



Get ready for the 2010 eventing season

British Eventing's Coaching Development Team are running a series of XC Performance and Safety Workshops, designed to improve rider knowledge and awareness, which alongside technical ability are the main ingredients to a safe, happy and successful season. They are an ideal pre-season training session aimed at developing confidence in horse and rider.

Indoor Workshops

Full day Indoor Workshops start with a practical course walking session highlighting how influential walking the correct line is to your XC round. A riding session then focuses on the balance of horse and rider whilst learning to correctly negotiate different types of XC fences. Finally, a theory session covers areas such as horse and rider responsibility and fitness, developing the correct mental approach, keeping the competition horse on the road, and DVD rider analysis using examples of different types of XC fences and different speed approaches. Workshops are held at venues across the country between 16th January and 29th March. Cost £75 per rider, £35 per non-rider.

Outdoor Workshops

Half day Outdoor Workshops start with course walking including discussion on course design, distances, lines, terrain, straightness, types of canter and rider responsibility. Speed training is then used as part of the warm up to gain greater understanding of different speeds required at different levels. This is followed by cross country training over fences suitable for the experience of the horse and rider. Workshops will be held at venues across the country between 14th February and 5th April.

Two Star Plus Cross Country Workshop

This Cross Country Workshop is aimed at all riders planning on competing at three day events this season. Although specifically aimed at those competing at Two Star and above there will also be space for those planning to ride at One Star level. Held at Waresley Park Stud, the day will include simulated cross country, speed training, practical cross country, 3DE theory, DVD analysis and lunch. 20th March 2010

Cost £100 per rider £40 per non rider.

B.E.Prepared Evening Classroom Presentations

The evening talks will include understanding horse and rider fitness; competition planning, qualifications and minimum requirements, moving up a level, understanding course walks, prohibited substances, using the rider rep, the disciplinary system and DVD rider analysis. Cost £20/door, £15/advance, £10/students

Full details are available on www.coachingdt.com

Indoor Workshops Dates

16 Jan Rodbaston Staffordshire
24 Jan Golden Cross Sussex
24 Jan Bishop Burton East Yorkshire
30 Jan Berks Ag College Berkshire
31 Jan Shuttleworth Bedfordshire
7 Feb Hoplands Hampshire
13 Feb Vale View Leicestershire
16 Feb West Wilts Wiltshire
18 Feb Richmond North Yorkshire
19 Feb Osbaldeston Lancashire
20 Feb Hartpury Gloucestershire
29 March Howe Country Centre Fife, Scotland

Outdoor Workshop Dates

14 Feb Boomerang Berkshire
15 Feb Oasby Lincolnshire
21 Feb Ely Eventing Centre Cambridgeshire
26/27 Feb Tweseldown Hampshire
27 Feb Newton House Farm Nottinghamshire
28 Feb Helen Bells EC Yorkshire
6 March Milton Keynes Bedfordshire
7 March Somerford Cheshire
13 March Cambrian CC Mid Wales
20 March Waresley (2*plus) Bedfordshire
27 March Aston le Walls Northamptonshire
30 March Strathearn EC Scotland
1 April Shepton Mallet Somerset
5 April Grange de Lings Lincolnshire

B.E.Prepared - Evening Presentations Dates

27 January Brackenhurst College
3 February Rodbaston College
4 February Berkshire College
24 February Bishop Burton College
4 March Hartpury College