

SINGAPORE

# POLO

CLUB

October - December 2021  
ISSUE 04

## Top Picks at Atoms Polo Loft this Christmas!

There's something for everyone.

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Coriander Leaf



  
**JAEGER-LECOULTRE**

**REVERSO  
TRIBUTE**

Marina Bay Sands Boutique: B2M-240, Casino Level, The Shoppes at Marina Bay Sands



SINGAPORE  
**POLO  
CLUB**  
Established in 1886



## PATRONS

**Derek Mitchell**  
K.C. Loh

## COMMITTEE

**Stephanie Masefield**  
President

**Lawrence Khong**  
Vice President

**Satinder Garcha**  
Polo Captain

**Rickard Hogberg**  
Honorary Secretary

**Timothy Zee**  
Honorary Treasurer

**Leon Chu**  
Committee Member

**Peggy Yeo**  
Committee Member

**Koh Pei Bei**  
Committee Member

**Jane Drummond**  
Committee Member

**Daniel Chua**  
Committee Member

**Wee Tiong Han**  
Committee Member

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General Manager

**Wendy Tham**  
Secretary

**Victor Phua**  
Club Duty Manager

**Irene Seah**  
Events & Banquet Manager

**Han Peck Hoe**  
Facilities & Maintenance  
Manager

**Chong Hion Kean**  
Finance Manager

**Alinna Li**  
Human Resources Manager

**Marlene Teo**  
Marketing Communications  
& Lifestyle Manager

**Sunny Oh**  
Polo Administration Manager

**Daniel Sitranen**  
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**  
6.00am – 10.30pm (daily)  
(Last order at 9.45pm)

**Coriander Leaf**  
@ The Mountbatten Room  
6.00pm – 10.30pm (daily)  
(Last order at 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 – 10.00pm (daily)

**Gaming**  
12.00pm – 10.30pm (daily)

**Atoms Polo Loft**  
10am to 6pm (Tuesday to Friday)  
9pm to 6pm (Saturday and Sunday)  
(Closed on Mondays and Public Holidays)

## CONTACTS

### Committee

### Events & Banquet

### Facilities & Grounds

### Finance

### Food & Beverage

### Gaming

### General Enquiries

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### Polo

### Riding

### Sports & Recreation

### Atoms Polo Loft

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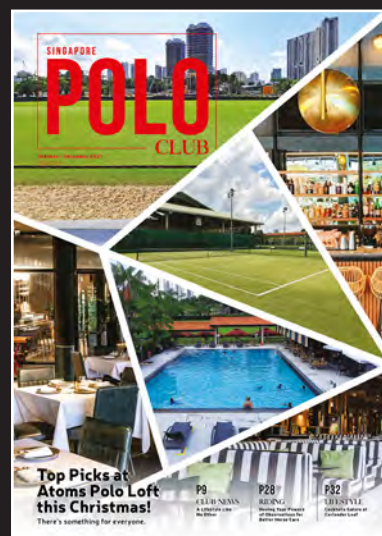


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## ON THE COVER



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# New Members

## JULY 2021 TO SEPTEMBER 2021

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

Allison Lenore Bottrell-O'Reilly  
Deng Di  
Jan Krisanto  
Yeo Lae Lyn  
Soni Siddhartha Kishore  
Ivarsson Henrik Jonatan Kumar  
Margit Saur  
Peter Clarke Dargie  
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Nicholas Michael Benedict G Hanna  
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Martin Ignatius Teo  
Raffaella Santosa  
Markham Shaw Chai Chung  
Arthur Lee Han Teik  
Gareth John Mcilroy  
Xia Man Ru

### TERM

Geoffrey Alcock  
Joanna Alicja Bilewicz-Porzycka  
Aman Bajaaj  
Jay Buckley  
Kho Joceline Yumiko  
Park Joo Man  
Kristin Mari Bishop  
Jeremy George Hall  
Wang Wenjun  
Ralph Gunter Rambauser  
Michael Britton King  
Gregory James Kachel  
Christopher Mark Jordan  
Chao Ep. Schricke Siv-Laing

