



NEGS EQUESTRIAN

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place
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NEGS Newsletter

Term 1 Week 2 - Wednesday 4th February 2015

Things are off to a flying start at the Equestrian Centre this year with 62 horses currently on site. This is without the school horses who will not return until after the ODE.

There will be some settling in and moving around of horses and equipment for the first few weeks until we have everyone in a spot that works well for them. However, we are pleased with how well everyone is working together. Thank you to everyone for making the effort to adjust to the changes that have been necessary to welcome more riders and horses to the school. It is great to see so many newly formed friendships and much laughter already in the stables and lane ways.

We have several new staff members, so please say hi and make them feel welcome when you see them about. We will be introducing our new staff team members to the community via a spotlight feature in future newsletters and on our NEGS Equestrian Facebook page. To make it easier to identify staff in the EC they will be wearing a red polo shirt or red work shirt with NEGS staff or Coach on the back.

Nominations close soon for both the NEGS Interschools and Ben Netterfield clinic on www.nominate.com (please call the office for assistance). Late entries will be accepted shortly for the NEGS ODE to allow those who wish to join in the fun to get their entries in.

Junior school riding lessons will commence in Week 5 due to the school horses being out until that time. Those families wishing to participate in the St John's riding program please complete the form sent home on Friday 30/1/15 and return it to the equestrian office or your class teacher.

Please see our Facebook page (NEGS Equestrian) for all the latest news, clinics, events and fun happening at the NEGS Equestrian Centre. Parents and girls please send in your competition results, pictures and fun stories for us to put up on Facebook, in future newsletters and Akaroa magazines.

Training for equestrian students is as follows for this term with all riders invited to training prior to the interschools event before squad selections are finalised and riders notified on the 20th of February.

Monday 4pm - Equestrian Development Training & Cutting Training
Tuesday - Eventing Training
Wednesday - Show Riding, Cutting and polocrosse Training
Thursday - Show Jumping, Dressage and Polocrosse (am and pm) Training

We are also pleased to announce that UNE Sport has partnered with NEGS Equestrian to develop targeted rider fitness programs to enhance rider resilience. Training will focus on building upper body strength, balance and core muscle development to improve rider position and

strength. Commencing with an information session on Monday the 6th of February at 4pm in the MPC a group fitness class will be held in the MPC at 5pm, with daily fitness monitored by NEGS coaches. Contact Annyka Overton on annyka.overton@negs.nsw.edu.au for more information on how you can take advantage of this unique opportunity.

Thank you to all of the families who have been very supportive of the girls and our staff during what has been a very busy first week, your positive comments and assistance has been greatly appreciated.

There will not be an online booking facility in 2015, lesson bookings may be made by calling or emailing the NEGS equestrian centre or submitting an enquiry on the negsbookitlive.net webpage.



Level 3 National Coach and World Cup Show Jumper

Ben Netterfield Show Jumping Clinic

Thursday 12th & Friday 13th February 2015
to be held at NEGS Equestrian Centre - Armidale

Group lessons 1.5hr \$77 | Privates Lesson 45 mins \$110
Entries via nominate

For more information contact: Annyka Overton M: 0428 772 817
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