

The Side Saddle Horse & Riders' Academy - Virtual Winter Training Programme

Exclusively to: SSA Members riding their own horse/pony & SSA Members riding a Riding School horse/pony

All levels of riding ability welcome to take part

With **Janet Senior** - BHS APC (Stage 3 Coach in complete horsemanship-Regd) - UKCC Level 2, SSA Advanced Instructor - Senior Examiners' Panel & Panel Judge - SSA Skelton Fellowship Award

And **Lorraine Hanna** - BHS APC - UKCC Level 2 - SSA Advanced Instructor, Examiner & Panel Judge

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This is a four-month training programme - December 2021 - March 2022

Concluding with: The Side Saddle Horse & Riders' Academy - Training Camp - April 2022

The training programme is designed to educate, assist and improve the horse and riders' way of going astride and side saddle to enhance their level of riding skill and overall side saddle performance.

Videos will be analysed and carefully assessed every month, and a bespoke training plan, including relevant exercises, will be tailored to each combination. This will be provided in a written format and will be sent via the email address provided on the entry form for you to print out and collate in your own personal record/training file.

Closing date for Entry Forms & Video Submissions: 13th Dec 2021 - 13th Jan - 13th Feb - 13th March 2022

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How it works - four easy steps to follow every month:

1. Take a video (Total running 20mins MAX) of you and your horse working astride for 10 minutes and then side saddle for 10 mins, capturing the way of going and any specific area(s) where you feel training direction and input will assist you to progress further. Videos can also include riding at competitions!
2. Complete the relevant entry form and send it to: senior.claire@yahoo.co.uk
3. Pay the entry fee of £35 via: PayPal to: senior.claire@yahoo.co.uk (Please select Friends and Family to avoid charges)
4. Upload your video and submit it via email to: senior.claire@yahoo.co.uk YouTube link or via WhatsApp: 07739973656

Video submissions must contain a verbal introduction, including the rider's name, horse's name, date and month

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The Side Saddle Horse & Rider's Academy - Education & Training Camp

Start the year off on the right leg!

Friday 8th Saturday 9th & Sunday 10th April 2022

Exclusively open to those combinations who have taken part in the Virtual Winter Training Programme and submitted the four training videos!