### REGULAR

Michelle Bridget Yuen Denimal  
Andrew Quoc Dutton  
Luke Thomas Bower  
Lim Ming How  
Oliver Houchin  
Rohan Pandey  
Selena Ann Freese  
Meyer Yang Rui-Xiang  
Willson Cuaca  
Leland Tan Tiong Meng  
Duncan Glenn Bond

### HONORARY

Mario Rui Dos Santos Miranda Duarte

Koh Kia Jeng  
Charmaine Teo Shuet Lynn  
Ginny Chew Jee Ling  
(Mrs Ginny Wiluan)  
Angelin-Linker Liwayway  
George Hedley Bolton  
Jacqui Louise Dixon  
Tian Wei  
Marc Antoine Haudenschild  
Andrea Lorenz  
Duncan James Kenwright



Dear Members,

**T**he past months have seen Covid-19 cases on the rise and our government doing the best they can for the nation. The transition from pandemic to endemic has also presented many challenges to the Club, particularly in the areas of food & beverage, polo, and equestrian where the numbers allowed for patronage or participation keep changing. I cannot thank members enough for their patience and understanding during this period as we all comply with the various Covid-19 regulations and look forward to returning to some normalcy in all our operations. We appreciate

your compliance as always; please do continue to treat our safety ambassadors with respect and courtesy as they do their best to keep us all safe, as we cannot risk the Club being closed by the authorities.

Some encouraging news to share and look forward to is the soft opening of our gym sometime in mid-October 2021. Located at ground level for easy access and convenience, members can expect several new pieces of equipment as well as changing rooms with lockers conveniently located next to the gym. Members can enjoy a relaxing and pleasant view of our landscape while they work out.

Our Club rooms and jackpot room are scheduled for completion some time at the end of this year or early next year, depending on Covid-19 restrictions. Our Club rooms offer various types of rooms for your family and friends to enjoy a stay in a beautiful and tranquil environment within a country club setting. Staycations, polo and riding experiences will be offered, so members can indulge in a private escape, soak up the sun and take in the magnificent view of polo over afternoon tea.

In appreciation for your support and understanding during the Covid-19 times, the Committee had presented to Charter and Regular active members, two \$75 food & beverage vouchers to be used by the end of October 2021. This is our way of saying "thank you".

As the year draws to a close, I wish you and your family a Merry Christmas and I look forward to seeing you at the Club.■

Keep safe and well.

**Stephanie Masefield**  
President



SINGAPORE  
**POLO  
CLUB**  
Established in 1886

# THE BEST *of* BOTH WORLDS

WHERE POLO/RIDING & LIFESTYLE COME TOGETHER

With a long and illustrious history spanning 135 years, the Singapore Polo Club is one of Singapore's oldest sports and social clubs. As the only polo club in the world located within the city, it has the best of both worlds - Proximity to the city's buzzing action while nestled in the charming Mount Pleasant enclave which is an oasis of calm and comfort surrounded by lush nature.

While focusing primarily on equestrian sports from polo, riding, competitive dressage to show jumping, it is also widely recognised as the premier lifestyle club in Singapore. Work up a sweat with a round or two of adrenalin pumping tennis. Enjoy a relaxing swim at the refurbished pool or relish sumptuous creations from award-winning Pan-Asian restaurant, Coriander Leaf. Soak up the splendid view of the Club's sprawling greens and horses or wind down with casual poolside dining from the resort-style, The Paddock Bistro.

The rustic old-world charm of the Club provides the perfect backdrop to forge new experiences and memories with like-minded individuals. Join our close knitted equestrian community today.

Contact us at **6854 3999** or email  
**[membership@singaporepoloclub.org](mailto:membership@singaporepoloclub.org)** and quote  
**"SPC2021"** to receive an exclusive membership rate.

1886 - 2021  
**135**  
**YEARS**  
SINGAPORE POLO CLUB



Dear Members,

**T**he last quarter of 2021 will hopefully welcome good cheer towards the end of the year as we learn to celebrate the year end festivities with our families and friends within Covid-19 restrictions. We also hope that borders and travel restrictions will soon be eased to allow families and friends to travel and visit their loved ones.

I cannot thank my colleagues enough from various countries like China, Malaysia, India, Australia and Philippines who despite not being able to see their families, have kept their spirits up and have done a marvelous job in their respective departments to make your visit to the Club a positive experience.

