

# SPCC

Singapore Polo Club  
Quarterly Magazine #02/2014

## *Highlights*

NEW YEAR  
EQUESTRAVAGANZA

VALENTINE'S SHOW

CSIY-B

## *Plus*

67<sup>TH</sup> AGM RESULTS

HOW HYPNOSIS LED ME TO  
MORE CONFIDENT RIDING



SINGAPORE  
POLO CLUB

# MEMBER | INFORMATION

## COMMITTEE 2014/2015

President	Rickard Hogberg
Vice President	Satinder Garcha
Polo Captain	Lawrence Khong
Hon. Secretary	Stephanie Masefield
Hon. Treasurer	April McKenna
Committee Members	Leon Chu Gerry Gan Tan Hock Stijn Welkers

## MANAGEMENT

General Manager	Alan Jones
Polo Manager	Sean Dayus
Chief Riding Instructor	Laura Richardson
Head, Stables	Kate Murphy
Head, Facilities & Grounds	Subrahmanyam
Head, Finance	Woo Lee Choo
Head, Membership & Marketing	Esther Ong
Human Resource Manager	Alinna Li
Sponsorship & Membership Sales	Cindy Nguyen

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The Polo Loft	pololoft@zackstack.com
Food & Beverage	poloservice@polorestaurant.com.sg

## SUB-COMMITTEES 2014/2015

### FINANCE, ADMIN & GOVERNANCE

Rickard Hogberg (President)  
Leon Chu  
Satinder Garcha  
Lawrence Khong  
April McKenna  
Stephanie Masefield

### GAMING

Tan Hock (Convenor)  
Ang Ban Tong  
Gerry Gan  
April McKenna

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Jason Dowd  
Julie Harris  
Greg Parkhurst  
James Rotheram

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Jonathan Gabler  
Satinder Garcha  
Asad Jumabhoy  
Stephanie Masefield  
Stijn Welkers

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Sylvia Liebich  
Samantha Parkhurst  
Gamunu Samarakoon  
Diana The Hui Ling  
Yeo Sui Lyn

### SPONSORSHIP

Stijn Welkers (Convenor)  
Sheonagh Jane Coops

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Permit No.: MICA (P) 124/06/2013



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# OPERATING HOURS

## FRONT DESK

7.30am – 9.00pm (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 – 10.30pm (Daily)

THE VERANDAH  
8.00am – 10.30pm (Daily)  
(Last food order at 10.30pm except for Poolside at 10.00pm)

## FACILITIES

GAMING  
10.00am – 1.00am  
(Sunday – Thursday & Public Holiday)  
10.00am – 2.30am  
(Friday, Saturday & Public Holiday Eve)

GYM  
7.00am – 9.00pm (Weekdays)  
8.00am – 8.00pm (Weekends)

JACUZZI  
7.00am – 9.00pm (Daily)

SAUNA  
7.00am – 9.00pm (Daily)

SWIMMING POOL  
7.00am – 9.00pm (Daily)

TOWEL COUNTER  
7.00am – 9.00pm (Daily)

INTERNET ROOM  
8.00am – 9.00pm (Daily)

SQUASH COURT  
8.00am – 10.00pm (Daily)

TENNIS COURTS  
8.00am – 10.00pm (Daily)

THE POLO LOFT  
9.00am – 7.00pm (Tuesday to Sunday)  
(Closed on Monday & Public Holiday)

LUSH SPA  
10.00am – 9.00pm (Daily)

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## PRESIDENT'S | MESSAGE

Dear Fellow Members,

**F**irst of all, I would like to thank you all for the confidence you have put in myself and the new Committee to unite the Club and make it a friendly and happy place again!

I would also like to thank the outgoing team that, I know, worked hard throughout the year to improve things for our members.

Your new Committee has started by reaching out to members and organisations we had disputes with, hoping to settle these without further cost to our Club.

We have further reduced the number of sub-committees in order to make them more efficient whilst having Management operate the Club day-to-day.

The Polo season has begun, and our first club tournament took place 22-23 March. In line with our goal of raising the profile of our monthly tournaments, the Triple Crown: Diplomats' Cup was sponsored, with Royal Salute and Stella Artois as team sponsors. This event has been filmed and will be aired on FoxSports. A very full season has been planned for 2014 and I will ask the new Polo Captain to make this yet another banner year for Singapore polo.

Our newly appointed Polo Manager, Sean Dayus has arrived to provide support for the management of polo in 2014. He has varied experience in coaching, umpiring and polo management and has been a member of a number of HPA Committees. Sean was also a Polo Manager at Tidworth Polo Club in UK from 2005 to 2011, and we will see him bringing his management expertise to the polo section of the Club.

The Easter Festival has just completed in early April and our Riding Section will soon be holding its Summer Show in May. During the second quarter, the Club will be hosting the National Jumping Finals 2014 from 28-29 June and we wish success in advance to both Riding Section and competing riders.

With the members' approval at the AGM for upgrading the Mount Pleasant Stables and Yards, the new Committee will take on this responsibility as soon as possible.

I would like to thank all members who attended the AGM of the Club. It is important that you make your views and voices heard.

We look forward to your continued support of the Club, as we strive to build a better and friendlier Club for all our Members.

