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Fun Flatwork Video Evenings

Alison really enjoys the challenge of improving a horse's way of going on the flat and helping others to enjoy schooling too.

Through her work as a freestyle designer Alison has found how useful it is to video combinations and to get a judge's perspective of the arena work.

Alison's clients have also enjoyed seeing themselves ride. Alison herself uses video footage to monitor and review performance and development.

Alison is also aware that flatwork is more fun if riders break down training into bite size targets and use patterns and shapes and wide open spaces (hacking) in their programme.

Alison has designed a training plan where riders can experience the power of video feedback

themselves with a three part plan. Each session can be enjoyed in isolation but riders can measure their progress if they attend the series.



Flatwork Fun: Alison rides Roughway Jack

Dressage Playtime: This session lasts an hour riders will warm up as a group and then ride a test of their choice which will be videoed.

Video Review This session is a

private half hour session where riders will ride two tests with feedback and guidance in between. Both tests will be videoed.

Dressage Clear Round

Riders will ride test of their choice in front of a judge and the test will also be videoed.

These video evenings form part of the new **Solitaire TEN** training programme where riders will also be guided through a goal setting and performance planning session to help them achieve and recognise their progress. More details coming soon.

The Video training evenings are currently available at Salcey Forest Ridings and Bury Farm EC.

Equetech Wardrobe Essentials

Solitaire rider Alison Kenward has built her riding and training wardrobe around the Equetech collection.

Alison's favourite breeches are the Equetech Unity Breeches and these are available in a fabulous medley of colours in a tasteful box check design. They have a full stretch Alos suede seat for perfect contact with the

saddle! They are available in sizes 24-34 in Slate Check, Mid Blue Check and Coco Dutch Check..

Alison has chosen the Equetech Training Waistcoat and for a limited time Solitaire customers and Supporters can purchase this functional training gillet which offers the rider freedom of movement. The Solitaire

Gillet is available in blue with the Solitaire logo in cerise on the back.

Join the Solitaire Team
Quote code SETW when ordering from Alison.



SJ Training Clinics



SJ Training for all ages and abilities

Improve your showjumping with Alison Kenward at Salcey Forest Ridings.

We run a pole work group where the focus is on jump dressage and building confidence in trot and canter over related distances and lines.

We also run jumping sessions working over fences of 75cm, 85cm and 95cm+ . We keep group sizes small and aim to match riders of similar ability.

Next dates: 7th & 21st April
Start at 4.30 Jump group

5.30 Jump group

6.30 Pole work group

We plan to run these sessions every fortnight . They are ideal for riders wishing to gain more confidence, to develop technique and style over fences and to prepare for jumping competitions .

We can also accommodate riders wishing to learn to jump in private / semi private sessions.

We may also look at arranging xc training sessions at local courses and competing as a group at a few selected shows in the summer!



One to One Coaching

“Alison has pushed me way out of my comfort zone without my having realised it at the time.”

Alison has worked in Riding Schools and with teams and individuals from all disciplines and will work with riders who are just starting out, riders who may be facing a confidence crisis as well as riders who have serious competition and development goals.

Alison is a qualified trainer who is able to work with riders on the flat and over fences and to help develop training

programmes for dressage, showjumping, eventing and western horsemanship competitions. Alison has recently worked with Liz and her QH Toby.

Liz explains “I have had a number of training sessions with Alison . Having gone through a routine confidence crisis about my riding I found that a 30 minute session with Alison gave me a degree of

confidence and more importantly the tool set to take things forward myself. I particularly enjoy the pure horsemanship of her approach to teaching and she has an uncanny ability to home in on areas that can be improved and build on areas that are already strong.”
Alison is available for private, semi private and group training sessions.

Hoofbeats

Set to a variety of music tracks to help improve your horse's way of going



Hoofbeats is a new training class .Lucy Bryce reflects, “I have considered having a go at dtm for many years but have never got round to it, how I wish I had tried it sooner! My horse Bean is 9 but a late starter as

she had been a broodmare. She suffers badly from nerves, tension and ultimately stage fright! At the start of the session with music playing quietly in the background, I was told to school normally and note any reactions, to let Bean go at her pace if she liked a particular track. At this point I started to think 'not

sure if this is for me' I didn't think she would respond to music to that extreme, BUT Beans ears flicked forward and off we went ,she enjoyed this song later she made her feelings on bagpipes quite clear and we had to change the track. Beans favourites were the Can Can and Lady Marmalade.”