Restrictions caused by Covid-19 has seen a rise in demand for polo & riding lessons, stables and horse care. While this is a positive sign for the Club, those same restrictions have also caused the Club to delay the purchase of new horses, the hiring of stables staff and polo professionals. As the care of horses is an essential service, our dedicated team of stables staff, rider boys, polo and riding professionals have done their best to ensure that the horses have been cared for and exercised as best we can. Considering the current difficulty in hiring new stables staff and rider boys, our team has done their best to care for the horses.

Our President, Committee and management team have always placed a high emphasis on the care and welfare of all staff and those who are at the front line are well recognised and rewarded for their efforts. All Club staff have to take the Covid-19 ART test every week and will follow the guidelines of the Ministry of Health to ensure we minimise the spread of Covid-19.

We would also like to thank all members for their understanding and patience as we face some challenges in meeting the high demand for polo and riding lessons due to Covid-19. We are happy to share that by the second week of October, our stables team will have new colleagues on board to further boost the level of horse care and management at our stables. Kudos and appreciation to our members who chipped in to do their part on horse care. We have seen livery owners and members who lease horses from the Club helping to groom their horses. Such positive community spirit bodes well for the harmonious spirit that prevails during such difficult times.

The Club's Honorary Secretary and Lifestyle Convenor are working closely with the Club's Marketing Communications team to present positive and vibrant changes to our various communications media. New look EDMs, magazine and other initiatives are coming your way. Do look out for them and let us know how you think we can further improve on our communications with you.

Meanwhile, my team is making all preparations for the opening of the new gym, jackpot room and our fabulous club rooms and know that these wonderful additions to the Club's redevelopment will bring good cheer in the new year to our members, their families and friends. Members can expect exciting getaways and staycations for their families and friends in a setting that you can all be proud of.

As we approach the end of the year, my team and I would like to thank the President and Committee, the Sub-committees and all members for your support and understanding as we work towards making every visit of yours a positive and memorable experience.

