

Hi Everyone

Here are a few notes from last nights Zoom meeting about videoing your training, as always if you have any questions do get in touch.

I will cover the session intent, what to video, how to video and send in, feedback pathways.

### 1- Session intent.

Please let me know what is your training goal is for the session that you video. This is key for me to understand how you are approaching the drive and what you are aiming to achieve. Everyone will be at a different point, yours will be unique to you and your pony/s. This doesn't have to be complicated, a simple "my aim today was...." or "today I was focusing on...." is good.

You can add this as a message, email or phone call along with your video/s.

### 2- What to video.

As I said last night I'm not going to be too prescriptive about what I see, I'm more interested in how you go about developing your ponies at home and how they are looking now in January.

Ideally I'd like to see some video from the beginning, the middle and the cool down/end of a session as this gives me a good overall feeling of how both you and your ponies are working.

Some work on both reins, in all paces that you are currently working at with a clip taken headed straight towards the camera being useful too.

If you're a multiple driver and are currently only working singles or pairs that's absolutely fine.

Let's say a max of 20 mins in total, try and avoid very short clips as they are difficult to put within the context of the session.

### 3- How to video.

On a smart phone or tablet is the easiest way, or a tracking device if you have one. Be kind to your recorder! Give them some gloves, make sure they're warm and we are all understanding if there's some sky/grass/arena surface shots!

Please send the clips on whatsapp, via email or loaded onto YouTube for private view. Any problems doing this just ask.

## Feedback.

I will aim to have a call, phone or whatsapp with you to discuss your videos.

This is better than a written response as you have the chance to ask questions, air your thoughts and helps me to get to know you all better.

The videos will be looked at by Anja and Daisy too, and they will feedback separately.

Please view this as a positive experience, it's not a test, it's a starting point for the year.