



Qualified Instructor, Sports Psychologist  
and International Event Rider

International four star event rider and former  
Young Rider Gold Medalist.

Catering for all your coaching, performance  
and educational needs in one place.

Training for private, groups, Pony Club (AH) and BHS Exams (up to stage IV).



**CLARE CHAMBERLAYNE BHSI, MSc, ABNLP,**  
**07887 525689**  
**E Mail: [clarechamberlayne@hotmail.com](mailto:clarechamberlayne@hotmail.com)**

### Clinic Dates January – May 2019

<u>Date</u>	<u>Clinic</u>	<u>Venue</u>	<u>Info</u>	<u>Cost (inc venue hire)</u>
23.1.19	XC	Tweseldown		£30*
24.1.19	Pole & Grid work	Oakingham Stud	10am Poles only 11am Poles and jumps to 80 12pm Poles and Grids to 1m	£30
2.2.19	Xc	Tweseldown		£30*
3.2.19	Pole & Grid work	Oakingham Stud	10am Poles only 11am Poles and jumps to 80 12pm Poles and Grids to 1m	£30
5.2.19	Pole & Grid work	Oakingham Stud	10am Poles only 11am Poles and jumps to 80 12pm Poles and Grids to 1m	£30
13.2.19	Pole & Grid Work	Oakingham Stud	5pm Poles only 6pm Poles and jumps to 80	£30
19.2.19	Pole & Grid Work	Oakingham Stud	10am Poles only 11am Poles and jumps to 80	£30

			12pm Poles and Grids to 1m	
20.2.19	Xc	Tweseldown	All levels welcome	£30*
<b>21.2.19</b>	<b>Sports Psychology Workshop</b>	<b>Hamstead Marshall Village Hall</b>	<b>Sports Psychology Workshop – 10am – 4pm Covering Sports Psychology basics, Inc managing stress, Developing strategies in training, improving mental performance in training &amp; competition, coping strategies</b>	<b>£75</b>
22.2.19	SJ & Xc	Boomerang	SJ – am Xc – pm	£30* Xc only £75
<b>28.2.19-1.3.19</b>	<b>Two Day Camp</b> Dress, SJ & XC Fitness, timings, horse care	<b>Boomerang</b>	<b>TWO DAY CAMP –</b> Cost includes: 2 ridden sessions per day, unmounted session, stabling, camp / lorry pitch, venue hire fees, refreshments.	<b>£300</b>
3.3.19	Pole & Grid Work	Oakingham Stud	10am Poles only 11am Poles and jumps to 80 12pm Poles and Grids to 1m	£30
7.3.19	Pole & Grid Work	Oakingham Stud	10am Poles only 11am Poles and jumps to 80 12pm Poles and Grids to 1m	£30

10.3.19	Pole & Grid Work	Oakingham stud	10am Poles only 11am Poles and jumps to 80 12pm Poles and Grids to 1m	£30
13.3.19	Pole & Grid Work	Oakingham Stud	5pm Poles only 6pm Poles and grids	£30
16.3.19	Xc Clinic	Tweseldown		£30*
<b>17.3.19</b>	<b>Showing Clinic</b>	<b>Venue tbc</b>	<b>Ridden &amp; In Hand Preparation Clinic Inc turnout rider &amp; horse, preparation, entries assistance etc.</b>	<b>£50</b>
19.3.19	Pole & Grid Work	Oakingham Stud	10am Poles only 11am Poles and small jumps 12pm Poles and bigger grids	£30
21.3.19	Xc	Boomerang		£30
31.3.18	Xc	Tweseldown		£30*
2.4.19	Pole & Grid Work	Oakingham Stud	10am Poles only 11am Poles and small jumps 12pm Poles and bigger grids	£30
9.4.19	Xc	Boomerang		£30*
10.4.19	Pole & Grid Work	Oakingham Stud	5pm Poles only 6pm Poles and grids	£30
16.4.19	Pole & Grid Work	Oakingham Stud	10am Poles only 11am Poles and small jumps 12pm Poles and bigger grids	£30
18.4.19	Xc – whole course open	Tweseldown		£30*
<b>19.4.19</b>	<b>Psychology Workshop</b> –	<b>Hamstead Marshall village hall</b>	<b>Sports psychology Workshop</b>	<b>£75</b>

	<b>improving self confidence and self esteem</b>		<b>Improving self confidence Improving self esteem 10am – 4pm</b>	
7.5.19	SJ & XC	Boomerang		£30*xc only £75
23.7.19	Xc – whole course	Tweseldown		£30*
29.10.19	Xc – whole course open	Tweseldown		£30*

\*venue hire fee not included, to be paid separately

Exact Timings for Clinics will be released 48hrs prior to Clinic

### **Booking**

No booking is confirmed without prior payment by BACS

To book your space please e mail [clarechamberlayne@hotmail.com](mailto:clarechamberlayne@hotmail.com)

Payment info will be supplied on receipt of e mail