



NORTH WALES REGION RDA NEWSLETTER WINTER 2019

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Happy New Year and welcome to my 2nd Newsletter. If you have received this via a Colleague and would like to be put on my emailing list for future Newsletters and all Dressage information for the Region and beyond, please let me know by emailing me at the above email address. Thank you.



The object of dressage is to improve balance, control, mobility, memory and freedom. Riding the movements required for a test and maintaining a good rhythm increase the awareness of balance and control.



NEWS

Welcome to Sara Jones- Williams, new RDA Dressage Co-ordinator covering North West Wales. Tel 07823779387 or message via North Wales RDA Facebook Page. Linda Webster will now cover North East Wales. Please contact your relative Co-ordinator for further information on any subjects covered in this Newsletter.

A very successful and enjoyable 2 day Training 'Camp' for Dressage and Show Jumping was held in November with riders excelling themselves, both by completing British Dressage Tests that they have never done before and jumping a full RDA Show Jumping course. With huge thanks to Penycloed Riding Centre for their wonderful hospitality and all hard working volunteers. We had a ball.

North Wales RDA Region have now been lucky enough to source 3 RDA approved 'pool' horses (with huge thanks to the horses owners) that can be used for RDA riders wanting to compete in Dressage (subject to assessment) should their Group be unable to provide a horse.

UPCOMING EVENTS

20th January - Have a Go at Dressage Confidence Clinic with Nicola Tustain MBE @ CSRC. Tel 07747785888

February onwards. RDA Dressage Championship Leagues @ Coleg Cambria, Northop and Presaddfed, Anglesey.

10th February, Dressage Anywhere Clinic and Competition @ CSRC. Tel 01352770446

16th May - North Wales RDA Regional Dressage Qualifier @ Penycloed Riding Centre

12th - 14th July - RDA National Championships

Many congratulations to Charlotte Roberts who has deservedly been awarded sponsorship from North Wales Horse Tack and Equipment for 2019. Onwards and upwards for this very talented RDA Dressage rider.

Huge thanks to Wales BD Para Group for including RDA riders on the excellent training camp at CSRC in December with super Dressage Training sessions provided by Sarah Rogers. So rewarding and exciting to have this partnership.

Many congratulations to Nia Harmes for completing her first Dressage competition outside RDA on her own super pony Percy with a 2nd and 3rd place.

31st August - British Dressage RDA Intellectual Disability Dressage Championships, Solihull.

If anyone has anything they would like to be included in any of the future Newsletters, please email to me. All Dressage related 'news' welcome.

Thank you for reading and I hope you enjoyed.