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LATEST NEWS & FEATURES

- > Dressage Riders embrace the Mind Factor!
- > Reminders and best practice when shopping for a new horse!

Sparsholt Summer Dressage Camp Embraces Riding With Your Mind!

We are excited to have been invited to attend the summer dressage camp for the weekend to be held at Sparsholt, Surrey in early August.

As riders put their finishing touches to their season's riding success, it's no surprise that forward thinking competitors are keen to find the next competitive advantage to take with them through the winter.

“Riding with your mind” is a phrase well used by Mary Wanless and succinctly captures the key aspects we will be covering, including:-

How to focus your mind and get over being distracted

How to boost your confidence—regardless of the result

How to get hold of nervous energy and use it to you're advantage!

In our Quarter 3 newsletter we will report back in full!

Shopping Best Practice!

How long has it been since you last went shopping for a horse? It never hurts to do a little forward planning and preparation! Here are some of our key tips to help your search.

1. **Know what you want!** Draw up a list of essential criteria eg, age range, height, level of schooling, ideal breed, confirmation points to check on.
2. **Know how far you can travel.** Most counties in the British Isles are horsey so you shouldn't have to travel far and wide. It can rapidly get tiring and expensive, especially when making more than one visit!
3. **Know your budget!** You will always see horses above your budget, and in today's climate the seller may be willing to take an offer, but establish that FIRST before falling in love!
4. **Don't go it alone!** Your first visit will no doubt be just yourself. You have to see if you like the horse, sense a good fit and want to take it further. Often doing this alone works just fine, providing you have your clear set of criteria. Plan for your second visit to include your trainer/ riding instructor - someone who understands your way of riding and can give you objective feedback.
5. **Be 'penny wise'!** Always have your horse vetted, we may think we have an eye for a good horse, but it isn't our day job, so call in the experts! Do what you can to avoid nasty shocks of a failed vetting's by walking and trotting the horse up and down, and on a circle on concrete before booking your vet. Ask the seller if he/she is happy for you to talk to her vet to check up on past history! You could even do a flexion test providing you know what to look for!
6. **Inspector Morse...** Do your research. Read the passport and look up the sire and dam's history. Talk to the horse's farrier/ vet and rider -be curious if you aren't given access to any of them!

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