



COWBOYS *Muscle*

***Development with
Gina Crawford on
Saturday***

24 & 25 July 2021

WCC Home ground

147 McNamara Road, Wundowie

Your choice of pole work for the novice, intermediate or advanced in the morning followed by obstacle training in the afternoon and on Sunday Mock Races, Fun and Games!

Saturday 24th July \$50.00 one clinic or \$80 for two clinics (plus standard fees as listed below)

Breaks for morning tea and lunch starting at 9am.

NOVICE – A one hour clinic of simple pole work for the beginner or nervous rider to start muscle development in the young/green horse or horse returning to work. Can be ridden in walk and/or trot.

INTERMEDIATE – A one hour clinic in trot with a variety of pole exercises designed to specifically work on muscle development and softness. Includes pole patterns that concentrate on engaging the hind quarters and developing power.

ADVANCED – A one hour clinic designed to give a better understanding of equine movement and provide tools for riders to assist in targeted muscle development. Participants must be confident at trot and canter.

AFTER LUNCH – Practice what you learned in the morning with Gina with poles, as well as horsemanship exercises including ground tying and round yard riding techniques.

Sunday 25th July \$20 for the day plus standard fees for non members

9am start for Mock Races

12.30 - 1.30 Lunch

1.30 Fun and Games

Morning tea and lunch available for purchase

Additional Pricing;

- Ground fee for one horse per day - \$20
- Additional horse, per day - \$10.00
- Non-Members fee, per day - \$20.00
- Poop & Hay Deposit (refundable when your horse's area is left clean) - \$10.00
- Helpers fee - \$20.00
- This is if you are unable to help.
- For those able to help - A list of jobs will be available on the day which you can nominate yourself a job to do on arrival. If you wish to help set up, please be available at 8 am.

Stables & yards are available on the day, first come, first served.
Please contact us for more information.

Follow us on Facebook for any updates and all upcoming events!

<https://www.facebook.com/WestCoastCowboysWCC>

Entry form – Muscle Development & Obstacle training July 2021

Please complete 1 form per rider

Participant Full Name: _____

Contact number: _____ D.O.B _____

Email Address: _____

Address: _____

WCC Membership # _____ EXCA Membership # _____

Emergency Contact: _____ Phone number: _____

Horse's Name	Horse Breed	Race Day Division	Cost
			\$
			\$
			\$
			\$

Saturday (Clinic) \$50.00 for 1 clinic OR \$80 for 2 clinics	\$
Non Member fee per day - \$20.00	\$
Ground fee per day - \$ 20.00	\$
Additional horse, per day \$10.00	\$
Poop & Hay Deposit \$10.00	\$
Helpers fee - \$20.00 (payable if unwilling or unable to help)	\$

Payment details

Name: West Coast
Cowboys
BSB: 633-000
ACC: 159 863 406

Reference: Please use your name as your reference

Please email your entry form and receipt of payment to westcoastcowboys@outlook.com

A 50% deposit is required to secure your place in the events.

WCC reserves the right to change the venue at any time, you will be notified of any changes.

Payments are non-refundable, 7 days prior to the event, unless a veterinarian certificate or doctors' certificate is produced.

NON-MEMBERS - Do you authorize the use of any photos and/or videos taken at this event to be used for advertising or promotional use associated with West Coast Cowboys? **YES / NO**

Rider name: _____

Signature: _____ Date: _____

Parent/Guardian – If rider under the age of 18

Name: _____

Signature: _____ Date: _____