Rickard Hogberg  
**President**



# UPCOMING EVENTS

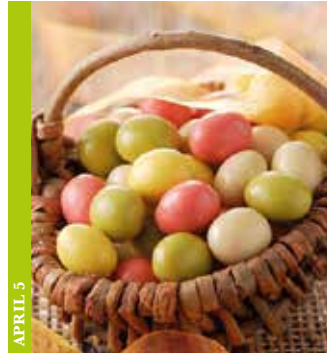
## APRIL - JUNE 2014

DON'T MISS THE EXCITING LINE-UP OF EVENTS AND ACTIVITIES FROM APRIL TO JUNE!



APRIL 1

Learn to Swim for Young Children



APRIL 5

Children's Easter Party



APRIL 5 - 6

Riding - Easter Festival



APRIL 8 - 13

Polo - Triple Crown: Diplomats' Cup 2014



APRIL 25

Quiz Night



APRIL 26

Polo - Polo Forum & Polo Test



APRIL 26 - 27

Polo - Club Tournament



MAY 6 - 11

Polo - Triple Crown: International Pro/Am 2014



MAY 10 - 11

Riding - Summer Show



MAY 23

Polo - Novice Tournament & Club Tournament



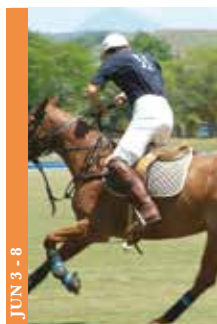
MAY 24

Quiz Night



JUN 1

A.N.R Summer Tennis Camps - Beginners & Intermediate



JUN 3 - 8

Polo - Triple Crown: Singapore Open 2014



JUN 21 - 22

Polo - Corporate League & Club Tournament



JUN 28 - 29

Riding - National Jumping Finals 2014

\* Information is correct at the time of print. The Club reserves the right to change the schedule of events without prior notice.



## GENERAL MANAGER'S MESSAGE



The Club held the first Triple Crown: Diplomat's Cup 2014 during the weekend of 8-13 April; in inviting Ambassadors and High Commissioners witnessing their teams competing, this was a spectacular event. Additionally, the glamour and excitement of polo will

continue with the third Singapore Open from 3-8 June.

Besides these prestigious events, our Polo players will compete for club trophies and competitions at the monthly and high-level tournaments throughout the second quarter of this year's season:

<b>Club Tournament</b>	26-27 April
<b>Triple Crown: International Pro/Am</b>	6-11 May
<b>Novice Tournament &amp; Club Tournament</b>	24-25 May
<b>Triple Crown: Singapore Open</b>	3-8 June
<b>Corporate League</b>	21-22 June (till August)

While Polo certainly adds action and excitement to the Club, the notable increase in the number of people on the Verandah means we must remind you that children cannot be allowed to play in the area (lawn, sand track or otherwise) surrounding the polo field during polo play or the exercising of horses as this is extremely dangerous. The horses can be "spooked" by sudden movements, including a child running near the field, or the momentum of the horse can carry it beyond the field or play into the surrounding area. It is also possible for a stray ball to be hit beyond the pitch into the surrounding area. We want to avoid any unnecessary accidents and must ask for your compliance with this request. This rule must be actively enforced for the safety of the children, players and horses.

Separately, the elegance and grace of Dressage and excitement of Show-jumping will be showcased during our monthly Riding competitions, with these events to include visiting competitors from other local equestrian clubs:

**Easter Festival** 13 - 14 April    **Summer Show** 11 - 12 May    **National Jumping Finals** 30 May - 2 June

The tennis courts have been resurfaced and repainted as the old courts were showing wear and tear with cracks in the surface that were potentially a safety concern. They do look grand now, and feedback from players is positive as there is a much-improved consistent bounce. The Tennis Academy is growing in popularity with more tennis players signing up for lessons, particularly for juniors, which is very good to note.

Bicycle racks have been recently installed for the convenience of members who cycle to the Club (great for keeping fit!). The racks can be found adjacent to the Reception area, and we trust this will be convenient for cyclists and avoid bicycles being parked at odd places around the club premises.

Members will have noticed the Boom Gate Barrier system installed at the main driveway into the Club. This is to enhance security and members will continue to have free access as now whilst non-members will be charged an entry parking fee of \$2. To be sure you are able to enter the barrier smoothly, please provide your car(s) IU reader number to Membership, if you have not already done so.

In response to complaints recently, we would like to remind members that all dogs which are brought onto Club's premises must be kept under control and are not in any circumstances allowed inside the Clubhouse, riding arenas, or poolside area whatsoever. We ask all members for their cooperation to comply with the Bye Law.

If you have not received our weekly e-news and would like to keep up with all the latest events and promotions, please forward your name and email address to: [membership@singaporepoloclub.org](mailto:membership@singaporepoloclub.org)

We strive to keep our members database current, so please ensure that you inform the Club should you change your address, telephone/mobile number or email address to avoid any possible discrepancy or delay in communications from the Club.

I look forward to seeing members at the Club.

Alan Jones,  
General Manager



— New polo season, fresh faces. We would like to introduce our newest staff member, Sponsorship & Membership Sales Manager - Ms. Cindy Nguyen. She is looking forward to meeting everyone and welcomes the discussion of partnerships for 2014 and the upcoming years.

— "Let others play at other things. The king of games is still the game of kings."

