



# TENDING HUNDRED RIDING CLUB



## NEW SERIES FOR THE NERVOUS RIDER

THRC are hosting 3 clinics over of 2025 to support 'The Nervous Rider'

The clinics will run for 2 hours and consist of 1 1/2 hours of in hand/ridden work during which you will receive individual time and spend time working with the group. At the end of the ridden work a 1/2 hour coffee and cake feedback session with the opportunity for questions and answers will conclude the clinic. This clinic is for senior member riders only.

You have the opportunity to attend all 3 clinics and progress through the levels of confidence building or choose to attend the clinic that best meets your needs. Each clinic will consist of only 4 riders. Activities that could be covered but are led entirely by the confidence of the rider could include:-

- Working in a small area
- Leading in hand and in a group
- Riding individually and within a group
- Riding inside dressage boards with aim of eventually doing a simple walk, trot test
- Walking around the club field
- Going over Poles
- Riding as a group of 4
- Jumping cross poles

21 May 2025 - THE VERY NERVOUS RIDER

6 August 2025 - THE NERVOUS RIDER

1 October 2025 – GAINING CONFIDENCE RIDER

Clinic cost is £25 for Members, £30 for non members

Running from 3.30pm to 5.30pm at the club field