Here's wishing one and all festive cheers and a Happy New Year! ■

Warmest Regards,

**Sylvan Braberry**  
General Manager

# Celebrate

## SINGAPORE POLO CLUB



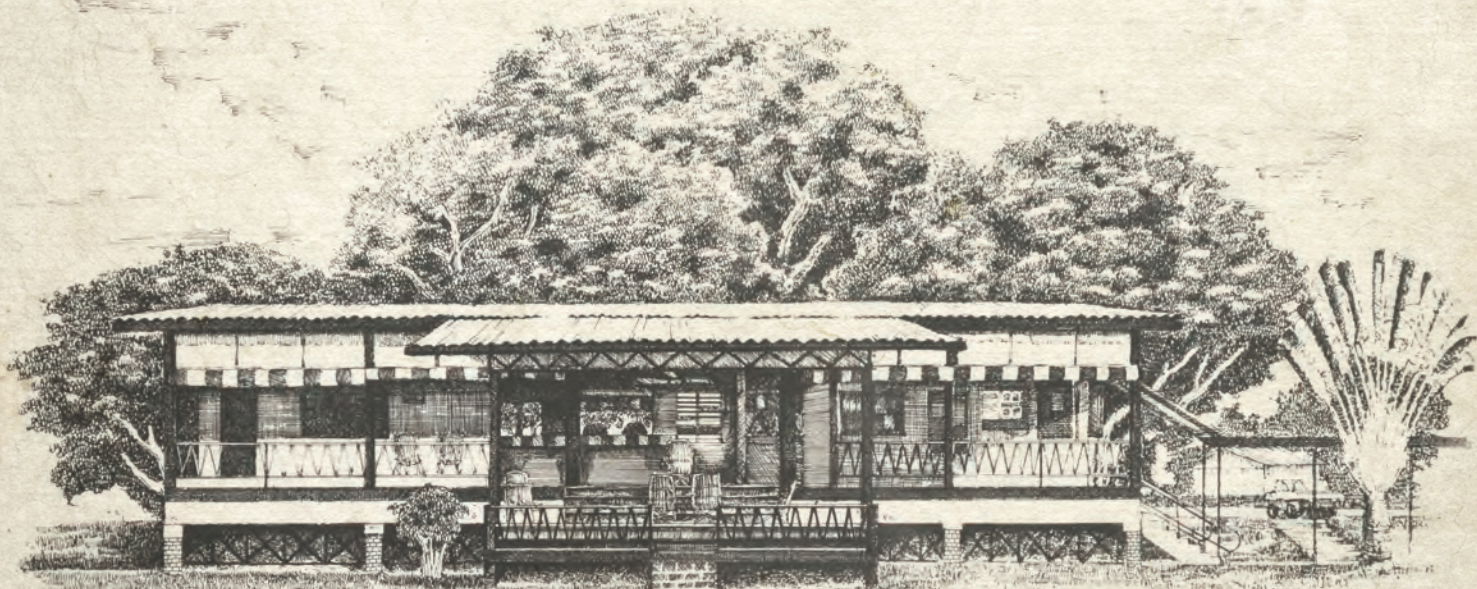
1886 - 2021

### DONATE CLUB MEMORABILIA

As part of our 135<sup>th</sup> anniversary celebrations, we are planning a heritage wall where members and guests can walk down memory lane and appreciate the Club's rich history and heritage. To mark this significant milestone, the lifestyle committee is also working on a limited-edition commemorative coffee table book to encapsulate the Club's past, present and future.

We welcome members to donate any historical mementoes, photographs or memorabilia that best represent the Club's equestrian lifestyle and help tell the Singapore Polo Club story. Members who are keen to contribute to the heritage wall and commemorative book can email [marketing@singaporepoloclub.org](mailto:marketing@singaporepoloclub.org).

We hope these initiatives will bring the Club closer to members and encourage them to forge new experiences and memories with like-minded individuals for many years to come.



# A Lifestyle like No Other

Our google reviews speak for themselves. Check them out below! If you've visited or are a part of the club, we would love to hear from you! Pen them away....



**HelpMeMrYang**

Local Guide · 30 reviews · 30 photos

★★★★★ 2 weeks ago **NEW**

The verandah seating was excellent. Nice open space, windy and we enjoyed the kimchi fried rice (spicy) as well as the seafood horfun. A little more pricey than the regular Joe's cafe, but the ambience made it worth it!



**R & S Kapoor**

6 reviews

★★★★★ 4 months ago

Excellent dining experience at Coriander Leaf - made all the more delightful by the wonderful hospitality and attentive service provided by Nakul and his staff! Thank you!!!!



**Charles Tidswell**

Local Guide · 187 reviews · 558 photos

★★★★★ 5 months ago

No better place on a hot afternoon with an ice cold drink to watch polo. Food is great. Love the atmosphere. Service is friendly.



**Dave Singh**

Local Guide · 97 reviews · 88 photos

★★★★★ 6 months ago

Brought the kids to get them to appreciate horses. I must say very kids friendly and excellent service even to non members such as myself. Food abit pricey but members enjoy realli good discounts. Overall was a great experience, even provided towels.



# Unveiling an Exciting Development in 2022!



Artist Impression

**B**y early 2022, the Club anticipates the launch of 15 well-appointed Club rooms in various categories for your equestrian staycation holidays. Located on the second floor of the Sports Block, each room comes with a picturesque view of our beautiful landscape and lush greenery. Stay tuned as we announce the grand opening date soon!



Artist Impression



Artist Impression

# IKONIC SADDLERY

SINGAPORE POLO CLUB

135  
YEARS

SINGAPORE POLO CLUB

-----1886 ----- 2021-----

## 1 TO 1 EXCHANGE WARRANTY

3 YEARS WARRANTY FOR PARTS MATERIALS AND WORKMANSHIP

5 YEARS WARRANTY FOR SADDLE TREE

In conjunction with 135 years anniversary of polo club ,  
Ikonik saddlery special offer 1 to 1 saddle exchange if  
manufacturer defect.

T&C APPLY



[www.ikonicsaddlery.com](http://www.ikonicsaddlery.com)  
IG:ikonicsaddlery\_sg  
Tel:9238 6109

# The Next Generation of Polo Players

We spoke to two of our upcoming young polo players and got to know them better. Read on to find out more about Rafael Pang, 7 years old and James Patrick Clark, 8 years old as they share all the fun elements about the Academy and their polo moments!

