



Hargate Equestrian Adult Camp

Tuesday 15th- Thursday 17th August



New to Hargate this year is our Adult Camp. Aimed at 18+ years old, this camp is open to all levels of horse and rider. You can bring your own horse or enquire about taking part on one of our great riding school horses.

The days will run 10am to 6pm, with training sessions on the Tuesday and Wednesday working towards a competition on the Thursday, a detailed itinerary is below. Please bring your own lunch, there are local shops/chip shop within a 5 minute drive should you need them. A tea and biscuits break will take place after the afternoon riding before the evening activity. We have some great guest lecturers in for the evening activities. If the jumping doesn't appeal to you we can accommodate this and tailor the riding sessions to suit you.

Tuesday 15th

10am – Arrival, Introduction to Hargate and group arrangements

10.30am- Tack up

11am-12.15pm – Flatwork session – intro to dressage

12.15pm-1pm – Untack and prep for lunch

1pm-1.45pm – Lunch

1.45pm – Tack up

2pm-3.15pm – Flatwork and poles session

3.15pm-3.30pm – Untack and finish horses for the evening

3.30pm-4pm – Theory lecture on first aid

4pm-4.30pm – Tea and biscuits break

4.30pm-6pm – Nutrition and equine digestive system Lecture with Kate Hayward from Saracens feed company

Tuesday evening dressage and showjumping competitions taking place if you would like to watch or take part!



Wednesday 16th

10am – Arrival

10.15am- 10.45am – Plaiting demo and tips

10.45am – Tack up

11am-12.15pm – Jump session over a course

12.15pm-1pm – Untack and prep for lunch

1pm-1.45pm – Lunch

1.45pm – Tack up

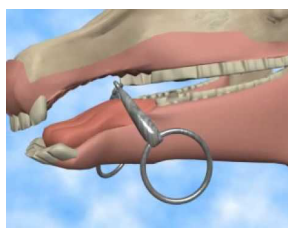
2pm-3.15pm – XC fences session

3.15pm-3.30pm – Untack and finish horses for the evening

3.30pm-4pm – Theory lecture on bandaging

4pm-4.30pm – Tea and biscuits break

4.30pm-6pm – Biting and equine mouth anatomy lecture



Thursday 17th

Competition day!

10am – Arrival, competition times given

10.30am – Dressage warm up and tests begin

11.30am- Show jump warm up and rounds begin

1pm-1.45pm – Lunch

2.15pm – XC warm up and rounds begin

3.15pm-3.30pm – Untack and finish horses off for the evening

3.30pm-4pm – Prize giving

4pm-4.30pm – Tea and biscuits break

4.30pm-6pm – Biomechanics session with Sarah Light equine and human physiotherapist



The cost of Camp for the 3 days is £200

Stabling is available for the nights at a cost of £15 per night (bring own hay and buckets). Lorry parking is also available with a limited number of hook ups. There are some lovely B&B's nearby if you would like to stay nearby. Please bring your own lunch. If you have any questions please give us a call on 01283 734981, email hargateequestrian@yahoo.co.uk

