

Welcome to the AM Dressage Centre we do hope you enjoy your stay with us. Here is some information and answers to some frequently asked questions. If you need further assistance please do not hesitate to ask.

BIOSECURITY - Whilst we do our best to prevent the spread of infections and disease please take steps to help minimise the risk, this could include taking your horse's temperature and keeping an eye out for any abnormalities.

DOGS - Are welcome at the centre. We ask that they are kept on leads at all times and that you clear up after them. We are unable to accommodate them in the Farmhouse.

FARRIER - If you need a farrier here are the details of the AM farriers that will be more than happy to come to the rescue.

Tom Quirk 07809 205134 Sam Phelps 07795 472348

FEEDING - We try to feed all the horses around 7am as not to create pandemonium and excessive door banging!! If you are unable to do this or staying off site please ask a member of the Team who are more than happy to help.

FIRE- In the unlikely event of a fire please alert a member of the team and congregate in the carpark at the front of the property. We have a horse evacuation procedure so please do not try to move your horse and property. Our Team will do everything they can to insure all property and horses are safe.

GALLERY - You are always welcome to use the gallery. Help yourself to coffee and tea, watch the TV, and relax. Last one out in the evening turn all lights and heaters off please.

HAND GRAZING - Please feel free to hand graze in the area behind the indoor school. Please do not go on the grass verges and other areas with your horses.

HATS - Riding and handling horses is very risky. We advise all our clients to wear a hat when handling and riding their horses as they can be unpredictable in a strange environment.

HAY - We feed dry hay and haylage that you are welcome to also use. If your horse is a fussy eater we suggest you bring your own. We can also supply you with small bale haylage for £8.00 per bale.

LOST PROPERTY - If you misplace or forget anything we have a lost property box in the office. If you find anything that has been misplaced please hand it to a member of the team.

LUNGEING - You are welcome to lunge in the small indoor arena at anytime if it is free and safe to do so. No lunging in the big indoor and outdoor areas.

SHAVINGS - If you would more shavings in your stable you are welcome to purchase extra shavings from us at £7.00 per bale.

SHOWERS - If you are staying in your lorry and require a shower there is one located on the left-hand side of the farmhouse and another opposite the toilets in the indoor school. There is a bathroom in the downstairs hall of the Farmhouse if you want to soak your riding muscles!!

SMOKING - There are smoking areas outside the indoor school and gallery. Please put your cigarette ends in the bins/ash pots provided. No smoking on the yards, farmhouse or in the Hay barn!!

TOOLS - We have a few wheelbarrows, forks and brooms available during your stay. You are welcome of course to bring your own.

TOILETS - We have toilets in the foyer of the indoor school and on the left hand side of the farmhouse. Please do not flush anything other than toilet paper as it will break our water treatment plant. There are sanitary bags and bins for your convenience.

TORCHES - We recommend you bring a torch with you when you stay with us. We try to light up as much as possible but especially in the winter it is dark in the car parks. If you need to borrow one ask the Team.

TOWELS - Whilst bedding will be provided in the farmhouse please bring your own towels.

VET - If you need an on call vet we recommend B&W Equine Vets 01453 811867

VIDEOS - Videoing is a great way of making the most of your lessons please feel free to do so. We ask however that you do not video our lecture demos and our horses being trained.

WARM UP - Please feel free to come into the teaching arena around 10 minutes before your lesson. In this time please try not to disturb the lessons currently in progress and walk off the track.

WATCHING - We welcome anybody to watch the lessons as it is a great way of learning. If you are watching please keep quiet as it will disturb the lesson. If you want a good natter please do so in our gallery!!

WIFI - We live in a poor reception area and cannot insure a good WIFI signal!! If you need the internet you will need to bring a dongle!