— To connect with Ms. Cindy Nguyen, here are her details: DDD: +65 6854 3997, Email: [cindynguyen@singaporepoloclub.org](mailto:cindynguyen@singaporepoloclub.org)

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# 67TH ANNUAL GENERAL MEETING

TUESDAY, 25 MARCH 2014

**The Club's 67th Annual General was held on Tuesday, 25 March 2014. Election and Resolutions' results are as follows:**

**COMMITTEE 2014/ 2015**

- President** Rickard Hogberg
- Vice President** Satinder Garcha
- Polo Captain** Lawrence Khong
- Hon. Secretary** Stephanie Masefield
- Hon. Treasurer** April McKenna
- Committee Members** Leon Chu  
Gerry Gan  
Tan Hock  
Stijn Welkers
- Trustee Group 2014/ 2015** April McKenna (Hon.Treasurer)  
Graham Cox  
Iqbal Jumabhoy  
Brian Miller  
Wee Tiong Han
- Charter Polo Playing Members** Stephanie Masefield  
April McKenna  
Stijn Welkers

**Resolution 1:**  
Change of Constitution,  
Rule 11 - Charter Polo  
Playing Members **NOT CARRIED**

**Resolution 2:**  
Upgrading -  
Mount Pleasant Stables & Yards **CARRIED**





## WEDDING PACKAGES



To celebrate the Year of the Horse, SPC is now offering Weddings @ Singapore Polo Club. Bridal couples can have their wedding photos taken with a Riding Section horse on location here at the Club, with an instructor in attendance. For more information please contact marketing @singaporepoloclub.org



## PONY CLUB AT SPC

Pony Club was relaunched on Sunday 19th January. A wonderful turnout from our riding community and friends made the day a fantastic success, with over 80 'sign ups'! Heartfelt thanks go to the whole team who worked behind the scenes to make it happen, from poster design and distribution to the pony races and delicious BBQ! Mums, Dads, Instructors, Syces and all the kids who turned up in support, thank you all. Special thanks to our three superstar ponies who introduced many of the younger children to their very first pony ride...Aladonda, Cupcake and Bandit! Extra-special thanks to Nici Bartropp who organised the day and is now running Pony Club. You can re-live all the fun and action of the day with the photos on the new Pony Club at Singapore Polo Club Facebook page. The SPC Pony Club is affiliated with the UK Pony Club and offers a new, structured syllabus, fun days and camps. If you would like more information about Pony Club or would like to sign your children up for Pony Club Rallies, please contact the Riding Office.



# NEW YEAR EQUESTRAVAGANZA 2014

## SATURDAY & SUNDAY 11 & 12 January 2014

### JUMPING RESULT

#### CLASS 13 100cm

##### (One Round with Jump Off)

2nd Charlie Phillips, Paris Texas  
6th Tara Drummond, Falco  
7th Rosie Fischer, Goldsmith

#### CLASS 14 -110cm

##### (One Round with Jump Off)

6th Asja Praetor, Akermanis

#### CLASS 15 - 120cm

##### (One Round with Jump Off)

3rd Nici Bartropp, Glenwood Park Marjorie  
4th Rolando Gonzalez, Reve

#### CLASS 16 - 130cm

##### (One Round with Jump Off)

1st Rolando Gonzalez, Van Dieman

#### CLASS 8 - 30cm (Clear Round)

CR Kateryna Mikkelsen, Sir James

#### CLASS 9 - 60cm (Clear Round)

CR Tia Gabler, Tostada

CR Chantal Chevroulet, Moah

#### CLASS 10 -70cm (Clear Round)

CR Sophie Parkhurst, Toby

CR Shana Thurley, Bandit

#### CLASS 11 - 80cm

##### (One Round with Jump Off)

##### 2nd Grace Mackey, Mimo

3rd Fiona Craig, Maverick

5th Annelise Thurley, Jewel

7th Abigail Cheng, Mo

8th Isabelle Tong, Star

9th Teya Blunck, Tonka

#### CLASS 12- 90cm

##### (One Round with Jump Off)

##### 1st Jessica Skinner, Maverick

2nd Tara Drummond, Falco

3rd Teya Blunck, Tonka

5th Rosie Fischer, Goldsmith

6th Rolando Gonzalez, Sugar Plum Fairy

7th Tiffani Tong, Mimo

8th Joanna Haeger, Star

9th Jessica Ho, Rebell

### DRESSAGE RESULTS

#### Class 6 - FEI Prix St-Georges - 2009 - 9"

2nd Audrey Njoto, Come Along Bustrup - 57.5%

#### Class 1A - EA Preliminary 1C 2009 -7"

2nd Sharon Koch, Susie Sorglos - 64.09%

3rd Tara Drummond, Falco - 59.09%

#### Class 5 - EA Advance 5C - 2009 -7"

1st Audrey Njoto, Come Along Bustrup - 61.84%

#### Class 2 - EA Novice 2C - 2009 - 8"

1st Samantha Parkhurst, Dartagnan - 67.34%

3rd Shana Thurley, Sir James - 61.25%

#### Class 4 - EA Medium 4C - 2009 - 8"

1st ASJA PRAETOR, AKERMANIS - 61.00%

3rd Cynthia Ee, Don To Fight - 59.75%

# VALENTINE'S SHOW

## SATURDAY & SUNDAY 8 & 9 February 2014

The Valentine's Fiesta was a huge success with record entries of 60 in Dressage and 100 in Jumping classes. Thank You to all our volunteers, judges, supporters and riders, and of course, the Riding Section team of instructors and syces - without whom none of this could happen! We really appreciate and value your involvement and contribution.

