

Welcome to the 2015 Saddleworld Young Rider Dressage Squads and Development Program's second training weekend, 19 & 20 September at Boneo Park. 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 Riders Retreat Café from 8.30am on Saturday.

Stabling / Camping: Please contact Boneo Park 03 59863006 or www.boneopark.com.au to organise.

CAN EVERYONE PLEASE BRING A CHAIR, due to our numbers we may need to locate to an area at the venue that may not have seating. Can you please also bring your DRESSAGE RULE BOOK, or an electronic copy (iPad)

Lunches: There will be no lunch provided for this weekend, due to Boneo Park having the excellent Riders Retreat Café which serves breakfast and light lunches (and very good coffee). Could you please support the Café for this weekend. Dinner will be Pizza & Pasta which is easy to order in and very inexpensive.

Saturday evening: we will definitely have activities that we would like you to join in. to be confirmed.

Lessons: All riders will receive a riding lesson each day in addition to a Poles & Grids session on Sunday. 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 compulsory Australian Sports Anti Doping Authority lecture conducted by Victoria Kahn, Equestrian Australia's Sports Science Sports Medicine Manager. Parents are very welcome to attend. Location on the venue to be confirmed. **PLEASE BRING A NOTEBOOK TO WRITE ON.**

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

Poles & Grids : Athletic Development of the Dressage Horse: We would like to think that riders will be prepared to take part in these sessions, however, only if you have a VERY GOOD REASON, can you not ride. However, you MUST attend on foot your allotted time.

Athlete Fitness Sessions: Conducted by Natalia Evertsz and 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.

Suspected Strangles outbreak in Victoria: Please take careful note of the Bio Security statement from Boneo Park included with your email, and if you have **ANY CONCERNS AT ALL** please contact Jan, Iole or Boneo Park to enquire.

If you have an enquiry about the timetabling please contact **Jan Smith** 0417527412 or jan smith@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!

Saddleworld Young Rider Dressage Squads & Development Program 2015

