

SINGAPORE

POLO

CLUB

January - March 2020

ISSUE 01



ARGENTINE CUP 2019

Team SPC Black Clinch Championship Title

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Unveiling A
Brand New Look
This 2020

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FEI World
Jumping
Challenge 2019

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SOCIAL
Spookylicious
Halloween
Celebration



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SINGAPORE
POLO CLUB



SINGAPORE POLO CLUB

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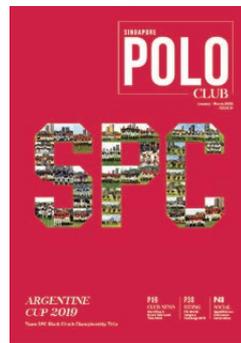
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On The Cover

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Published quarterly by the Singapore Polo Club

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Charles Owen



PERFORMARIDE

CONTENT

OPERATING HOURS

FRONT DESK

7.30am – 9.30pm (Sunday to Thursday)
7.30am – 10.00pm (Friday & Saturday)

F&B OUTLETS

The Polo Bar

8.00am – 11.00pm (daily)

The Mountbatten Room

8.00am – 11.00pm (daily)

The Verandah

8.00am – 11.00pm (daily)
(Last food order at 9.30pm)

FACILITIES

Gaming

11.00am – 11.00pm (daily)

Gym

7.00am – 9.00pm (weekdays)
8.00am – 8.00pm (weekends)

Jacuzzi

7.00am – 9.00pm (daily)

LUSH Spa

10.00am – 9.00pm (daily)

Sauna

7.00am – 9.00pm (daily)

Squash Court

7.00am – 10.00pm (daily)

Swimming Pool

7.00am – 9.00pm (daily)

Tennis Courts

7.00am – 10.00pm (daily)

The Polo Loft

9.00am – 7.00pm (Tues – Sat)
9.00am – 6.30pm (Sun)

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I wish you
were **REAL**

It's the little
things that matter
the most...

CONTACT THE RIDING ACADEMY
TO BOOK A TRIAL RIDE **NOW!**

SINGAPORE POLO CLUB
80 Mount Pleasant Road Singapore 298334
Tel: +65 6854 3999 Email: enquiry@singaporepoloclub.org
www.singaporepoloclub.org





Dear Members,

The year-end holidays have passed by so quickly, and here we are, entering the 1st quarter of 2020. 2019 has been a memorable year for the club, with major Polo, Riding and social events drawing a big wave of participants ranging from current and new members, international guests, friends from the media and visiting members from reciprocal clubs.

With the New Year comes a new calendar, details of which can be found in the following pages. I'm sure there are many activities and events you can look forward to and be keen to participate in with your family and invited guests.

As you all know, our club is currently in the midst of a "face lift" with redevelopment works taking place the past few months. The Committee and staff seek your patience and understanding with the temporary inconvenience as we can look forward to a refreshed version of our clubhouse with exciting facilities which all members and guests can enjoy together. We have a special feature in this issue with a preview of what's to come for our clubhouse.

While there have been health concerns of late relating to the COVID-19, at the club we have implemented measures to minimize the risk of spread. I urge everyone to keep well, exercise proper personal hygiene and rest at home if unwell.

With that, I'd like to personally wish everyone a happy and healthy 2020!

See you around the Club.

Warm Regards,

Satinder Garcha
President



VANTAGE
TENNIS



Junior Tennis Programme

Lessons will be held on Saturday mornings.

9:00am to 10:00am - for beginners from 5 to 8 years old

10:00am to 11:00am - for intermediates from 10 to 12 years old

Student-Coach Ratio 6:1

\$133.75

per person per month
(price stated is inclusive of GST)

To enquire more or make bookings, please contact Simon at 9144 5223 or simon@vantagesports.com



Dear Members,

On behalf of the Committee and all staff, I would like to wish you and your loved ones, a Happy and Prosperous New Year and thank you for all your support and understanding during the past year as we take the Club to another level of experience for all of our members and their guests.

We are all so excited and really looking forward towards the completion of the Club's renovation and redevelopment works scheduled to be completed sometime in April or May 2020 for Phase 1a, 1b, 1c and 1d. The works will in short; include a retiled swimming pool and deck, the shifting of the children's pool to where the current jacuzzi pool is located, a new kitchen in place of the squash court with more area for you to enjoy your food & beverage experience, a newly renovated main kitchen with an open kitchen concept in the renovated Mountbatten Room and Polo Bar, a refurbished Chukka Bar, renovated toilets, an air-conditioned front reception, nicer verandah and for those of you who spend your time doing your work in our tranquil and lush environment; power points and chargers will be added for your convenience.

Inevitably, the said works would cause inconvenience to members and we apologize for this while we strive to improve the facilities of the Club for you. Members can continue to use the other facilities available while the works are done in phases and will be provided with updates from time to time. We sincerely thank you for your patience and understanding. Meanwhile, the Lo Hei and New Member's night

on 31 January 2020 will see the traditional Lion Dance ushering the Chinese New Year, followed by a dragon shaped "Yu Sheng" for one and all to toss in wealth, happiness, good health and success! There will be a night show-jumping event to wow our members and guests to showcase the rising standards amongst our riders. We hope to see you there with your families and friends.

This year will see Oktoberfest celebrated at the Club, themed nights and more events and activities being organized by the Lifestyle and events team. Do give us your feedback on what else you would like to see organized in the Club for you. Please also note that Coriander Leaf has been operating on a minimal kitchen set-up and limited menu while the works are done and once completed, they will offer a wider range of menus for both the swimming pool café (yet to be named) and the Mountbatten Room.

Over at Riding Academy, the kids had a whale of a time last year and this year promises to be even more exciting as we continue to grow from strength to strength to improve on your total riding experience. I would like to thank the many members who have complimented the Academy Team on how the Riding School has transformed into the Academy over the past few years with a happier and positive atmosphere and community. I would like to thank all riders, livery owners, their families and guests for making the Academy a happening and fun place. Special thanks to all the volunteers who supported all the events held without which, these events would not be as successful and fun! I have received quite a number of positive feedbacks on the efficient, friendly and warm service provided by the Front Office team. Thank you for recognizing the efforts of our team which goes a long way to motivate them to do even better for you.

The Club has taken the necessary precautions to follow Ministry of Health's guidelines on the newly discovered COVID-19 which could become a major concern worldwide. We have put up guidelines for your convenience and as a precaution. If in doubt, do contact our friendly and helpful Front Office staff for more information.

I wish you all good health and look forward to seeing you at the Club!

Warmest Regards,

Sylvan Braberry
General Manager

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a K-POP star?

K-POP DANCE CLASS

every Tuesday, 11am to 12pm

In partnership with

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gymadmin@singaporepoloclub.org



Certified:

K-POP, Aerobics,
Diet Dance and
Belly Dance Instructor

Yuna teaches dance for more than 10 years
and owns a dance school in Korea.

She teaches in many schools and is a famous
dance team leader and manager.

Sign Up Now! Find out more from our lovely and talented Yuna at 9826 0888

New Members

October - December 2019

A warm welcome to the new members who have recently joined the Singapore Polo Club family. We look forward to seeing you at the club!

