



SPA Youth Camp 2015 July 17th to 19th 2015

Friday			Saturday			Sunday		
time	Group 1 SL	Group 2 CK	time	Group 1 CK	Group 2 SL	time	Group 1	Group 2
10:00	Greet and meet at the Club House		8:00	Breakfast		8:00	Breakfast	
10:30	Basic Horsemanship/ Tacking up and preparing horses for singling or game	Basic Horsemanship/ Tacking up and preparing Horses for singling or game	9:00	(1st Horse) riding lesson focusing on stops turns and lead changes	(1st horse) stick&ball drills bringing in some more difficult shots	9:00	Theorie and Rules Part 2 on penalties 1-10b / positioning	
11:00	(1st Horse) Stick&Ball lesson focus on Hitting Platform and Plane of the swing	(1st horse) riding lesson focus on half seat/ communication/ pressure points	10:30	(2nd horse) drills focusing on backshots/ teamploys turning defense in to offense	(2nd horse) drills on teamploy	10:00	Anouncement of teams Preparation of all horses for the Swiss Junior Polo Championship 2015	
12:30	Lunch with time to sort out tents and get organized		12:30	Lunch with time at the lake and other activities		11:00	Swiss Junior Polo Championship 2015	
15:00	Hitting techniks on the wooden horse / Plane of the swing/ how to increase power of shots	(2nd horse) Stick&ball drills on basic shots	16:30	Theorie and rules Part 1 on most important rules like ROW /LOB, ride offs and hooking		13:00	Trophy presentation and snacks on the field	
16:30	(2nd horse) stick&ball drills bringing in some advanced shots	(1st horse) Stick&ball drills on basic shots	17:30	Preparation of all horses for the game for some instructional chukkers				
17:30	(1st horse) drills on Teamploy	Hitting techniks on the wooden horse	18:30	Clean Tack and horse boxes/ feed horses				
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