

SINGAPORE **POLO CLUB**



**Spring International
Polo Tournament 2023**

A display of polo excellence from the field to the podium.

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CLUB NEWS
Celebrating 25 Years
Of Polo

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RIDING
4th AEF Showjumping
CSIJ B, Seoul 2023

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LIFESTYLE
A Majestic Affair:
King's Coronation Celebration



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Lifestyle



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Established in 1886



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Riding School Manager

OPERATING HOURS

FRONT DESK

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

F&B OUTLETS

The Paddock
8.00am – 10.30pm (daily)
(Last order at 9.30pm)

The Polo Bar
6.00pm – 10.30pm (daily)
Closed on Mondays
(Last order at 9.45pm)

Coriander Leaf
@ The Mountbatten Room
6.00pm – 10.30pm (weekdays)
12.00pm – 3.00pm &
6.00pm – 10.30pm (weekends)
Closed on Mondays
(Last order at 2.45pm & 9.45pm)

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

FACILITIES

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

Swimming Pool
7.00am – 9.00pm (daily)

Tennis Courts
7.00am – 11.00pm (daily)

Gaming
12.00pm – 10.30pm (daily)

Atoms Polo Loft
10.00am – 6.00pm (weekdays)
9.00am – 6.00pm (weekends)
Closed on Mondays and Public Holidays

The Wellness Studio
By appointment

CONTACTS

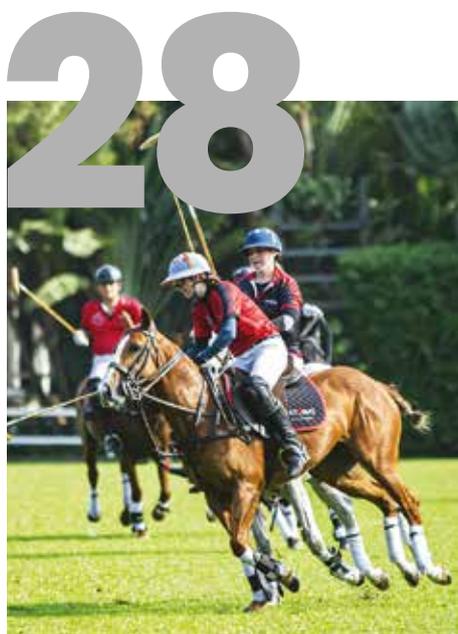
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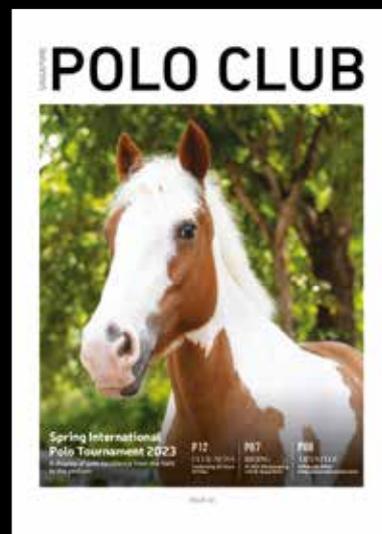
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New Members

APRIL TO JUNE 2023

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

Parellada Ferre Roger
Zhang Fengqing
Aman Bajaj
Kuldeep Singh Vithal Singh Rajput
Clayton Dale Woltz
Walpole Alexandra Elizabeth

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Sicrea Leanne Amy
Markus Rische
Lee Hyunwoo
Nicholas Gordon Brocklebank
Barrie David Sheers
Eleanor Mary Tennant
Stuart Baden Powell

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Samer Anton Ayed Naber

REGULAR

Wolstenholme Alexandra Elizabeth
Gineve Emmarsia De Kock
Vikas Jaidka
Ayesha Khanna
Felicía Liu Kui Lan
Priyesh Jaipurjar
Tay Chiu Chiem
Ganeshan Ramesh Karthigesu
Fabien Paul Raymond Banaletti
Tessa Nathalia Hogan
Wang Meijie
Pendse Deepali C
Theganesan Sivaraman
Amanda Lui Eng Hwee
Teo Bee Geok (Zhang Meiyu)
Tan Lihua
Gong Qi
Emma Rahayu Binti Mohamed Hadi
Kohei Antoku
Marc Christophe Brugger
Pang Ho Sun Eric
Benjamin James Churchill
Kazuhiro Iwaki
Kerem Kozan
Benjamin Solomon Tan
Tang Mei Yean



Stepping into the third quarter of the year, I see a Club bustling with exciting activities and greater participation from the membership all round. The recent Atoms & Riding BBQ & Potluck saw a good turnout of polo and riding members enjoying a night of fun, food and entertainment provided by SPC's very own band performed by our talented staff. Members generously contributed to the event with pot luck to round up a night filled with great camaraderie, friendship, singing and dancing. The Club will be organising a variety of social and lifestyle events as we work towards building a fun environment. The recent Coronation of King Charles III saw a big turnout of members and their guests at The Paddock Bistro enjoying food & beverage while witnessing this historical moment on a giant screen. The British royal family comprising His Majesty King Charles III and his son, the Duke of Sussex are Honorary members of our Club.

The Club's Outreach section continues to expand its scope of contributions towards the community with activities that support troubled youth, senior citizens and supporting four Institution of Public Character namely; EQUAL, TOUCH Community Services, Riding for the Disabled (RDA) and HCSA. Look out for our inaugural SPC Annual Outreach Polo Tournament & Carnival on 22 October 2023 which will see a day filled with fun, excitement and adrenaline pumping action as we have polo tournaments for both handicap and Atoms players to raise funds for the Club's Outreach section to supports its various initiatives.

The day will see a combination of events by RDA, EQUAL, Journey, TOUCH and food served by students from the HCSA food academy. Look out for more details on these exciting events coming your way.

Meanwhile, I am happy to share that the Singapore Land Authority has delayed the compulsory acquisition of Mount Pleasant Stables which was supposed to be on 30 November 2022 to mid-2025. The Club has also been given a three-year extension of our yearly TOL land at the Stick & Ball arena and beyond.

Our base of players and riders for both the Riding and Atoms Academies are fast approaching the one thousand mark over the next few months. With their expansion lies the future of the Club as we continue to reach out to the community and schools to make polo and riding more inclusive. We are eagerly looking forward to the opening of the Polo field on 1 August 2023 and a full polo calendar filled with Club Cups, the Atoms Polo League Season 2 and the Fall International Polo Tournament season.

Our Club rooms continue to be a popular staycation venue for our members and guests. With Formula 1 Singapore Airlines Singapore Grand Prix 2023 around the corner, we expect our rooms to be fully booked as members enjoy the live broadcast of Formula One racing right at our doorstep at the Polo Bar. Management will be working with our F&B tenant, Coriander Leaf to come up with exciting F&B promotions and cocktails for the Formula One screening and Fall International Polo Tournament season for members' enjoyment.

I plan to host a CPPM lunch to share with the Club's custodians and the general membership on a new Vision & Mission statement going forward and more good news as we continue to up the ante on the quality of our membership experience. There is much to share with our members in the third quarter of 2023. My team and I are excited and fully committed to take the Club right through post Covid times to ensure that the Club remains operationally and financially sustainable in the long term.

I look forward to seeing you at the Club. ■

Warm Regards,

Lawrence Khong
President

SAVE THE DATE



SINGAPORE POLO CLUB **OUTREACH**

POLO TOURNAMENT & CARNIVAL 2023

in support of EQUAL, RDA, TOUCH and HCSA Community Services

Highlights:

Atoms Polo Academy's Senior & Junior Tournament (Non-handicapped)
SPC's Outreach Polo Tournament (Handicapped)



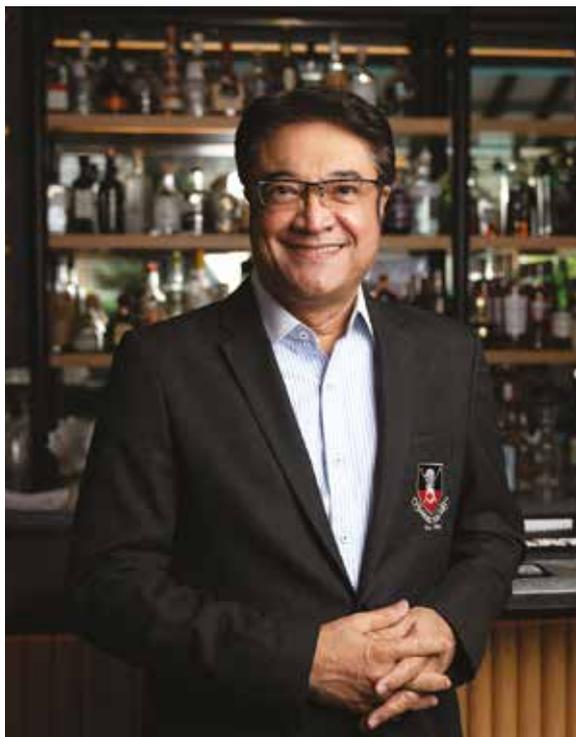
SUNDAY, 22 OCTOBER 2023
9AM to 7PM

Fringe Activities

Horse Feeding | Pony Rides | Train Rides | Food & Game Stalls | Movie Screening and more

Proceeds go towards our SPC Outreach Fund and selected beneficiaries

For enquiries and to purchase coupons, contact outreach@singaporepoloclub.org or **6854 3999**



Dear Members,

The past three months have been exciting and fun-filled for both the Club's Riding and Atoms Academies as they were kept bustling with events, activities, competitions and tournaments. Over at Riding Academy, our very own Riding Instructor Edric Lee was appointed Chef d'Equip as well as Coach for our Singapore national riding team at the Asian Equestrian Federation Cup CSIJ-B in Seoul, Korea in June 2023. Representing the National team were Chiara Mei Corbi, Yasmine Isabelle Bonehill and Yong Yuxi Gladys who did our country proud by winning the team gold medal as the only team with 3 clear rounds. Gladys clinched the Gold medal in the individual round and Yasmine secured the 9th spot. Our thanks to all and the Equestrian Federation of Singapore for the support in organising the national team.

SPC's riders clinched several top spots at the National Dressage Competition and at the National Jumping Competition on 12 to 14 May and 26 to 28 May at STCRC and BTSC.

Our Riding Instructors, Daniel Sitranen and Ruelle Laurent will be heading to Europe sometime in August 2023 to purchase six new riding horses as replacements to strengthen our current string of horses. Joining the Riding Academy team in mid-August 2023 will be Viktoriya Russo, our new riding instructor from Italy.

Atoms continues to make history with the inaugural Atoms International Exchange Junior Cup which saw SPC's Atoms Academy team playing with a team from New Zealand in the first of many such exchanges coming our way. Despite being non-handicap polo players, our Atoms players did us proud by putting up a spirited fight with both teams emerging as joint champions as they each won a match. Apart from increasing their polo experience, players had the opportunity to exchange contacts and got to know one another. Simon McDonald from New Zealand did an excellent job commentating on both days. Our guests had a wonderful time enjoying the sights and tourist spots in Singapore while enjoying local fares like chicken rice and an assortment of local delicacies. The Club may be organising a return match in New Zealand sometime in the future.

The second season of the Atoms Polo League will kick off on 19 August 2023 and we expect greater participation despite the season being played over four instead of five weeks. As we continue to improve the level of polo according to the Curriculum/Programmes set out under HPA guidelines, Atoms will continue to raise the standards of polo to the point that every player that eventually passes the test will have to be able to compete with players of the same level internationally. Atoms players would have or will be receiving their personal Atoms report cards soon. They are encouraged to talk to their respective Atoms Polo Pros to apprise them of their individual progress.

Outreach takes on a more macro direction as we engage with four main beneficiaries – TOUCH Community Services, Equal, RDA and HCSA, all of which are IPCs. The inaugural Annual Outreach Polo Tournament finals will be held on 22 October 2023 with the objective of increasing the Club's Outreach funds to support the various initiatives for the community and our beneficiaries. We encourage polo players to take part in this tournament and contribute to the Club's Outreach initiatives which is in line with making our club inclusive and of value to the nation.

Formula 1 Singapore Airlines Singapore Grand Prix 2023 is around the corner and we expect our Club rooms to sell out fast. Do book your rooms early and catch the F1 screening "live" at the Polo Bar accompanied by excellent menus crafted by Coriander Leaf for this major event.

I hope to see you soon at the Club. ■

Warmest Regards,

Sylvan Braberry
General Manager

Calendar of Events

Polo

10 to 31 July
Field Closure

12 August
Sentebale ISPS Handa
Polo Cup

19 August to 10 September
Atoms Polo League

26 & 27 August
Club Cup

19 to 24 September
Fall International Polo Tournament
– Silver Cup

26 September to 1 October
Fall International Polo Tournament
– Gold Cup



Riding

19 & 20 August
SPC Training Show

2 & 3 September
NEC (Jumping)

9 & 10 September
BTSC (Dressage)

23 & 24 September
SPC Training Show

30 September & 1 October
STCRC
(FEI JWC 2023 Leg 1)

Social

5 & 6 August
Atoms and Riding
Overnight Camp

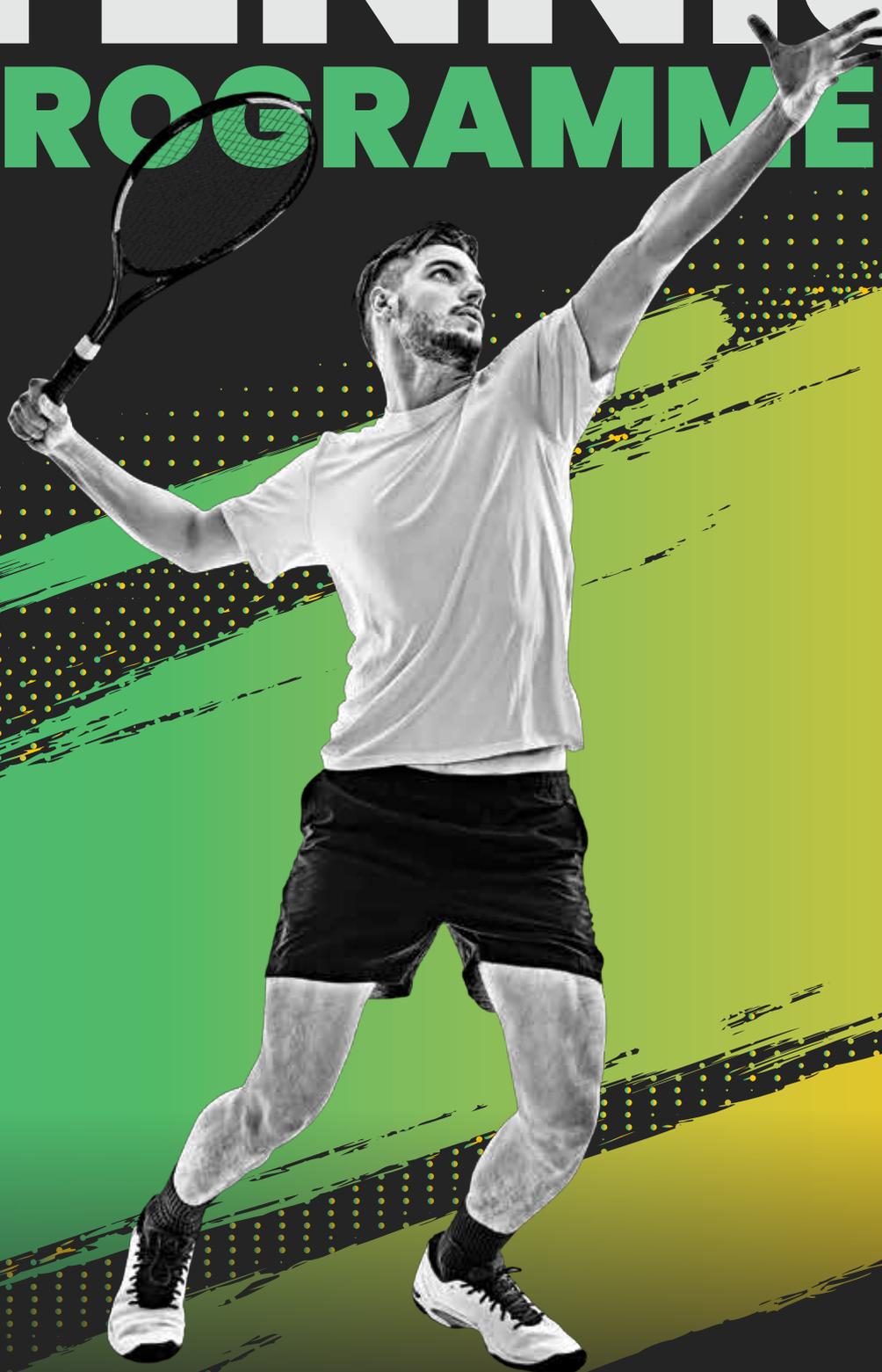
22 September
Atoms and Riding
Lantern Trail
(Mid-Autumn)



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SUMMER CAMPS

JULY

3 to 7

10 to 14

17 to 21

24 to 28

31 to 4 Aug

AUGUST

7 to 11

14 to 18

TIME

10am - 1pm

VENUE

SPC Tennis Courts

AGE

5 - 14 years old

FEE

\$450 excluding GST

ATTIRE

Sports Attire

WHAT TO BRING

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Celebrating 25 years of Polo



Celebrating 25 years of service in an organisation is a remarkable milestone in an employee's career. It symbolises a time to honour their accomplishments and recognise the triumph that accompanies years of dedication and contribution to the company. In this issue, we proudly highlight an exceptional individual who holds a special place in the Polo Community – Mr. Sunny Oh, Polo Admin Manager. With unwavering commitment to the sport, Sunny has become a familiar face at the polo office and across the chukka venues. In honour of his Silver Jubilee with the Singapore Polo Club, we present this exclusive interview, shining a spotlight on his amazing journey.