Wyncolls Farm, Lumbers Lane,
Ellon, Gloucestershire, GL14 1LH

- | | |
|------------------------------|-----------------------------|
| 1 Entrance | 10 Arena 2 (Indoor) |
| 2 Non-hook up parking | 11 Arena 3 (Indoor) |
| 3 Hook up parking | 12 Hand Grazing Area |
| 4 Office | 13 Accomodation |
| 5 Stables 1-10 | 14 The Gallery |
| 6 Stables 11-15 | 15 Fire point |
| 7 Stables 16-24 | Private property |
| 8 Hay barn | Direction of entrance |
| 9 Arena 1 (Outdoor) | |
- Tel: 01452 762880**

THE TEAM

ADAM KEMP



MATT FROST



JUSTINE SOLE



RACHEL STEPHENS



PAT STEPHENS



SUZIE SEYMOUR



FRIDAY

8:00 BREAKFAST

8:00 INTRODUCTION

9:00 DISCUSSION - WHERE YOU ARE AND WHERE YOU ARE GOING.

ADAM	MATT	JUSTINE
CLAIRE CARTWRIGHT	LOUISE STEEL	CLARE EDWARDSON
HEATHER CLACK	BECKY DEAN	LYDIA DINGLEY
CHARLOTTE CURE	JUSTINE THORNTON	ALISON KUNZ
JAZZ GUALTIERI	CHLOE BERESFORD	LOUISE DURY
EMILY FROHLICH	ALISON MACKENZIE	

LESSONS - IMPLEMENTING THAT STRATEGY

TIME	ADAM	MATT	JUSTINE
10:15	CHARLOTTE CURE	JUSTINE THORNTON	ALISON KUNZ
11:00	HEATHER CLARK	ALISON MACKENZIE	LOUISE DURY
11:45	EMILY FROHLICH	LOUISE STEEL	CLARE EDWARDSON
12:30	JAZZ GUALTIERI	CHLOE BERESFORD	LYDIA DINGLEY
13:15	CLAIRE CARTWRIGHT	BECKY DEAN	

12:30 LUNCH AVAILABLE

15:00 - 16:00 LECTURE DEMONSTRATION

19:30 DINNER

SATURDAY

8:00 BREAKFAST

9:00 - 11:30 LECTURE DEMONSTRATION

12:00 LUNCH AVAILABLE

TIME	JUSTINE	ADAM	MATT
13:00	JAZZ GUALTIERI	JUSTINE THORNTON	LOUISE DURY
13:45	HEATHER CLARK	ALISON MACKENZIE	CHARLOTTE CURE
14:30	EMILY FROHLICH	LOUISE STEEL	CLARE EDWARDSON
15:15	CLAIRE CARTWRIGHT	CHLOE BERESFORD	LYDIA DINGLEY
16:00		BECKY DEAN	ALISON KUNZ

19:30 DINNER

SUNDAY.

8:00 BREAKFAST

9:00 LESSONS

TIME	MATT	JUSTINE	ADAM
9:00	JAZZ GUALTIERI	JUSTINE THORNTON	LYDIA DINGLEY
9:45	HEATHER CLARK	ALISON MACKENZIE	LOUISE DURY
10:30	EMILY FROHLICH	LOUISE STEEL	CLARE EDWARDSON
11:15	CLAIRE CARTWRIGHT	CHLOE BERESFORD	ALISON KUNZ
12:00		BECKY DEAN	CHARLOTTE CURE

12:30 LUNCH AVAILABLE

WE HAVE TRIED TO ORGANISE THE COURSE TO ALLOW THE PEOPLE FORM FURTHEST AWAY TIME TO GET HOME BEFORE THE DREADED SUNDAY TRAFFIC! PLEASE FEEL FREE TO STAY AND WATCH THE LESSONS BUT WE ALSO UNDERSTAND IF YOU WANT TO GET HOME!

Training Diary

FRIDAY

What did you find out in your DISCUSSION?

What are the goals for the weekend?

What exercises did you work on in your lesson? What difference did they make to your horse?

What did you learn?

What are your goals for tomorrow?

What did you learn in the Lecture demo?

List things from the lecture that you feel will specifically help you and your horse?

SATURDAY

What did you learn in the Lecture demo?

List things from the lecture that you feel will specifically help you and your horse?

What did you work on in your lesson?

What did you learn?

How close do you feel you got today to achieving the improvements discussed in the assessment yesterday?

What is your plan now?

Short term?

Mid Term?

Long term?

SUNDAY

What did you work on in your lesson?

What did you learn?

What is your homework?