



# IMPROVERS XC LEAGUE With Hannah Bolger

This is a new XC training league

Suitable for our under 12 riders  
& New combinations

Wanting to build confidence

To go out hunting through the winter months

To work towards participating in Minimus

& Our Under 12 Show Jumping

Or eventing teams.

We aim to do this by:

- Strengthening jumping position/light seat
- Improving control of speed & direction
- Developing confidence riding in open spaces
- Increase ability to ride a turn & see a line
- Boost confidence over more challenging jumps in arena & field
- Encourage positive riding

Format:

- Start in the arena
- Do the necessary checks & balances to check jumping ability
- Train in a field / on grass with the aim of having the confidence to canter & jump outside

Cost: €60 per member (€50 for second child)

Schedule:

- 1 hour - 1 hour 15 mins per group of 4 riders
- Two Tuesday afternoons
- Sunday 'Mock Competition Day'
- NB: Riders **MUST** complete both Tuesday trainings to compete in the mock Competition

Dates:

**LEAGUE 1:**

Tuesday 30<sup>th</sup> August, Tuesday 6<sup>th</sup> Sept  
& Sunday 11<sup>th</sup> Sept.

Venue: Waterfall Farm, Enniskerry

By kind permission of Hannah Bolger

**LEAGUE 2:**

Tuesday 13<sup>th</sup> Sept, Tuesday 20<sup>th</sup> Sept  
& Sunday 25<sup>th</sup> Sept.

Venue: Rosinalis, Barnaslingan Lane, Kiltarnan

By kind permission of Sarah McCraith

**LEAGUE 3:**

Tuesday 27<sup>th</sup> Sept, Tuesday 4<sup>th</sup> October  
& Sunday 9<sup>th</sup> October

Venue: TBC

Riders can compete in all 3 leagues if they wish  
Entries Online