Briand & Kevin Briand. **PLEASE WEAR SUITABLE CLOTHES, FOOTWEAR** and bring a **yoga mat** or something similar. If you are not in the habit of exercising a lot, please advise Natalia. These sessions are **COMPULSORY** unless you have a medical certificate.

If you have an enquiry about the timetabling please contact **Jan Smith** 0417527412 or jancsmith@bigpond.com. Or ask anyone in a red cap for help! **Don't forget to register for the Young Rider Squad Team App**

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