

# January Newsletter 2016

Kung hei fat choi! Wishing everybody a good and prosperous year of the monkey, from everybody here at Lo Wu Saddle Club.



## Competitions

Despite the cold, wet weather that we have experienced, our riders have still been out competing this month and have returned with some good results.

On the 9<sup>th</sup> & 10<sup>th</sup> January there were Show jumping and Dressage competitions, both of which were held at BREC. Below are some of the results of our riders, congratulations to all that went out and competed.

### Dressage

#### Preliminary test 1.3

Elizabeth Leven – Sebastien 3<sup>rd</sup>

Luci Friend – Bentley 4<sup>th</sup>

### Show Jumping

#### 50cm

Samantha Yu – Anneka 2<sup>nd</sup>

#### 80cm

Leigh Thomas – 3<sup>rd</sup>

There was another competition run at BREC on the weekend of the 23<sup>rd</sup> & 24<sup>th</sup> January.  
This time it was purely Show jumping, but once again the Lo Wu riders managed to produce some good results.

The following riders all produced clear rounds in the clear round classes, and for some of our horses and riders it was their first time out competing.

50cm

Luci Friend – Young Supreme

Sofia Paymaster – Luminous

70cm

Leigh Thomas – Fun Faster

Carla Cousins – Happy Eagle

80cm

Catherine Copping – Young Supreme

Constance Hash – Anneke

Sofia Paymaster – Luminous



The following riders competed successfully in the classes

90cm

Gabby Thomas – Jigsaw **3<sup>rd</sup>**

Nicolas Yu – Curacao Too **4<sup>th</sup>**

Leigh Thomas – Fun Faster **Clear**



# Children's Cup Challenge

After being postponed from the 15<sup>th</sup> January due to the weather, the penultimate Children's Challenge Cup competition took place on the 22<sup>nd</sup> January at Tuen Mun. It was still a cold and wet evening, however the team that consisted of Seth Thomas, Sofia Paymaster and Gabby Thomas made it all worthwhile as they won! Huge congratulations to the three of them. The final of this competition will be held at BREC on the 12<sup>th</sup> March.



## Inter-school

On the 15<sup>th</sup> January, we hosted the last of the HKEF mini Inter-school competitions. We had 3 schools competing in this competition and these were the results.

**1<sup>st</sup> Place** – Harrow International School Hong Kong

**2<sup>nd</sup> Place** – Renaissance College Hong Kong Academy

**3<sup>rd</sup> Place** – Kellett School

Well done to everybody that participated

The mini Inter-school competitions have been a good preparation for our riders who are going to be competing in the Inter-school competitions.

We have held the lower division heats of the HKEF Inter-school competition for several years here at LWSC and we will be running them again this year through February and March. This year we will also be holding the final of both the higher and lower divisions which will be held in April.

We encourage all riders who are participating in the Inter-school competitions to practice and attend training here when possible.

# Up and coming

## Elissa Bucher Clinic

Elissa Bucher will be running a Dressage clinic aimed for Inter-school riders on Tuesday 9<sup>th</sup>  
February 2016

Elissa is a Dressage judge and rider therefore this will be a great opportunity for the lower  
division riders to train with her.

Each rider will ride their drawn Dressage Horse/Pony and ride their Inter-school Dressage  
test while being judged by Elissa. Straight after riding the test, the rider will have a 35  
minute training session with Elissa. After a break, riders will re-ride the test to see  
improvement.

All riders will be allocated slots, but will need to make sure they are available for the whole  
morning.

The cost is \$1,000 and if you are interested, please book with the LWSC office by phone on  
26730066 or by email: [lWSC@netvigator.com](mailto:lWSC@netvigator.com)

Limited spaces are available so book early to guarantee a space and avoid disappointment.



# BHS Courses

This year we are going to be running training courses towards BHS exams. These courses will range from stage 1 to stage 4. The course for the stages 1&2 will run together and will be held on a Sunday from 12:00 – 13:00. The course for stage 3&4 will also run together and will be held on a Saturday from 11:00 – 13:00. The courses will last for 12 weeks and are due to start on February 6<sup>th</sup> & 7<sup>th</sup> February. The cost of each session is \$240. If you are interested, there is a sheet in the office that you can write your name on. Alternatively, please feel free to get in touch with the office at LWSC. Below is a list of what will be covered from week to week in each session.

## Stage 1 & 2

Week 1: Brushing off horses including putting on and taking off equipment  
Week 2: Mucking out, bedding and stable design  
Week 3: Colours, markings and handling  
Week 4: Plaiting, clipping & trimming  
Week 5: Fitting and maintaining tack  
Week 6: Horse health & anatomy  
Week 7: Shoeing  
Week 8: Lunging  
Week 9: Watering and feeding horses  
Week 10: Fittening and worming  
Week 11: Care of stabled and grass kept horses  
Week 12: Revision

## Stage 3 & 4

Week 1: Fitting and evaluating specialist tack  
Week 2: Boots and bandages  
Week 3: Muscles and lower leg structure  
Week 4: Ailments  
Week 5: Assessing conformation and health in horses  
Week 6: Nutrition and fittening of horses  
Week 7: Care of stable and grass kept horses  
Week 8: Lunging  
Week 9: The principles of managing an equine business  
Week 10: Breeding  
Week 11: Systems of the body  
Week 12: Shoeing and biting



# Simulated Cross Country Training

We are holding a simulated Cross Country training day on Monday 8<sup>th</sup> February here at Lo Wu. The training is open for both junior and senior riders. We will be running 2 sessions and each session will be 2 hours long, one of which will run from 09:00 – 11:00 and the other from 11:00 – 13:00. The cost is \$1,000 per person. If you are interested, please book as soon as possible as places are limited.



# Chinese New Year Camp

We will be holding our Chinese New Year 3 day camp from the 10<sup>th</sup> – 12<sup>th</sup> February. The camp will include Dressage, Jumping and games and we are hoping it will be extremely fun for everyone attending. We will also be holding a small competition on the last day of camp. Each day will run from 10:00 – 16:00. The grand finale of the camp will be on the Friday 12<sup>th</sup> where there will be prize giving and a BBQ.