About yourself and SPC

Tell us about yourself and some of your close friends that you have garnered during your career here.

I am currently holding the position of Polo Administrative Manager. My role involves organising the regular club chukkas and also club and international

polo tournaments. Some close friends I have met at the club include Manyam (Grounds Manager) who assists me during club chukkas and tournaments. Siti Sarinah (Stable Admin Executive) and stable supervisors, Madu, Kumar and Nelson who also help with the daily operation of the polo stables.

Was equestrian your interest all along?

I started riding at the club during my teenage years and I would say that equestrian does hold a significant place in my life.

How special is it to work in an Equestrian setting?

Equestrian working environment is certainly more comforting with the animals and lush greenery around the club as compared to office buildings.

You have completed 25 years at SPC. How does it feel?

25 years is a long time and it was a challenging journey having to overcome the various challenges as the Club progresses over the years.



Sunny (left) with his dad (right)





At the recent Atoms Polo League

How have you seen yourself and the Club grow?

I have definitely grown to be someone with more patience and I've learnt to handle all the various challenges at work. The Club has grown tremendously in the last 25 years with new facilities and a growing membership and I believe it will continue to prosper through the years.

If you look back 25 years and were to give your younger self some advice, what would it be?

I would advise myself that going through a storm will make you stronger.

What's something that you've accomplished in your role that you're very proud of.

I am proud that I have established an organised administrative protocol and the proper running of club chukkas and tournaments. These were not in place when I joined the Club 25 years ago so I had to come up with Standard Operating Procedures (SOP) that made life much easier at work.

What do you enjoy doing when you are not working?

I normally prefer to spend my time catching up with friends over meals when I am not working.



Receiving his 25th Long Service Award in 2022 from our GM, Mr Sylvan Braberry



Sunny at a bowling tournament for staff during his early days at SPC



Sunny (extreme left) during a staff bonding session at SPC in the 90s.

About your job

Tell us about what you do in your job.

My role involves organising the regular club chukkas and also club and international polo tournaments. It also involves the administrative role involving polo stabling and management of horses.

You joined SPC in 1997. How old were you when you joined the Club?

I was 25 years old when I joined the club and I have worked here for 25 years.

How did you join SPC and what prompted you to?

I applied for the job since I grew up with the Club in my younger days so it was a natural instinct for me to work here when I came across the opportunity.

What is your favourite part of your job?

It would be resolving members' queries and problems.

What do you like about working at SPC?

I enjoy the lush greenery and interacting with the horses at the Club .

What are some of the challenges you face in your role?

Having to organise chukkas with different requests from members. This can be challenging sometimes as not everyone understands the constraints in my role.

What keeps you motivated at work?

Having helpful colleagues at work.



Polo moments over the years

Moments at SPC

Share with us some memorable moments at the Club.

I have witnessed action-packed matches on the polo field during International high-goal Polo Tournaments with visiting teams from Malaysia. I also enjoy the exchange working with different Clubs from Malaysia when they visit us.

What's your favourite polo tournament?

The Rolex International Polo and Equestrian Tournaments which involve both polo matches and Equestrian events. There will be showjumping and 6 bar competition and it is always more exciting with visiting teams at the Club.

Have you met any royalties or celebrities?

I have met Malaysian Royalties (Sultans and Princes), Prince of Jordan, Prince Harry, Nacho Figueras, the face of Ralph Lauren.

Do you have a favourite polo horse? Tell us more about your bond with him/her (if any)

I do not have a favourite horse as I like them all.

What are some of the iconic projects that you've worked on?

Polo Tournaments involving the moving of horses to and from Malaysia and also the SEA Games in 2017. We sent a Polo team from Singapore Polo Club to represent the nation and they brought home the silver medal. It was such a proud moment for all of us



Celebrating our Unsung Heroes

Management has a monthly mini town hall session with colleagues from the housekeeping and maintenance departments. Led by our General Manager, Mr Sylvan Braberry, the sessions aim to enhance and close the communication bridge between management and staff.

We hope to lend them a listening ear to resolve any challenges and provide them with opportunities to enhance their roles and duties.



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Assisted Therapy



SINGAPORE
**POLO
CLUB**
ESTABLISHED IN 1886

19 SEPTEMBER TO
1 OCTOBER

Singapore Polo Club FALL INTERNATIONAL POLO TOURNAMENT 2023

THE SPORT OF KINGS IS BACK THIS FALL



SINGAPORE
POLO
CLUB
Established in 1886

ATOMS
POLO ACADEMY

Submit your enquiries to polo@singaporepoloclub.org

Spring International Polo Tournament 2023

A display of polo excellence from the field to the podium.
Here's a recap on the spectacular polo showdowns!



International Polo Professional Siddhant Sharma

Bronze Cup Final – Ismail Cup (Senior)

The Spring International Polo Tournament kicked off with the Bronze Cup held over three days on 27, 29 and the final – Ismail Cup (Senior) on 30 April 2023. With two chukkas round robin matches each day, Team Zee emerged victorious at the Bronze Cup Final. Leading the team was 2-goal freelance polo professional and captain Ang Roon Kai. On the team were polo professional Sanaullah Khan, Tim Zee and Chua Boon Lai/ Sandy Deng.

Polo professional Cody Williamson and SPC Red's captain led the team into 2nd place. Team members include Satinder Garcha, Daniel Chua and Federico Vescovi/ Wu Jiat Hui.

SPC White was in 3rd place with its captain and polo professional, Siddhant Sharma hailing from India. Other team members were Lawrence Khong/ Lee Joo Bae, Ang Ban Tong/ Marie Hesselman and William Peacock/ Emma Gordon.



Team Zee
From left to right: Ang Roon Kai, Sandy Deng, Sanaullah Khan, Tim Zee and Chua Boon Lai



SPC White with the Club's Polo Captain, Mr Daniel Chua (extreme left) and Honorary Secretary, Mr Rickard Hogberg (extreme right)



SPC Red
From left to right: Satinder Garcha, Federico Vescovi, Wu Jiat Hui, Cody Williamson and Daniel Chua



SPC White
From left to right: Lee Joo Bae, Lawrence Khong, Marie Hesselman, Emma Gordon, Jane Drummond, William Peacock and Siddhant Sharma



Colonel Kuldeep Singh Garcha presenting the challenge trophy to Team Zee, winners of the Ismail Cup (Senior)



Runner-up, Team SPC Red with Colonel Garcha (middle) and Committee Member, Mr Wee Tiong Han (in green)

Match moments from the Ismail Cup (Senior)



Colonel Garcha with the first throw-in to mark the start of the Spring tournament

Silver Cup Final – Runme Shaw Cup

The Silver Cup – Runme Shaw Cup Final took place on 7 May 2023, showcasing an intense showdown between Team Zee and SPC Black on the polo field. Led by the skilled Captain Ang Roon Kai, Team Zee assembled a lineup consisting of players such as Waqas Khan, Tim Zee, and Chua Boon Lai/ Sandy Deng. On the other side, Captain Col. Ravi Rathore commanded the charge for SPC Black, with team players Lawrence Khong, Lee Joo Bae/ Ang Ban Tong, and Daniel Chua.

From the very beginning, it was evident that both teams were prepared to leave everything on the field, fiercely battling for victory. The match unfolded as a thrilling back-and-forth exchange, with the outcome hanging in the balance until the very last moment.

However, it was Team Zee’s unwavering determination and exceptional skill set that ultimately propelled them to claim the championship title with the score of 7 vs SPC Black 6.

Their triumphant performance in the Silver Cup Final came hot on the heels of their recent victory in the Bronze Cup Final, cementing their dominance for two consecutive weeks. Most Valuable Players were awarded to Lee Joo Bae and Bruno Mascart.

As the final whistle blew, the euphoria among Team Zee was palpable. Their hard work, dedication, and unwavering spirit had paid off, securing them the coveted Silver Cup.



The camaraderie of polo



Winners of the Runme Shaw Cup
From left to right: Ang Roon Kai, Chua Boon Lai, Tim Zee, Sandy Deng and Waqas Khan



2nd Place – SPC Black
From left to right: Lee Joo Bae, Ang Ban Tong, Lawrence Khong, Nina Khong, Daniel Chua and Colonel Ravi Rathore



3rd Place - SPC Red
From left to right: Federico Vescovi, Satinder Garcha, Bruno Mascart, Wu Jiat Hui, Jane Drummond and Siddhant Sharma



4th Place – SPC White
From left to right: Sanaullah Khan, Clarinda Tjia-Dharmadi, Emma Gordon, Satinder Garcha, Corey Koh and Cody Williamson

A recap of the thrilling match moments



Mr Rickard Hogberg, Honorary Secretary of the Club officiates the start of the Silver Cup



Gold Cup Final – Royal Artillery Cup

The Spring International Polo Tournament concluded with an exhilarating finale on 14 May 2023, as the Gold Cup Final – Royal Artillery Cup took centre stage. Over the course of three intense days from 11 to 14 May, Team Zee and SPC Red emerged as the top contenders, battling fiercely for the prestigious championship trophy.

Under the leadership of Captain Siddhant Sharma, SPC Red entered the final match with an air of determination, accompanied by talented teammates Sanaullah Khan, Lee Joo Bae/ Ang Ban Tong, and Daniel Chua. Meanwhile, Captain Ang Roon Kai commanded Team Zee, supported by Waqas Khan, Lawrence Khong/ Bruno Mascart and Tim Zee.

In a closely contested showdown, Captain Siddhant Sharma guided SPC Red to victory, securing a commendable 5 goals. Nevertheless, Team Zee proved to be formidable opponents, trailing just behind with an impressive score of 4½ goals. SPC Red’s triumph was a testament to their exceptional horsemanship, seamlessly coordinated teamwork and unrivalled polo skills. The players showcased an extraordinary level of precision and finesse, skillfully manoeuvring their powerful steeds with unparalleled control and grace. Their strategic plays and swift,

calculated movements left spectators and opponents alike in awe. The title of Most Valuable Player was awarded to Ang Roon Kai, acknowledging his outstanding contributions to the game.

The enthusiastic spectators were not mere bystanders but active participants in the event. They engaged in casting their votes for the winning team and joined in the divot stomping treasure hunt. Adding to the excitement, the Club hosted a Best Dressed competition, celebrating the sartorial elegance and style that complement the sport.

Beyond the thrilling competition, the Gold Cup Final delivered a captivating spectacle, shining a spotlight on the sport of polo in all its glory. With its rich heritage and timeless elegance, polo continues to captivate global audiences and inspire athletes worldwide. The tournament not only showcased the exceptional talent and skill displayed by both teams but also exemplified the sheer beauty and excitement that polo embodies.

As the Spring International Polo Tournament concluded on a high note, the event left a lasting impression, reaffirming the status of polo as a sport that seamlessly blends athleticism, strategy and grace.



SPC Red – winners of the Royal Artillery Cup



The celebratory champagne spraying



SPC Red

From left to right: Siddhant Sharma, Sanaulah Khan, Ang Ban Tong, Lee Joo Bae and Daniel Chua



Team Zee

From left to right: Bruno Mascart, Lawrence Khong, Tim Zee, Ang Roon Kai and Waqas Khan



Team Zee following close behind SPC Red, determined to close the goal gap



Sanaullah Khan from SPC Red gives Ang Roon Kai from Team Zee a tough chase for the ball



Mr Ernest Tan with a throw-in to mark the start of the first chukka



International polo professional Siddhant Sharma faces an unguarded open shot



Ms Anna Lysenko was the best dressed for the evening



A divot stomp

2023 Atoms Cup Senior & Junior

The second Atoms tournament of the year was held over two weekends on the 20 & 28 May 2023 which comprised of Seniors and Juniors from Level 4, Elite and Atoms with a -2 handicap. The players were exhilarated to be back on the field after the Atoms Polo League back in March. The junior's match saw teams of Atoms Red and Atoms White teams compete in a 4-chukka match, which concluded with a score of 5:6 with Atoms White emerging victorious.

Atoms Red of the senior's match stood against an excellent contender, Atoms White. Supporters of each team were heard

cheering for their favourite players as goals were successfully defended through the 3-chukka match, leaving Atoms Red the champions of the senior Atoms Cup.

Congratulations to all players of the Atoms Cup 2023, with special mention given to the MVPs, Alex Haigh, Ollie Clark and not forgetting the Best Playing Pony, Wanda, ridden by Samara Baidwan!

Look forward to more Atoms tournaments coming to you as soon as the field re-opens!

Junior Players

ATOMS RED

Cory Martin
Ollie Clark
Harnaaz Singh
Tess Baker
Tess Sandstroem

ATOMS WHITE

Finn Martin
Samara Baidwan
Vittoria Vescovi
Scarlett Lowndes

Senior Players

ATOMS RED

Ella Santosa
Alex Haigh
Geoffrey Alcock

ATOMS WHITE

Corey Koh
Jerome Guiral
Martin Landi

The adrenaline ran high across both Senior and Junior matches as both divisions of Atoms Red and Atoms White put up an excellent defence.



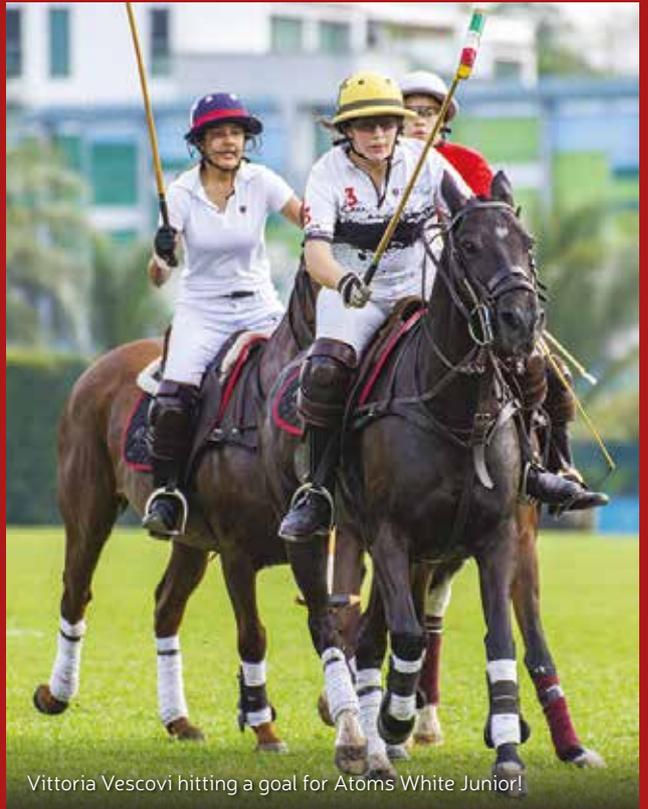
Atoms White trailed after Atoms Red as both teams contended for the ball



Samara Baidwan beaming with pride having rode on Wanda, who was titled the Best Playing Pony.



Alex Haigh revelling in his success after scoring a goal for Atoms Red Senior



Vittoria Vescovi hitting a goal for Atoms White Junior!

Elated faces all around as players of the Atoms Cup – Senior & Junior celebrated their victories!



Atoms Summer Cup

An electrify-ing recap of the exciting moments featuring our Senior Atoms players at the Atoms Summer Cup held on 24 and 25 June 2023.





International Carrots Day

What an adorable way to commemorate International Carrots Day on 4 April 2023! Riders from both our academies got down to some exciting interaction with our ponies and horses.

At the stable, they spent some time bonding with our equines by feeding them with carrots, a first experience for many and had photos taken with their four-legged friends.

The children also made their very own hot chocolate bomb that pairs wonderfully well with a cup of warm milk and chocolate bark. The evening ended with classic games such as the Egg & Spoon race, Marco Polo and Memory Game. We hope everyone had as much fun as we did and we look forward to having all of you back together for another fantastic post-riding activity!

Email atoms@singaporepoloclub.org to be on their mailing list for upcoming events.



All smiles with CJ, our riding horse



Attempting to feed a horse



Playing a memory game



Hot chocolate bomb and chocolate bark to go along



OVERNIGHT CAMPS



Spend a night at the Club and make lifelong friends within both Riding & Atoms Polo Academies.

Look forward to exciting activities and picking up new skills during the camp!

Keep an eye out for more details coming soon.