CHARTER

Aman Gupta

Amos Jr. Heiril

Chang ZiTing

Elfverson Lars Olof Johan

Eskesen Leif L. Lybecker

Karanveer Singh Bajaj

Lundman Mikael

Montillet David Pierre Francis

Sandstroem Marcus

Wilkin Ben Ralph

Yeo Eng Pu Charles

Yi James

TERM

Butler Deborah Anne

Lee Chong Min

Minna Helena Rouru

REGULAR

Barttfeld Federico Alejandro

Basu Arundhati

Bolimbala Mahesh Kumar

Bryan Ho Jun-Yi

Cai Wei

Costa Alves Tiago

Fisher Jeffery Michael

Livingston Anna Catherine

Mahtani Anil Hiro

Michael Gordon Comyn Webster

Neumann Thorsten

Russell Jonathan

Sara Ho ShuYi

Seaton Nicholas James

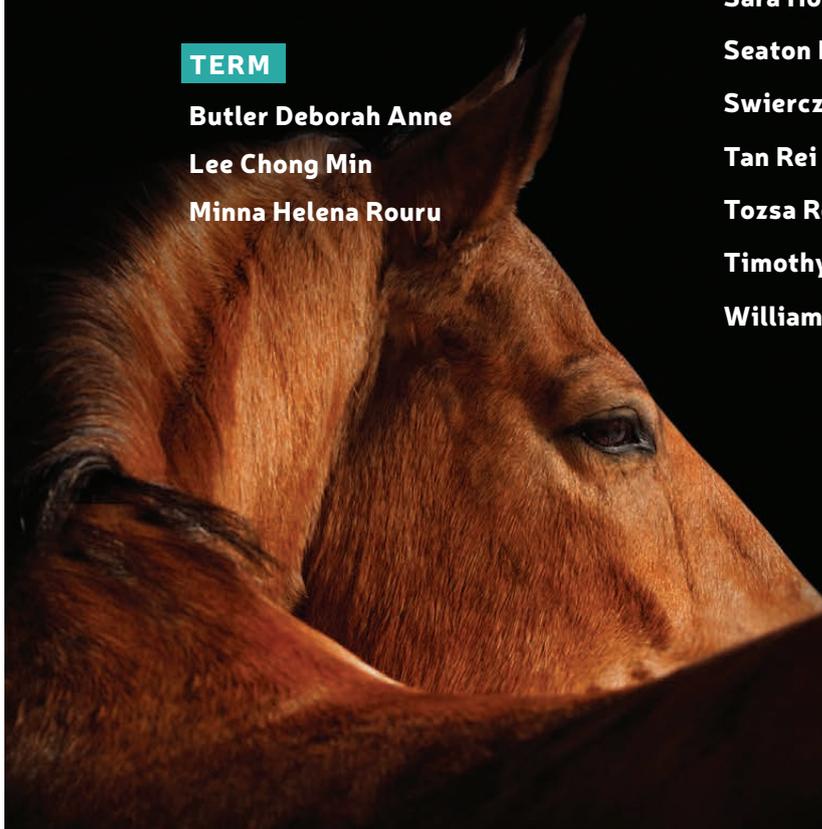
Swierczynska ep. Beinert Mathilde

Tan Rei

Tozsa Reka

Timothy David Birch

Williamson Nicholas John



Singapore Polo Club Calendar of Events

2020 Polo Calendar

POLO

23 January
Field Re-Opens

1 February
2020 Polo Season –
Practice Chukkas

15 – 16 February
Club Tournament –
Ismail (Junior) Cup

7 – 8 March
Club Tournament –
Pendekar Cup
(Low Goal)

21 – 22 March
Club Tournament –
Myra Cup

4 – 5 April
Club Tournament –
Ismail (Senior) Cup

14 – 19 April
Pro-Am Tournament*

Runme Shaw Challenge Cup
(2-4 Goal)

Argentine Cup
(4-6 Goal)

9 – 10 May
Club Tournament –
De Silva Cup
(Low Goal)

16 May
Singapore Urban Polo
(6 Goal)

31 May
Youth Polo Challenge –
Beinhorn-Faizullah Cup

6 - 7 June
Club Tournament –
Royal Artillery Cup

22 June – 13 July
Field Closed

1 – 2 August
Club Tournament –
Thai Chay Cup
(Low Goal)

15 – 16 August
Perth Polo Challenge
Mackray Cup

1 – 6 September
Pro-Am Tournament*

International Pro-Am Cup
(2-4 Goal)

Victor's Cup
(4-6 Goal)

22 – 27 September
Singapore Open*

Macdougall Cup
(6-8 / 8-10 Goal)

4 October
Youth Polo Challenge –
North Junior Cup

10 – 11 October
Club Tournament –
Syces' Challenge Cup
(Low Goal)

22 – 25 October
International He FOR
She Tournament

7 – 8 November
Grooms' Cup

21 – 22 November
Club Tournament –
Beaujolais Cup

23 November
2020 Polo Season Ends

23 February 2021
Field Re-Opens

2 February
2021 Polo Season –
Practice Chukkas

**Dates are subject to change*

Riding and Social Calendar February - November 2020

RIDING

18 – 19 January
SPC Training Show

1 – 2 February
(Dressage + Showjumping)

8 – 9 February
STCRC (Dressage
+ Showjumping)

15 – 16 February
SPC Interclub Show

7 – 8 March
SPC Training Show

14 – 15 March
BTSC (Dressage
+ Showjumping)

21 – 22 March STCRC
(Dressage + Showjumping)

28 – 29 March
NEC (Showjumping)

4 – 5 April
SPC Interclub Show

18 – 19 April
BTSC (Dressage)

25 – 26 April
STCRC (Dressage
+ Showjumping)

7 – 10 May
NEC (National Dressage Challenge)

23 May
SPC Training Show (Showjumping)

16 – 7 May
BTSC (Showjumping)

5 – 17 June
BTSC National Showjumping
Challenge 2020

15 – 16 August
SPC Training Show

12 – 13 September
BTSC (Dressage
+ Showjumping)

19 – 20 September
SPC Interclub Show

26 – 27 September
STCRC (Dressage
+ Showjumping)

2 – 4 October
NEC Jumping World
Challenge 2020 R1

10 – 11 October
SPC Training Show

17 – 18 October
BTSC Jumping World Challenge
2020 R2 with Dressage Classes

31 October – 1 November
NEC (Dressage)

7 – 8 November
STCRC Jumping World Challenge
2020 R3

21 – 22 November
BTSC FEI Dressage World Challenge
2020 with Showjumping Classes

26 – 29 November
SPC (Exchange Program)

SOCIAL

February

Parent & Child Program - Art Jam
Tennis – Round Robin Competition

March

Talk – Physical Fitness
Workshop Perfume Customising

April

Easter Egg Hunt
F&B Promotions by
Coriander Leaf
Sundowner – Theme Night
Argentina – Theme Night
Tennis Event

May

Cooking Lesson by
Chef Samia/Iskandar
(Coriander Leaf)

June

Club Open House
Class – Ukelele
(Beginner)
Sundowner – Open Mike
“Sing-along Session)
Class – Sign Language
(Beginner)

July

Movie Night
Weekend BBQ Night by Poolside
Tennis Event

August

Class – Learning Flute
(Beginner)
F&B Promotions by Coriander Leaf
– 55th National Day Hawker Style
(Local Foodfare)
Polo Event – Cuban Night
Sundowner – Chill Out Evening

September

Movie Night
Workshop – Chinese Tea
Appreciation with Award
Winning Tea Master
Mid-Autumn Celebration
Tennis Event

October

F&B Promotions by Coriander Leaf
– Oktoberfest 2020
Polo Event – BBQ Night
Halloween

November

Gala Dinner – Bollywood Night
Family Christmas Bash

In The Kitchen



Edison Too

RESIDENT CHEF

Specialises in Local and Asian Cuisine

Keep your eyes peeled for the upcoming outlet launches by Coriander Leaf Group!

The first restaurant to be launched will be located at the pool side and will feature bistro-styled Asian, local, and western dishes.

Chef Edison holds over 20 years of experience in Asian and local cuisine and that's where he will lend his expertise to the kitchen team. Edison has worked at various hotels in the city like the Mandarin Hotel and the Orchard Hotels and has even opened his own yong tau fu stall. His entrepreneurial venture brought the realisation that food made from scratch is infused with so much love and passion; it also tastes a whole lot better! He found his home with the **Coriander Leaf Group** where the kitchen shares the same philosophy as his own.



CORIANDER LEAF

#addictivelyasian

Miso Salmon with grilled asparagus



INGREDIENTS

Marinade:

¼ cup sake	1 tspb	fresh ginger, finely minced
¼ cup mirin		
2 tbsp sugar	6 pcs	salmon fillet, with skin, about 8oz (250g) each
¼ cup white miso*		

Miso Sauce:

½ cup reserved marinade
2 tbsp lemon juice
1 tbsp cognac

Asparagus:

18	asparagus stalks, trimmed
3 tbsp	butter

**To make miso sauce, heat reserved marinade and bring to a boil. Add lemon juice and cognac, stir till thoroughly combined.*

METHOD

Marinade:

In saucepan, combine sake, mirin, and sugar and bring to a boil. Take off heat, whisk in miso and fresh ginger.

Salmon:

Place half marinade in a plate; place salmon in plate; lightly rub marinade to coat salmon. Marinate for at least 2 hours.

Heat heavy-bottom saute pan over medium fire, lightly coat with oil and place salmon skin-side down. Place lid over pan and cook for 5 - 6 minutes.

Alternatively, pre-heat oven to 350°F (180°C) and roast salmon for 5 - 8 minutes. Then, gratinate skin side till caramelize (with a blow torch or grill).

Place one salmon fillet and 3 asparagus stalks on each serving plate, then drizzle a few tablespoons of sauce.

Asparagus:

Boil asparagus in salt water till al dente (about 5 minutes). Drain asparagus and plunge into iced water (can be done before everything else)

Melt butter in frying pan over medium heat, toss in asparagus and swirl until heated through.