### Valentine's Fiesta Show Jumping results for SPC riders:

#### CLASS 12 -35cm (Clear Round)

CR	Shana Thurley	Jewel
CR	Scarlett Dickinson	Pebbles
CR	Meagan Morris	Pepe

#### CLASS 13 -65cm (Clear Round)

CR	Lauren Hunter	Maverick
CR	Lara Dickinson	Rebell
CR	Teya Blunck Getaway	
CR	Ella Mercurio	Toby

#### CLASS 14 -75cm (Clear Round)

CR	Chantal Chevroulet	Moah
CR	Angelina Saliling	Delmonte
CR	Shana Thurley	Sir James
CR	Alexandra Morris	Toby
CR	Brook Dobbin	Spots

#### CLASS 15 -85cm (Clear Round)

1st	Heather Laird	Crac-s
2nd	Brook Dobbin	Spots
3rd	Laura Richardson	Brownie
4th	Fiona Craig Maverick	
5th	Grace Mackey	Mimo
6th	Annelise Thurley	Jewel

#### CLASS 16 - 95cm (One Round JUMP OFF)

1st	Charlie Phillips	Paris Texas
3rd	Tiffani Tong	Mimo
5th	Heather Laird	Crac-s
7th	Abigail Cheng	Mo
8th	Tara Drummond	Falco

#### CLASS 17 - 105cm (One Round JUMP OFF)

1st	Charlie Phillips	Paris Texas
7th	Tara Drummond	Falco

#### CLASS 20 - 135cm (One Round JUMP OFF)

2nd	Brook Dobbin	Glenwood Park Marjorie
-----	--------------	------------------------

Show Volunteers: If you haven't already signed up to help with our shows and would like to get involved on Show Days, please do notify us in the Riding Office. The more volunteers we have, the less work and more fun it is for everyone involved!

### Valentine's Fiesta Dressage results for SPC riders:

Audrey Njoto and Come Along Bustrup

- 1st in the FEI Prix St George class with 61.58%. Emma Pilkington and Tiger

- 2nd in the EA Preliminary 1D (Restricted) class with 65%. Imogen Laird and Crac-s

- 3rd in the EA Preliminary 1D (Open) class with 66.14%. Shana Thurley and Sir James

- 1st in the EA Novice 2D class with 67%. Laura Richardson and Victor Z

-2nd in the EA Novice 2D class with 66.29%. Catrina Laird and Donna Rubina

-1st in the EA Advance 5A class with 66.67%. Laura Richardson and Victor Z

-1st in the FEI Preliminary class with 72.24%. Ada Bjordahl and Albaicin

-1st in the FEI Elementary Class with 60.14%. Laura Richardson and Come Along Bustrup

- 1st in the FEI Advance with 65.41%



# SINGAPORE GIRLS FLY HIGH IN INTERNATIONAL SHOW JUMPING EVENT!

Story by Fiona Hammond

Photos by Patricia Quek, Edward Choong & Stephen Diao



Sasha Thorburn & Nicola Hammond - Singapore Team Gold Medallists



Nicola Hammond (SIN) & APH Mr Sheen - Team Gold Medal



Sasha Thorburn (SIN) & Butterfly Kisses - Team Gold Medal



Janine Khoo (SIN) & Roxy Girl - Team Silver Medal



Cheong Su-Yen (SIN) & Little Plains - Team Silver Medal

Top young riders from Singapore, Malaysia, Indonesia, Hong Kong, Korea, Thailand, The Philippines & South Africa pitted their skills against each other in the FEI CSIY-B Young Rider's showjumping competition, held from March 7th-9th 2014.

It was the third year that the National Equestrian Centre in Singapore hosted the borrowed horse event, with 17 out of 18 of the horses used initially trained by Glen Haven Park, Australia, for the inaugural Singapore Youth Olympic Games in 2010. After the YOG, the horses were re-homed at the National Equestrian Centre, the Bukit Timah Saddle Club, the Singapore Polo Club and the Singapore Turf Club

Riding Centre.

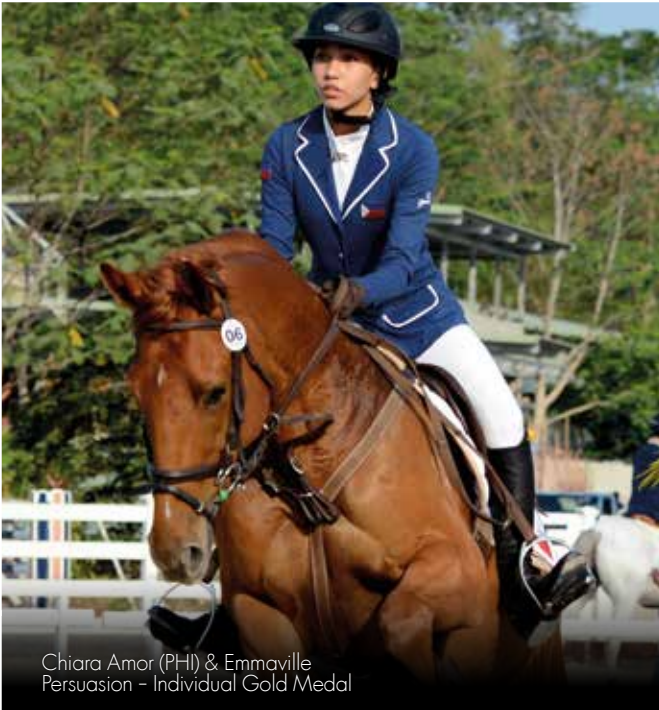
The two-round Team competition finished with a tie for the top three places, with Thai rider Jaruporn Limpichati completing two clear rounds, whilst her partner Supanut Wannakool picked up 4 faults over the two rounds. Host country Singapore fielded two teams, with SEA Games gold medal winner Janine Khoo ending her two rounds on 4 faults, and team mate Cheong Su Yen with zero. The second Singapore team, consisting of Nicola Hammond & Sasha Thorburn, saw two clear rounds from Nicola, and 4 penalties from Sasha. With all three teams on 4 faults, a jump-off was necessary to determine the top three placings. As per FEI rules, only one rider

per team was permitted in the jump-off.