A Game of Dodgeball

Atoms Polo Academy, in collaboration with SPC Riding Academy, hosted an electrifying Dodgeball event on 31 March 2023. As the sun set on the polo field, teams were formed, battle lines drawn and the covered arena was set for an epic clash. The air crackled with anticipation as participants dodged, weaved, and leaped to avoid the incoming onslaught of balls, displaying lightning-fast reflexes.

Cheers and laughter filled the evening as players executed daring catches and unleashed precision throws, each strike a triumphant moment. With hearts pounding and energy soaring, this unforgettable Dodgeball extravaganza left the children beaming with joy, fostering camaraderie and memories created in a whirlwind of excitement.



Mother's Day Celebration at our Academies

Our riders embarked on a heart-warming journey on 12 May and created a unique gift set for the extraordinary lady in their lives. With their hands covered in chocolately bliss, they meticulously created mouth-watering truffles and crafting DIY lip and body scrubs. But the most profound expression of affection was found in the heartfelt letters they carefully penned, pouring their emotions onto paper, a tribute to the unwavering love of their mothers.

As night fell, they gathered alongside their beloved mothers, sharing cosy moments with a movie screening of "Brave". Relish the captured memories below.



Time to make some truffles



Penning a Mother's Day note



DIY lip and body scrubs are ready!

Email riding@singaporepoloclub.org or atoms@singaporepoloclub.org to be on their mailing list for upcoming events.



MID-AUTUMN

Lantern Trail

Stroll down the jungle trail at night with your very own crafted lanterns, guided by the beautifully lit path as you discover the legends of mid-autumn festival and more.

Lighting your path this September.

Register your interest at

Atoms Polo Academy	Riding Academy
atoms@singaporepoloclub.org	riding@singaporepoloclub.org
6854 3955	6854 3980

My Dad, My Superhero

This Father's Day, the young prodigies from Atoms Polo Academy and SPC Riding Academy unleashed their boundless creativity to create a surprise for their heroes on 16 June 2023. From concocting unique blends of salt to crafting personalised hand-painted coasters, each child presented their father with an enchanting masterpiece infused with love. To wrap the celebration, the children gathered together with their fathers to embark on a magical quest with Teenage elf brothers, Ian and Barley from the movie, "Onward." What a beautiful way for our little riders to commemorate Father's Day!

Email atoms@singaporepoloclub.org or riding@singaporepoloclub.org to be on their mailing list for upcoming events.

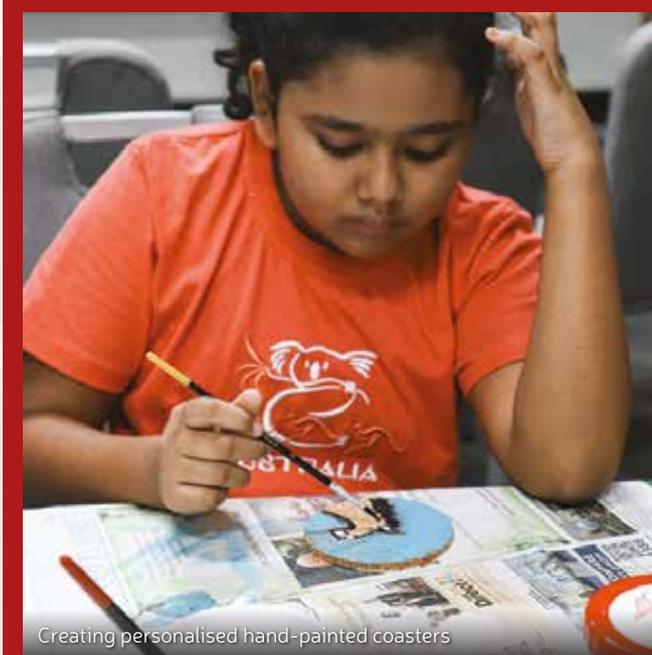
Be part of the excitement!
Follow Atoms Polo Academy on Instagram



Cess, Polo Admin Executive guides the children with their crafts



Crafting uniquely flavoured salt



Creating personalised hand-painted coasters



Watching "Onward"



A NEW TERROR UNVEILING THIS OCTOBER

Register your interest for the Halloween Trail at

Atoms Polo Academy	Riding Academy
atoms@singaporepoloclub.org	riding@singaporepoloclub.org
6854 3955	6854 3980

First Pony Camp of 2023

SPC Riding Academy and Atoms Polo Academy reunited once again for the first Pony Camp of the year. Held over three days from 11 to 13 April, the attendees interacted and learned about our gentle giants through hands-on and theory lessons around the Club. Fresh faces were spotted at the camp, forging new friendships and bridging the two academies.

Pony camps run quarterly, email riding@singaporepoloclub.org or atoms@singaporepoloclub.org to be on the wait list.

Some activities that the children learnt and participated in:

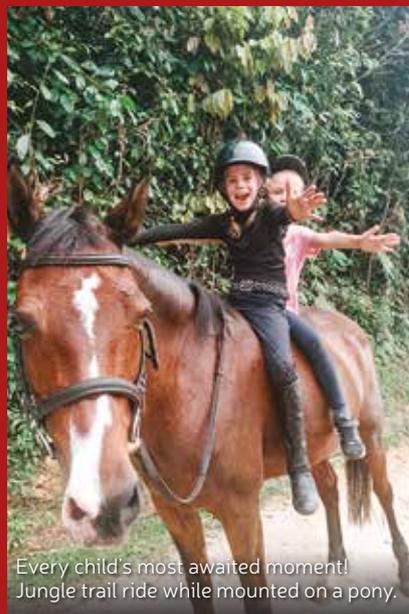
- Groom and shower a horse
- Feed and interact with a horse
- Learning to tack a horse
- Stable management
- Pony rides
- Interactive classroom theory lessons
- Gymkhana Games



Paddock time with our horses



Classroom theory lessons



Every child's most awaited moment! Jungle trail ride while mounted on a pony.



Participants from our first quarter Pony Camp with the organising committee of Atoms Polo Academy and SPC Riding Academy



Trying their hands at grooming a horse



Showering a polo pony



Scrumptious carrots as treats – a first-time feeding experience for some of the camp attendees



All onboard the SPC train!

Pony Camp in June

Featuring the exciting moments from our 3-day Pony Camp from 20 to 22 June 2023. Our little campers interacted with our riding school ponies through various gymkhana activities and equestrian-themed games. They also tried their hands at grooming, leading and riding their horses through a thrilling jungle trail walk.

Pony Camps take place regularly at the Club. We welcome everyone, including non-members to experience the fun!

Join our waitlist by emailing atoms@singaporepoloclub.org.





Getting to know Colonel Ravi Rathore, Our Polo Professional

What are some common misconceptions about polo that you have encountered, and how do you address them?

Firstly, polo is seen as a game of the royals, elites and very rich people, and you need to own your own horses to play this game. However, this is false as there are many clubs and platforms available to everyone to enjoy and play polo. In Singapore, Singapore Polo Club provides a great infrastructure and lovely horses to anyone who is keen to play the game.

Secondly, there is a misconception that you need to start very early in your life to be a good or reasonable player or have a certain particular body type. Polo is a fun sport that people of all shapes and sizes can start at any stage of your life. I have seen people starting to play high goal polo in their 50s and it is never too late to start playing polo.

Lastly, polo is thought to be an extremely risky game. I want to correct that polo is for sure one of the fastest games, making it thrilling, but it is not exactly risky. The risk depends on how you play the game. There are rules and regulations which are made to ensure the safety of the players and horses.

How do you maintain a strong connection and communication with your horse while playing polo?

To me, horsemanship is the most important component for all equestrian disciplines. I was fortunate to have a good beginning and good start. I used to participate in all equestrian disciplines including dressage, show jumping and eventing. My past experiences helped me develop into a skilled horseman, which later on aided me in schooling and training new horses and allowed me to establish stronger rapport and communication with them. When it comes to playing polo, my prior experiences, dedicated practices, time spent training on the saddle do come in handy.

Can you describe the adrenaline rush and the unique feeling you experience when playing polo?

Unparalleled and addictive are two words to describe the adrenaline rush and unique feeling. Polo is one of the fastest games that is being played in this world. Unlike other sport that exists, this sport is played on horseback. The noble horse serves as the player's companion and as a living thing, it has a mind of its own. This would imply that during a game of polo, in addition to competing with other players, players have another challenge of controlling the horses. Hence, making the game challenging and thrilling. Once you start playing polo, you would continue to play it in the future.

A Day with Colonel Ravi Rathore

First and foremost, I start my morning by counting my blessings and being grateful of what I have and achieved in my life. Before I begin my morning lessons, I stretch, practice yoga and other exercises. From explaining the fundamentals of horseback riding to understanding and analysing polo matches, every morning is different for me because each player and member in my four back-to-back lessons has varying skill levels. Simultaneously, the lessons help to strengthen the fitness of the club and members' horses.



At the recent Atoms Polo League

After the last morning lesson at 10am, I would have my breakfast. Then I would head to the office to assist the office staff with coordinating and planning of ATOMS lessons, horses, events, chukkas, short-term goals and long-term goals using my personal experiences. Before 2pm, I would have my lunch and send out the chukka list for the 4.30pm game and list of horses to all the members and supervisors for preparation.

During Tuesday, Thursdays and the weekends, I would play chukkas with the handicap players. I would always end the evening with some stretching and strengthening before spending the rest of my day with my lovely family.

As a polo player, have you ever had a lucky charm or superstition that you believe brings you good luck on the field?

I have two lucky charms. The first is a colourful band inspired by my mentor, Carlos Gracida, a legendary polo player. When I was younger, I watched a lot of videos of Carlos Gracida and noticed that when he plays polo, he wears a colourful band on his helmet. I then asked my mother to make one identical, and have been using ever since I started playing polo. In the later part of my life, I met him and gave him one of my bands which his son now uses. My second lucky charm, my daughter. She brings me lots of smiles and positive energy that makes me feel happy.

Many polo players have different superstitions. For me, I would always wear my left polo boots first whenever I play a game. Over the years, this then become a habit.

If you had to choose a theme song to play every time you entered the polo field, what would it be and why?

I am not a music person but when I was competing in the five World cups for my country, "Hall of Fame" by The Script and "Wavin' Flag" by K'NAAN were the two songs I would listen on repeat. These two songs give me inspiration and make me feel proud to represent my country.



Colonel Ravi (extreme left) with our Atoms players

Have you ever had a funny or embarrassing moment while playing polo that you'd be willing to share with us?

At the age of 17, I began my training to become an officer. I joined the academy team and studied polo in a very military-inspired manner as a part of my curriculum.

Once, I was playing against another academy for an inter-academy tournament. The coach of the opponent team instructed two of his players to mark me during the game because I was one of the strongest players in my academy. In order to keep me out of the game and increase their academy's chances of winning, they were told to ignore the ball and concentrate only on me.

Typically, this rule only applies while the players are on the field. However, under the strong instructions of their coach, the two players were adamant and even followed me to change my horses. This incident was even featured in many magazines!

In a polo match, if you had to ride a different animal instead of a horse, what would be the most entertaining choice and why?

I would ride a camel. I'm from Rajasthan, a northern Indian state that comprises most of the Thar Desert. In Rajasthan, the camel is a common agricultural animal and mode of transportation. In the village I grew up in, we often play camel polo.

Polo matches often involve a fair amount of friendly banter and camaraderie among players. Were there any amusing or memorable conversations or exchanges you've had with your teammates or opponents during a match?

I would like to describe polo as a game that is played with hot blood and a cold mind. It is a competitive sport as everyone tries to perform their best.



Tent pegging at Spring International Polo Tournament 2022

During a game, everyone on your team is a friend and the players who are playing against you are your opponent. Being a gentlemen's game, all players on the field are your friends the moment the game ends.

Could you share a specific moment or match in your polo journey that you consider a major turning point or breakthrough in your success as a player?

In the beginning of my three decades journey, when I had just been appointed as an Indian Army Officer, I was selected to represent the national polo team in the upcoming World Cup. A significant turning point for me as a player was being recognised early in my career among the other players in the profession.

As a result, I had the chance to fly to Argentina and England to play for three to four months with established players from my nation. This helped me to broaden my horizons and improve my capability as a player. The opportunity also brought me a lot of responsibilities on my shoulders but I gained dedication and spirit that stood by me for the next 20 years. Subsequently, I played in five consecutive World Cups for my country - 2003, 2007, 2011, 2014 and 2017 and even served as the team captain for my last two World Cups.

In addition, it was a great honour for me to be awarded with the Arjuna Award for excellence in Polo, India's most prestigious award for sport, by the President of India in recognition of my accomplishments.

What are some of the notable highlights or achievements you have experienced since joining SPC?

Ever since I joined SPC, my journey has been very pleasant and fruitful. One notable highlight I have experienced is being part in the development of ATOMS Polo Academy and carrying everybody along this journey in a structured and orderly manner. Under the guidance and leadership of a brilliant visionary leader, our General Manager, My Sylvan Braberry, the team and I were able to structure and steer ATOMS towards the right direction.

With almost 10 teams, we are further expanding our footprint and framework. This entails enhancing ATOMS's curriculum and adding a wide range of tournaments for various levels, including the Grooms Cup, Family Cup and senior/ junior divisions. Furthermore, out of my first five tournaments in SPC, I was fortunate to have won the title of MVP for four tournaments!

Getting to know Cody Williamson, Our Polo Professional

What are some common misconceptions about polo that you have encountered, and how do you address them?

A common misconception about polo is that it is an exclusive sport. Polo is an inclusive sport as you can play with the whole family. It can be an affordable hobby for a weekend family sport.

Another misconception about polo is that the horses are mistreated. Polo ponies get an incredible amount of care on and off the field. Most players are incredible horsemen, who understand and work with the horse. Vets are always at hand to ensure the wellbeing of the equine athletes. Polo horses love to play the game. Horses are naturally competitive in the wild, running as fast as they can to beat each other. Before the game and during a chukka, you can feel the excitement and adrenaline of the horse as they compete against each other to win the play and get to the goal first.

How do you maintain a strong connection and communication with your horse while playing polo?

Maintaining a strong connection with your horse while playing is crucial to performing at the highest level. Before and after the game I check the overall condition of each horse to make sure they are physically and mentally fit to perform. During the game I focus on the horses' strong points and try to build their respective weaknesses. I monitor the horses breathing and stride in order for me to better understand each horse as they are all unique and different.

Can you describe the adrenaline rush and the unique feeling you experience when playing polo?

Polo is a thrill like no other. You are working with an animal which has a mind of its own. Playing polo is like sky diving with more control of the outcome. The unique feeling of exhilaration as you gallop down the field while controlling a bouncing ball, heading towards the goal, cannot be compared to any other sport or feeling in the world.



Cody at the Spring International Polo Tournament 2023

A Day with Cody Williamson

The day starts at 6.30am by checking the condition of the polo field, to ensure the safety of the horses and members. Thereafter I prepare for my first lesson which begins at 7.15am.

I conduct lessons until 10am. After my last lesson in the morning, I go to the Atoms Polo Loft and report to Cess, giving feedback on lessons and preparing for afternoon lessons.

During my lunch break I enjoy watching polo games and sorting out my farm activities in South Africa. Afternoon lessons commence at 4pm until 6:10pm on non-polo days (Wednesday and Friday)

On polo days (Tuesday, Thursday, Saturday and Sunday) lessons commence at 4pm and end at 4:40pm as I play club chukkas at 4:45.

As a polo player, have you ever had a lucky charm or superstition that you believe brings you good luck on the field?

I say a prayer for my protection and safety before I get on the horse. I have a habit of always putting my right boot on first. I believe these two things bring me good luck.

If you had to choose a theme song to play every time you entered the polo field, what would it be and why?

One of the theme songs I play before I play is "Nkalakatha" by Mandoza. This song gives me a boost and it pumps me up.

Have you ever had a funny or embarrassing moment while playing polo that you'd be willing to share with us?

While playing a practice in South Africa, I cantered through the goals and as I was turning my horse, she slipped and fell. My horse was unharmed and stood up, I on the other hand stood up only to notice my jeans had torn in a rather embarrassing manner. I had no choice but to get back on and continue the practice with my jeans torn through the crotch.



Watching an intense moment unfold in front of him



Cody in action at this year's Atoms League



With his Atoms team



Zebra polo



Cody (in red) featured with Head of Atoms, Mr Sylvan Braberry (middle) and fellow colleagues from Atoms Polo Academy

In a polo match, if you had to ride a different animal instead of a horse, what would be the most entertaining choice and why?

I would ride my zebra, Kuba. I hand raised her from a foal. She is fairly well trained and has done some stick and ball already. I would say this would be my most entertaining choice as horses are often nervous to come near a zebra, this would give an advantage as I could go the length of the field without the defending team being able to ride me off or hook my mallet.

She is also very aesthetically pleasing so she would make a great model.

Polo matches often involve a fair amount of friendly banter and camaraderie among players. Were there any amusing or memorable conversations or exchanges you've had with your teammates or opponents during a match?