To receive monthly updates of our recipes, visit www.corianderleaf.com/newsletter or write in to info@corianderleaf.com to subscribe to our mailing list.

Moments with Red Cross Home for the Disabled

Our Outreach team continues its partnership with the Red Cross Home for the Disabled welcoming residents to our Club on 13 September.

Residents were visiting SPC for the first time, and participated in the Outreach's equine assisted therapy programme. This began with an informative afternoon walking through our stables, learning about the diets and daily routine of our resident horses, facilities in the stable and the grooming kit of a horse.

Our Outreach volunteer, Elise, demonstrated the use of a hoof pick by cleaning the hooves of Tyrion, one of our riding school horses. She later explained how to use the various tack such as saddles and bits.

The enthusiastic attendees came up close with polo pony, Esperanza, petting and feeding her. Another of our volunteers, Abbey, very kindly demonstrated the appropriate way of feeding carrots. We have to admit that Esperanza was very excited by the smell of carrots!

The afternoon came to an end with a polo demonstration by Roon Kai, our Outreach ambassador. The showcase of various polo strokes and enthralling target shots got the residents excited.

We, at Singapore Polo Club hope to welcome them back to the Club soon!



Visiting the stable of Bandit, the most popular pony at SPC!



Special memories for the album



Abbey, our volunteer demonstrating the right way to hold a carrot when feeding the horse



Cleaning the hooves by using a hoof pick



A RCHD resident attempts to feed Esperanza



Elise, our volunteer explaining the different tacks for horse riding

To register your interest in volunteering for future initiatives, please email outreach@singaporepoloclub.org

2019 Long Service Awards



Unveiling a Brand New Look This 2020

Renovation works for the club's redevelopment commenced in November 2019. With the temporary closure of the pool and parts of the club house closed for upgrading, other facilities including the tennis court, gym, spa, Polo and riding remain open for members.

By June, members can look forward to the following additions to the club:



1.

In place of the squash court will be a newly installed **poolside kitchen, pool bar and café seating area**. The highly anticipated pool bar will offer a tempting selection of refreshing cocktails and bar bites for members and guests to lounge and enjoy, with upcoming pool parties adding a fresh vibe to the newest hotspot at the club. To enjoy a quiet or private setting, members and guests can also reserve the **private room** for corporate functions or private events with state of the art amenities.



*Photos are artist's impression only.

2.

The ever-popular swimming pool will be retiled and re-decked to add a fresh feel.



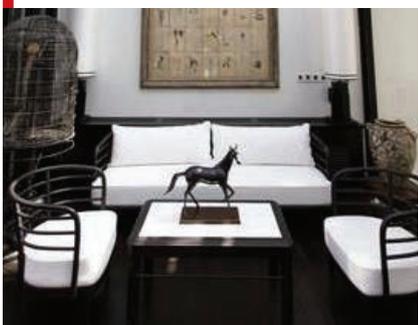
3.

Through the renovated roundabout island/main entrance, members and guests will enter the club via a newly air-conditioned and revamped timber wall and floor finishing at the reception counter.



4.

The renovation of the **main kitchen, restaurant, and lounge and terrace area** will see the current dining space retouched into a black and white themed interior with neutral surroundings and dark furnishings with more space accommodated for more dine-in members and visiting guests. The **toilets** adjacent to the restaurant will take on a similar black and white colonial style design.



We look forward to sharing updates at each stage of the project for members to enjoy a completely new experience as we go through this exciting new phase for our historic club.

Forthcoming Partnership – Singapore Urban Polo 2020



Mr Sylvan Braberry, General Manager of Singapore Polo Club and Mr Simon Wilson, Director of Urban Polo signing the agreement.

Elated to announce our presence at the second Singapore Urban Polo taking place at Marina Bay South on Saturday, 22 February 2020 (postponed to Saturday, 16 May 2020). This event promises to be packed with adrenaline pumping action and fun filled moments for all polo enthusiasts.

Details pertaining to our event collaboration, booth location and special event promotions will be shared on our social media platforms. Be sure to follow us at [@singaporepoloclub!](https://www.instagram.com/singaporepoloclub)



We bring you a throwback to last year's Singapore Urban Polo:



Chilean Embassy's Barbeque Luncheon

Our spacious right Verandah facing our lush polo field, played host to the local Chilean community's private alfresco BBQ luncheon on 9 November 2019. Here's a recap of the fun filled experience by family, friends and guests.



Say Hello to Twinkle Pie!

Have you met our new mascot of SPC Riding Academy? Say Hello to Twinkle Pie!

Sweet natured, Gracious and Helpful. She's an exemplary role model for everyone.

Her name was derived from the twinkle in her eyes and her love for baking rainbow pies (which explains her dazzling multi coloured mane). Twinkle Pie will soon be starring in t-shirts, caps, water bottles, balloons, badges and more.

Look out for her!



She has her own line of Whatsapp stickers too. How cute is this!



Here's what some fans had to say about her:

"It was love at first sight upon seeing twinkle pie. Her cozy and bright coloured mane really brightens my day" - Carol

"Twinkle Pie is an adorable character. Her rainbow coloured mane and tail represents unity and inclusivity of the SPC family." - Fragrance

"I like her rainbow hair and her cute eyes! She looks like she'd be super fun" - Zoe



Download them here:





Stand to Win F&B Vouchers!

Simply answer the following questions and we'll pick five lucky winners to walk away with F&B vouchers worth \$20 each from the restaurant at SPC.

(Hint: Answers can be found in the relevant sections of the magazine)

- 1 What is the name of the organisation that participated in our Outreach Programme on 13 September?
.....
- 2 When did the SPC Training show take place?
.....
- 3 Name 2 polo tournaments that are featured in this issue.
.....
- 4 Tell us one social event that took place during October to December.
.....
- 5 Name 1 method to prevent tennis injuries.

Submit your completed entries to marketing@singaporepoloclub.org or drop them off at our Reception **before 9 March 2020**. Do remember to include your name, membership number (if applicable), email address and contact number.



What's On Our Instagram

Here are some Instagram-worthy moments featured on [#singaporepoloclub](https://www.instagram.com/singaporepoloclub)

Follow us on Instagram: [@singaporepoloclub](https://www.instagram.com/singaporepoloclub)



Yeah it's Friday! Time for kids polo.
- [@horseroof](https://www.instagram.com/horseroof)



"You don't always get what you wish for. But you get what you work for. Good job @joshua_horses. Congratulations son!!!!"
- [@imeldacaday](https://www.instagram.com/imeldacaday)



throw back to when me and mischief was a thing. she was a blessing, re thought me everything! owe everything to her, hope she's having a great time retired in a big field. #qotd ~ who was the horse who thought you everything? - [@mavberry](https://www.instagram.com/mavberry)



Brunch at the [#singaporepoloclub](https://www.instagram.com/singaporepoloclub). The light drizzle added to the atmosphere and horses paid us a visit! - [@arra.shiro](https://www.instagram.com/arra.shiro)

Singapore
URBAN POLO



Presented by

FWD
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In Collaboration With:



SINGAPORE
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IT'S FAST!
IT'S FURIOUS!
IT'S FUN!

SAVE THE DATE

16 MAY 2020

4PM - 10.30PM | MARINA BAY SOUTH

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CONTACT JOHNNY ON +65 9384 6104

**VIP CHAMPAGNE TERRACE -
EARLYBIRD**
***\$350++**

- One Bottle Of Perrier Joet Champagne
- Buffet Style Lunch

**GENERAL ADMISSION
LAWN**
***\$165++**

PRIVATE MARQUEE
***\$600++**

- Private Area
- Perfect For Hosting Clients Or Friends

* Event is R18+



POLO TOURNAMENTS: *September to November*

21 September: Argentine Cup 2019

What a fantabulous Argentine Cup it was! The 4-chukka match on 21 September closed off with Team SPC Blacks coming through as winners with a score of SPC Blacks 6 vs SPC Reds 4 ½.

It was also a privilege for the Club to have H.E. Ambassador Mr Barttfeld grace the exciting match!