Thai rider Jaruporn Limpichati, and the speedy Youth Olympic Games Gold medal-winner Links Hot Gossip, flew around the course in the fastest time of 45.47 seconds, but unfortunately had one rail down for 4 penalties. Singapore's Janine Khoo rode a superb clear round on Roxy Girl in a time of 52.85 seconds, but it was Sasha Thorburn's fast & flawless clear round on Butterfly Kisses in 48.84 seconds that won the event for Sasha and Nicola from the second Singapore team!

In the CSIY-B Individual event, the field of 17 riders had to draw for different horses, and only got to try them out for the first time during the warm up. Round 1 of Rafiq





Chiara Amor (PHI) & Emmaville Persuasion - Individual Gold Medal



Anna from Zack's Tack presents a Santa Cruz saddle to Chiara Amor



CSIY-B riders & coaches enjoying the Club!



Nicola Hammond (SIN) & Links Hot Gossip - Individual Silver Medal

Radinal's encouraging course produced six clear rounds from Nicola Hammond (SIN) and Links Hot Gossip, Sasha Thorburn (SIN) and Roxy Girl, Chiara Amor (PHI) and Emmaville Persuasion, Dayle Drennan (RSA) and Damiro, Lennard Chiang (HKG) and Flash Top Hat and Izad Paiza (MAS) and AP Akermanis.

Nicola Hammond was the first to go in Round 2, and the 15-year-old Singaporean set the pace with a brilliant second clear round and a time of 56.17 seconds. Sasha Thorburn also completed a lovely clear round but was a little more careful, thus ending up with a slower time of 63.26 seconds. Chiara Amor and her horse attacked the course with gusto, taking short cuts where they could, and thrilled the

crowd with a clear round in a time of 55.97 seconds, just pipping Nicola Hammond's time by 0.2 seconds to take first place! Hong Kong's Lennard Chiang & Flash Top Hat actually had the fastest time of 55.85 seconds, but unfortunately clipped the last fence for a heartbreaking 4 penalties, and 4th placing.

A big Thank You must go out to the sponsors - Capitano, Cameron Highlands Equine Spelling Station, Equestrian Video Production Team, Equi-Sport Asia, Lush Spa, Kerri's by Saddled Up LLP & Zack's Tack - for their incredible generosity & support of the event.

For full results, please go to: [www.efs.org.sg](http://www.efs.org.sg)



Sasha Thorburn (SIN) & Roxy Girl - Individual Bronze Medal



## CHRISTMAS FANCY DRESS TRAINING ROUND



In the run-up to Christmas, we invited our riders to ride their Dressage training round tests in Fancy Dress. We had some terrific turn-outs and thought you might enjoy a few photos!

## NATURAL HORSEMANSHIP DEMONSTRATION

There was a great turnout to watch the Natural Horsemanship Demonstration run by Carina Bossi on 23rd February. Children and adults alike enjoyed seeing Carina demonstrate with Jewel how horses think and communicate, how to establish leadership, and how to lead and move a horse with your body. Carina moved Jewel through cones and scary objects, and showed us how to give direction from the ground. An fun and educational afternoon enjoyed by all.



## TRIBUTE TO BUZZ



It is with very sad and heavy hearts that we pay our respects to one of the most hard-working and much-loved horses of the Club Riding Section - Buzz - who died very unexpectedly in January of a heart attack during a riding lesson.

A definite favourite of many members, Buzz will be well-remembered, even back in his home in New Zealand. He had an engaging personality, a leg at each corner and he loved his food! He grew up on the beautiful Coromandel Peninsula and left as a 9 year-old on 20th August 2000. His travelling companions were Rama, Smint, Wolfman and Cocoa.

While with us, Buzz taught many members, both children and adults, how to ride. He also helped riders that had had a bad experience or a fall to regain their confidence and trust. He was loved and cared for by everyone and lived to the ripe old age of 24!

RIP Buzz - may your spirit forever run free!



# CHRISTMAS

## Light Up

7 December 2013

Members gathered expectantly at the Polo Bar & Restaurant for the annual Christmas Light-Up. The beautiful voices of the Butterpella choir so entranced everyone that everybody was caught off guard by Santa's appearance with a jolly bell-ringing and a hearty "HO HO HO"!



# CHILDREN'S

## Christmas Party

14 December 2013

On a bright Saturday afternoon, the left Verandah was transformed into a Christmas wonderland. The children were so excited they came for an early registration and received their goody bags and party hats sooner than planned! They then swarmed to the games stations - Tossing Ring and Tic-Tac-Toe, Face Painting, Balloon Sculptor, Candy Buffet and Santa Puppet craft-making. A lively interactive stage show with parents had everybody laughing as the afternoon sped by.





# A.N.R SUMMER TENNIS CAMP - *Beginners*



Learn basic tennis fundamentals such as Forehand and Backhand ground shots as well as the Serve and Volley. This will be done using specialized mini-tennis nets, shorter court dimensions and lower-compression balls. This camp is a great way to learn and improve a basic understanding of the game. Emphasis will be on a structured, games-based approach to provide the kids with a maximum fun and optimum learning environment.

