

## Introduction to Endurance Session/Junior Clinic – 13 August 2011

TEERA held its first Introduction to Endurance Session at the Lions Park in Wynyard on Saturday 13 August. We were lucky enough to have a good turn-out, with approximately 45 people attending the morning information session.



The following TEERA members gave presentations on each of these topics. I would like to publicly acknowledge everyone and say well done to them for stepping out of their comfort zone and providing well researched and informative sessions.

Thank you also to Jan Lewin for organising such an excellent raffle, to Robbie Walsh for donating the highly sought after coffee machine and a big thanks to my trusty offsideers Melissa Duniam, Korena Armstrong, Stacey Dodd, Mel Batchelor and Kristy Bryan – you guys made the running of the day successful!

TEERA membership, day membership, ride entry process  
Booting/bare hoof options  
Training for first 40km ride  
Equine muscle release therapy and Bowen Therapy: for a balanced horse and rider  
Who's Who at an Endurance ride  
Vet ring procedure – what do you actually have to do and what does it all mean?  
Ride etiquette/managing your horse  
Strapping (cold/hot weather, clipping, proper run out)

Pat Lamprey  
Marg Richardson  
Tracy Nutting  
Gill Brame  
Denise Williams  
Debbie Grull  
Di Walsh  
Allan/Tracey Wyllie



Following a BBQ lunch, the Junior Clinic began in the afternoon. Riders listened to Anita Hutchins talk about managing your horse and the importance of riding consistently.

Gaylene Padman then gave a demonstration on 'Hunter' and showed us different ways to help lower your horse's heart rate.



Left – the magnificent cup cake display which Jan made for the raffle.

Right: The display of coats, boots, gloves, socks and thermals etc provided by Tassie Tackle and Outdoor Store, Burnie





Chanelle, from KAW Personal training then took an hour's session on core strength. Unfortunately for Chanelle, 'Woody' aka Junior Stuart King decided that he quite liked her and wanted to show her his excellent push up techniques and his 'big muscles'! He kept the crowd giggling and Chanelle struggling to keep a straight face!!



The rest of the Juniors and some of us 'Seniors' struggled through the workout and pretended that we weren't hurting.

Next up was Tracey Wyllie's session on being a balanced rider and how to ride a good Best Conditioned Workout. Riders in the Junior Clinic were, Samantha and Kirsty Sward, Korey Stratton, Annaliese Glover, Lachlan O'Malley, Hannah Colbeck, Grace Huxtable, Felicity Perry, Sarah Parker and Jaz Hutchins.

After the success of the day we'd like to hold some more clinics, possibly over two days. Thank you to all who made the effort to come along! We raised over \$1300 which we will donate to the 2012 Tasmanian Tom Quilty.