From left to right: Mr Sylvan Braberry, General Manager of SPC, H.E. Mr Barttfeld and Mr Ernest Tan



The winning team with H.E. Mr Barttfeld
From left to right: Satinder Garcha, Rickard Hogberg, Dr Ali Namazie, Cyrille Costes and Sylvio Coutinho



Runners-up – SPC Reds
From left to right: Patrick Furlong, Lynly Fong, Anna Lowndes, Greg Parkhurst and Marc Hogberg with H.E. Mr Barttfeld

SPC Blacks:

- Sylvio Coutinho (Captain)
- Satinder Garcha
- Cyrille Costes
- Ali Namazie/ Rickard Hogberg

SPC Reds:

- Patrick Furlong (Captain)
- Marc Hogberg
- Lynly Fong
- Greg Parkhurst/ Anna Lowndes

Scores:

SPC Blacks 6 vs SPC Reds 4 ½

Winner:
SPC Black



Throw-in by H.E Mr Barttfeld, Ambassador of Argentina

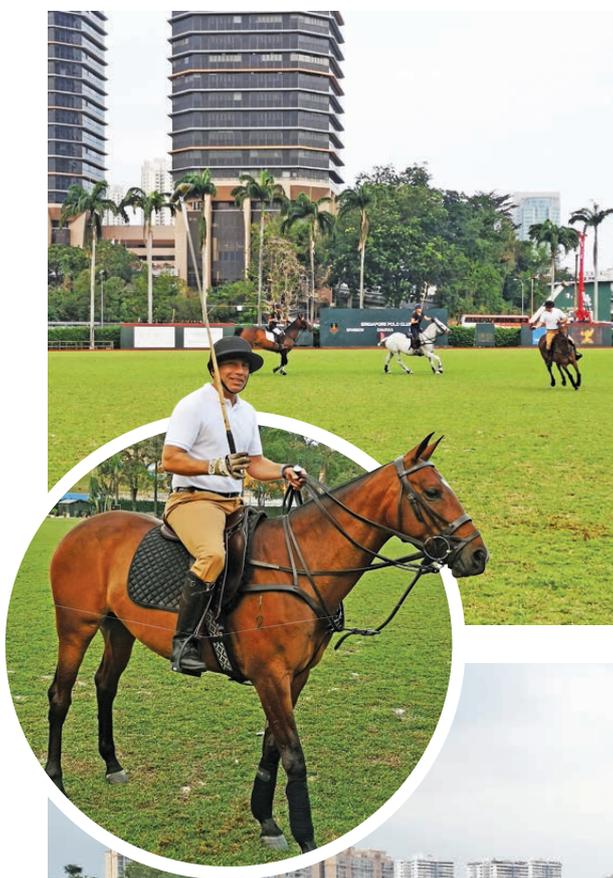
Photo Credits: Jolyn Wu

27 September: Polo Clinic by Gaston Devrient

Gaston Devrient, British 4-goal professional polo player conducted a polo clinic on 27 September 2019 from 5pm to 6pm at our Club for an intimate group of seven participants.

Gaston, who formerly coached the British army polo team is based in Ascot, England and conducted the session partly on horseback.

Here are some highlights from the evening.



20 October: Thai Polo Challenge

The Thai Polo Challenge, a friendly four chukka match took place between Singapore Polo Club and Thai Polo Club on 20 October with the latter coming through as winners.

The Club also had immense pleasure in welcoming Harald Link, avid polo player and founder of the Thai Polo & Equestrian Club in Pattaya for the two-day match.

Congratulations to everyone for a match well-played!



The ladies relaxing before the match



Team Singapore Polo Club
From left to right: Gerry Gan, Isabelle Larenaudie, Anna Lowndes and Marc Hogberg



Team Thai Polo Club
From left to right: Iqbal Jumabhoy, Harald Link, Sattar Khan and Ang Roon Kai



Half time divot stomp

Thai Polo Club:
Harald Link (Captain)
Sattar Khan
Ang Roon Kai
Iqbal Jumabhoy

Singapore Polo Club:
Marc Hogberg (Captain)
Sanallah Khan
Isabelle Larenaudie
Gerry Gan/ Anna Lowndes
Reserve: Greg Parkhurst

Scores:
Thai Polo Club 6 vs Singapore Polo Club 5 ½

Winners:
Thai Polo Club

Photo credits: James Kho



Mrs Stephanie Masefield, Vice-President of SPC presenting the trophy to the winning team – Thai Polo Club



SPC Polo Captain, Dr Ali Namazie presenting a token of appreciation to Mr Harald Link



SPC Polo Professionals Sanullah Khan (in white) and Ang Roon Kai (in blue) in action



A wrap for the tournament



Girl power on the greens.



Spectators look on as Iqbal Jumabhoy exhibits a back swing for his team



Anna Lowndes (in white) attempts to charge forward to take the lead

**2 and 3 November:
Beaujolais Cup**

Team Red and Team White engaged in a fast paced adrenaline pumping match on the greens vying for the Beaujolais Cup. Team Red was persuasive with their shots and garnered 19 goals in comparison to the opposition who tipped in 4 goals over the two day event. Hearty congratulations to the winners and sincere thanks to Mrs Zee for kindly agreeing to present the prizes for the evening.



*Congratulations Team Red!
From left to right: Purvish Shah, Tim Zee, Marie Godenir, Jed Gabler, Lynly Fong, Jane Drummond, Gerry Gan and Mrs Zee*



Great action and defence displayed by both teams



Jane Drummond (in red) giving chase, determined to widen the score gap



A successful post-match celebration

Team Red:

Gerry Gan (Captain)/ Lynly Fong
Jed Gabler
Marie Godenir/ Jane Drummond
Tim Zee/ Purvish Shah

Team White:

Isabelle Larenaudie (Captain)
Daniel Chua/ Lars Elfversson
Birgitta Elfversson/ Lee Taylor
Michael Ma/ Deanie Sultana

The scores for each of the match were as follows:

2 November
Red 11 vs White 2

3 November
Red 8 vs White 2

Winner:
Team Red

Photo credits: Nadia Taylor and Krysten Chan



PONY ACADEMY

**WEEKLY
INTAKES**
Open to members
and non members
too!



NEW TOPICS:

- Grooming Clips
- Turning out Pony Safely
- Bridles & Saddle
- Basic Polo Rules and more!



Eager to find out?
JOIN US NOW!
We are happy to share more with you.
View the programme details.

At the SPC Riding Academy, we create wholesome outdoor activities designed for children 6 to 12 years of age.

Our Pony Academy organises activities that are enriching, educational and suitable as an after-school curriculum. Your child can spend time interacting with the school's friendly ponies, and equipping them with skills that last a lifetime such as confidence, trust, compassion, awareness, teamwork and assertiveness.

Set in a safe and fun environment, our elite team of instructors and experienced groomers ensure personal attention to each child whilst sharing knowledge and skills towards our young participants.



SCHEDULE FOR PONY ACADEMY

Weekly intakes available!

Each class is 45 minutes.
Non-mounted lessons and limited slots are available.
Course is suitable for children between 6 to 12 years old.

Tuesday	4.45pm / 5.30pm
Wednesday	4.45pm / 6.30pm
Friday	4.00pm / 4.45pm / 5.30pm
Sunday	10.00am / 10.45am / 11.30am

Registration fees of \$115+ per year and
Rally fees of \$80+ per month

(Above fees are inclusive of a SPC T-shirt and course materials. Fees are also subject to 7% GST and applicable to members and non-members)

Topics:
Grooming
Feeding
Basic Polo Rules
Horse Behavior
Colours & Markings
Saddlery
Points of the Horse
Caring for the hoof
Polo Equipment for Horse & Rider
Breeds
Daily Routine on the Yard
Mucking out
Polo Stick & Ball on wooden horses
Turning out a pony safely
Bits
Plaiting
Tacking up
Poisonous Plants
Mucking Out
Wildlife and Birdwatching
Sequence of footfalls
Competition Rules



Sign up now at the Riding Office or email
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**9 November:
Grooms' Cup**

It was a refreshing sight to see SPC's very own grooms and rider boys participate in a nail-biting four chukka match on 9 November.

The intense match closed off with the grooms winning the match narrowly with a score of 4 versus 3 in support of everyone's claps and cheers at the Verandah. We've even heard some exclaim that it was one of the best matches they had watched this year, and commended the teams for displaying excellent sportsmanship.

Bravo guys!

Team Grooms (Green)

- Ang Roon Kai (Captain)
- Buang Arswan
- Dao Madukar Reddy
- Nelson Thomas

Team Rider Boys (Grey)

- Mohd Aizam Muhsin (Captain)
- Syakirin Mohd Johari
- Zeezam Kamsan
- Rayman Moses

Scores:

Grooms 4 vs Rider Boys 3

Winners:
Grooms



Champions of the evening.
From left to right: Buang Arswan, Nelson Thomas, Dao Madukar Reddy and Ang Roon Kai



Rayman Moses (in grey) and Buang Arswan (in grey)



Dao Madukar Reddy (in green) attempting a full swing



The full squad for the evening



One for the photo album



A proud Nelson on the greens



Ang Roon Kai (in green) with a full forehand swing



The determination, passion and drive

Photo credits: Nadia Taylor

**16 & 17 November:
Syces' Challenge**

We summed up the polo season with a four chukka match played over two days for the Syces' challenge cup.