**Groups will be created by age and skill level.**

<b>Level</b>	Beginners
<b>Venue</b>	Tennis Court
<b>Age</b>	4 ½ – 9 years old
<b>Attire</b>	Sports Attire
<b>Fee</b>	\$375 (includes prizes on last day) *subject to GST.
<b>Schedule</b>	2 – 6 June (Mon-Fri) 9:00 am – 12:00pm 9 – 13 June (Mon-Fri) 9:00 am – 12:00pm 16 – 20 June (Mon-Fri) 9:00 am – 12:00pm 23 – 27 June (Mon-Fri) 9:00 am – 12:00pm
<b>What to Bring</b>	Cap , Sunscreen, Drinks, Snack , Tennis Racket , Swimwear and Towel

# A.N.R SUMMER TENNIS CAMP - *Intermerdiate*



Junior players will improve their basic fundamentals, technique, footwork and strategy. This program will be customized to skill level. Emphasis will be on point play, games and rallying. This is a great camp for kids looking to take their tennis to the next level!

**Groups will be created by age and skill level.**

**Coach-Student Ratio 8:1**

**Min 4 students enrolled for camp to go ahead.**

<b>Level</b>	Intermediate
<b>Venue</b>	Tennis Court
<b>Age</b>	7-12 years old
<b>Attire</b>	Sports Attire
<b>Fee</b>	\$375 (includes prizes on last day) *subject to GST.
<b>Schedule</b>	2 – 6 June (Mon-Fri) 9:00 am – 12:00pm 9 – 13 June (Mon-Fri) 9:00 am – 12:00pm 16 – 20 June (Mon-Fri) 9:00 am – 12:00pm 23 – 27 June (Mon-Fri) 9:00 am – 12:00pm
<b>What to Bring</b>	Cap , Sunscreen, Drinks, Snack , Tennis Racket , Swimwear and Towel

**For enquiry and/or registration, please contact Sports & Recreation at tel: 6854 3984 or email: [snr@singaporepoloclub.org](mailto:snr@singaporepoloclub.org).**



# For Young Children

The first step towards learning to swim is feeling at ease in the water. As young children progress, remember that swimming should continue to be fun. Once you start, try to swim regularly. Children learn much more with short, frequent visits than with occasional long ones. Improvement often comes naturally with plenty of progressive practice and, above all, continued enjoyment of the water.

The aim is to learn water skills, including Motor Skills, Reaction Time, Social Behavior and Interaction, Water Confidence, Water Safety and more.....

Teaching points include Breath-holding, Facial Submersion, Blowing Bubbles, Buoyancy, Gliding and Propulsion.

<b>Instructor</b>	Vince Soh
<b>Venue</b>	Swimming Pool
<b>Age</b>	4-5 years old
<b>Venue</b>	Swimming Pool
<b>Attire</b>	Swim Wear & Goggles
<b>Fee</b>	Group \$100 (4 sessions) 3 to go *subject to GST.
<b>Day/Time</b>	April to June 2014 (Every Thursday, 3:30pm)



## ADULT PRIVATE SWIMMING LESSONS



Moving through water may sound easy; it is not. The quickest and most dramatic way to improve movement through water is to ensure that the swimmer understands proper technique. A 10% improvement in technique will usually result in a nearly 10% better effort. The swimmer must learn and practice the most water-friendly propulsion, both for the specific stroke and for his or her particular style.

The aim is to learn the correct stroke, which includes Technique, Distance, Stamina and Speed in all areas of swimming.

Teaching points include Floatation, Streamlining, Propulsion and Breathing

<b>Instructor</b>	Vince Soh
<b>Venue</b>	Swimming Pool
<b>Attire</b>	Swimwear, Goggles
<b>Fee</b>	\$60/session *subject to GST.
<b>Day/Time</b>	Swimming Pool
<b>Fee</b>	May 2014 (By appointment Only)



# Long-Distance Swimming



Water confidence and swimming skills are essential elements in a comprehensive water safety education program. It is important that learners not only master formal swimming strokes, but also a wide range of confidence-building techniques.

Survival skills – learn what they are and how to apply them if necessary.

Endurance – increase physical fitness and develop efficient strokes.

Venue	Swimming Pool
Requirements	Able to swim 100 – 200m with basic strokes
Age Group	7 years old and above
Attire	Swimwear, Goggles
Fee	Swim Wear & Goggles
Fee	Group \$100 (4 sessions) 3 to go *subject to GST.
Day/Time	May & June 2014 (Every Monday, 5:30pm)
Closing Date	20 April 2014

## LEARN TO SWIM PROGRAMME (Crash Course)



The first step toward learning to swim is feeling at ease in the water. As children progress, remember that swimming should continue being fun. Once you start, try to go swimming regularly. Children learn much more in short, frequent visits than in occasional long ones. Improvement often comes naturally with plenty of progressive practice and, above all, continued

enjoyment of the water.

Aim is to learn water skills which include Water Confidence, Water Safety, Swimming technique, Survival. And teaching points include Blowing Bubbles, Buoyancy, Gliding, Propulsion, understanding the Danger, Survival.

Instructor	Vince Soh
Venue	Swimming Pool
Age	4-5 years old
Venue	Swimming Pool
Attire	Swim Wear & Goggles
Fee	Group \$100 (4 sessions) 3 to go *subject to GST.
Day/Time	April to June 2014 (Every Thursday, 3:30pm)

# HOW HYPNOSIS led me to more **confident riding**

By Chui Wai Cheng

**D**aniel used to nickname me "Expressway". Not that I was riding at 80km/hour, but the exact opposite. I was holding up traffic all the time, oblivious to his "Faster! Faster!"