During the 2022 EG Championship tournament at the Swartberg polo club, I had scored 3 goals on my best mare, Piano in the second chukka. While on a breakaway towards the goal, my mallet head broke off as I was hooked by Tysen O'Sullivan. I managed to hit the ball with the cane of the mallet, from the half way line until finally missing it on the 30-yard line. The most amusing part of that passage of play was that Tysen who was following behind me expecting me to miss the ball

kept saying "No way", "Not again", "How are you doing that?" I was laughing the whole way throughout the play.

Could you share a specific moment or match in your polo journey that you consider a major turning point or breakthrough in your success as a player?

Playing in the 20-goal tournament in Brazil. Playing with Nachi Du Plessis at that level really opened my eyes to a new speed, a new style and completely different way of thinking about the game.

It taught me about the importance of marking a man when on the polo field and if you don't do the basics right, you will be penalised on the scoreboard.

What are some of the notable highlights or achievements you have experienced since joining SPC?

A highlight for me since joining the Singapore Polo Club has been playing in the Silver Cup. The Silver Cup was a tightly contested tournament with well-balanced teams. The polo was enjoyable and the horses were top class.

Tournaments are the best way to improve as an overall polo player as you are put under pressure and you perform to the best of your ability.

Polo on with India's Ace Polo Professional Siddant Sharma

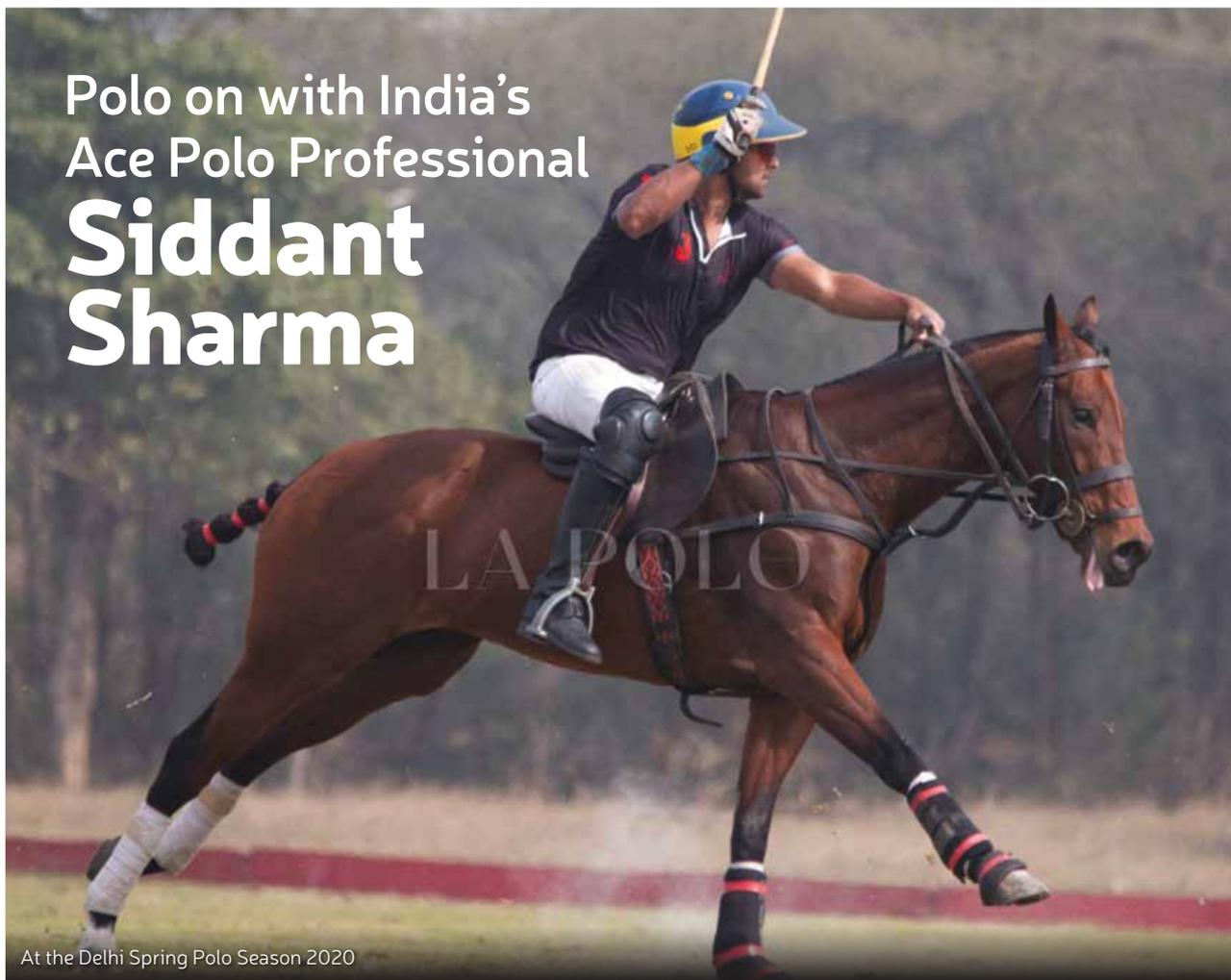


Photo credit: La Polo, India

At the Delhi Spring Polo Season 2020

Our editorial team caught up with 4-goal polo professional, Siddhant Sharma from India when he was here for our Spring International Polo Tournament 2023 which kicked off on 27 April at the Club. He shares his views on how Polo has evolved over the years and his polo regime.

Tell us about yourself.

I'm a professional polo player and play off 4 goals. I am based at the Jindal Polo Club located in Noida which is out of New Delhi.

When did you start playing polo?

I started playing polo in 2010.

How supportive is your family in your career?

My family has been a huge support system and has been very positive since the very beginning. I am very grateful for that.

What's one thing you can't live without?

Polo without a doubt.

What is your favourite destination to play polo?

In India I would say the Jindal Polo Club would be my favourite since it's got the best infrastructure.

Internationally, I don't think anyone can beat Argentina. It's always a different kind of vibe when playing there.

What would you have pursued if you were not a polo professional?

I did play tennis quite frequently before polo so I would like to think it would have been a career related to that.

What are your future goals?

My future goal is to hopefully reach 7-goals someday. Presently, I am working towards reaching 6-goals within the next few years. I am also constantly working on my horses and try to be as well mounted as I could- this is a never-ending journey which I am still learning.

About Singapore Polo Club (SPC)

Is this your first visit to Singapore and the Singapore Polo Club?

This is my first visit to Singapore Polo Club but I've visited Singapore a few years back.

What's your first impression upon reaching the Club?

The positive aura. The Club has got a good infrastructure and the Atoms Polo Academy is a great initiative with an amazing concept of giving young people an opportunity to play and excel in this sport. It also helps further that the Academy has got a positive team of polo professionals who go all out to nurture the students which is integral to the school's growth.

Describe SPC in one word.

Positive.



Siddhant pictured with Argentinean umpire Matias Baibiene, Colonel Kuldeep Singh Garcha and Atoms Polo Academy's Lead Polo Professional, Colonel Ravi Rathore during his recent visit to the Club

About the Sport

How do you prepare for a major tournament?

Polo is all about being prepared and organised. Pre-tournament I pay a lot of attention to my horses and ensure that all of us are mentally and physically ready. I also put together a team of players who excel at a certain position and have a common goal – the hunger to win. We go through videos together and arrange team meetings to get the best results.

How different is this sport played in Singapore versus your hometown?

Polo is played at different levels in India and Singapore so it's a tough comparison.

What's your favourite part of this sport and the least liked side about it.

The horses and adrenaline rush would be my favourite part of the sport. The least liked side is when the horses fall sick or get hurt.

Tell us more about your polo ponies back home.

I attempt to train most of my horses myself and I am fortunate to have a great team of good grooms working hand-in-hand with me along with a very experienced rider who recently joined me and he contributes in keeping the string in top shape too.



Siddhant at our Spring International Polo Tournament 2023

How does it feel playing in a mixed team match with the ladies?

The beauty about this sport is that it's handicap rather than gender based. Women polo is growing stealthily and it's really competitive playing with the ladies. I love how positive the industry is in accepting female polo players.

Are there any female polo players that have inspired you?

Yes many – Nina Clarkin is one such player and it's amazing to see her play at top levels and high-goal tournaments.

Polo and Fitness

What's a typical day like for you before and after a polo match?

I head over to see the horses in the morning to check if they are feeling well and if they need to be ridden. I do a lot of stretches and ensure I am feeling a 100%. A good meal helps me de-stress, remain well-rested and get into tournament-mode. After the game, I head to the stables to check on the horses again and see if they need any medical attention. Following that, I arrange for my physiotherapist to check on my injuries, if any.



Siddhant (extreme right) at an overseas tournament

Share with us your exercise regime. How many times do you train or exercise in a week?

I try to workout at least 5 times a week and ensure that I do a mix of swimming, weight training, pilates, running etc. Off season the routine continues as it's essential for me to stay fit and repair injuries.

Are you on any special polo specific diet?

I'm not on any specific diet but I always ensure to stay as lean as I can by eating a balanced diet.

What's a polo tip to share with those intending to take up the sport?

One will need to stay focus on riding and horsemanship first, the rest will flow through naturally.

How have you grown mentally and physically from playing polo?

Yes this sport teaches you a lot of things and over the years. I have indeed grasped skills which have helped me in other dimensions of life.

Have you ever taken a break intentionally from polo?

Intentionally no but I do occasionally take a couple of breaks to rest and recharge. I love what I do too much to completely take a break.

A Chat with World Renowned Polo Umpire Matias Baibiene

We had the golden opportunity to have a chat with internationally renowned Argentinean umpire, Matias Baibiene during his recent trip to the Club for our Spring International Polo Tournament 2023. He shared his umpiring moments, the challenges that came along with it and revealed his favourite polo destination.

About yourself

When did you start playing polo?

I started playing polo when I was 15 years old and my first polo moments were at the Torres Zabaleta field in Coronel Suárez. It is an island located in Argentina.

How supportive is your family in your career?

They have been adapting to my lifestyle quite well. As a polo professional, I spend a fair bit of time travelling to play polo and I lose out on important family moments but they have been pretty understanding with that.

What's one thing you can't live without?

Love. Haha.

What is your favourite destination to play polo?

Sotogrande in Spain. It is every polo player's dream haven.

What would you have pursued if you were not a polo professional?

I would have been a tennis player – another sport that I play and take an interest into.

What are your future goals?

I currently hold a 4-goal handicap and I hope to be a 5-goaler in time to come.



About Singapore Polo Club (SPC)

Is this your first visit to Singapore and the Singapore Polo Club?

Yes, it is.

What's your first impression upon reaching the Club?

I liked how conducive the venue felt. It hit a "close to home" kind of feel and I was so impressed with the beautiful clubhouse.

Describe SPC in one word.

Warmth.



Matias at an international tournament

All about Umpiring

What do you enjoy more? Playing polo or umpiring?

I presently prefer umpiring.

When did you start umpiring matches and what sparked your interest in this role?

I started umpiring as a hobby in 1999 after I stopped playing polo due to work reasons. It was a challenge but it came through as something that I really wanted to do. I now umpire professionally.

What does it take to be an umpire?

Personality, courage and a desire to learn.



From left to right: Committee member, Mr Wee Tiong Han, Colonel Kuldeep Singh Garcha, Matias Baibiene, SPC's Vice-President, Mr Satinder Garcha and International Polo Professional, Mr Siddhant Sharma



Matias (front row, extreme left) at our Runme Shaw Cup Final

Which is harder – playing or umpiring?

They are two different careers but I will choose umpiring anytime. The career of a referee is similar to that of a pilot, lots of flight and still learning something at every tournament.

Are there any female umpires that you look up to?

Female umpires are uncommon for the polo industry now but I'm sure we will have lady umpires filling the seats soon.

How many umpires are mandatory in a match?

It depends on the country, the level of polo played and the handicap. Ideally it would be having at least two umpires for international matches. Aside from game mechanics, you

have players' personalities and discipline to deal with and it's a very difficult task to run a one-man show in a match by staying fully focused.

What was the first match that you umpired? Share with us any memorable experience from it.

Kid's Polo in General Rodríguez, Argentina. It was an amazing feeling to see young kids on horseback passionate about the sport and giving their 200%.

Does match fixing happen in Polo? How do you find out if a match is indeed fixed?

Though not frequently, yes it does occur. You will realise it quickly through the intensity of the game. There's usually a lot of referee blaming, arguments between players which puts the umpire in an awkward situation. This is to usually distract the spectators and push the blame towards the referee. Most of the times, you feel like getting yourself out of the field but I am glad that I persevered through them all.

Which is your favourite tournament to umpire, low-goal or high-goal and why?

The Argentine Open which is a high-goal tournament. I love the speed and intensity of this particular game. I've umpired 13 Open Finals, 2 US Open Semi-Finals and tournaments in almost all parts of the world like Dubai, France, Italy, Portugal, Mexico, Brazil, Uruguay, Venezuela, Thailand and Iraq.

What is the one common foul that is committed on the field?

Crosses.



At our Spring International Polo Tournament 2023



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Snow Polo World Cup St.Moritz 2023 Opens On High

The Snow Polo World Cup St. Moritz organizers pulled out all the stops to make this year's tournament happen. With doubts over consistent ice depth on 27 to 29 January 2023, the team has worked double shifts, around the clock, even using helicopters to fly in the infrastructure.



Founder and organizer Reto Gaudenzi comments, "It was built in ten days only, with 220 tons of equipment—the equivalent to the weight of 80 elephants! We worked day and night; it's a miracle that we finished it all. The almighty must be a polo player because he has organized perfect weather—it is cold for the ice, but sunny for the spectators and we are sold out!"

The first match saw last year's champions Azerbaijan Land of Fire take on Flexjet. With the team unchanged from their win in 2022, Azerbaijan Land of Fire came out of the starting gates with a well-drilled rhythm, which saw powerful teamwork combined with individual skill. Tito Gaudenzi seemed in excellent form with a very impressive goal from 60 yards out.

Flexjet, on the other hand, seemed hesitant and the half-time score reflected this. It rested at 5 goals to Azerbaijan Land of Fire and nothing in reply from Flexjet, with just a half goal handicap advantage on the scoreboard. The second half was a different matter with Flexjet finding their snow form, scoring three goals in the second half. However, it was a case of too little too late, and Azerbaijan Land of Fire capitalized on their early success to bag a 5 to 3.5 win.

The second match was a family affair with World Polo League led by Melissa Ganzi, the first ever woman to win the tournament back in 2019, joined by her son Grant. Meanwhile, in opposition, Spencer McCarthy and his son James joined St. Moritz stalwarts and five times tournament winners, Max Charlton and Nacho Gonzalez.

St. Moritz began with a 1.5 goal handicap advantage, but World Polo League's Melissa, showing her experience on the ice and keeping a cool head, calmly scored from the penalty spot to get World Polo League onto the scoreboard. St. Moritz finally found their form in the fourth chukka, taking the lead for the first time in the match with just three and a half minutes left. World Polo League, on the other hand, were unable to reply—and Nacho Gonzalez and his teammates bagged him the best birthday present with a win in their opening match.



To end a perfect day of adrenaline-fueled action, the last two teams took to the frozen lake to do battle. The man that can, Nic Roldan, opened up the scoring for Clinique La Prairie with an impressive field goal. He followed it up with another 3 goals to single handedly notch up the winning 4 goals for his team. The Kusnacht Practice, while strong individually, with the highest handicapped player in the tournament—Alejo Taranco impressive at back, kept the pressure on throughout. However, they didn't quite find their groove in time and notched up only 3 goals in reply.

About POLO LADY:

POLO LADY is the only international magazine for women in polo. Since its launch in 2015, the magazine has received the attention and support of the whole polo community worldwide. As the biggest and most prestigious polo magazine for women, it covers the thrill of the sport, inspirational women, and the pleasures of luxury living. Throughout the years, POLO LADY Magazine has gained a loyal readership from around the world and has empowered thousands of women in polo.

POLO LADY Magazine has built strong relationships with big names in the women's polo scene. It has been the official media partner of La Dolfina Ladies' International Diamond Cup, USPA Women's Open, Copa Volvo, Ibiza Ladies' Cup, Sotogrande Mixed Cup, Women's Polo Master, Open De France Feminin, Snow Polo World Cup, and many more.

To continue living up to its mission, the print edition of the POLO LADY Magazine is distributed to the best polo clubs, displayed in top tournaments, and delivered to our loyal patrons and generous sponsors.

Youth Polo Player Veer Bajaaj

Veer is 14 years old, though born in New York, he has lived most of his life in Zurich, Mumbai and Singapore. Veer inherited his passion for horses from his grandfather and has been riding all his life. He started with Dressage at the Amateurs Riders Club in Mumbai and is now a keen Polo player having picked up the sport at SPC since 2022. He continues his passion for Polo both in Mumbai and Singapore – Veer also enjoys Cricket, Golf, Tennis & reading about World Affairs.

Veer is one of the budding youth polo players at the Atoms Polo Academy. We had a chat with him post-tournament as he shares about this exhilarating sport.