Heart-warming to see our very own polo players give their mighty best with sheer determination and sportsmanship.

Congratulations everyone!



From left to right: Greg Parkhurst, Gerry Gan, Stijn Welkers and Ann Wilkinson



The winners – Team White



Team Red



An evening of adrenaline pumping action



Lynly Fong taking the lead for her team

Team Red:
 Gerry Gan (Captain)
 Anna Lowndes/ Greg Parkhurst
 Kevin Wilkinson/ Marie Godenir
 Jane Drummond/ Ivan Chua

Team White:
 Stijn Welkers (Captain)/ Lars Elfversson
 Lynly Fong/ Jed Gabler
 Birgitta Elfversson/ Christian Luckett
 Tim Zee/ Anne Hansen/ Lee Taylor

The scores for each of the match were as follows:

16 November
Red 1 vs White 5

17 November
Red 4 vs White 3

Winners:
Team White

Photo credits: Nadia Taylor and Krysten Chan

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#TrustedToWin

Profile for Singapore Polo Club: **Sumeet Walia,** **Chief Sales and** **Marketing Officer,** **Tata Communications**



Sumeet Walia leads and aligns Tata Communications' sales and marketing around its go-to-market strategy, with the aim of accelerating the growth of the digital infrastructure provider. He has been instrumental in Tata Communications' evolution from an Indian telecoms business to a truly global digital transformation partner for enterprises worldwide.

He is proud of Tata Communications' role as a title sponsor for the Singapore Polo Open Finals. He believes that athletes – on a constant drive to boost their performance and push the boundaries of what they're capable of – have a lot in common with today's businesses. And just like businesses, athletes need not only skill and tenacity but also the right team around them to win.

Sumeet has had the opportunity to see this first-hand, because Tata Communications works with many sports organisations to help them make the most of the opportunities that the latest technology innovations bring. Playing a central role in golf, motorsports, sailing, football and cricket, the company harnesses its networking, cloud, mobility and security capabilities to pave the way for new, more efficient ways of working, to enable fans to engage with their heroes in new ways, and to lower the barriers for sports to expand to new markets. Tata Communications has driven innovation in global sports, testing in action technologies such as live 360-degree and Ultra High Definition video, and

exploring how the Internet of Things and augmented and virtual reality could pave the way for more powerful, immersive viewing experiences.

Tata Communications' aim is to unleash the full potential of digital transformation in not only global sports, but enterprises across all industries.

The company recently helped the global brewer Carlsberg deploy a next-generation network to support the digital transformation of its operations. The new infrastructure is a key part of its Next 2.0 programme, which harnesses the power of the Internet and cloud computing to boost agility, increase efficiencies and reduce costs. The innovative hybrid network gives Carlsberg's employees, customers and suppliers seamless, reliable access to data and applications in the cloud, which in turn helps the organisation to reimagine how it operates. So, with this new network acting as a resilient, flexible foundation, Carlsberg is digitising its supply chain and exploring new artificial intelligence-enabled services such as its 'connected bar' concept. The new network has given the brewer 10 times more bandwidth, reduced costs by 25%, and halved the occurrence of network incidents.

Not unlike athletes, businesses must be agile and responsive, with a single-minded focus on execution, to remain competitive. Tata Communications' customers worldwide trust the company's technology expertise to help them win in the fast-moving, global, digital economy.

NEW LIVERIES



Linsfort Ned with Helena and Anabella Eskesen

14 year old Connemara horse Linsfort Ned is of Irish origin. Owned by Annabella and Helena Eskesen, the sisters adore Ned and can't wait to commence their show jumping lessons with him. Bella exclaims that she's very excited to bond with him as a team and hopes to make it to the Nationals with him, while Helena who is more of a dressage rider mentions that Ned has inspired her to give jumping a try and looks forward to spend as much time with him as she could.



Heathrow W with Gina Lim

Heathrow W is a 7 year old, KWPN (Dutch warmblood) gelding from Holland. He is a Jazz Rubenstein Dressage horse with a great and willing attitude. Gina looks forward to growing their partnership, develop and work towards their learning goals together.

Zelham with Soh Wei Chi

Zelham is a 14 year old KWPN (Royal Dutch Sporting Horse) and an International Grand Prix Dressage Horse. Wei Chi has owned him for a year and was previously training and competing with him overseas. She mentions that to know Zelham is to love him - he is intelligent, well-mannered, affectionate, and doubles up as a wonderful friend and equine partner too. Wei Chi's goal is to be a competent Grand Prix dressage rider, and Zelham has been helping her with the journey.



Ido with Lynn Chen

Ido is a six-year-old Dutch warmblood show jumper sired by Ukato (Stakkato). Although he has only been trained to jump, Lynn is planning to, with coach Edric's help, teach him dressage moves as well.

He has settled in well since arriving a month ago and has found entertainment during his downtime by swinging and throwing things out of his stall. If you see a feed bucket, Likit holder or Jollyball outside his stall, Ido appreciates it if you could give it back to him so he can throw them out again.



Seah Sui Lyn and Gucci

Gucci is an 8 year old Lusitano from Portugal and his proud owner Sui Lyn intends to ride him in dressage. He will be her second Lusitano in the club with the first being, Excalibur who has been with her for 3 years now.

SPC YOUNG RIDERS

Our Academy's aspiring riders, Tess Baker and Katie Marley tell us about their local and overseas riding experiences and reveal the names of their favourite ponies/ horses.

Tess Georgina Baker, who goes by Tess Baker, shares with us about her aspirations, interesting riding experiences to date and provides a word of advice for upcoming riders who wants to excel in this sport.



Tess and Toby

10 year old Tess Baker joined SPC eight years ago with her family and has been riding for the past four years having taken the inspiration from her older sister, Lara. She mentions that SPC offers her a comforting vibe coupled with lots of activities to participate in, aside from just riding lessons.

Tess was just six years old when she commenced lessons at SPC Riding Academy and the first pony that she recalls riding was Penelope. Tess currently jumps in the 40 to 60cm category, does preliminary dressage and rides Toby who she says has a special place in her heart. Thanks to him, she has learnt to do leg yields and to get a horse on the bit. In time to come, she hopes to lease him permanently for her lessons.

She recalls the happy moments spent at the stables, "I spend most of my time here as I ride at least 2 to 3 times a week and also watch my sister ride. The venue is such a lively place! The horses contribute a lot to my happiness and never fail to leave a big smile on my face. Riding here has also enabled me to make lots of friends too. The instructors are also very friendly and are good riders."

As she spends most of her time at the Club and Academy, Tess ensures to strike a fair balance between studies and riding by making it a point to complete her homework on Mondays when there are no lessons. Aside from riding, she's also actively involved in Touch Rugby, Swim Team and Cross Country running.

Riding with the Academy has also allowed her to grow stronger physically and mentally. She has participated in the Club's Friends of Horses Fair where she met various people, thereby sharing her passion of horses with them. "Teaching people how to feed horses with carrots is definitely the best part – I enjoy it!" she exclaims. Tess has also participated in many riding shows at SPC, including training and interclub shows which she enjoys as it provides her an opportunity to show what she has learnt and improved on.

Apart from riding locally, she has ridden Lusitano horses in Portugal, Tibetan ponies along the ancient tea horse trail in China and trail rides up the mountains in France. She recalls how she rode a Grand Prix 17-hand dressage horse and he started doing a pirouette and Spanish walk all at the same time – it was a very special moment for her.



Riding Tibetan horses in China

Tess shares that her elder sister, Lara is her idol in riding and she can't wait to compete at other interclub shows, and riding the more difficult dressage tests just like her! Keep going Lara, you are amazing!

Her advice to riders is to never give up, regardless of the number of times one has fallen off. Horses can feel a person's fear, so the essential must-do is to always be calm and have faith in one's horse – when you have confidence, they will too!

Her goals for the coming years are to participate in the National Dressage Championships and to excel further in show jumping. We, at SPC and the Riding Academy wish her the very best to scale greater heights!



Tess and her family at The Jade Snow Dragon Mountains, Lijiang, Yunnan.

One of our upcoming young riders, Katie Marley speaks about her local riding journey with Dandy and her overseas riding experiences.



Katie during a jump lesson

Katie Marley who has been riding for the past nine years (from the age of six) had her first lesson on a Strawberry Roan horse named Aubrey Strawberry. Though no one in her family rode or had an interest in horses, she came back from school one day with a decision to start riding and has not looked back since.

