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## Solitaire Hoofprints Training Plan.

Alison created the Solitaire Hoofprints mentoring group for riders to share the excitement, fun and challenges of producing and training horses.

Alison helps riders to create a rider profile and performance assessment and to agree goals and an action plan. Alison helps riders who train weekly or monthly or somewhere in between to consider what they want to achieve with their horse and to devise a structured training plan that enables them to build and develop a partnership with their horse. Alison is on hand to offer support and there is a strong peer group network of Solitaire riders.

Helen Baker "I enjoy training with Alison, I appreciate the feedback and the honesty, its hard work but its fun. The goals are stretching but achievable.

## Solitaire 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 £63.50** 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

The training programme has helped me focus by understanding what's important to me and why I am doing it! My horse is MUCH more



## Flatwork Fun: Alison rides Roughway Jack

relaxed and the communication between us is getting a lot clearer. We are building a close bond and it's a lovely feeling. I love being part of the Solitaire Team, its as much down to the

network and chums in Solitaire as it is Alison's great teaching style and encouragement."

Sharon Bickers "I enjoy everything about training with Alison, Lonnie and I are a different partnership. Alison's constructive feedback, positive encouragement and fun approach to training gets results.. Full stop.

The Solitaire Team is worth joining, the Facebook group is excellent as I feel my support network is even wider than my team mates at Bury Farm. Alison does a fantastic job of providing all the training opportunities we need in a supportive and relaxed environment that is so important for me."

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.



## Meet Independence



Solitaire welcomes Rachel Crook's Independence to the family. Rachel reports "I would like to introduce Independence ("Indy") as a new Solitaire horse, whom I have owned for 5 weeks. She is rising 4 and approximately 15.3hh and still growing. She is by the Jumbo stallion Free Spirit, so Roughway Jack is officially "Uncle Jack" now. After letting her settle in for the first two weeks, I have started the process of bringing on Indy slowly. She has been started well by

Bryerly Springs and is well balanced for a youngster with a good walk and trot and what will be a big canter. She seems to be quite a brave and confident horse who trusts people and I have already been able to hack her out extensively with company. We have kept schooling to short sessions and this weekend we did our first ever Polework session with Alison at Salcey Ridings. After braving the traffic on the main road as we hacked there she had a good look round before

settling to work. I was very impressed by the way she actively took me towards the poles— she clearly likes to go over them. Alison had us going over a line of raised poles, doing various exercises for rhythm and steering and I was very pleased to feel how she sorted her legs out beneath her when she was not quite right with the poles. Alison's comment was "She has a brain!" - always helpful I have found. Follow Indy's progress as she learns to jump."

## Freestyle Design & Choreography

**"Alison made  
Freestyle  
Design Easy &  
FUN"**

Alison works with riders to design unique and rideable freestyle floor plans which highlight a horse and rider's strengths.

Alison will design and film tests and advise on music choice and recommend a music producer to create your soundtrack.

Alison recently worked with Solitaire Rider Helen Baker to design her routine. Helen

reports "I love the way my floorplan flows and found watching the video helpful as it helped me to see how the judge might view it. It also helped me to see myself how the music might fit. Alison made freestyle easy and fun. It was tiring doing it and we ran out of puff but I can refer back to the video and I can see how the routine can be adapted for other levels .

Choosing music and working out the BPM was in a word FUN! I loved picking something that DJ likes and it helps that I like it too because I am listening to it constantly! The BPM was hilarious and a useful tool to see how our training progresses our paces, It also showed consistency with our paces and rhythm. I cannot wait until I'm dancing with DJ. It's what I have been dreaming of for a long time!"

## Dressage Playtime Report

The Dressage Playtime group gives riders the chance to work with Alison in an informal setting and to take away video footage and feedback.

Alison also offers coaching and filming for Dressage Anywhere

competitions with a Solitaire Dressage Team entered in the Team Challenge.

Tracy Osak attended the series at Salcey Forest Ridings to prepare for Windsor.

"Being videoed in my lesson with Alison before the big show at Windsor really helped me to better

understand how Argon would be viewed by the judge. It also helped me to understand and see how the subtle commands Alison helped me with to calm down his trot actually worked in practice and produced a much more rhythmical trot which got some great comments from the judge at Windsor."

**Tracy Osak  
competing  
at Windsor**



# Solitaire Rewards



Solitaire brings you a new way to pay for your lessons and to earn “Solitaire Rewards”.