Tell us about yourself.

When did you start playing polo?

I have been riding since the age of 7 and I inherited the passion from my grandfather. As for Polo, I specifically took it up on a more serious note last year at the SPC.

How supportive is your family in this sport?

My family is extremely supportive to the extent that I spend most of my free time at the Club taking lessons or practicing.

How did you get interested in polo? Are your parents or siblings into this sport?

The interest started in India when I was taking up Dressage lessons but I did not pursue it till very much later. Though my mother rides, I'm hoping she picks up the sport.

About SPC and Atoms Polo Academy.

What do you like about Atoms Polo Academy?

The Academy caters to my learning and growth in a very personalised manner. From the stable boys, to the admins & to the instructors, everyone takes the interest to find out about my growth and coach me in every way possible.

Have you visited the Atoms Club Room? Share with us your favourite pastime there.

I have not visited the Atoms Club Room yet but am looking forward to it in the future.



Other than polo lessons, what do you enjoy most at the Club?

I love all the activities at the Club, especially Tennis. All the coaches are extremely nice and make lessons fun. I have also made a lot of friends here and I enjoy being with them. Swimming is another favourite activity that I indulge in.

How does it feel to be a part of Atoms?

Simply put, it just feels great! I feel a sense of belonging and support all the way from the instructors to the admins. Through Atoms, I have made many valuable relationships with extremely talented people.

About Atoms Polo League.

Share with us your experience in participating at the recent Atoms Polo League. Was this your first tournament?

This was my first tournament and Colonel Ravi and his team helped gear me up for it. I just loved it and I cannot wait to participate in more of such tournaments. The tournament gave me the competitive spirit and sparked my learning as well. It was not just me benefitting from it but the entire Atoms community.

Did you face any challenges during the tournament?

How did you overcome it?

As this was my first tournament, I was a little nervous. I wanted to play well and perform my best and most importantly not let my team down. My coaches and teammates helped me overcome and perform my best. I doubled up my training and worked on calming myself down. I also reflected on how I had played at the previous matches so that I could improve on my skills.

Share with us how it was like playing in Pink Tornadoes?

Any memorable incidents?

My teammates were exceptional and really supported me throughout the tournament. They were extremely inclusive. Thank you everyone! I scored my first ever goal, a memory that will always stay with me and so will Pink Tornadoes, my first team that I was a part of!!



Polo moments at the Club



Veer (extreme right) with his teammates from Pink Tornadoes

About the Sport.

Do you own a polo pony? If you do, tell us more about your relationship with it. If not, let us know the name of your favourite pony at the Academy.

I do not own a pony yet but hopefully soon. My favourite horses to ride here at the club would be Caramello and Paghani.

Who are you taking lessons with and what's your favourite lesson?

I take lessons with Colonel Ravi, Cody and Sani Khan. All are exceptionally talented coaches. I really enjoy my lessons with all - Colonel Ravi has made me grow as a player, Coach Sani curates the best lessons & Cody brings on his positive energy on the arena.

Share with us your experience in participating at the recent Atoms Polo League. Were there any challenges?

It was a great experience! The league created a great community which was awesome. Since it was my first tournament, I encountered some challenges like the match dynamics and applying the rules of the game. But I became more comfortable after playing my first match.

Chukkas take place regularly at the Club. Have you watched one?

Yes, I constantly watch chukkas. I take up Tennis lessons at the club and I am usually 10 to 15 minutes early. While waiting, I catch the weekday training chukkas. I just love it and it motivates me seeing the seniors play.

Polo & Fitness.

What's a typical day like for you?

School and homework take up a large part of my day. Apart from Polo, I also play Tennis, and the Tabla (Indian percussion instrument). Whatever spare time I have after these activities are devoted to friends and family.



Veer (front) at the recent Atoms International Exchange Cup

How many days a week do you train?

I train twice a week at the Club on a regular basis. My mum adds in an additional coaching session if I am free. I also do self-rides which help boost my confidence and now since I'm level 4, I eagerly look forward to Stick & Ball sessions!

Have you been on any Polo Holidays?

I have not been on a polo holiday yet but I'm looking forward to going on one in the future.

What would you like to say to anyone intending to take up polo?

In my opinion, Polo is one of the hardest and most exhilarating sports in the world. Although it can get a bit overwhelming, the relationship one builds with the animal is truly amazing! As a new rider, one should always ask lots of questions as that will help you grow as a player.



ATOMS POLO LEAGUE

ATOMS POLO LEAGUE

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ATOMS POLO LEAGUE

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- Classes are 45mins each and held on Tuesdays, Wednesdays, Fridays & Sundays
- Registration fee at \$125 w/GST per year and rally fees at \$88 w/GST per month*

* Fees includes a SPC T-Shirt and course materials.

Sign up now at the riding office or email ponyclub@singaporepoloclub.org

ONLY ACADEMY



SPC Young Rider, Nyrah Dhariwal

SPC Riding Academy's youth rider, 17-year-old Nyrah Dhariwal shares about her local and international riding journey. Having gotten onto the saddles at the age of 4, she reveals how she juggles school and her passion for riding.

When did you start riding and how old were you?

I lived in Upstate New York where there were a lot of stables and equestrianism was an extremely prevalent sport. I was 4 years old when I started riding. However, upon moving to Singapore at the age of 7, I took a break from riding. I restarted at SPC at the age of 11 and I have been riding ever since.

When did you join SPC and what do you like about the Club?

I joined SPC in 2017 when I was 11. Something I really appreciate about the club is the positive environment visible both in and outside the riding arena. During my lessons, I have formed great friendships with my fellow riders and during competitions or otherwise, I have always felt supported and motivated by my fellow riders and coaches.

How long do you train and how many days do you train in a week?

I currently train 4 times a week with 2 dressage lessons, 1 self-ride and 1 jump lesson.

How do you find time to juggle between school and riding?

I find riding to be a reprieve from the stresses of school. Especially being in 11th grade this year, my workload has increased immensely, relative to my stress levels. For the 45 minutes during my riding lessons, I feel like I am able to push all the stress from school to the back of my mind and focus myself entirely on my training. My lessons provide a nice rest from schoolwork that allows me to refocus and realign myself and I find that I often come out of my lessons more energised, happy and focused.

However, in the interest of my academic success, I have all my riding slots concentrated on the latter part of the week (Thursday, Friday, Saturday, and Sunday) so I can spend the remaining school days focused on my academics and other extra-curricular activities.

Any interesting experience/ encounter?

Every time I compete with a horse for dressage and have to braid their mane, I would have my mum come with me. Throughout the years, I have noticed a common trend - all the horses seemed to like her more than me! I got to admit that when I was younger, I was perplexed and maybe even slightly envious, but now I think it's lovely that they all like her so much and it's great to see my family bond with the horses.

Do you ride on your own horse or is there a favourite horse that you enjoy riding?

I currently lease CJ, but I have spent extensive time riding Rebell and Boris. While I believe every horse I have ridden has provided me with a valuable learning experience, Boris has a special place in my heart. I began riding him when I was in the 7th grade and continued riding him for about two years or so.



Prior to Boris, I had ridden various other horses and ponies but none for extended periods of time. On my first lesson with Boris, I could barely get him to trot for the entire duration of the lesson and I only managed to canter him for a short period of time before he broke into a trot.

“You should never limit yourself or deem anything impossible.”

However, I found myself elated to see that I was riding him again the next day. Boris is a challenging, stubborn horse and my time riding him taught me how to take control of the horse, not vice versa. He was stubborn and unrelenting, but after a certain point, so was I.

He was the first horse I ever competed with and I remember how surprised people were that he was competing in dressage. We ended up finishing with 67% in the Pony Club C Test. Boris was the one who helped me develop important technical skills, such as use of riding aids, that I have been able to apply to my experiences with other horses and that have helped me succeed with both Rebell and CJ.

Furthermore, he taught me that as a rider, you should never limit yourself or deem anything impossible. Nobody would have thought that Boris would compete at dressage but we did together and did so quite successfully! Adopting this mindset has really allowed me to flourish in my riding career and has allowed me to improve immensely with CJ.

Who is your idol in terms of riding?

My idol would probably be Charlotte Dujardin - I loved watching her compete when I was younger and I really respect her relationship with her horse, Valegro. However, while my personal focus in riding has been largely on dressage, I do enjoy watching the US show jumping team compete - specifically McLain Ward, Beezie Madden and Jessica Springsteen.

Have you participated in any training shows, interclub shows, nationals or world championships?

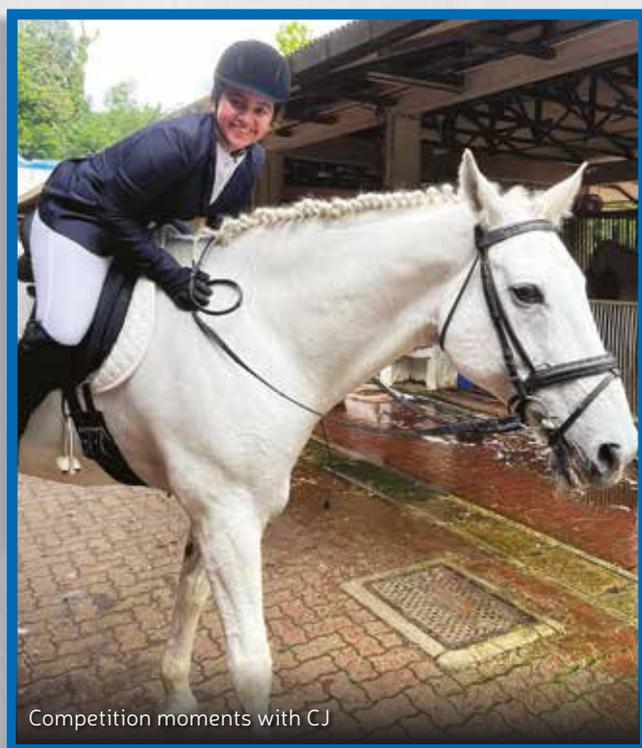
I have competed in both training and interclub shows. I currently compete at the Novice level.

“Taking risks and stepping out of your comfort zone are vital to progression in riding.”

Have you visited any riding clubs overseas or engaged in any riding activities? Tell us about the experience.

My dad and I have a tradition where we try to go riding in every country we visit. When we go back to the US during the summer break, I usually take up riding lessons in my hometown, but otherwise I've gone trail riding in some pretty cool countries. The most memorable would probably have to be Iceland and Tanzania.

In Iceland, I had the wonderful opportunity to ride an Icelandic horse in the beautiful, snowy landscape of the countryside. Icelandic horses have a fifth gait named the tölt, which is essentially the pace of a trot without its usual bounciness - it was super fun to experience. We also got to gallop the horses a couple of times, which was exciting in our given terrain.



Competition moments with CJ



With Icelandic horses

During our visit to Tanzania, my dad and I went on a trail ride and we got to ride up close to a herd of zebras grazing! It was so surreal to be so near to them outside of a motorized vehicle. It was also lovely walking through the Tanzanian terrain - at the end of the trail we got to gallop through the grassland. While my most memorable experiences riding abroad have been in Tanzania and Iceland, I have also ridden in a variety of other countries, such as Australia, Turkey, New Zealand and India. I hope I will be able to come across similar opportunities to ride in Spain and Morocco when I visit this summer.

What's your advice for someone intending to take up riding?

Don't hesitate at all! Horse riding is such a fun sport and teaches you many valuable skills you may apply to other aspects of your life such as communication and planning skills. Furthermore, your mindset is key to your success in horse riding. If you let fear or doubt overtake you, you will never be able to improve. Taking risks and stepping out of your comfort zone are vital to progression in riding. Like every sport, there are highs and lows, and it's important to remember that each horse is different and you, as a rider, are working with animals. Don't beat yourself up after a bad lesson, but understand where you have opportunities to improve and take criticism as a gateway through which you may progress.

What are your future plans and ambitions, where do you see yourself?

I am planning on attending college in the United States in 2024 upon graduation, majoring in International Relations with a concentration in Middle Eastern studies. I would like to pursue a career in the US State Department, eventually holding the rank of ambassador. I am interested in international relations because I have an immense interest in exploring new cultures and the relationships between various nations. Furthermore, I have completed ample research and academic papers on the relationships pertaining to the Middle East & North Africa. I also speak 8 languages: English, Hindi, Punjabi, Spanish and Italian fluently and am currently studying French, Arabic and Farsi. While my interests and focuses moving forward will be largely academic based, it would be lovely to continue to have opportunities to ride in the US.

Yasmine Bonehill Clinches Gold at the 4th AEF Showjumping CSIJ B in Seoul

We catch up with Yasmine Bonehill after her first international win at the 4th AEF Showjumping competition in Seoul last month. She talks about her riding plans to date, her competition preparations and her future goals for this equestrian sport.

About Riding

When did you start riding and how old were you?

I've been riding for about 7 years.

When did you join SPC and what do you like about SPC Riding Academy?

I joined SPC when I was 9 years old. My favourite thing about the SPC riding academy is the community and the people you meet.

How many days do you train in a week at SPC?

I ride 6 days a week. I do 2 jump lessons, 2 flat lessons and 2 self-rides.

How do you find time to juggle between school and riding?

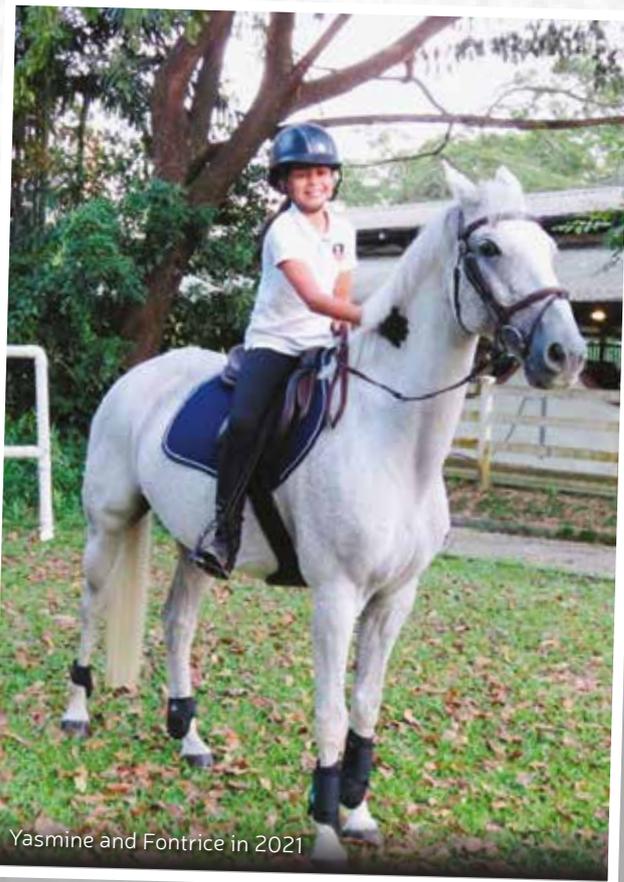
Although it's hard to juggle school and riding, it's easier if you stick to a schedule and plan out your week.

Do you ride on your own horse or is there a favourite horse that you're comfortable riding on?

Yes, I ride my own horse. Her name is Fontrice!



At an SPC interclub few years back



Yasmine and Fontrice in 2021

Who is your idol / someone you look up to in the equestrian world?

My riding idol is definitely my instructor Edric!

What is the most valuable lesson you've learnt from your Riding Instructor?

The most valuable lesson I've learnt from Edric is to never give up and that practice makes progress. He constantly pushes me to work harder and become a better rider.

About Competitions

Have you participated in any training shows, interclub shows, nationals or world championships?

I've participated in a lot of inter clubs and a few nationals. Fontrice and I actually won the 110cm championship at this year's National Jumping Championships!

Have you visited any riding clubs overseas or engaged in any riding activities? Tell us about the experience.

I enjoy riding in Bali, either at the Bali equestrian centre or just riding on the beach.

