

# Simon Lawrance 2 Day Training Camp

At Lyneham Heath Farm  
Lyneham  
Nr. Chipping Norton,  
Oxfordshire  
OX7 6QQ

18<sup>th</sup> & 19<sup>th</sup> February 2012

## Provisional Programme

sessions	Saturday 18 <sup>th</sup> February 2011
1	Flatwork in pairs on a surface with Simon Lawrance
2	followed by dressage test judged by listed dressage judge in another arena or on grass
3	Individual rider fitness advice & exercises with rider fitness expert
4	Gentle hack around grounds
5	Jump lesson with gridwork with Simon Lawrance

sessions	Sunday 19 <sup>th</sup> February 2011
1	Show jump course walk in group of 4 followed by riding the course
2	XC training with emphasis on pace, rhythm, lines, angles & skinnies, banks, ditches, & water
3	XC course walking followed by riding the course
4	Performance profile and individual event season planning with programme discussion one to one

Times and sessions will be timetabled nearer the date and emailed a few days before.

Please bring lunch and refreshments with you.

£80 per day to include venue hire and teaching. Priority will be given to those wanting to do both days. All levels welcome from BE90 up to 1\*.

Stables available at £25 per night (excluding bedding & forage) if required.

See website for directions, details & images of venue facilities (XC course, indoor & outdoor school, show jump course & dressage arenas on grass) [www.lynehamheathequestrian.co.uk](http://www.lynehamheathequestrian.co.uk)

## 18<sup>th</sup> /19<sup>th</sup> February 2012 Entry Form for 2 day camp

NAME	TEL/MOBILE	EMAIL
AGE (IF CHILD)	HEIGHT OF HORSE	LEVEL OF HORSE BE90 / BE100 / BE NOVICE/ 1* (circle as appropriate)
CHEQUE ENCLOSED FOR:	ANY OTHER COMMENTS:	

10 places maximum and a waiting list will be held. Please book your place, by sending a cheque for £160 made payable to 'SIMON LAWRENCE' along with completed form above, addressed to:

Samantha Sandberg, Lyneham Heath Farm, Lyneham, Nr. Chipping Norton, Oxfordshire OX7 6QQ  
Tel 01993 832 585 or 07836 657 395 email: [info@lynehamheathequestrian.co.uk](mailto:info@lynehamheathequestrian.co.uk)