**R**afael Pang loves reading history books when he is not riding. He has a special connection with horses partly due to the fact that he was born in the Year of the Horse under the Chinese zodiac. Check out his rapid fire answers below.

## About SPC and Atoms Polo Academy

**What do you like about Atoms Polo Academy?**

The friendly and knowledgeable instructors. The school horses are also very intelligent and have a great ability to read people. There are plenty of arenas and a huge polo field to train on and I love the views of the tropical greenery which offer me a sense of tranquillity.

"I feel that I am a part of the great history of this club."



**Have you visited the Atoms Club Room? Share with us your favourite pastime there.**  
I've been hearing my friends raving about it, but have not visited it as yet. Makes me look forward to the day when I can see what's in there.

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

I enjoy swimming with my fellow equestrian friends, watching training chukkas and riding lessons. Occasionally you can catch me munching on the oven-baked pizzas at The Paddock Bistro. They are soooooo delicious!

**"I FEEL THAT I AM A PART OF THE GREAT HISTORY OF THIS CLUB."**

## About the Sport

**Do you own a polo pony? If you do, tell us more about your relationship with it. Otherwise, let us know the name of your favourite pony at the Academy.**

No, I do not own a pony. I adore Atom and have been watching him grow up ever since he was a baby. He's taller than me now and so independent. Seeing him at the paddock is the one thing that I most look forward to before lessons!

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

I am training under Roon Kai and Sattar Khan. I am so happy to be able to control the horses better and further solidify my basic skills in trot and canter.

**Do your parents or siblings play polo? How did you get interested in polo? Was it an instant love for the game?**

My dad is an equestrian and he's my inspiration. I enjoy watching Formula 1 as I love the speed. When I was 5, I asked my dad how I could run faster and he told me that the only way was to get on a horse and that was how I started learning Polo. It was definitely an instant love for the game because of the speed and culture behind it. My parents would like me to be more patient with better hand-eye coordination. Dad always explains about being strategised against the opponents but I still do not quite understand what it means yet since I am still too young to play in chukkas.



## Polo & Fitness

**How many days a week do you train?**

I train once a week.

**Have you been on any polo holidays?**

I started learning polo during the pandemic and have not had the chance to go on any polo holidays. I would love to though, as soon as we are able to travel safely when international borders are opened. I've always admired the international professional polo players.

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

Yes, I had the chance to watch once and it was really exciting. I am looking forward to be a part of it in the future. For now, I have to keep my head down to practise my basic skills and be consistent. Then maybe one day, I would be able to be part of the Club's team and be one step closer to my dream - to play for the National Team!

James Patrick Clark loves spending time at the Academy and Clubhouse pre and post lessons, along with his two Equestrian siblings. Read his fun-filled replies below!

### About SPC, Atoms Polo Academy

#### What do you like about Atoms Polo Academy?

I get to ride with my friends and instructors – that's my favourite moment at Atoms.

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

I love chilling out in the Club Room with friends and my siblings because it has a PS4 game console, foosball table, books, games and the best bit – no adults allowed! It is since closed due to the Covid 19 restrictions but I definitely can't wait for it to re-open!

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

Swimming in the pool, having tennis lessons, riding lessons with SPC Riding Academy, practising in the cage and running around on the field playing with friends post chukkas and stick and ball sessions. My family also enjoy the food at The Paddock Bistro, especially the ice cream!

### About the Sport

#### Do you own a polo pony? If you do, tell us more about your relationship with it. Otherwise, let us know the name of your favourite pony at the Academy.

I don't own a polo pony but my favourite club horses to train on are Satin, Yerba and Polenta. I also love popping by the stable to say hello to Atom, the little pony. He's so cheeky and loves nibbling on my t-shirt whenever I attempt to stroke his head.

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

I train under all the instructors and enjoy every lesson.

#### Do your parents or siblings play polo? How did you get interested in polo? Was it an instant love for the game?

Yes, three of my family members are in the Atoms programme too – my mum, brother Ollie and sister Otilie. I have always watched my mum and brother ride the past few years and my interest was sparked while following them for lessons. It's a great feeling to have mum attend lessons with us, she has always enjoyed Equestrian sports and moved to polo so that she could learn new skills. It's motivation as such that made me love the game instantly.