Social Media



Solitaire Dressage has a Facebook page, a closed FB group called Hoofprints for riders training with Alison and a Twitter account tweeting as SolitaireDTM.

Alison has a website
www.solitairedressage.weebly.com

On the website you can read about the Solitaire Horses and view a gallery of photos of Alison competing.

The Facebook page charts the progress of Roughway Jack and follows Alison's competition success and ambitions as well as detailing forthcoming clinics and lecture demos.

Alison has run a competition on Twitter to win a Hoofbeats

place and this was even featured on the British Dressage Website. Congratulations to Julie Gordon who won the competition.

Follow SolitaireDTM to keep up to date and to read about future competitions and offers.

Worth a visit!

www.equetech.com

www.rbequestrian.com

Freestyle Design Clinics & Fun with Music

Alison has worked with riders from Intro to Intermediare to design and choreograph freestyle routines.

Alison specializes in designing unique floorplans which enhance the horse's way of going and draw from the partnerships strengths.

Alison can work from scratch designing and filming floorplans ready for music matching and then

advise on music selection.

Alison can also offer feedback on existing routines and help riders choreograph a routine to existing music.

The most popular approach is to attend a freestyle design clinic where Alison will work with individual riders for an hour to design and film a floorplan. Alison will also draw out the floorplan

and forward this together with the video on disc ready for music matching. Alison can advise on music selection and suggest several music producers who offer an editing service. **NEXT CLINIC** May 30th at Bury Farm EC.

Would you like to join a Quadrille Team? Alison also runs quadrille training at Salcey Forest Ridings and Bury Farm.

**"New:
 Introduction
 to Quadrille
 Day at Salcey
 Forest Ridings
 April 30th"**

CTR Dressage Roundup Column

Chiltern and Thames Rider Magazine is a regional title published monthly in print and online for digital subscribers.

Alison writes a Dressage Roundup Column each issue and features riders from across the region who have enjoyed a dressage win or good performance at a National Competition.

Alison aims to include riders who may have won for the first time or who have returned to competing with a much loved horse against the odds and asks the riders to describe their best moments in the test, the judge's comments, any memorable moments from the events, challenging moments or golden memories.

The Column is for all readers and

dressage competitors from intro to National and Team Championships we want to hear about the horse and rider partnerships and the magic that can happen when horse and rider and working together.



CTR Magazine
 The voice of the region



Alison is a qualified instructor and coach who enjoys teaching and coaching riders of all abilities.

Alison has played international polocrosse as well as hunting and eventing overseas before choosing dressage in 2005.

Alison has competed at the Winter Nationals with Roughway Jack and at the Home International with Langarth Sebastian.

Alison is a versatile rider and trainer who enjoys working with horses and getting to know their personalities and outlook.

Alison works in Northamptonshire and Buckinghamshire.

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Please do contact me for more information

www.solitairedressage.weebly.com

Rider Reporter

Alison Kenward is sponsored by **RB Equestrian** and this includes regular saddle checks and assessment of horse, rider and saddle performance.

Its really important for horse and rider that the saddle is well fitting, balanced and offers a stable platform so that the rider is in a good position and is able to maintain an effective, dynamic position.

The RB Equestrian Team are all qualified saddle fitters which means they are able to check the fit of your saddle and advise you on how your saddle is helping or hindering your horse and your riding enjoyment.

Ted Boggis has been monitoring

Roughway Jack and it should be no surprise to readers that Jack is sensitive and that regular checks and rider feedback are crucial to keeping him comfortable and happy in his work..

“**Jack and I** have a great partnership and when we hit a communication issue or tension begins to creep into his work I know that he is trying to tell me something. Recently I began to feel as though neither of us could get comfy with each other and that I was constantly having to over ride and over correct– straight lines

were suddenly stressful.

Ted suggested we try the Korректор pad which is a saddle pad filled with air that can be adjusted. This worked wonders for my balance and the saddle sat level again. I was happy that I was able to maintain my position and Jack once again returned to his previous great form.”

Solitaire recommends regular saddle checks by a qualified saddle fitter (QSF) as well as discussing rider balance and position with your coach or instructor.

Solitaire advises that riders always get a QSF to check and fit saddles before purchasing a new or second hand saddle.


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