At the age of 10, her family moved to a home where they could keep horses and she got her first 13.3 hands tri-colour cob pony named Bella with whom she enjoyed hacks out in the countryside and woods. Her competition stints commenced after she joined SPC Riding Academy 18 months ago, as soon as she relocated here from the UK.

Katie quips that she trains at the Academy four days a week with three jump lessons, a flat lesson and self-rides. She loves jumping and being able to ride fantastic riding school horses like Dandy and Rambo. “The support and training from the instructors and opportunities to compete and improve my riding is what I like about the Academy,” she says.

As she’s riding most of the days, it’s never an easy feat to juggle school and she takes every opportunity to work on her school work late into the night to keep up with her momentum.

She recalls an interesting riding experience, “Back in the UK, my mum and I had plenty of interesting hacks out which included being chased by

cows, stung by a wasp and our horses being terrified of a llama. I also used to do barrel-racing with my pony Bella. But here at SPC, every ride on Dandy is an interesting experience – I’ve just switched my lease to Rambo and I really treasure the many moments with them.”

Katie has actively participated in both local and international riding programmes which also includes an exchange programme in KL, earlier this year. She regularly takes part in the Academy’s training and interclub shows, currently competes at Novice level in dressage and jumps in the 90 to 100cm show jumping class.



In the stable with Dandy

She speaks about her summer vacation plan, “I had the opportunity to go to Garfield in Victoria, Australia where I worked as a groom at the Riding Success Institute run by Grand Prix dressage rider, Natasha Althoff. It was a unique experience for me as I had to work shifts, getting up at 4am to muck out, feed, groom and tack up horses for clients. I was also presented with the opportunity to train on and exercise Grand Prix level horses. My holidays always involve being with horses – riding on the beach, swimming with horses in San Diego and riding in the Monchique hills in Portugal.”

When asked if she idolises someone in this sport, Katie shared that she does not have a specific idol but loves riding with the group of talented riders in her jump class. She shares that one can learn something from every rider, absorb the good points and use that to improve one’s riding.

Her advice to people intending to take up riding – “Just give it a go, you never know if it’s for you until you try.”

Katie hopes to push herself to be the best rider and aspires to take her dressage and jumping as far as she could. We admire her strength and wish her the very best!

BTSC'S MID-AUTUMN SHOW



Our young riders participated in BTSC's Mid-Autumn riding show on 14 and 15 September and did us proud with good standings.

show jumping categories. Fellow riders Caedan Paul and Red clinched the third places in the 100cm and 110cm show jumping classes while Lucas May and Killinick Monroe came in fourth place in 110cm show jump class.

Chiara Mei Corbi and Sweet Tart came in first place in the 90cm and second place in the 100cm

Read on to find out how Caedan and Lucas fared in the FEI World Jumping Challenge 2019.

INTER CLUB AT STCRC

SPC Riders flew our Academy's flag high at STCRC's show jumping and dressage competition on 28 and 29 September.

We are also proud to announce that Lara Baker on Ollie and Megan Ding on Sir James were placed third and fourth with a score of 69.68% and 68.04% out of 19 riders in the class. Well done girls!

Our young riders Chiara Mei Corbi on Sweet Tart and Caedan Paul on Red clinched the first and second placings in the 100cm class. Lucas May on Killinick Monroe experienced challenging rounds in both the 100cm and 110cm classes but managed to stay calm and push through it.



ANOTHER WIN FOR SPC AT BTSC'S INTERCLUB



Our young rider, Megan Ding and Sir James once again clinched the first and third place for the Novice 2C at 71.28% and Novice 2A at 70.17% during BTSC's Interclub on 16 and 17 November.

Hearty congratulations from all of us at the Riding Academy!

FEI WORLD JUMPING CHALLENGE 2019

FEI World Jumping Challenge 2019's first leg took place at National Equestrian Centre on 21 and 22 September.

Our horses and riders Caedan Paul and Red emerged as champions in the 110cm class while Lucas May and Killinick Monroe placed third. Great job to Chiara Mei Corbi and Sweet Tart for placing second in the 100cm class too.

Well done riders on being well presented for the trot up event as well. Read on to find out how our riders fared in the second leg of the challenge.



From left to right: Chiara Mei Corbi, Caedan Paul and Lucas May with Riding Academy instructor, Edric Lee at the first leg held on 21 and 22 September at NEC.

SPC CLINCHES 1st PLACE AT 2nd LEG OF THE FEI WORLD JUMPING CHALLENGE



Congratulations to our young rider Chiara Mei Corbi and Sweet Tart for clinching the first place at FEI World Jumping Challenge's 2nd leg at BTSC on 12 and 13 October.

Chiara who competed in the 100 – 110cm non-challenge category, finished ahead of all the challenge riders in the same class.

FINAL LEG OF FEI WORLD JUMPING CHALLENGE 2019

FEI World Jumping Challenge 2019's final leg wrapped up at STCRC with our Academy riders emerging in significant standings throughout the two-day competition on 2 and 3 November.

Lucas May and Killinick Monroe clinched first place in the 110cm category with five faults in the first round and a wonderful clear round for the second which allowed him to finish second in the overall standings for that category.

Caedan Paul and Red too had a brilliant clear first round in the same category while Chiara Mei Corbi and Sweet Tart secured the first place in the Class 7 100cm category with a speedy round in the jump off.

Congratulations everyone! SPC is proud of the achievements of our riders. Keep it up and three cheers for more winnings to come.



Champions of the Class 7, 100cm category - Chiara and Sweet Tart

EXCHANGE PROGRAMME AT GOLD SADDLE EQUESTRIAN CENTRE, CHINA

Riders from our Academy did us proud at the Youth Equestrian Exchange Programme held at Gold Saddle Equestrian Centre, Guilin, China from 25 to 28 October 2019. They were also joined alongside riders from Australia, New Zealand and host country China. We bring you the memorable moments from the event.



Daniel Sitranen, our riding school manager receiving a token of appreciation



SPC duo clinched the third placing as a team



Our riders, Lucas May and Caedan Paul achieved the second and third placings



Katie Marley and Dandy, in both 90cm and 100cm classes



One for the photo album



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3-Day Camp In
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- 🐾 Arena Riding
- 🐾 Stable Management
- 🐾 Treasure Hunt

\$499++
per participant
(member / guest)

- Minimum of 10 persons to commence a class.
- Pony rides and beginner lessons are suitable for riders with no experience.
- A jump lesson for experience riders.

Contact the Riding Academy:

✉ riding@singaporepoloclub.org
f SPC Riding Academy



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www.singaporepoloclub.org

* Activities subject to changes.

SPC TRAINING SHOW ON 5 AND 6 OCTOBER

Our Academy's senior and young riders clinched top placings in our two-day show jumping and dressage competition on 5 and 6 October.

Congratulations riders!



Winners and participants for FEI Senior I and II, Elementary 3A and 3B, Novice 2A and 2B



Kendra Li and Tiptoe emerged champions of the Class 2: EFA Preliminary 1A (20 x 40) Juniors (version 2019)



Our elated winners and participants of classes EFA Preliminary 1A (20 x 40) Juniors and EA Prep A



Lesedi Ribeiro and Percy jumping the 70 to 80cm category



Samantha Garrett and Delmonte had a clear round in the 50-60cm category

Photo Credits: Arthur Ding, Dorota Garrett, Maggie Li, Lesedi Ribeiro

FEI WORLD DRESSAGE CHALLENGE 2019



Megan Ding during the competition

Congratulations to both Lara Baker and Megan Ding on their winnings at the FEI World Dressage Challenge at NEC on 19 and 20 October. Megan and Sir James were champions in the Novice 2A Non-Challenge class with a score of 60.86% on the 1st day while Lara and Ollie placed 2nd in the Novice 2B Non-Challenge class with a score of 65.88% on the 2nd day. Well done again girls and strive for more accolades!



Megan Ding – champion of the Novice 2A



Lara Baker (middle) with the judges



Lara Baker (left) and Megan Ding (right)

SPC ANNUAL LEAGUE WINNERS

Presenting the winners of SPC Riding Academy's Annual League! Congratulations to our up and rising young riders who have put in the hard work rain or shine, indoor or outdoor to achieve these standings.



Result

- Preparatory – Yin Yue	- Novice – Lara Baker	- 50 – 60cm – Chloe Iliffe
- Prelim (20 x 40) (Junior) – Christopher David Martin Jr	- Elementary – Delia Phey	- 70 – 80cm – Bella Eskesen
- Prelim (20 x 40) (Senior) – Alex Fisher	- Medium – Seah Sui Lyn	- 90cm – Chiara Mei Corbi
- Prelim (Restricted) – Lila Salaria	- PSG – Imogen Laird	- 100cm – Viktoria Rosenkilde
- Prelim (Open) – Lucas May	- 40cm – Aleksandra Czopor	- 110cm – Caedan Paul

SPC EXCHANGE PROGRAMME AND JUNIOR SCHOOL RIDERS SHOW JUMPING CHAMPIONSHIP 2019

It was a jubilant sight to see various local and international young riders do their parents and Academy proud at our second exchange programme from 8 to 10 November 2019.

