

# THE REAL EXPERIENCE

My name is Mennat Mokhtar, I am 18 years old. Last summer I went to Holland on a riding trip organised by my trainer Khaled Assem. It lasted two weeks and involved an intensive riding program as well as some other activities. This trip proved itself very beneficial concerning both riding and personal pleasure.

On August 1<sup>st</sup>, we arrived at the hotel of a small town at noon. After all the accommodation arrangements were through, we drove up to the stables, anticipating the arrival of the horses. During the following two days each of us tried out the assigned horses and after everyone was settled, the training began. We had a dressage trainer, a jumping trainer and a stable management teacher. We trained on regular basis; and according to a schedule, put by our jumping instructor Arno Neessen. We rode dressage and jumping everyday, and sometimes twice a day, throughout the two weeks. Beside the normal riding lessons, we went out hacking (forest rides) and took a stable management lesson. By the end of the two weeks I learned how to tack, shower and groom the horse, clean the stable and the tack and much more. Because there were no grooms, every time we rode, we practiced everything we learned all over again. At the end of every week, we had a competition either inside or outside the riding centre. After this intensive training session, I acquired a better understanding of horsemanship and many techniques which I now know are the essential basics to become a good rider.

Arno once told me: "It is not a matter of jumping high, but of being in total control of the horse, yet harmoniously."

For me, this trip was my first riding experience abroad. Besides riding, I very much enjoyed the company of the group, especially the six little "munchkins" (or so we used to call the kids on the trip), who were all very helpful, co-operative and funny. The whole group soon became friends which made us enjoy the trip even more.



My name is Mohamed Essawy, I am 10 years old. Horseback riding is my favorite sport, I train almost 5 times a week. Last summer, my trainer Mohamed Khalifa suggested to me a Riding camp in Holland. Of-course I agreed and was very excited to join. I thought it would be just a fun trip to Holland with some horseback riding !! But there I discovered that it was a real course in everything related to horseback riding. We learned how to groom our horses, how to feed them and how to saddle them up. We had learned all this before, but the equestrian life abroad is very different. The horse is totally dependant on the rider and not on the groom. So we used to spend most of our days riding and caring for the horses. Riding different horses in a different place was a big experience. The biggest experience was attending international shows and meeting international riders 'we met Rodrigo Pessoa'.

This clinic made a real team out of us. In October when my trainer told me that Arno Neessen is coming to our center "Stallion" we all attended on daily basis, although we had exams. We went to school, studied hard and still attended the clinic. What really mattered was the reunion.

## This Is Just The Beginnig BY HADIEL EZZAT

October was a month full of activities, hard work and training for most riders. El Obour tournament was held at a different club every Friday during that month.

For some riders it was more intensive, as they attended a training clinic during the last week of October, just before the finals. The clinic conducted by the professional rider and trainer Mr. Arno Neessen, who was invited to Egypt by Khaled Assem, took place in 3 different places. Gezira club, Police head quarters and Stallion Equestrian Center.

In the (Stallion Equestrian Center) clinic, it was a combination of Stallion, Ferosia and Abdel Kader Academy riders, a total of 20 horses hosted by Stallion Equestrian Center.

Mohamed Khalifa, owner and General Manager of Stallion did all the necessary arrangements to have a successful clinic. He managed to host all visiting 20 horse at his stables, built and painted extra fences and lit the sand arena since the clinic started at 6:00pm.

The riders showed a very nice team spirit, although they were from different clubs, yet their trip to Holland has developed their friendship. Most of the riders' parents were there almost everyday watching their children's performance, as well as to enjoy the nice company of the group.

Although riding does take a bit of time, especially during school days, yet it motivates and inspires them when it comes to studying. The clinic days flew like wind, and ended by a nice birthday celebration for two of the riders.

The intensive one week clinic of jumping and flat work proved fruitful during the finals at El Obour tournament. Mr. Neessen attended the show with his trainees, gave them his instructions as well as his feedback after the competition.

Well this is just the beginning; it was the first clinic, but not the last one. Waiting for more clinics.