

AIRC REGIONAL TRAINING DAY 2013 ORGANISED BY DONEGAL CLUBS

Dear Secretary,

Please find attached information on the upcoming AIRC Regional Training Day which is being held at Cloncaw Equestrian Centre, Glaslough, Co. Monaghan on Sunday 28th July 2013 which I would be grateful if you could circulate to your members. Cloncaw Equestrian Centre is located approximately 1 hour 40 mins from Letterkenny. This was the location of our regional training day 2 years ago and proved to be an excellent venue with a quiet indoor arena for dressage, a grass showjumping paddock with a separate outdoor sand arena for warming up and a cross country course that is ideal for your first introduction to xc or if you're looking for a knee trembling blast around the course!

We are hoping to get the first lesson underway at 11am sharp. Lessons will run for 1 – 1.5 hours (depending on numbers) each with a maximum of six people per lesson. Members may avail of up to 3 lessons per horse with top trainers at a bargain price of €25.

Training will be available in Show Jumping, Dressage and Cross Country and members can compete in either three different disciplines or two or three of the same. Please ensure members have indicated on the entry form which disciplines they wish to compete in and their current grade and the grade they would like to train at. For those who have never tried xc before, please put "intro" as the training grade.

For anyone training in cross country, skull caps and body protectors are mandatory. For other disciplines, body protectors are advised but are at the riders discretion. Correct footwear is essential. An ambulance will be on site for the duration of the training day and fingers crossed their services will not be needed!!

Onsite stabling is available on the Saturday night for those who wish to travel up the day before (perhaps for a hack around the Castle Leslie Estate which is very close by – members who wish to do this should arrange this with the Equestrian Centre at the Castle themselves) at a cost of €20 which also covers you for all day Sunday or if members want a stable for use inbetween lessons on the Sunday, the cost is €10. Stabling should be booked by members directly with me on 087-2128031 and should be paid for on the day.

Refreshments will be available in Cloncaw's café including tea, coffee and scones on arrival and a hot lunch with cake / traybakes at a maximum of €10 per person – this may be able to be subsidised although we are unable to confirm this at present.

Entries should be made on the official form (one per member) and a club cheque made out to Donegal Gaeltacht Riding Club to cover all entry fees should be forwarded to Rachael Mc Crossan, 18 The Maples, Lismonaghan, Letterkenny, Co. Donegal to arrive no later than Friday 19th July 2013. Lesson times for individual members will be forwarded to club secretaries no later than Wednesday 24th July 2013 by e-mail.

If you have any queries, please don't hesitate to contact me.

Kind Regards,

Rachael Mc Crossan

Donegal Gaeltacht Riding Club

087-2128031

rachaelmcc@eircom.net

AIRC -WESTERN REGION TRAINING DAY ORGANISED BY DONEGAL CLUBS

At Cloncaw Equestrian Centre, Glaslough, Co. Monaghan

On Sunday, 28th July 2013

Training in Cross Country, Showjumping and Dressage

Rules/Format:

- Each member nominates *up to three* of the following disciplines:-
 - *X-Country, Show jumping, Dressage.*
- Members may elect to do the same discipline twice or even three times or you may only wish to take part in one lesson!
- Trainers for the day are Anthea Rainsbury, Charles Maudlin, Helen Nolan and Mandi King.
- Members will have an opportunity to train at a grade higher than current grade. Please indicate both current grade and higher on the Entry Form, and it also has to be confirmed with the Trainers on the day.
- For those wishing to train at a grade lower than current grade, please indicate both current grade and lower grade on Entry Form.
- Secretaries – please ensure to note if members XC and SJ and D grades differ.
- Dress code is not formal but SAFETY GEAR MUST BE WORN, i.e. Skull cap, body protector & correct footwear.
- There will be no refunds.
- Start time is likely to be 11am .
- Individual start times will be forwarded to Club Secretaries by Wednesday 24th July at latest.
- Preference for mid day sessions will be given to those travelling long distances but this cannot be guaranteed in all cases.
- Food will be available to purchase in Cloncaw's canteen including Geraldine Bellew's famous chocolate cake! (although this may be subsidised).
- **Please be on time for your lessons, out of respect for the trainers and other members in your lesson.**
- **Please bring 2013 AIRC membership card and equine passport.**

Stables/Camping:

- A limited number of stables are available on Saturday night of 27th July (€20 per stable for Sat night & daytime on Sunday) and/or during day of 28th July (€10 per stable for use during the day).
- You may camp in tents or in your lorries if you wish to come up the night before.

Entries:

- Entry fee for 1 – 3 lessons – €25 per person
- Entries through club secretaries only, on Entry Form (one for each member taking part please), with Club cheque payable to Donegal Gaeltacht Riding Club.
- **Last date for entries – Friday, 19th July 2013.**
- Queries to Rachael McCrossan on 087-2128031

AIRC WESTERN REGION TRAINING DAY ORGANISED BY THE DONEGAL CLUBS

TRAINERS: ANTHEA RAINSBURY, CHARLES MAUDLIN, HELEN NOLAN AND MANDI KING

NAME	
ADDRESS	
CLUB	
CONTACT NUMBER	
AIRC NUMBER	
HORSE NAME	
PASSPORT NUMBER	
EMERGENCY CONTACT NAME & NO.	

PLEASE INDICATE BELOW WHICH DISCIPLINES YOU WOULD LIKE TO TRAIN IN AND AT WHICH GRADE YOU WANT TO TRAIN AT. YOU MAY TRAIN AT A HIGHER OR LOWER GRADE TO YOUR CURRENT GRADE. IF YOU WISH TO TRAIN IN TWO OF THE SAME DISCIPLINES (E.G. DO TWO DRESSAGE LESSONS), PLEASE INDICATE THIS IN THE SPARE BOX. FOR THOSE WHO HAVE NEVER TRIED XC BEFORE, PLEASE PUT "INTRO" AS THE TRAINING GRADE.

DISCIPLINE	CURRENT GRADE	TRAINING GRADE	
SHOW JUMPING			
DRESSAGE			
CROSS COUNTRY			

PLEASE TICK IF YOU WISH TO GET YOUR REFRESHMENTS AT CLONCAW – WILL BE MAX OF €10 FOR THE DAY. T/C & SCONES ON ARRIVAL AND LUNCH AT APPROX 1PM INC BURGERS, HOT DOGS ETC WITH CAKE / SHORTBREAD

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IF YOU WISH TO BOOK A STABLE, PLEASE CONTACT RACHAEL MC CROSSAN ON 087-2128031. PAYMENT FOR STABLES IS BY CASH ON THE DAY.

WHEN YOU HAVE FILLED OUT YOUR FORM, SEND IT, WITH YOUR ENTRY FEE TO YOUR CLUB SECRETARY BY THURSDAY 18TH JULY .