

Spring 2008 Tetrathlon report

Well we are up and running and off to a great start.

Eastman clinic

The spring Eastman clinic is organized and set to go. It will be run as part of the MHT hunter trial at Birds hill Park on May 3 and 4 2008.

Horses may be boarded at Pine Ridge for \$30 per night. He is expecting horses early Saturday morning so if you want Friday night too please advise me.

Shooting will start us off in Winnipeg, The Firing Line, St Boniface at 10 am sharp. Mr. Don Lagimodiere will be your level 3 air pistol coach and will give a short safety and range rules lecture followed by a classroom lecture on the 7 basic fundamentals of shooting, a dry fire and live fire lesson and lastly a 20 shot competitive shoot. The cost to each in attendance will be \$10 to cover the use of club guns and safety equipment, purchase of targets and pellets and his time.

Swimming will follow a bag lunch that you need to bring and will be held at the Bon Vital pool. I am a swimming coach so I will teach some front crawl technique, race tips and starts and turns followed by a 200m (8 length) timed competitive swim. Life preservers may be worn and a lesser distance will be arranged for weaker swimmers, probably a timed 3 minute swim with lap count. The cost will be \$10 to cover the hire of the lane at the pool and a share in the city lifeguard. I am charging nothing.

The run will then be early evening at the park which will give you a chance to walk the XC course. At this time we will be tired and it is not usual to swim and run on the same day so we will talk a bit on running xc methods:- breathing, body stance, use of arms, foot placement, footwear and stride length etc then walk jog or run 2000m competitive.

The riding will be scored from your hunter trial, they are scoring the first time round and we can do the same however if you wish your second lap to be tet scored you have to let Elizabeth know, you cannot go multiple times and give us your best round!

We will have the tet minimeet scores and placings available on Sunday and will e-mail DC's as soon as we can. At this time there are no prizes. However scores from competitors completing the tet' will have their name and results posted on the national tet' website leader board.

I hope you will encourage your club level members to come along and attend some or all of the sports there is no pressure to take up the sport as a whole, it's a fun light mini meet clinic to explore and have good day and see what its all about and get a better understanding of a PC activity that has been dormant in MB for a while.

Other news

There will be lessons and clinics at Pegasus Riding School over the weeks starting with one on May 19 when we will concentrate on running and riding a strange horse so **we will** be riding each others horses so if you have a problem with that you need to stop and think about it. I am sure you think you can ride my horses, Wylie, Solitaire, Fritham etc so why can't we ride yours? There will be no national competitions in pony club involving horses if we don't share in a controlled environment.

Caroline Sims and Callum Read are training hard for Nationals in Ottawa this year swimming with the Brandon Bluefins and have brought their 200m time down considerably from September, Caroline to under 4 ½ minutes from 6, and Callum to under 3:30. They will be upping the swimming to 2 or 3 times a week and competing at the 200m distance all summer with the Manitoba summer swim program where they will be in the Neepawa Blue Dolphins club. They have competed at 2 Manitoba air pistol shoots, Caroline won in the junior division and Callum placed in the top 3. We train in Winnipeg every Tuesday with Don as does my son Ben and Mackenzie Wishart from Brandon PC. So we have clocked up some miles this winter! We await the results from the shoot on the 13th at Wawanesa at this time. Callum, Caroline and Ben run at 6:30 am 2 mornings a week and the C's are both in their school running clubs and are progressing well to the point of Elizabeth and I now walk the dogs as we can't keep up! We are learning about diet and peek timing and training for performance also and work with Wendy Brownlie a sports injury physiotherapist when we need to.

Westman Tetrathlon

I hope that at Willville in the fall Manitoba will have a regional Teterathlon meet? All that is left to confirm is confirmation from the T.D. that she will allow the xc round to count for tet points. I have permission from Diana Fraser whose is in charge of the event. If this takes place I will ask national if it can be a qualifier for nationals in 2009 being as Manitoba is just getting started and a spring tet is not really suitable with our winters. If so we can invite the other provinces to come which would be great fun. They would bring horses! At this time Saskatchewan is not holding a regional tet as the chair having a baby about now.

We are looking forward to a fun year in Manitoba Tetrathlon. As some of you know I am off to the UK & Ireland with the international team so I am very excited so you can look forward to a PowerPoint at banquet to see all the fun we had. As I always say come and try it it's a blast!! Sarah