



Oldencraig Equestrian Centre Ltd
The complete equestrian experience

Tandridge Lane Lingfield Surrey RH7 6LL
Tel: +44 (0)1342 833317 | Fax: +44 (0)1342 835119
email: info@oldencraig.com
www.oldencraig.com

Two Day Adult Camp

13th & 14th July 2013

Name: _____

Address: _____

Daytime Tel: _____ Mobile: _____

Email: _____

Level of Rider: _____

Horse/Pony: Mare Stalion Gelding

The cost of this 2 day camp os £220.00
plus stabling at £220 plus £30 for stabling per night
(this includes bedding/hay/haylage and stables will be prepared
and mucked out by OEC Staff also use of horse walker if needed)

Can we add tickets for Barbeque Sat eve £8.00

Deposit of £50 reserves place /full payment required 2 weeks before.

Please send full payment by cheque payable to Oldencraig Equestrian Centre
Tandridge Lane, Lingfield, Surrey RH7 6LL.



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INDIVIDUAL TRAINING SESSIONS
RIDER FITNESS
COMPETITION DEVELOPMENT
SPORTS PHYSIOLOGY
LECTURES
LUNGING DEMO
HORSE PHYSIOLOGY



Two Day Adult Camp

13th & 14th July 2013

An informative and stress free 2 days to be held at Oldencraig Equestrian Centre. Bring your horse/pony and receive training from International Dressage Rider Vicky Thompson-Winfield (*Olympic team rider/trainer and 19 time national champion*) and Mary-anne Horn (*BD List 1 Judge/Experienced BD Trainer/UKCC Level 3 Coach*).

During the 2 days riders will receive:

**INDIVIDUAL TRAINING SESSION
with Vicky and Mary-anne**

**SPORTS PHYSIOLOGY, COACHING,
RIDER FITNESS & GOAL SETTING**

**DEVELOPMENT OF COMPETITION SKILLS,
PREPARATION & TEST RIDING**

**LECTURES ON NUTRITION, IMPORTANCE OF
HORSE/RIDER FITNESS**

IMPORTANCE OF POSITION & LUNGING

**DEMONSTRATION ON
DEVELOPMENT OF BALANCE & COORDINATION**

**HORSE PHYSIOLOGY, UNDERSTANDING
BIOMECHANICS OF THE HORSE**

**RIDING TO MUSIC
developing your freestyle**

DEMONSTRATION OF TRAINING YOUNG HORSES

Riders can arrive either on the Friday evening or Saturday morning (see stabling costs). For those arriving on the Friday evening we will have supper at the local pub which will give everyone time to meet and get to know each other!

Those arriving on Saturday morning will be given a later time to ride so will not feel rushed and will receive their schedule for the 2 days on arrival.

Saturday evening will commence with a cocktail competition and then we will have a barbeque in Ian and Vicky's garden. A chill out evening with fun entertainment!

Breakfast and lunches can be purchased from the Bistro.

EACH RIDER AT THE END OF THE CAMP WILL RECEIVE AN ACTION PLAN TO HELP THEM ACHIEVE THEIR GOALS FOR THE YEAR.

Come and join is for what promises to be a memorable 2 days in this top class facility for everyone.

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