Our Club proudly played host for participants from Malaysia and Indonesia during the 3-day event with showjumping and dressage being the highlights of the programme.

We captured exhilarating memories of the young riders along with special moments captured with their friends and families and look forward to having everyone back at the end of this year.



Testimony to a very successful event



Mr Daniel Sitranen and Mr Johari Lee



Mr Sylvan Braberry, takes to the stage to strum a number for the guests



Dressage at the covered arena



Natasha Garcha and Mimo



The Eskesens



Our Academy riders at Day 2 of the event



Participants after the showjumping competition



Birthday Party Package

\$900

+members / ++non-members

Package Includes:

- Decoration at the Riding Academy Room
- Snacks and drinks provided (mini donuts and mini muffins)
- Pony rides (maximum 20 kids, age 6 to 12 years)
- Duration - maximum 2 hours (10.30am to 12.30pm OR 3.30pm to 5.30pm)
- Door gifts for all children
- Birthday gift for birthday boy OR girl
- Group photo taking



For enquiry & booking, please contact us at 6854 3980 or riding@singaporepoloclub.org.

Creepy Halloween Trail by SPC Riding Academy

Our feisty young riders had a first-hand fright night experience along with their family and friends at SPC Riding Academy's Halloween Jungle Trail. At this exclusive kids-only walk through the woods at the back of the Clubhouse, children were put through a test of plucking up their courage by entering an unlit dark trail filled with unexpected surprises.

Spine-tingling music, spooky decorations, creepy silhouettes and "uninvited" guests caught most of them by surprise. Check out some of the gory moments and the accompanying expressions below.



Photo credits: James Kho

Spookylicious Halloween Celebration

Here are some highlights from our much awaited party of 2019.

Are you game enough to experience double the horror this year?



Sporting members and guests all dressed to the theme



Trick-or-treat!



A joyful end to a freaky night

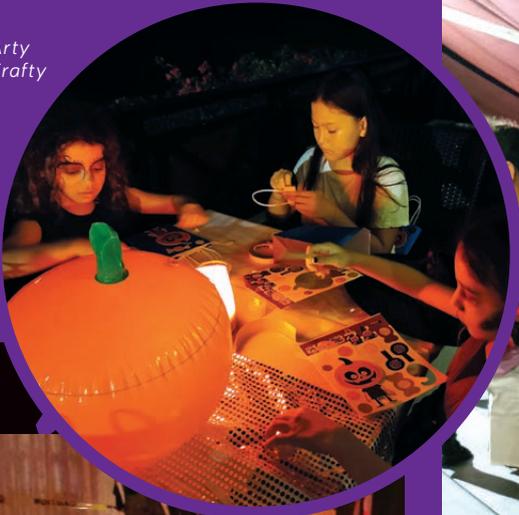


Spooky snacks



A look at some of our uninvited guests at our party...

Arty
Crafty



Bravery test in progress



Best-Dressed for the night



Jingle Bells... Jingle Bells

Our annual Christmas Party was nothing short of fun with guests wineing and dining in the company of family and friends, accompanied by jiving music from the ever-popular live band, Band on The Run, which got everyone dancing on their feet and singing along.

The bubbly atmosphere at the club was buzzing with great food, friendly chatter, kids playing on the bouncy castle, and a magic show that captivated the audience. More fun filled family activities and games kept the evening mood up, with a special appearance from Santa who shared the Christmas spirit of giving by surprising everyone with gifts, selfies and photo-worthy moments.

Another great way to wrap up an eventful 2019 @ SPC!



Happy guests and attendees of the evening



Highlight for the night: A live band performance by Band On The Run

Below is a recap of the party highlights:

- Live Band Performance by Band On The Run
- Fun Christmas themed games for family
- Hearty Christmas buffet dinner
- Special Appearance and gifts by Santa
- Bouncy Castle
- Magic show for children



Children enjoying themselves on the colourful bouncy castle



Santa's here and everyone is very much hyped up!



Photo-worthy moments



Ice-breaker games for children



Thrilling magic show for children

Hopping Soon!



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Common Tennis Injuries and How to Prevent Them

By Simon Mason

Tennis, played worldwide, is one of the most popular racket sports. A high number of tournaments for competitive tennis players may lead to overuse injuries, such as “tennis elbow” or wrist injuries. For non-competitive tennis players, improper or inadequate physical and technique training may be the cause of overuse injuries. Although overuse injuries make up a large chunk of tennis injuries, the good news is that such injuries can be prevented with some changes to technique and training routines.



TENNIS INJURIES

What are common injuries and treatments?

Two-thirds of tennis injuries are due to overuse and the other one-third is due to a traumatic injury or acute event. Overuse injuries most often affect the shoulders, wrists, and elbows. “Tennis Elbow” - the injury most heard about is an overuse of the muscles that extend to the wrist or bend it backwards. It is also the muscle most used when the tennis ball impacts the racket. Proper strengthening of this muscle and other muscles around it, along with a regular warm-up routine, will help decrease the likelihood of experiencing tennis elbow. Paying attention to technical components such as grip size and proper technique can also help prevent this condition.



STRESS FRACTURES

Twenty percent of junior players suffer stress fractures, compared to just 7.5 percent of professional players. Stress fractures are the result of increasing training too rapidly. When the muscles tire, more stress is placed on the bone. If this occurs too quickly, the bone cannot adjust rapidly enough to accommodate the stress and it breaks. These “breaks” are usually cracks in the bone that cause pain rather than an actual break or displacement of the bone. Stress fractures can occur in the leg (tibia or fibula) or in the foot (the navicular or the metatarsals). These injuries are preventable with proper strength and endurance training prior to extensive tennis playing. Appropriate footwear is also critical to preventing stress fractures.



SHOULDER INJURIES

Shoulder overuse injuries are usually due to poor conditioning and strength of the rotator cuff muscles. The rotator cuff helps to position the shoulder properly in the shoulder socket. When it is fatigued or weak, there is some increased “play” of the ball in the socket, irritating the tissues. The tendon or the bursa can become inflamed and hurt. This usually produces pain with overhead motions such as serving. If the pain persists, it can interfere with sleep and other daily activities. Flexing and extending the wrist against light resistance with an exercise band three to four times a week may help lessen pain and decrease injuries.



MUSCLE STRAINS

Usually occur from quick, sudden moves. A good warm-up followed by proper stretching can help diminish muscle strains. The warm-up should include a slow jog, jumping jacks, or riding a bike at low intensity. Proper stretching should be slow and deliberate. Do not bounce to stretch; hold the stretch 30 seconds or more. The best stretches are moving stretches, such as swinging your leg as far forward and backward or swinging your arms in circles and across your body. Proper stretching should last at least five minutes. If you have any concerns about an injury or how to prevent future injuries speak with a sports medicine professional and your coach. The athlete should return to play only when clearance is granted by a health care professional.



Wellness For The Mind By Sonja Piontek

Photo Credits: Sonja Piontek and The Lindis

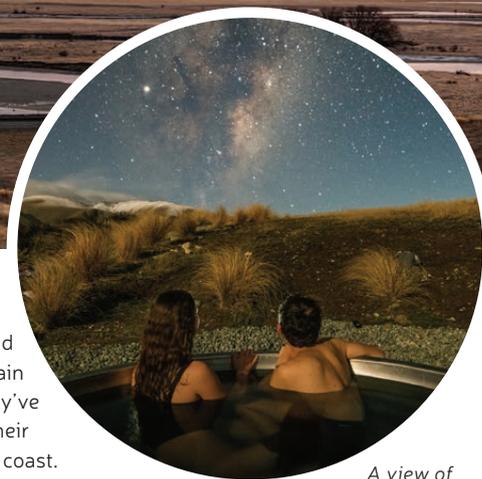
Whenever I'm in New Zealand I have the feeling that my soul flies free. Is it the sheer beauty of the country, the overwhelming spirit of the New Zealanders or the amazing experiences you can have in this remote piece of paradise? I reckon it's a mix of all.



