

**ONLINE TRAINING**

Early in 2021 the Southern Highlands Carriage Club launched the AUS POD TRAINING GROUP in conjunction with the GB POD TRAINING GROUP.

The introductory series of training sessions was extremely well received by the participants. These were held on Zoom with 10 drivers and are led from Great Britain by Robert Buck, a highly skilled international driver and coach. The interactive format means that everyone is closely involved in the training.

Our introductory program “ESTABLISHING THE FUNDAMENTALS” was first held in early 2021 and we have now run this for 4 separate groups. This program is designed to ensure all drivers really understand the basic principles of training a horse or pony for carriage driving and demonstrate WHAT they should be aiming to achieve.

We then designed the follow-on program “fundamental PROGRESS” to show HOW to achieve the fundamentals.

Each Zoom session runs for about an hour from 7.30pm (Sydney time) and costs $95 for the 4 sessions

*“From the beginning I had a better understanding and could actually see what I was doing and looking for”*

*“Definitely value for money where else could you get so much expert training at that price?”*

*“On a scale of 1 -10**I would have to say a 12, I enjoyed it that much”*

**PROGRAM 1 “ESTABLISHING THE FUNDAMENTALS”**

This program is designed to introduce drivers to the classic training pyramid and concentrates on the fundamentals of Balance, Suppleness and Rhythm. This program makes no apology for going back to the really basic principles of training for carriage driving.

**Session 1 Foundation Training – Rhythm and Balance**

This session is devoted entirely to lunging. Whatever your ambitions as a driver, to be a successful combination it is essential to have a horse/pony that moves rhythmically and is balanced. This session demonstrates how lunging is used to achieve this and shows you how to set up the equipment required.

**Sessions 2 & 3 Suppleness and Rhythm**

Here Robert emphasises the importance of a proper warm up to encourage stretch and suppleness and demonstrates the basic exercises for establishing a forward rhythmical trot.

**Session 4 The Way Forward**

Robert will pull together the training covered to put into context for moving forward.

**Dates**

1 Feb, 22 Feb, 22 Mar and 12 Apr (at 7.30pm)

**PROGRAM 2 “FUNDAMENTAL PROGRESS”**

Following on from our Introductory Program “Establishing the Fundamentals” we have designed a follow-on series in conjunction with GB Pod. The emphasis of this next program is to concentrate on showing you HOW to achieve the Fundamentals and apply them in each phase of a CDE.

**Session 1 Review of the Fundamentals**

* Review of the fundamental principles of Rhythm, Balance and Suppleness
* Detailed analysis of each movement – walk, trot and canter
* Training structure and exercises

**Session 2 Dressage**

* Using the fundamental principles
* Planning for a dressage test and test execution

**Session 3 Cones**

* Cones driving using the fundamental principles
* Mobility exercises and warm up
* Course walking/planning/driving

**Session 4**

* Obstacle driving using the fundamental principles
* Structured training including establishing confidence
* Course walking/planning/driving

**Dates**

28 Jun, 19 Jul, 9 Aug and 30 Aug (at 7.30pm)

**Cost**

Each Program costs $95 for the 4 sessions.

**Booking**

To secure a place please email Barry Topple - barry@beckford.info. Your place will be confirmed on receipt of the booking fee of $95.00.

Bank Details**:** SOUTHERN HIGHLANDS CARRIAGE CLUB INC BSB: 012 547 Account: 4820 71097