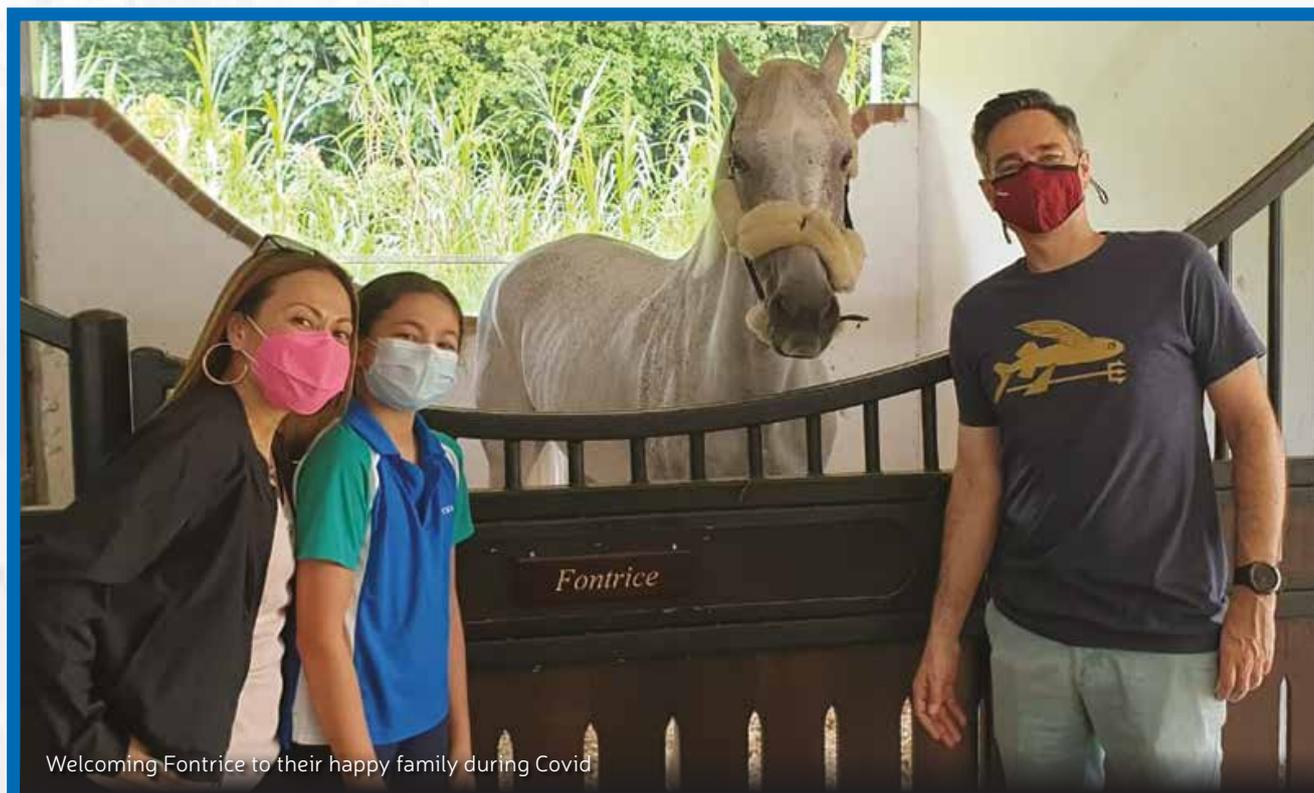
About the AEF Showjumping CSIJ B, Seoul 2023

How was the experience of participating in this regional tournament?

I think it was a really good experience and I learnt a lot about how international competitions work. I loved getting to meet new people.

Team Singapore achieved a gold in this competition. Is this your first international win?

Yes, this was my first international win, at my first international show!



Welcoming Fontrice to their happy family during Covid

Were there any memorable incidents?

One thing I will always remember is meeting all the teams and trading pins with them at the welcome dinner.

Our riding instructor Edric was appointed Chef d'Equip for this tournament. What was your first reaction when you found out?

I was super happy when I found out Edric was the appointed Chef d'Equip because Edric knows how I ride since I train with him and I felt more comfortable going with a coach that knows me.

Share with us your training schedule leading up to the big event?

Something that I did to prepare for Korea was to swap and ride my friends (Elly and Nikki Poh's) horses to try and get used to riding other horses and not just riding my own.



With her close riding buddies at the Academy



With her team mates and coach, Edric Lee

Future Goals

What's your advice for someone intending to take up riding?

My advice would be to just keep going and to have fun. Even when you feel discouraged, you should still persevere because the end result will be worth it!

What are your future plans and ambitions?

My future plans are to improve and do more international competitions and hopefully represent Singapore at the SEA games in the future.

Do your parents ride? How supportive are they with your hobby?

Neither of my parents ride but they are both super supportive and always attend my shows and lessons. I definitely wouldn't be able to do it without them!

Great Start to 2023

Our riding academy students had a wonderful start to the year at our February training show which was graced and judged by renowned equestrian coach, Sean Hope.

Held over two days, the dressage and show jumping categories saw tough competition as everyone competed for the top placings. Overall, it was a nice warm-up to the year's exciting equestrian calendar.

Here are some snippets featuring the winners from various categories!



SPC March Interclub

Congratulations to our riders for the fabulous win at our first interclub Dressage show held on 11 and 12 March 2023.

Presenting our winners for the various categories!



Results Day 1

EA ADVANCED 5.1 (EFFECTIVE 2023)

1st place:

Megan Ding on J'Adore with 67.973%

EA MEDIUM 4.1 (EFFECTIVE 2023)

2nd place:

Lara Baker on Ballantines with 62.778%

EA ELEMENTARY 3.1 (EFFECTIVE 2023)

1st place:

Tess Baker on Hilkens No Kidding with 66.714%

EA NOVICE 2.1 (EFFECTIVE 2023)

1st place:

Gina Lim on Heathrow -W with 71.923%

3rd place:

Elly Poh on Faylista with 69.038%

EA NOVICE FREESTYLE (EFFECTIVE 2023)

1st place:

Alex Fischer on Venice with 69.615%

2nd place:

Lilly De Geytere on Rambo No.5 with 67.695%

EA PRELIMINARY 1.1 (EFFECTIVE 2023)

1st place:

Lara Manchharam on Tiptoe with 67.000%

3rd place:

Ruby Tear on Pio with 65.800%

EA PRELIMINARY 1.2 (EFFECTIVE 2023)

1st place:

Alessandro Caldana on A Touch of Sportsfield with 65.893%

2nd place:

Lara Manchharam on Tiptoe with 64.286%

Results Day 2

EA ADVANCED 5.3 (EFFECTIVE 2023)

1st place:

Megan Ding on J'Adore with 67.973%

2nd place:

Molly Sheehy on Saiorse Lily with 60.405%

EA ELEMENTARY 3.3 (EFFECTIVE 2023)

1st place:

Tess Baker on Hilkens No Kidding with 63.049%

2nd place:

Belinda Chin on Dueda with 56.707%

EA PRELIMINARY 1.3 (EFFECTIVE 2023)

1st place:

Clara Kong on Neque with 70.625%

2nd place:

Nikki Poh on Oldtimer van de Zuurhaege with 66.875%

3rd place:

Ruby Tear on Pio with 64.375%

EA NOVICE 2.3 (EFFECTIVE 2023)

2nd place:

Elly Poh on Faylista with 66.286%

EA PRELIMINARY 1.1 (20X40 – SENIOR) (EFFECTIVE 2023)

1st place:

Julian Clark on Brownie with 68.20%

2nd place:

Corinne Williams on Rambo with 66.40%

3rd place:

Sophie Grotowski on Lily with 65.538%

EA PREP 1 (20X40 – JUNIOR) (EFFECTIVE 2023)

1st place:

Priyanka Murugason on Tiptoe with 62.000%

2nd place:

Emily Yamada – Chang on Brownie with 61.333%

3rd place:

Grace Toal on Sir James with 60.667%

EA PREP 1 (20X40 – SENIOR) (EFFECTIVE 2023)

1st place:

Zarah Kenwright on Toby with 70.000%

2nd place:

Leyla Duque on Sir James with 69.333%

3rd place:

Alannah King on Mr Percy with 68.000%

4th place:

Elizabeth Goh on Rascal with 68.000%

5th place:

Macie Douglas on Star with 67.667%

BTSC's Season Preview Dressage Competition

Bukit Timah Saddle Club hosted their dressage competition as a season preview on 25 and 26 March 2023. Our riders achieved significant placings in various categories over the two days.



Megan Ding



Tess Baker

Day 1	
EA ADVANCE 5.1	
2nd place:	Megan Ding on J'adore with 67.703%
FEI PRIX ST GEORGES	
1st place:	Molly Sheehy on Saoirse Lily with 59.853%
EA ELEMENTARY 3.1	
2nd place:	Tess Baker on Hilkens No Kidding with 66.857%
EA NOVICE FREESTYLE	
1st place:	Elly Poh on Faylista with 65.00%
2nd place:	Yasmine Bonehill on Fontrice with 63.077%
EA NOVICE 2.1	
2nd place:	Elly Poh on Faylista with 67.308%
5th place:	Yasmine Bonehill on Fontrice with 65.385%

Day 2	
EA ADVANCE 5.2	
1st place:	Megan Ding on J'adore with 66.184%
3rd place:	Molly Sheehy on Saoirse Lily with 59.605%
EA ELEMENTARY 3.2	
2nd place:	Tess Baker on Hilkens No kidding with 64.00%
EA NOVICE 2.2	
2nd place:	Elly Poh on Faylista with 67.813%
4th place:	Yasmine Bonehill on Fontrice with 64.063%



Elly Poh



Yasmine Bonehill

Some things are worth

Experiencing



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SPC April Training Show

Showjumping training shows allow you to work on your confidence levels and agility before the actual competition. At the SPC Riding Academy, training shows are conducted quarterly to enable riders to work on their showjumping skills while preparing them for the competition season. Congratulations to all our riders for acing through the weekend of 1 and 2 April 2023!

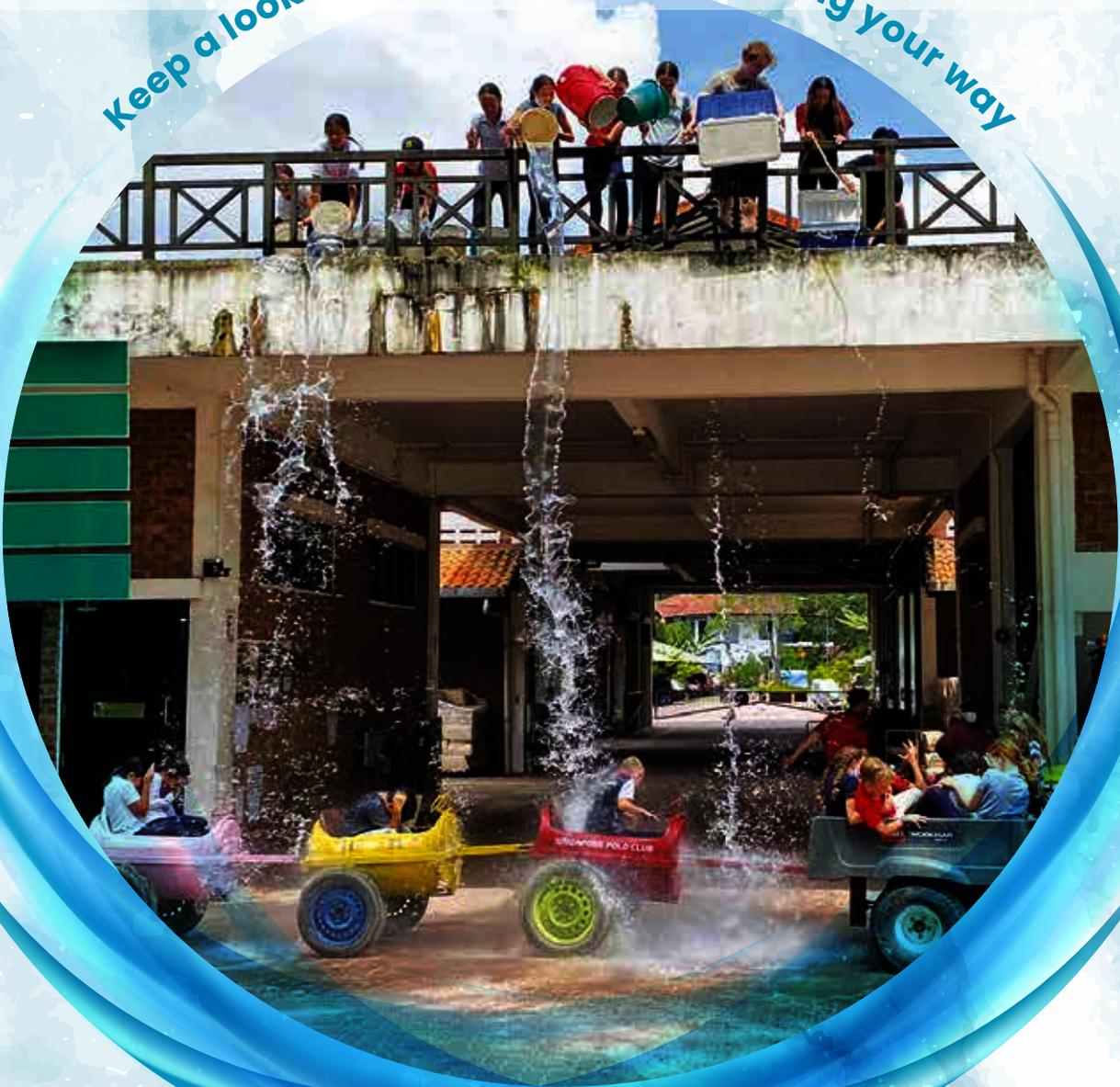




PONY CAMPS

Get up close and personal with our horses and enjoy fun-filled activities guided by our dedicated professionals at SPC Riding Academy. Great for kids 6 years old & above.

Keep a look out for more details coming your way



NEC April Blossom Jumping Show

SPC Riding Academy's riders clinched the top spots at NEC's two-day showjumping show held on 29 and 30 April 2023. What a proud moment this is for everyone at the Academy and at the Club! Congratulations team and here's to many more achievements to come!



From left to right: Nikki Poh, Yasmine Bonehill and Elly Poh with SPC Riding Academy Instructor, Edric Lee



Caedan Paul and Red

CLASS 1: 90CM – 1 ROUND WITH JUMP OFF
1st place: Elly Poh
CLASS 2: 100CM – 1 ROUND WITH JUMP OFF
1st place: Yasmine Bonehill
CLASS 3: 110CM – 1 ROUND WITH JUMP OFF
1st place: Yasmine Bonehill
CLASS 8: 90CM – 1 ROUND WITH JUMP OFF
1st place: Elly Poh
CLASS 9: 100CM – 1 ROUND AGAINST THE CLOCK
3rd place: Elly Poh
CLASS 10: 110CM – 1 ROUND AGAINST THE CLOCK
1st place: Yasmine Bonehill
2nd place: Caedan Paul



Yasmine Bonehill and Fontrice

4th AEF Showjumping CSIJ B, Seoul 2023

Our SPC Riding team made us proud at the 4th AEF Showjumping CSIJ B competition held from 16 to 18 June 2023 in Seoul. Team Singapore riders comprising Chiara Mei Corbi, Gladys Yong and SPC Riding Academy rider, Yasmine Bonehill clinched the team Gold with all Triple Clear rounds under the helm of Chef d'Equip Edric Lee, SPC Riding Academy instructor. In the individual event, our rider, Yasmine clinched the 9th place out of 14 other athletes.

The AEF Showjumping competition attended by 42 riders from Korea, China, Chinese Taipei, Japan, Malaysia, Philippines and Singapore tested the skill, determination and adaptability of each rider as they were randomly paired with horses that they were unfamiliar with.

The SPC Riding Academy and Singapore Polo Club are so proud of our rider, Yasmine Bonehill and Instructor Edric Lee! Well done team!



Yasmine (second from right) at the prize presentation ceremony



BTSC's Dressage Show on 6 and 7 May

Team SPC Riding Academy clinched several top spots in various categories at Bukit Timah Saddle Club's two-day dressage show on 6 and 7 May 2023. We are so proud of all of your achievements!

Three cheers to many more coming our way!

Results Day 1

CLASS 5: EA NOVICE 2.1 (2023)

1st place:

Elly Poh on Faylista with a score of 67.115%

5th place:

Yasmine Bonehill on Fontrice with a score of 61.923%

CLASS 7: EA ELEMENTARY 3.1 (2023)

3rd place:

Tess Baker on Hilkens No Kidding with a score of 64.429%

CLASS 11: EA ADVANCED FREESTYLE (2021)

1st place:

Megan Ding on J'Adore with a score of 67.875%

2nd place:

Caedan Paul on Red with a score of 66.125%



Team SPC with their rosettes



Megan Ding and J'Adore



Caedan Paul and Red



Results Day 2

CLASS 8: EA ADVANCED 5.3 (2023)

1st place:

Megan Ding on J'Adore with a score of 66.622%

2nd place:

Caedan Paul on Red with a score of 63.784%

CLASS 12: EA NOVICE FREESTYLE (2021)

3rd place:

Yasmine Bonehill on Frontrice with a score of 65.540%

5th place:

Elly Poh on Faylista with a score of 61.192%

CLASS 14: EA ELEMENTARY FREESTYLE (2019)

1st place:

Tess Baker on Hilkens No Kidding with a score of 68.625%

CLASS 16: EA NOVICE 2.3 (2023)

1st place:

Elly Poh on Faylista with a score of 65.571%

2nd place:

Yasmine Bonehill on Fontrice with a score of 60%

CLASS 18: EA ELEMENTARY 3.3 (2023)

1st place:

Tess Baker on Hilkens No Kidding with a score of 63.537%





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and manufacture of saddles and riding accessories.

National Dressage Championships

Our riders clinched the top positions at the annual National Dressage Championships held at Singapore Turf Club Riding Centre from 12 to 14 May 2023. What a proud moment for SPC Riding Academy and we could not be happier to see our riders evolve strong and courageous. Great teamwork everyone!