The Lindis

Our helicopter is ready to take us on what will not only be an amazing flight across the Southern Alps but more so an absolutely unforgettable experience. Dan, our pilot is a true southern man and has been with Alpine Helicopters for half of his life. I like him instantly and feel totally at ease as we soar above the snow-capped peaks, dive deep down into remote valleys, fly low over the vast native forest, rise high above the clouds and eventually land on a totally secluded West Coast beach. Well, actually it is not totally secluded - rather totally packed as Dan has landed in the middle of a huge seal colony! Our cameras ready we carefully step out and watch in awe as hundreds (!) of these beautiful creatures assess us with just the same amount of curiosity. They might not smell great but the opportunity of being so close to them, hearing their deep roars, watching the little ones play and taking some great shots up close is pretty

amazing I must say. We're kind of sad as we have to leave again but our guide Dough says they've got yet another surprise up their sleeve, so on we fly along the coast. New Zealand's West coast is wild. Loud. Misty. Rough. Barren. Secluded. But equally captivating, thrilling and unique. A few kilometres down we land on a black sand beach and Doug asks us to get out. He then takes off the helicopter's door and attaches a rescue hook and a long metal wire. Hmm...no idea what kind of 'surprise' the boys have prepared but let the show begin! And what a show it is! With James Bond like precision they fly the heli out to the open sea, aim the rescue hook over a little red buoy that wildly bounces in the roaring waves and soon pull out a huge metal crate. A chopper, a hook and a crate in the sea? That's what I call helicopter crayfish catching at it's very best!



A view of the milky way from The Lindis

Once we have picked a crayfish each, the rest are released, the crate put back into place and we take off again. But wait, there's another highlight soon awaiting us - a landing on top of a spectacular glacier for some stunning poser shots, more ohs and ahs and a fun little snowball fight. Can this day get any better? It actually can as our crayfish are yet to be had! As this is not your normal helicopter flight but a helicopter excursion of unparalleled superlatives we obviously don't just have our pray cooked in a fine restaurant. Alpine kitchen and luxury picnic is the way to go – so we soon sit down at the glamping table on a tussock framed plateau high in up in the mountains, enjoy a glass of chilled champagne while Dan and Dough cook our crayfish to perfection on a little gas stove they brought along. This is quite the way to enjoy a luxurious meal and my friend Tina swears she had never had better crayfish before.

After lunch the adventure continues as we fly through the magnificent Milford Sound – NZ's most famous fjord. It is yet another of those moments in life where I feel nothing but gratitude - to be able to experience such breath-taking beauty as well as money-can't-buy-experiences.

Rather than going back to Queenstown Dan takes us to yet another very special place – the newly opened superlodge The Lindis – an iconic and architecturally distinct luxury lodge located in the pristine Ahuriri Valley. It is hard to describe what makes The Lindis so special as it is appealing



Arrival at Lindis via Heli



A unique lunch experience via heli

in so many ways. Is it the unique setting away from civilisation in the most beautiful scenery? Is it the five designer suites and the stunning mirror pods that invite you to forget any stress you ever had? Is it the unparalleled wine cellar? The high country New Zealand hospitality? Or the impressive stargazing you can do whilst relaxing in your hot bubble bath once the sun has set over the surrounding mountain peaks? The Lindis clearly is a place where the quiet of nature becomes amplified and where connecting to the land seems to happen simply by default. I feel totally at home and at ease in this unique place and can see why the distinct travellers from around the world have fallen in love with this new designer luxury lodge.

If you want to find out more about the unforgettable experiences to be had in New Zealand do get in touch with Singapore based luxury agency Sonnenkind, who is happy to curate a dream trip just for you.



Crayfish for lunch



Seals spotted



An interior of the Lindis



A suite at The Lindis

Fun with Twinkle Pie

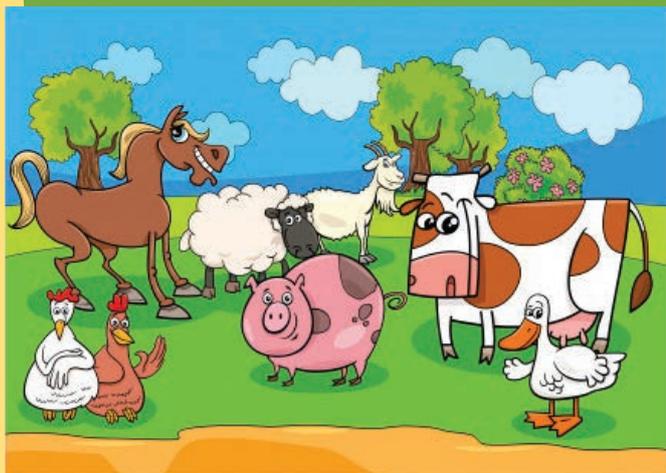
We start the first issue of 2020 with an activity for children, in collaboration with Twinkle Pie, our Riding Academy brand ambassador.



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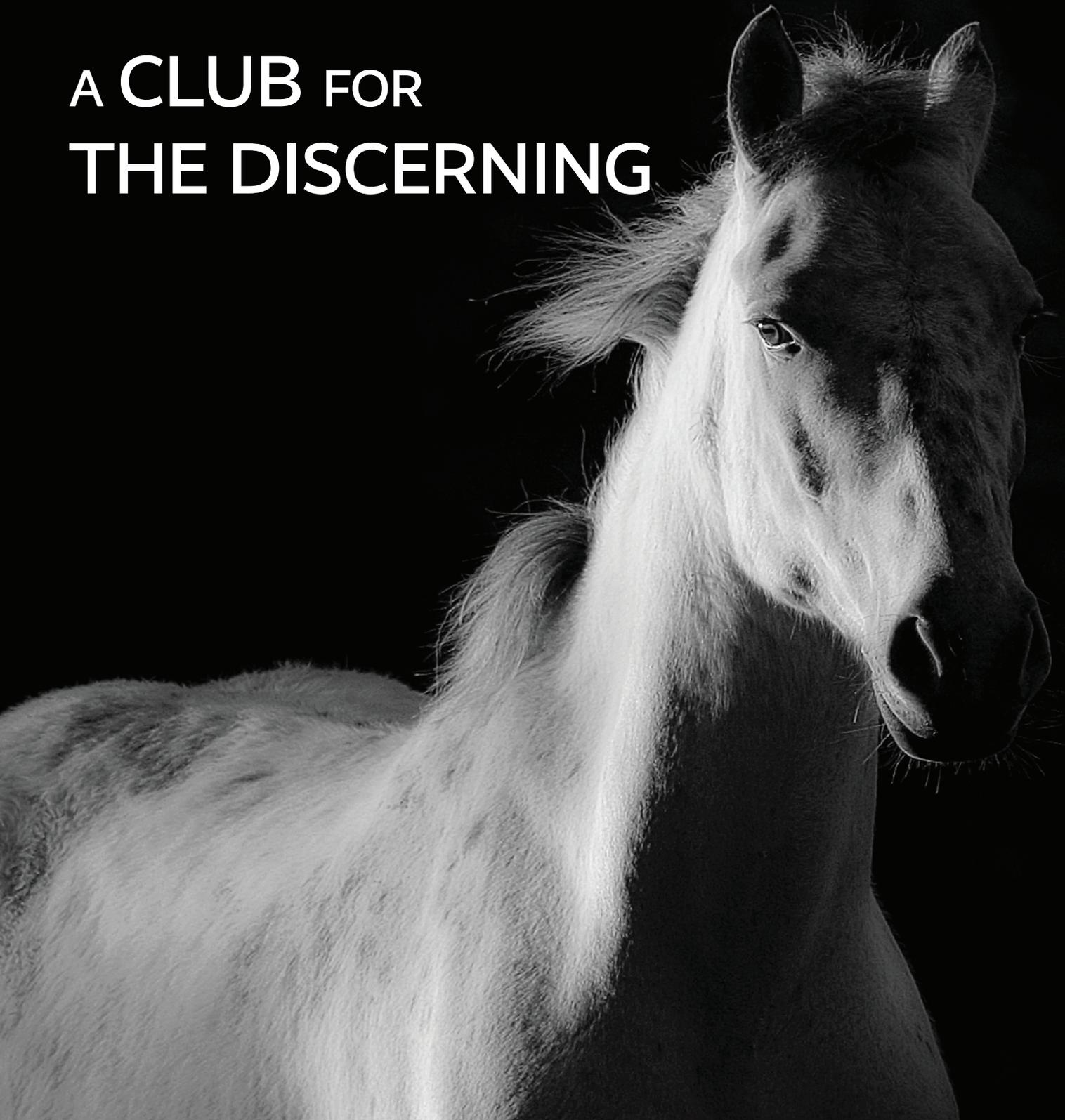


Submit your completed entries to marketing@singaporepoloclub.org or drop them off at our Reception **before 9 March 2020**. Do remember to include your **name, membership number (if applicable), email address and contact number**.

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