I must've been the most nervous rider he would ever have to deal with. After a nasty fall where I sustained a compressed fracture of the lower back, I became severely

inevitably, things spiralled downhill quickly, leaving me frustrated, confused and angry at having become such a complete failure.

Exasperated, I was ready to try anything -- more riding lessons, books, positive self-talk, Alexander Technique, even meditation. Nothing worked for me until I finally tried hypnotherapy.

Hypnosis can help riders of any level with their riding aspirations, be it overcoming anxiety or doing improving at competitions. A study published by "Horse and Hound" on 30 Oct 2012\* suggested that riders' confidence can be significantly improved by just one session of hypnosis. In the study, ten out of eleven riders who received hypnosis reported an average 16 per cent increase in confidence level.

How Does Hypnosis Work?

Hypnosis works by bypassing our critical conscious mind to access the influential unconscious mind directly. The power of any idea is greatly enhanced when given directly to the unconscious mind. Once the idea is accepted, your subconscious will manifest it for you naturally. In fact, the

unconscious mind, quiet and deep, is the real boss operating from under our awareness. It controls all the automatic bodily functions that keep us alive, like breathing, heartbeat and temperature. It stores everything we've experienced since the day we were born. Our unconscious mind is fiercely protective of us. If you're frustrated about why you can't stop feeling frightened or imagining horrible accidents with your horse, it's really just your unconscious mind doing its job. The unconscious mind attempts to protect us by inducing fear, to make us stay away from danger. This is especially true after a traumatic experience. Sometimes, however, the unconscious mind does not understand that it is being overly protective, and this is where hypnosis can be used to communicate our wish for a more constructive response.

Hypnosis is experienced as a state of very deep mental relaxation, where the mind quiets down and becomes receptive to new ideas. The hypnotherapist's role is to guide you into this mental state through the use of suggestions and imagery. Contrary to popular belief, the hypnotherapist cannot control your mind or make you do things you don't want to. You'll certainly never cluck like a chicken or disclose your bank PIN! It is completely your choice whether to follow the suggestions or not. Throughout the session, you are aware and in control. You can end any time you want; you'll never get stuck in a hypnotic state!

All you have to do is to close your eyes, sit back, simply listen and follow. As you allow yourself to relax completely, the therapist speaks directly to your unconscious mind, giving it positive information. Before ending, the hypnotherapist will bring your conscious mind back into dominance by counting up before asking you to open your eyes. The hypnotherapist may also suggest techniques that you can practice on your own, so that you have the resources to use whenever you need.

Ultimately, hypnosis is not magic. It doesn't make you fearless but it can certainly help you cope with unhelpful emotions, so that you know you have the inner courage to ride it out. As for me, I still have much to improve on, but I'm on my way. At least, Daniel calls me "My Way" now, whatever that means.

apprehensive every time I rode. I began to think that every horse would take off with me, and so I refused to use the whip - the working trot was too fast for me, I rode leaning too far forward with reins far too short, noises around the arena spooked me more than my horse, I was stiff and in freeze mode all the time..... The consequences were obvious. So I blamed the horse and excused myself from the drills wherever I could. But avoidance simply meant I couldn't acquire the necessary skills to ride properly, and

process can be so effortless and natural that some people don't even realise they've changed.

This is possible because the human mind has two parts: the conscious mind and the unconscious mind. The conscious mind is the part we use for our daily living, thinking and learning. It is constantly processing information coming in through our five senses and controls all voluntary movements. Yet, for all its demanding responsibilities, it holds only 10% of the human mind. The



