

Press release

For immediate release (October 18, 2009)

REVISED WINTER SCHEDULE AT THE CABIN EC

THE Cabin Equestrian Centre, Keithhall, Inverurie has amended the format of its winter mid week showjumping and dressage leagues.

Unaffiliated showjumping will now feature height classes only, not leagues, and will continue to run fortnightly with 2009 dates of November 4 and 18, December 2 and 16. Meanwhile, dressage will run monthly with future dates November 11 and December 9. There will also be an unaffiliated Christmas showjumping show on Sunday, December 6. All competitions will take place in the 67m x 30m silica sand and fibre Equestrian Surfaces arena.

The year round calendar of senior BSJA continues to roll at The Cabin EC with an Intro Show on Sunday, November 15, Senior BSJA on the evening of Tuesday, November 17 and provisional dates for further BSJA shows on November 29 and December 27.

And for those riders looking to confidence build, The Cabin Equestrian Centre is holding an Evolutionary Training workshop on Sunday, November 22, run by Evolutionary Training. These workshops – dismounted – aim to build rider confidence by using NLP (Neuro Linguistic Programming) Sports Psychology to help you do just that. There are two half day workshops – a morning session “Ride with Confidence” from 9am to 12.30pm and an afternoon session “Compete with confidence” from 1pm to 4.30pm. Each are priced £40 and places are strictly limited.

During these sessions you will learn to set well formed positive goals, develop a mental warm-up and rehearsal, develop performance routines, supreme self confidence, mental strategies for success and a consistent positive focus, strategies to deal positively with mistakes and difficulties and how to stay “in the zone” developing the optimum emotional state for competition.

For further information on any of the above, please contact The Cabin Equestrian Centre on (01467) 624378 or (07771) 617465 or visit the new website at www.cabinequestrian.co.uk

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For further information, interviews or photo opportunities, please contact Tracey Stuart on (07711) 497886, email tracey.stuart@tjsinternational.co.uk. Background information on The Cabin Equestrian Centre is available at www.cabinequestrian.co.uk