

LATEST NEWS



- > We visited the 'Getting Your Horse Fit' info-lecture with Cheryl Bezants BHSI
- > We review our own talk on '*Psychology in Sports*'- at Bentworth - March 9th

OUR 'TAKE AWAYS' FROM THE 'GETTING YOUR HORSE FIT' INFO-LECTURE

Series of 5 Info-lectures

Informal, topical, interesting and interactive talks from knowledgeable speakers.

Whether you are a social rider or more competitive, there will be something to suit you.

Subjects to be covered Tuesdays 7pm to 9pm at Bentworth School Hall GV3 4 5BE approx

26.1.10 - *Riding* - Taking the mystery out of fitting with Cheryl Bezants BHSI

02.2.10 - Getting horses fit and how to plan your competition event season
Plus a demonstration of the 2 point air-jacket

10.2.10 - Rider fitness & nutrition with Kirsty Wales from Griffin Training

02.3.10 - First Aid for horses with respected vet Malcolm Masley BVSc MRCVS

09.3.10 - Sports Psychology with Debbie Dwyer
Unravel the secrets of how to focus your mind

Refreshments available, tea, coffee, wine! Plus snacks, to make a real social evening and break the boredom of winter.

Tickets £12 per evening or £50 for all 5 (saving £10)
Tickets £3 extra on the door but do check availability as numbers will be limited.

To book tickets please send cheque payable to Info-lectures.
32 Bourne Way, Four Melton, Milton Keynes, MK13 4 DBE
Please include name, telephone no. and email for confirmation and directions
For any more information please call 07579 043510

Cheryl Bezants BHSI, held the attention of another full audience on Horse Fitness.

"It all starts" she said "with knowing what you want" to achieve". Knowing the importance of setting goals in our riding work and life in general, Jigsaw Equine couldn't agree with her more!

The audience giggled embarrassed to be reminded that 'just because you can run across your field doesn't mean you can run a marathon'. Point taken for us and our horses!

We all know how easy it is to twist an ankle, or trip up when muscles are weak or fatigued as we exercise. It is no different when getting our horses fit. Cheryl gave us many tips to ensure we don't over ask of our horses during

their fitness training. Or! Beware the consequences. For example did you know that galloping is more likely to increase bone density than trotting on roads? It just goes to show how many myths and 'old grooms tales' we live and ride by!

There were many 'reality checks' for us as Cheryl warned us that a fit horse will be 'bright' to ride and may spook more! (All the more reason to ensure our fitness is up to speed to—see below).

Interval training was a popular discussion topic and various heart monitors were on display for riders to experiment with. If you don't have the luxury of the latest technology on hand, Cheryl described how to read the horses pulse beat and respiration rate.

The evening included practical tips on how to strap your horse to help maintain muscle health and circulation.

Then there was a demonstration of the latest back protector—with Jamie and the Point Two Air Jacket. There's little doubt that at £425.00 the upfront cost is high. However it doesn't perish and will last for 2000 re-inflations! Now, let's be honest if any of us leave the saddle unplanned 2000 times, it maybe time to re-consider getting back on board and instead take up knitting!



Riding Psychology—An Introduction



Ever wondered how to get more out of your riding lessons? Wondered what stops you or why you and your trainer seem to 'click' some times and not at others?

A group of 30 women joined Jigsaw Equine at the final in the series of Info-Lectures to learn more about the inner workings of our mind.

exploring the 4 different learning styles and how each one can impact our potential to learn in the ménage.

We introduced some basic NLP language to show how the way we see the world further complicates our ability to learn, unless our trainer is skilled in matching our learning style. At the session we introduced a future workshop designed for Riding Instructors to run June 11th and aimed at improving communication with students in the saddle.