Private lesson customers can now pay for 10 1/2 hour lessons in advance and receive session 11 FREE. Arena hire is not included.

For a limited time riders choosing to book the 10 session plan can choose the 2 hour private **Hoofprints training plan** as session 11.

Sharon Bickers choose this option, “Great value and makes life easier...don’t have to worry about having my purse with me at the yard!”

**Solitaire Salecy Saver**– Book and pay for 3 dressage group sessions and receive a 10% discount on arena hire and

training.

Solitaire also works with **Love Dressage** offering their card holders a 10% discount . Riders can purchase a loyalty card and access discounts from leading retailers and suppliers in the dressage community.

Solitaire works closely with **Equetech** and riders may purchase the Equetech designed Solitaire Waistcoat with the team logo for no extra cost.. Its ideal to wear for **Dressage Anywhere** filming and training. Join our team today !

“New:

*The perfect weekend with your horse”*

# Salcey Forest Ridings Camp

Alison and Jodi are welcoming riders to Salcey Forest Ridings for a Summer Camp combining training and workshops with the opportunity to spend time with your horse and fellow riders.

The camp will offer riders the chance to soak up the atmosphere and take part in flat, jump and or Polework training sessions.

There will be taster sessions

including dressage to music and quadrille alongside practical demonstrations .

There are plans to organise relaxing group hacks in the gorgeous Salcey Forest area and to offer the riders the chance to tailor make their weekend by offering a pick and mix of training options and workshops.

Fun, informal and informative,

come and experience first hand the benefits of training at a yard where there is no pressure and plenty of support and encouragement.

The camp is being held on August 6th and 7th and horses and ponies can stable overnight from Friday or have their own turnout paddock. Comfortable facilities for riders too including clean showers and kitchen facilities!

# Roughway Jack’s Diary

Roughway Jack and I are getting on very well together at the moment with a routine and trainer that Jack is comfortable with. Jack has a strong work ethic as well as a sense of mischief and this makes riding him a joy. I am confident that we are working in harmony and I really enjoying training with James Burtwell .

We are currently working on

maintaining suppleness and the quality of the paces in all movements. We work through lots of transitions within the pace and direct transitions and use patterns involving travers and shoulder fore and 8m voltes. Counter canter exercise are also an important part of our training as it works wonders on his ease of movement and peace of mind. We still play with changes and working

pirouettes which he enjoys very much!!

We are about to enter a competition phase visiting Moulton College, Addington, Patchetts and competing at our home base Bury Farm.

Visit [www.solitairdressage.weebly.com](http://www.solitairdressage.weebly.com)



**Roughway Jack and Alison train with James Burtwell.**



Alison works in Northamptonshire and Buckinghamshire.

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Telephone: 07808 714 370

**Please do contact me for more information**

**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.**



## Rider Reporter

Alison Kenward feeds the Solitaire Horses Baileys feeds and the horses are regularly assessed and their diet monitored by Baileys specialist Sarah Killeen.

Roughway Jack enjoys No4 cubes and Stud Balancer. The feed is easy to ration with the Baileys measuring cups or a regular stubbs scoop and the full range of Baileys horse feeds is available at RB Equestrian and other local feed suppliers.

“ Roughway Jack has experienced problems with skin conditions and allergies in the past and felt very itchy and miserable as he was so hypersensitive, I am certain getting his diet right and correctly balanced has paid a huge part in keeping him calm and relaxed enough to work, I trust Baileys Horse feeds and Jack is happy to eat the cubes. Jack does so well on Baileys horse feeds that he does not look or act his 19 years.”

Solitaire veteran and Jack's companion McGinty's Dream enjoys Baileys no 17, a top line conditioning mix.

“Ginty is a fine TB and very fussy and active so needs to be tempted to eat rather than spending her days galloping around the field! I have been impressed with her condition as she tucks into her mix and again does not look her 23 years.”



**Solitaire Supporter Baileys Horse Feeds in the Spotlight.**

Baileys can be contacted on 01371 850247 and will offer all riders practical and unbiased guidance. You will not feel pressured to make drastic changes !

Baileys sponsor the BD Novice Freestyle to Music competition with the Championship finals at the Winter National Championships at Hartpury.

We look forward to seeing some Solitaire riders competing in the Novice Freestyle classes this year.

Look out for Sarah Killen riding Keltic Grace with a programme designed by Alison Kenward along with Helen Baker and DJ Salvador and Claire Salmon and Gorgeous George. Check the Solitaire website for regular freestyle clinic updates