

Welcome to the 2015 Saddleworld Young Rider Dressage Squads and Development Program's very first training weekend, 15 & 16 August 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.

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, and also on the website: www.vic.equestrian.org.au. Please make sure your gear is safe and suitable for the task. Please also 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. Every effort has been made to pair riders in group lessons with horses of a similar level.

Workshops: On Saturday you will attend a **Goal Setting Workshop** conducted by Julia Battams, Equestrian Australia's Dressage High Performance Director. This will be in the old RDA Building (next door to the portable Event Office). You will also attend a workshop to develop the **Young Rider Squad and Development Program Mission Statement**, conducted by Michael Bragge, Chair of Dressage Victoria. This will be in the Admin Building. This workshop is a really important part of the program as this is your chance to say how you would like to see everything run. There is nothing that is unimportant about your views, everyone has the right to put in an opinion or suggestion. **PLEASE BRING A NOTEBOOK TO WRITE ON.**

Saturday evening: There will be a free welcome barbeque for everyone to attend. We plan to report on the Mission Statement workshops, and there will be a panel discussion that hopefully everyone will take part in. We will be talking about the future of the Young Riders, opportunities to undertake the EA Introductory Riding and Horse Management Certificates (that could lead to studying Coaching). We will have a visit from the new Director of the Young Rider Dressage Championships, Lisa Hocking, who will outline your part in the event. And more.

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

Lunging Workshop Sunday: We will need 1 – 2 horses from riders for each session. If you have a horse who is agreeable and a little bit trained to lunge, we would be very grateful if you could allow Sue Chandler to use him for demonstration purposes. **ALL RIDERS MUST TAKE THEIR HELMETS, GLOVES AND SUITABLE FOOTWEAR TO THE LUNGING SESSIONS.**

Athlete Fitness Sessions: Conducted by Natalia Evertsz-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.

If you have an enquiry about the timetabling please contact **Jan Smith** 0417527412 or jancsmith@bigpond.com. If you have an enquiry during the weekend, please either find **Iole Brzozek** or call 0400 160848. Or ask anyone in a red cap for help!

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