



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

YOUNG RIDER DRESSAGE DEVELOPMENT DAYS

TO BE HELD AT OLDENCRAIG EQUESTRIAN CENTRE, LINGFIELD
Tuesday 23rd July & Tuesday 20th August

A fun and educational day for riders under 20 years.

Bring your horse/pony and receive training from
International Dressage Rider and Trainer Vicky Thompson and
BD List 1 Judge/Trainer /UKCC Level 3 Dressage Coach Mary-anne Horn

During the day riders will receive :

- INDIVIDUAL TRAINING SESSIONS**
- SPORTS PHYSIOLOGY/COACHING/RIDER FITNESS/**
- DEVELOPMENT OF COMPETITION & PREPARATION SKILLS**
- LECTURE ON FEEDING/IMPORTANCE OF HORSE FITNESS**
- IMPORTANCE OF THE BALANCED POSITION/LUNGING DEMO**
- OBSERVATION OF TRAINING THE YOUNG HORSE**
- TEST RIDING /IMPORTANCE OF WARM/ DEBRIEF.**
- ATTENDANCE ROSSETTE &**
- CERTIFICATE OF ACHEIVEMENT AT THE END OF THE DAY.**

Come and join us for what promises to be a memorable day in this top class facility

Cost for day: £135.00 (Daytime stabling maybe available on request)

Deposit of £50 will reserve place (full payment 14 days before date)

Cheques payable to Oldencraig Equestrain Centre

Please complete the form on the reverse.





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Please complete the form below.

Name: _____

Address: _____

Tel Nos: _____

Email address: _____

Age: _____

Brief description of riders experience: _____

Age of horse /level working at: _____

Signed by Parent/Guardian: _____