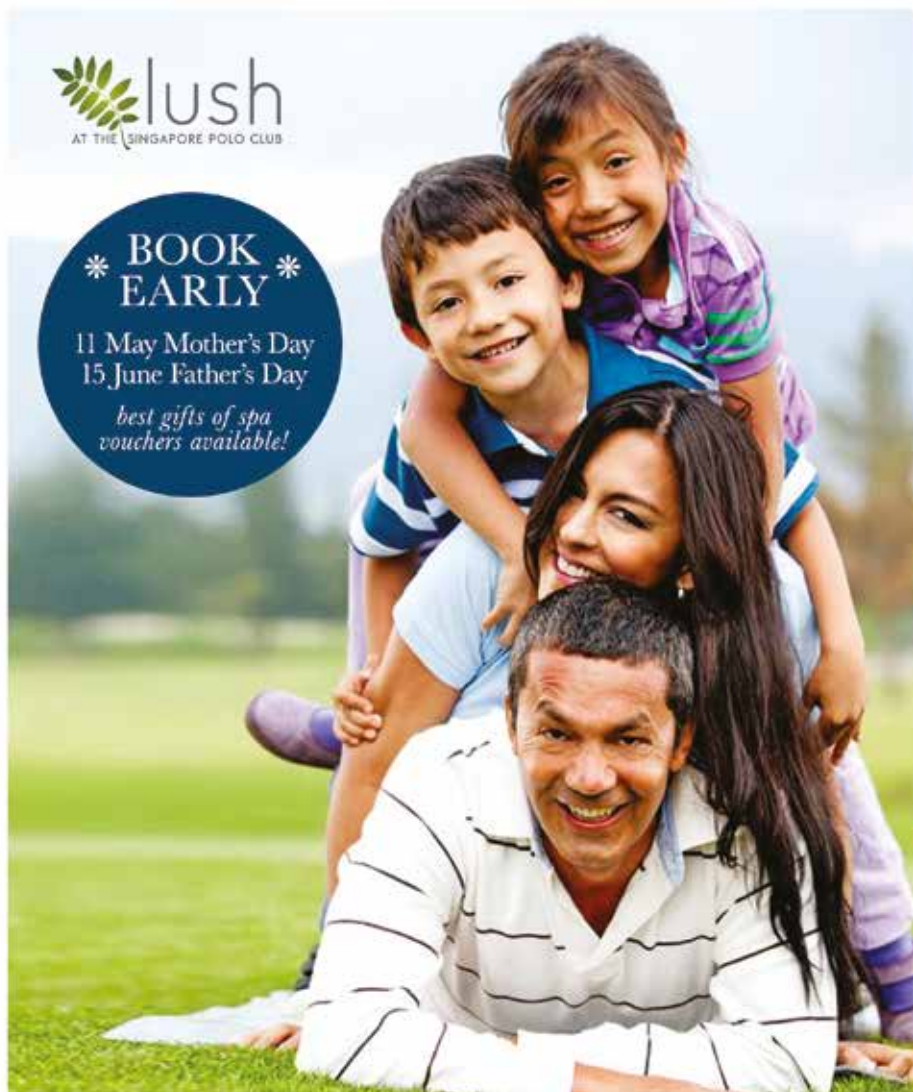


## A warm welcome to the members who have recently joined the Singapore Polo Club Family.

December 2013 – March 2014

Abigail Sian Tobin  
Alexander Edward Kelvin Vanderlip  
Alexandre Pierre Cerez  
Andrew John Church  
Ang Swee Hoon  
Angus Michael Roderick Mackenzie  
Anthony John Edmondstone  
Apsara Oswal  
Benjamin Francis Jean Dubertret  
Chia Ee Ming, Kenneth  
Chua Sheng Jie, Daniel  
Dexter Bill Belmar  
Elsa Valene Claude Rochier  
George Edward Mckenzie Finch

Hakki Taner Seben  
Jasbir Singh S/O Dalip Singh  
Lim Chern Siong, Henry  
Lim Louisa Jean  
Lim Ren  
Luis Fernando De Andrade Serra  
Malwina Teresa Baranska  
Markvoort Lucas  
Ng Chuen Guan  
Ngam Jiu Rong, Bruce  
Samuel Anish Mathew  
Sim Miaoling, Kendra Gail  
Yoichiro Ushioda



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\* BOOK EARLY \*

11 May Mother's Day  
15 June Father's Day

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with rejuvenating spa dates!

**APRIL: ANTI-ACHE GINGER BUSTER**

\$185 nett | 2 hrs

warm foot bath + 80 min warming ginger  
full body massage + 30 min foot massage

**MAY: MUM'S SPA ENERGIZER**

\$220 nett | 2 hrs

floral foot bath + 50 min lavender  
body massage + Decleor anti-aging  
express facial + spa tea

**JUNE: DAD'S MASSAGE BOOSTER**

\$188 nett | 2 hrs

warm foot bath + 90 min deep tissue body  
& scalp massage + 20 min foot massage +  
champagne

lush @ singapore polo club, 2nd level (next to the gym). contact us at 6254 9091 or email [enquiries@lushspa.com.sg](mailto:enquiries@lushspa.com.sg) for appointments & enquiries.



**1<sup>ST</sup> FRIDAY**  
OF THE MONTH  
6.30PM TO 10.00PM

# Würst and Sauerkraut



**\$18+**  
per serving

**German Riesling**  
AVAILABLE!

**3<sup>RD</sup> FRIDAY**  
OF THE MONTH  
6.30PM TO 10.00PM

# Moules & Frites



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per serving

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to avoid disappointment.*

## **F&B PROMO**

# APRIL TO JUNE

**2<sup>ND</sup> FRIDAY**  
OF THE MONTH  
6.30PM TO 10.00PM



**Traditional  
Cassoulet  
Dinner**

**\$24+**  
per serving

**French  
Wines**  
AVAILABLE!

**LAST FRIDAY**  
OF THE MONTH  
6.30PM TO 10.00PM

# LAMB STEWED GOUSCOUS



**\$24+**  
per serving

**Lebanese Wines**  
AVAILABLE!



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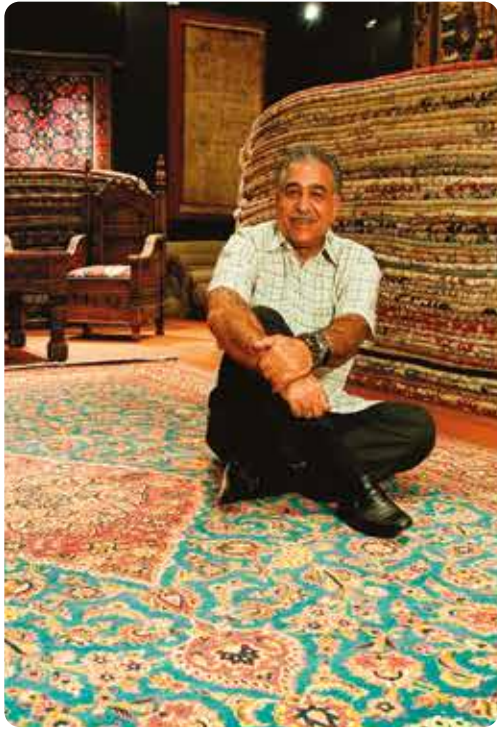
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