

# **Tetrathlon Training and Area Competitions 2016**

## **Co-Ordinators for Team Training and Competitions:**

Lucy Sanderson 07765 897 155 and Jen Barker 07961 300 196

**If you are interested in trying Tetrathlon we would be keen to hear from you so please ring either Lucy or Jen for more information.**

Similar to the other Pony Club disciplines Tetrathlon requires commitment from parents and branch officials to ensure our young members have access to the right skills and training to compete successfully. It also requires a good team spirit from **everyone!**

There are four separate phases and for the Bedale and West of Yore Branch to offer 'all' that is required to be successful is impossible, so we do advise that parents add to their children's training by using other swimming, running and shooting clubs and participate in XC rallies and/or events where possible.

### **Swimming/Running:**

We recommend that you join your local swimming/running club. Bedale, Northallerton and Richmond are all good.

Swimming: [www.rdasc.org.uk/](http://www.rdasc.org.uk/) or [www.bedalesharks.co.uk](http://www.bedalesharks.co.uk) or [www.nasc.co.uk](http://www.nasc.co.uk)

Running: [www.british-athletics.co.uk](http://www.british-athletics.co.uk) or [www.richmondzetlandharriers.co.uk](http://www.richmondzetlandharriers.co.uk) or check out the internet for many more.

### **Shooting:**

Organised by Lucy Sanderson and Jen Barker  
Combined training sessions with the Hurworth Pony Club  
Coach – Justin Dunn

At The Tweddle's, Swalefields Farm, Morton on Swale, DL7 9RW  
Shooting practice dates and times will be emailed out to all members at regular intervals throughout the coming months.

### **Cross Country Running:**

We will incorporate XC practice at the same time as shooting practice when we can, and are hoping to hold some XC practice sessions at rallies throughout the year. We intend to widen the option of courses to ensure all our young members are challenged and ready for Area Competitions.

### **Eligibility for Teams:**

In addition to the rules stipulated by Pony Club Head Quarters (refer to Tetrathlon Rule Book 2016) and those generic rules regarding rally points (horse and rider) and membership we shall also be imposing the following:

1. For **new** competitors to Tetrathlon they must attend a minimum of 2 'formal' shoot training sessions and/or until the trainer considers they are competent with using the gun. For those members familiar to Tetrathlon the trainer **MUST** see them shoot in a formal training session once.
2. Attend 2 Cross Country training sessions if they have been organised.
3. Attend 2 competitions (Tri/Tet) and where possible one should be a Tetrathlon, but we are aware these are not always available.

Please note that if the trainer, lead co-ordinator or the District Commissioner believes that the member is unable to cope with the demands of Area Competitions, the member will **NOT** be selected.

The teams are selected by taking the top 4 competitors from the last competition in their age group and putting them into one team, then the next 4 into the next team and so on. There have to be either 3 or 4 to a team. Only the top 3 scores are taken, even if there are 4 in a team. If there are not enough to make up a team, then the organisers of the Tetrathlon competition may mix a Bedale West of Yore member with members of other Pony Club branches (if you are happy to do this but tell the co-ordinator when entering).

It is important that if you would like to enter your child for a competition, you must reply to the co-ordinator as soon as possible after the competition date has been sent out and send them the entry fee before the competition closing date, stating whether you have your own gun or not. The co-ordinators will **ONLY** enter people into the competition if you have done this. **If you do not pay, your child will not be entered in the competitions!**