From left to right: Yasmine Bonehill, Elly Poh, Tess Baker, Megan Ding, Edric Lee and Caedan Paul



Alessandro Caldana on a Touch of Sportsfield



Lara Baker on Ballentines



Caedan Paul on Red



Yasmine Bonehill on Fontrice



Alexandra Fisher on Venice



Anaaya Deshpande on Dandy

Photo Credits: Shawn Yeo

Results of the National Dressage Championship below:

DAY 1

NOVICE 2.1

3rd place:

Elly Poh on Faylista with 64.327%

ELEMENTARY 3.1

3rd place:

Tess Baker on Hilkens No Kidding with 62.643%

MEDIUM 4.1

2nd place:

Lara Baker on Ballentines with 60.556%

ADVANCE 5.1

2nd place:

Megan Ding on J'adore with 63.851%

DAY 2

ELEMENTARY FREESTYLE

1st place:

Tess Baker on Hilkens No Kidding with 71.063%

ADVANCE FREESTYLE

2nd place:

Megan Ding on J'adore with 63.438%

FEI INTERMEDIATE 1 FREESTYLE

4th place:

Molly Sheehy on Saoirse Lily

DAY 3

PRELIMINARY 1.3

5th place:

Alessandro Caldana on a Touch of Sportsfield

NOVICE 2.3

3rd place:

Ella Poh on Faylista with 63.286%

5th place:

Averell Zee on Lor Duende with 62.143%

ELEMENTARY 3.3

1st place:

Tess Baker on Hilkens No Kidding with 66.098%

MEDIUM 4.3

2nd place:

Lara Baker on Ballentines with 59.167%

ADVANCE 5.3

2nd place:

Megan Ding on J'adore with 60.878%



From left to right: Megan Ding, Tess Baker and Lara Baker



Averell Zee



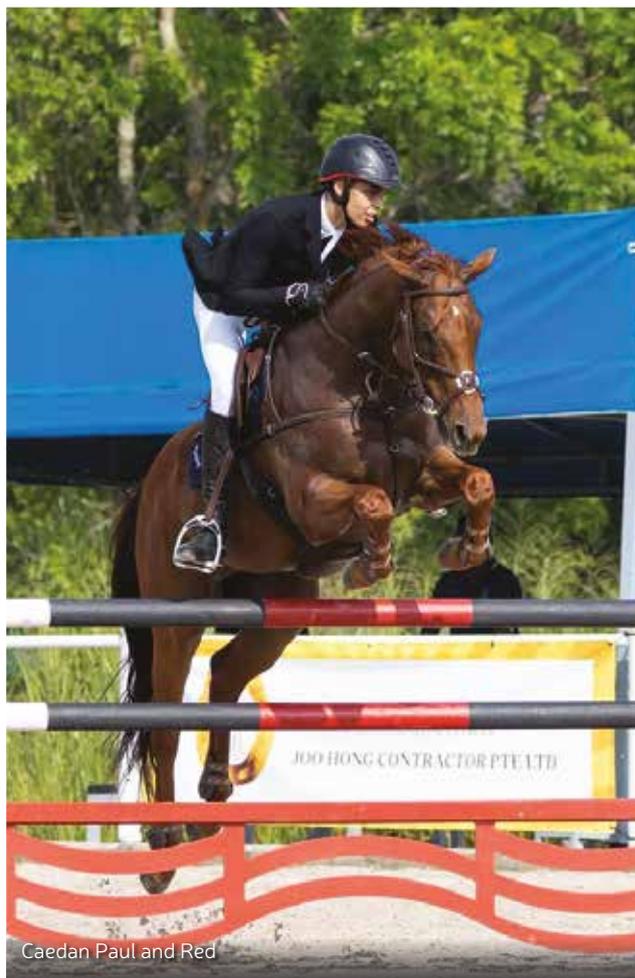
Team SPC at the awards presentation

National Jumping Championships 2023

Congratulations to our riders who participated in the annual National Jumping Championships 2023. It was amazing to see their growth and achievements post-covid. Well done everyone!



Elly Poh and Faylista



Caedan Paul and Red



Nikki Poh and Oldtimer van de Zuurhaege



Yasmine and Fontrice

Photo Credits: Teo Pok Zin and Aleksandra Kupiec

Results of the tournament:

DAY 1

90CM 1 ROUND AGAINST THE CLOCK

2nd place:
Elly Poh on Faylista

100CM 1 ROUND AGAINST THE CLOCK

4th place:
Nikki Poh on Oldtimer van de Zuurhaege

110CM 1 ROUND AGAINST THE CLOCK

2nd place:
Yasmine Bonehill on Fontrice

DAY 2

90CM 1 ROUND WITH JUMP OFF

1st place:
Elly Poh on Faylista with a double clear round

100CM 1 ROUND WITH JUMP OFF

6th place:
Nikki Poh on Oldtimer van de Zuurhaege

110CM 1 ROUND WITH JUMP OFF

1st place:
Yasmine Bonehill on Fontrice with a double clear round

120CM 1 ROUND WITH JUMP OFF

2nd place:
Caedan Paul on Red

DAY 3

90CM COMPETITION OVER 2 ROUNDS

1st place:
Elly Poh on Faylista with a double clear round

100CM COMPETITION OVER 2 ROUNDS

4th place:
Nikki Poh on Oldtimer van de Zuurhaege

110CM COMPETITION OVER 2 ROUNDS

1st place:
Yasmine Bonehill on Fontrice with a double clear round

120CM COMPETITION OVER 2 ROUNDS

2nd place:
Caedan Paul on Red

The pride and glory on the grounds



Team SPC with Riding Instructor Edric Lee

Getting to Know Edric Lee, Our Riding Instructor



Edric's passion for riding began at the age of eight at the Penang Turf Club Equestrian Centre in Malaysia. After a successful career as a national rider, winning awards in regional competitions, he joined the Singapore Polo Club as a Riding Instructor in September 2017. Edric's journey as a national rider started at the age of 14 when he was selected for the Malaysian Junior National Squad, propelling his competitive riding career.

He trained at the prestigious Bukit Jalil Sports School under the guidance of the Malaysian Equine Council and made his debut at the age of 16 with Malaysia's national squad in 2007. Despite his deep knowledge and interest in the sport, Edric shifted his focus from competition to teaching, dedicating himself to the development of riders.

Throughout his career, Edric participated in various national-level competitions worldwide, achieving remarkable success. Notably, he won the gold medal in the Dressage at the 2017 SEA Games in Kuala Lumpur and the silver medal in 2008 at the CSIO 2** Showjumping Competition in Seoul, South Korea. In addition, he secured 4th place in the Team Jumping at the 2013 SEA Games in Myanmar and earned a silver medal in Eventing at the 2007 SEA Games in Thailand.

Other notable achievements include his 4th place in the Individual Show Jumping Competition at the 2009 Australian Youth Olympics and becoming the District Champion in the ZZL Level Dressage at Driel, Holland in 2017.

As a highly accomplished equestrian professional, Edric holds various certifications and educational achievements. In 2013, he obtained the Majlis Ekuin Malaysia / Equine Australia (MEM/EA) National Coaching Accreditation Scheme (NCAS) Level 1 General and Dressage Specialist certification, showcasing his expertise in Dressage. Additionally, he holds the esteemed qualification of a qualified Equine Australia Skills Specific Trainer and Assessor, which is a coaching certification allowing him to mentor riders who are keen to be instructors.

Edric's educational background includes graduating from Marcus Oldham College in Australia, where he specialised in Equine Horse Management in 2010, further cementing his knowledge and expertise in the field. He has been privileged to receive training from renowned and accomplished Olympic coaches such as the Dressage National Para equestrian coach for the Dutch Team, Joyce Heutink, Australian Jumper and two-time Olympic winner, George Saana as well as New Zealand Eventer, World Equestrian Games Rider, Trudy Boyce.



His day commences as early as 7am with his first lesson for the day. Thereafter, he schools the horses for an hour until 11am followed by a break. Lessons resume at 4pm until 7pm. Occasionally, he has to work during his off days too especially nearing to exams or competitions where he will provide additional coaching to his students.

When prompted about his advice to someone intending to take up riding, his reply was, "Firstly, one should have the love for animals together with lots of patience. It is never easy working with a living thing. It is an outdoor sport so be prepared to get all sweaty and dirty! Horse riding is a great workout. One gets to exercise all of his/her core muscles and it is definitely challenging especially if you don't have an active lifestyle."

Edric also recognises the unique qualities that children bring to the equestrian journey. He praises their natural body coordination and discipline, which allows them to build a special connection with horses when exposed to riding at a young age. At the Riding Academy, young riders have the opportunity to learn and grasp the fundamentals of horsemanship more easily than some adult riders. Edric expresses his hope that the Riding Academy will continue to nurture and develop these preschoolers, shaping them into the next generation of skilled and passionate riders.

Edric highlights the SPC Riding Academy's strengths, particularly its structured curriculum that focuses on both riding skills and fundamental horse-handling knowledge. This comprehensive approach ensures that children develop a strong foundation in horsemanship, equipping them with essential skills for their equestrian journey.



In addition, there is a diverse range of horses available at the Club. For beginners to experienced riders, the Club owns a selection of suitable school horses that provide a safe and supportive learning environment. On the other hand, for experienced and competitive riders, the Club offers a collection of well-trained sports horses. These horses have been carefully bred, trained, and schooled from a young age, ensuring they possess the necessary skills and temperament to meet the demands of competitive riding.

Exciting developments are on the horizon for the Riding Academy as well. An upcoming certification programme in Basic and Fundamental Horse Management, developed in collaboration with Equestrian Australia and the Malaysian Equine Council is set to be unveiled and will be conducted by Edric. This certification will provide students with a comprehensive understanding of horse care and management, further enriching their equestrian education.



Most recently, Edric had the honour of being selected as the coach for the Singapore Junior national team, who competed in the CSIJ-B Seoul borrowed horse show jumping competition. This prestigious event was held as part of the 4th AEF Junior Show Jumping Championships 2023, organised by the Korea Equestrian Federation in collaboration with the Asian Equestrian Federation (AEF). The competition took place from 16 to 18 June 2023, at the esteemed KRA Equestrian Park in Seoul, South Korea.

The Singapore Polo Club takes immense pride in the participation of one of their Riding Academy members, Yasmine Isabelle Bonehill, who was one of the three riders selected from Singapore to compete in this Championship. The Singapore national team emerged victorious with a double gold achievement for Singapore in the Team and Individual classes. As the only team with a triple clear, Singapore was placed first in the Team competition, clinching the gold medal. This achievement is a testament to the Club's commitment to fostering talent and nurturing equestrian excellence.

Hailing from a non-riding background, Edric's family of four includes his parents and an elder brother who is an ex-national athlete in shooting. On days that he is not riding, Edric enjoys a good game of paintball, watching movies and a joy ride on motorcycles.

Summer Overnight Camp

Our little campers braved it all at our 2D1N Summer Overnight Camp held on 20 and 21 May.

The evening started with a fun T-shirt tie-dye session and attendees had a great time creating their very own masterpiece followed by exciting pool games, a quick stable clean-up and a cool night walk around the Club.

Stepping into Day 2 of the camp and after breakfast, attendees spent half a day at the stables feeding the horses, sprucing the premise and challenged one another at an exciting grooming competition. Before heading home, they also tried their hands at making their very own "Boba," chewy balls of tapioca starch which are commonly found in bubble tea.

What a fabulous and fun Equestrian-themed staycation! Check out the details of the next overnight camp below!

Next Upcoming Event: Riding and Atoms Overnight Camp on 5 and 6 August.

Email atoms@singaporepoloclub.org or riding@singaporepoloclub.org for enquiries and registrations.



Time to make some "Boba"



Learning to tie dye



Job of the day: Feeding the horses



Grooming time with "Bandit"



Stable management which includes activities such as cleaning up the premise and stables



Time to head home with beautiful memories

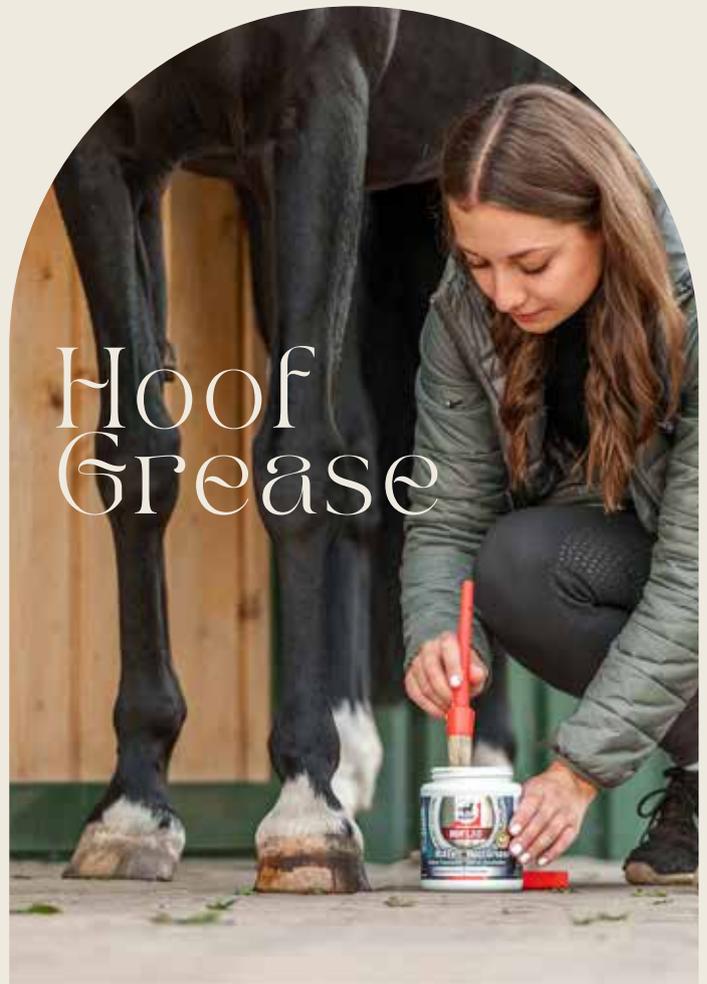
Hoof Care

Maintaining your horse's feet on a daily basis is absolutely essential for every horse owner! Cleaning, inspecting, removing debris, rock and manure from their hooves is paramount to the health and performance of your horse. Thrush and White Line disease can creep up easily and quickly and cause serious hoof issues. Here are some effective products to keep your horse's hooves happy and healthy!



Hoof Hardener

- U Nourishes and strengthens hooves
- U Regenerates brittle and cracking horn
- U Eucalyptus promotes natural growth and elasticity



Hoof Grease



Groom's Hands

Groom's Hands Thrush solution is designed to eliminate unwanted and stubborn thrush.

Atoms & Riding's BBQ & Potluck

What's a nice way to step into the next half of the year?
With food, music and fabulous company!

Atoms Polo Academy and SPC Riding Academy hosted their very own BBQ & Pot Luck party on 21 May 2023. Members arrived with sumptuously cooked food and were all ready to party it up with fellow riders and members.

The main highlight of the evening was the live band performance led by our General Manager, Mr Sylvan Braberry along with staff from our Atoms and Riding Academies. As their voices echoed across the thoroughfare, members danced and sang along to the hits being rendered. What a memorable way to spend a Sunday evening with fellow riders and members!



Our happy riding family!



Meet our young riders – Elly Poh and Yasmine Bonehill with their mothers.



The Atoms and Riding team



Serenading the crowd with their songs



And they've got their very own fan base.

Full on party mode with our guests



Sunday Showjumping

Our riders spent their Sunday on 25 June 2023 at an impromptu showjumping session at the Riding Academy. Here are some moments captured of them in action.



