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**Would you like to gain some great coaching tips, be able to volunteer at your local branch or just enjoy an educational day with a top coach.**

**Approved Pony Club Instructor CPD sessions.**

**Caroline Moore FBHS, BE Master Coach**

**Coach Tutor: Caroline Moore**

**The Competition Rider PC 80 to PC100**

 **Monday October 23rd 2017**

**10am – 4.00pm (half day option)**

**Cost £20/£40**

**Venue: Newton Rigg EC, Penrith Cumbria. CA11 0AH
All enquires to** **Fiona.veitch@outlook.com** **CFHS Branch Secretary
Post all replies to Fiona Veitch, Agricola, Newbiggin, Penrith Cumbria CA11 0HT**

***Morning Session: 10am-130pm Flat/Pole work followed by a lecture £20
Afternoon Session: 1230pm -4pm Lecture followed by Jump Session £20
For whole day £40. (To count for CPD half or whole day can be used)***

**All payable to CFHS. Please write email on back of cheque as conformation will be sent via email.**

Closing date for entries October 16th 2017

Places will be allocated on a first come first served basis and priority given to CFHS Instructors and Volunteer Parents. Senior PC Members very welcome.

Please bring a packed lunch

Coffee, tea and biscuits will be provided

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Pony Club approved CPD course – October 23rd Newton Rigg with Caroline Moore

Name …………………………………………………………….

Contact details phone & email \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Area …………. Branch/Centre …………………………………………

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I enclose a cheque for £20/£40 payable to CFHS. Post to Fiona Veitch, Agricola, Newbiggin, Penrith, Cumbria, CA11 0HT by October 16th 2017.

**Information on the Day:**

3 groups of CFHS members will be riding.
In groups of 4.
3 levels – PC80/PC90/PC100

Each group will have 1 hour on the flat, this will start at 9am so please do remain quiet when you arrive as the first session will be underway.
Session 2 will begin at 1015am after your brief.
During the flat sessions the riders will be using poles.
At 1230pm all parents, coaches and attendees are invited attend a short 45 min lecture in one of the college lecture rooms on the riders approach to competition riding and other topics. Lunch can be eaten during the lecture.
In the afternoon each group will have 1 hour jumping lesson, starting at 130/145pm approximately.
Your day will finish 345/4pm after a short feedback session. The Final group will be jumping from 4pm-5pm. You are welcome to watch.

After the second jump session Caroline will debrief and answer any questions.

There will be handouts available throughout the day.

Newton Rigg is situated 3 miles from J40 on the M6 and 4 miles outside the town of Penrith. On arrival take the second entrance onto the Campus, then the first left to the indoor arena.

**Attendance / Feedback Forms:**

* **Please order well in advance of course from HQ**
* **Please ensure that all feedback comments are positive and constructive**
* **Please ensure that the bottom copies are returned to HQ**