Nikki Poh and Ruby, champions of the 80 – 90 speed class



Jaime and Mimo came in second in the 50 – 60 speed class



Macie and Dimples emerged as champions of the 50 – 60 speed class

Warm-ups





Featuring the four riders from our 50 – 60 speed class with committee member, Ms Peggy Yeo



Participants from the 80 – 90 speed class



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5 EXERCISE PROGRAMMES TO IMPROVE YOUR RIDING

WITH FITNESS IRONMAN TRAINER SG

WORKOUT #1

3 ROUND 60 SECOND EACH *

- high Knees
- Air Squats
- Reverse lunges
- Plank Hold

Rest one minute after each round

WORKOUT #3

HIGH INTENSITY INTERVAL

Do each exercise at high intensity for 45 seconds. Rest 15 second between exercises

- Mountain Climbers
- Push-ups
- Squats
- Crunches
- Burpees
- Plank
- Jump Squats
- Triceps Dips
- High knees
- Lunges

WORKOUT #5

JUST STARING OUT

Do each exercise at high intensity for 45 seconds. Rest 15 seconds between exercises

- 40 Jumping Jack
- 10 Push-ups

- 30 Jumping jacks
- 20 Crunches

- 20 jumping Jacks
- Walk Lunges (15 each leg)

- 10 Jumping jacks
- 40 small Arm Circles (20 forwards and 20 backwards)

WORKOUT #2

Running Interval

- 5 minutes warmup- brisk walk or slow jog
- 1 minute sprint or faster run speed
- 2 minutes jog or walk
- 1 minute Burpees

- 1 minute sprint
- 2 minutes jog
- 1 minute push-ups

- 1 minute sprints
- 2 minutes jog
- 1 minute crunches

- 1 minute sprints
- 2 minutes jog
- 1 minute squats

- 1 minute sprints
- 2 minutes jog
- 1 minute plank hold

WORKOUT#4

99 REASON TO SWEAT

- Run 1 miles
- 33 push-ups

- Run 1 miles
- 33 air squats

- Run 1 miles
- 33 Burpees



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Experience unsurpassed skin luminosity that glows from within with exclusive alissi bronte formulation with aromatic essential oils and botanical extracts. A 60-min face treat

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Source Code: **23F168** Expiry Date: **30 September 2023**



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Source Code: **23F168a** Expiry Date: **30 September 2023**

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A Majestic Affair: King's Coronation Celebration



Step into a world of regal grandeur and patriotic fervour as we take you on a captivating journey through the King's Coronation celebration held at the Singapore Polo Club on 6th May 2023. With a vibrant display of red, blue, and white, symbolising the United Kingdom flag, the verandah transformed into a dazzling spectacle that left no doubt about the magnitude of this momentous occasion.

The air buzzed with excitement as Club members and their esteemed guests poured into the venue, eagerly anticipating a night of splendor and national pride. The Paddock Bistro, meticulously adorned with British-inspired decorations by the Club, beckoned everyone to indulge in a British-theme dinner

buffet fit for royalty. The live telecast of the King's Coronation was showcased on a giant screen. All eyes were fixated on the screen, capturing every majestic moment as King Charles III ascended to his rightful place on the throne.

Adding a touch of whimsy and photo-worthy fun, the creative minds of the SPC Events & Lifestyle team meticulously crafted props that transported guests into a world of fantasy. Among them, a life-sized King Charles' die-cut foamboard stood tall, inviting members to capture precious memories alongside the beloved monarch. Laughter echoed throughout the night as friends and families struck poses, creating cherished photographs that will forever encapsulate this extraordinary celebration.



The dress code for the evening was an ode to the nation, as guests embraced the colors of the United Kingdom flag with unparalleled style. The Club was graced with a sea of elegant outfits in vibrant shades of red, blue, and white. The highly coveted Best Dressed Award was won by twin sisters Victoria Great and Eleanor Great triumphed with their mesmerising silver shiny dresses adorned with a captivating UK flag design. Equally deserving of praise, the Culme-Seymour family stunned onlookers with their impeccable fashion sense, as father and daughter elegantly donned sleek sailor uniforms, exuding an air of timeless sophistication.

As the night progressed, the ambience grew even more jubilant, fuelled by delectable cuisine and a selection of refreshing beverages. Conversations flowed freely, mingling with the joyous laughter that echoed from every corner of the Club. It was a true celebration of King Charles III's milestone, an evening where memories were forged, friendships were strengthened and a collective sense of pride enveloped all those in attendance.

We extend our heartfelt gratitude to all the members who made this extraordinary event possible. Long live King Charles III!



Best Dressed Recipients!



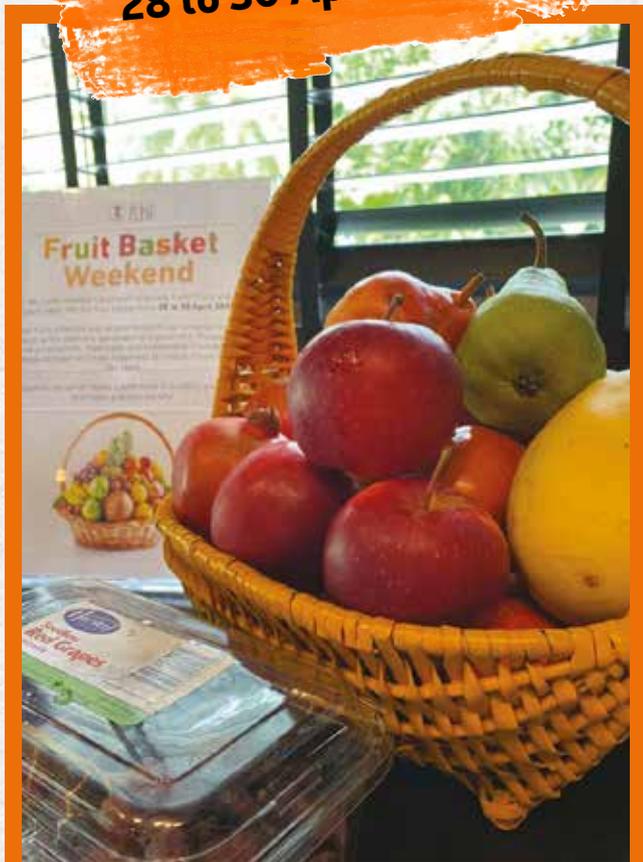
Victoria Great and Eleanor Great



Michael Culme-Seymour and Maxime Culme-Seymour

Fruit Basket Weekend

28 to 30 April 2023



We are excited to share the success of our inaugural Fruit Basket Weekend held from 28 to 30 April 2023 at the Singapore Polo Club. Members and staff generously donated fresh fruits to be distributed to our unsung heroes, including cleaners, gardeners, grooms, rider boys and more. The response was overwhelming, leading us to organise another Fruit Basket Weekend from 23 to 25 June 2023.

Your support and generosity have been incredible and we are truly grateful. The smiles on our staff's faces when they received the fruits were priceless. With your help, we aim to make SPC Fruit Basket Weekend a monthly initiative.

Thank you for making a difference to build a kinder and gracious community.

23 to 25 June 2023

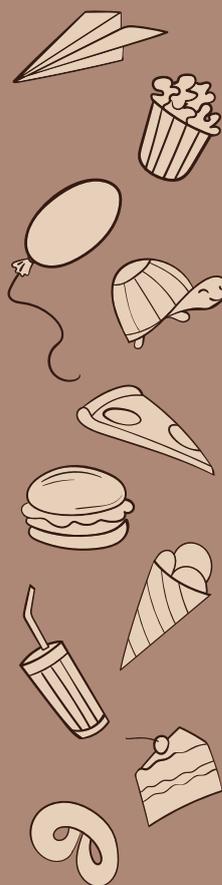


TWINKLE PIE VISITS THE CIRCUS!

The circus comes to town this Summer holiday but sadly in the midst of the visit, Twinkle Pie has lost her back pack containing 10 of her favourite things. Can you help her retrieve them by circling these items? We will pick 5 lucky winners to win an exclusive SPC water bottle. Submit your entry soon!



Find 10 hidden objects in the picture



Submit your completed entries to marketing@singaporepoloclub.org or drop them off at our Reception before **18 August 2023**. Remember to include your name, membership number, email address and telephone number.

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Relaxing foot massage

Princess Nails:

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Sparty Bites & Drinks

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Common Knee Injuries: Ligament Injury and Tendon Injury

High-impact sports can cause injury to the ligaments. Singapore General Hospital (SGH) Department of Orthopaedic Surgery explains.

Ligament injury

The knee has four ligaments, or tough bands of tissues, that stabilise the joint. The most commonly injured ligament is the anterior cruciate ligament (ACL). Preventing abnormal sideways motion of the knee are the collateral ligaments – the medial collateral ligament (MCL) and the lateral collateral ligament (LCL), which are located on the inside and outside respectively, of the knee.

Anterior cruciate ligament (ACL)

Causes

- The ACL is the most commonly injured ligament of the knee. It is usually injured because of a rapid or abnormal twisting motion such as when the knee stops or changes direction suddenly.
- The ACL can also be injured when the knee twists on landing, or as a result of a direct contact or collision, such as during a soccer tackle.

Symptoms

- Immediate pain right after ligament injury.
- Swelling of the affected knee within 4 to 12 hours.
- A popping sound when the ligament ruptures.
- Difficulty with knee movement.
- Walking with a painful limp.
- Feeling of instability, with the knee giving way during sports or daily activities.

Posterior cruciate ligament (PCL)

The articular cartilage is the smooth covering at the end of the bones that allows for frictionless gliding of one bone against another. It also acts as a shock absorber.

Causes

- The surface can be damaged by direct trauma or through chronic wear and tear.

Symptoms

- Recurrent knee pain
- Swelling of the knee
- May experience difficulty straightening or bending the knee
- There may be audible 'clicks' on knee movement

Diagnosis for ACL and PCL injuries

- Usually made on case history and clinical examination.
- An x-ray of the knee will rule out associated fractures.
- An MRI may also be ordered to rule out other injuries to the meniscus or cartilage.

Collateral ligaments

- Injuries to the collateral ligaments, like the medial collateral ligament (MCL) and lateral collateral ligament (LCL), are usually caused by a direct blow to the side of the knee, or a twisting injury. It may occur in isolation or together with ACL or PCL injuries.
- Diagnosis is usually made on case history and clinical examination.
- Symptoms include pain and swelling at the site of injury and the knee may feel unstable.

Treatment for ligament injury

- Treatment for ligament injury includes rest, elevation and ice therapy of the affected limb.
- Crutches to take some weight off the knee, and braces to support the knee, may also be prescribed.
- Physiotherapy to strengthen the supporting muscles and increase the range of motion will normally be part of the treatment.
- Depending on your situation, your doctor may recommend you undergo surgery for ligament repair or reconstruction.

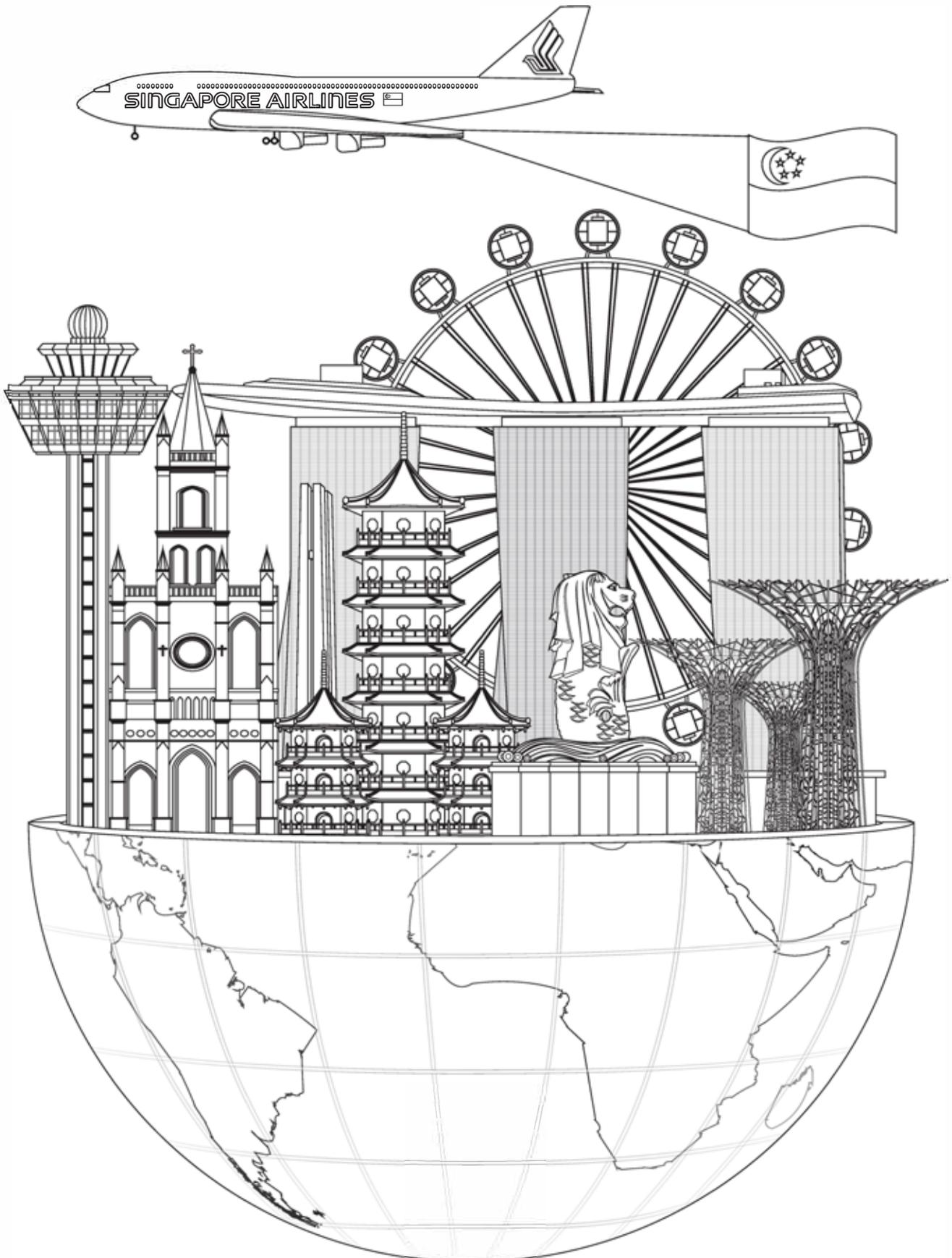


Knee pain and swelling are common symptoms of a knee injury



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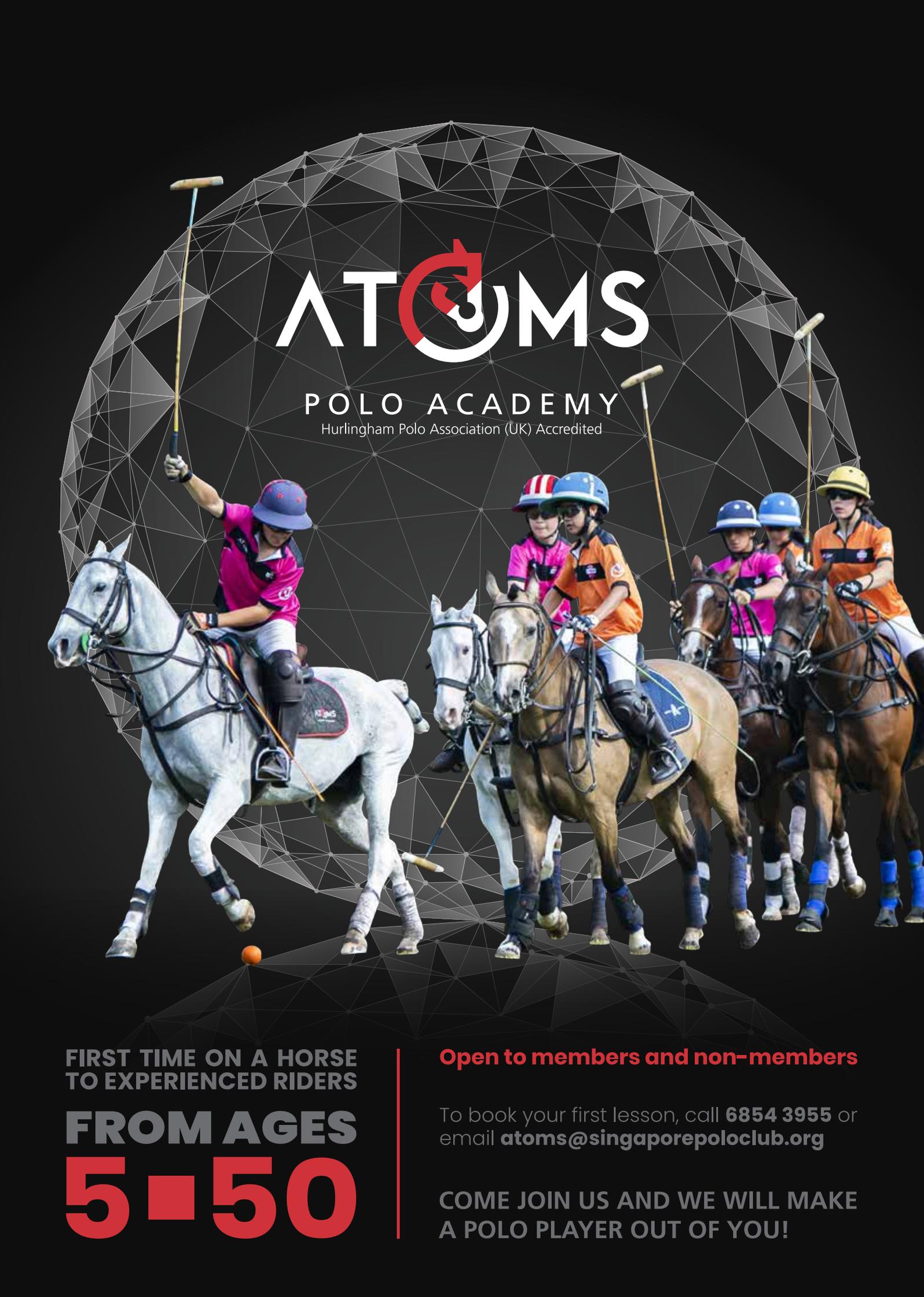


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