### Polo & Fitness

#### How many days a week do you train?

I train twice a week at the Academy and I practise the various swings at home with a foot mallet.

#### Have you been on any polo holidays?

Not a polo holiday but when we are back in Australia, we always ride on our uncle's horses in the New England Tablelands or in the UK, we ride with granny at Ashdown Forest.

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

I love watching the Atom chukkas featuring my fellow Equestrian friends. I turn up at the stands to cheer them and my brother! I can't wait for the day where I get to play chukkas with them.



# Top Picks at Atoms Polo Loft this Christmas!

We are all ready to get you into the Christmas mood. Swing by the Atoms Polo Loft and check out these sweet deals that you could gift your loved ones this festive season!

THERE'S SOMETHING FOR EVERYONE!

FOR THE LADIES



**Price: From \$96+ to \$180+**

These gorgeous and comfy saddle pads are a must-purchase at the Loft Shop. Available in a range of designs and colours.



FOR THE MEN



**Price: \$75+**

A classy gift for that perfect Equestrian man. This leather belt has horse hair as a perfect element to complete your look. Comes in a length of 80cm to 100cm.

## FOR YOUR HORSEY FRIENDS



**Price: From \$15+ to \$30+**

Effol Friend-Snacks are produced from healthy grain with fibre, vitamins and minerals.

A hint of sugar-cane molasses makes them really tasty and various natural flavours ensure variety. A perfect after-lesson treat for your majestic friend!

## FOR THE BUBS



**Price: \$84+**

This comfortable hooded bathrobe is ideal for younger horse lovers. Made of terry cloth, they come in Rosewood and Navy in sizes UK1 to UK8.

**Price: \$75+**



Sleek foot mallets for the upcoming young polo players, designed and crafted by the very talented mallet maestro, Casa Zappala. Available in red and black.

## STOCKING STUFFERS



**Riding Socks: \$18+ a pair**

Deck up that Christmas Tree with these fun and cute accessories.

**PVC Leather Horseshoe tags: \$16+**



# Wellness at Home

Here are a few cues from these experts to maintain adequate fitness at home.

By Shivani Joshi, LA POLO

Let's face the elephant in the room: the COVID-19 pandemic is still present yet the situation has improved radically. Nonetheless, schedules are being tampered as novel variants approach along with fluctuating travel regulations, sustaining a normal fitness routine can be overwhelming. In fact, with polo clubs and championships reopening, professional sportsmen, athletes and celebrities have to retain a healthy fitness plan to return back into normalcy. However, the general public is also returning to regularity for which consistent moderate movement is necessary.

LA POLO took the initiative to communicate with health and sports personnel who said the break in polo schedules and lack of competitions have definitely taken their toll on mental and emotional health. Chukka Wellness and Coach Ajay Singh, along with other professionals, have been keeping the ball moving with fitness regimens during these inflexible times.

**Chukka Wellness**, founded by India Parker-Smith, aims at helping polo players develop all-round fitness and strength. With an acumen of personal training in Chelsea's premier private members' clubs, she turned her concentration towards sportsmen and women. Her approach is all-rounded in the sense that diet and exercise have equal weight and thus bodily functional movement matters as much as appropriately fueling the body. She has been training people both in the U.K. and internationally and has recently made her workout content widely available through outdoor solo videos on her social media pages. Check it out here:

*\*Stretches and warm-ups are necessary before all workouts and consult your doctor if you have pre-existing illnesses.*

**“POLO IS ABOUT REPEATED FORCE PRODUCTION.”**

## Chukka Wellness

presents these as the

### 5 BEST MOVES FOR ONE WORKOUT SET:



#### 1. V-Sit

By lying down flat on the mat stretch your feet upwards, engage your abdominal muscles, flex your elbows back and extend your legs away from your body. Then flex the legs back into your chest as you fully extend the arms back up to the starting position.

#### 2. Side Plank with Rotations

Start with a plank position and your elbow directly underneath your shoulder with a flat back and hips high. Keeping your knees off the ground, twist your torso while your feet stay firm on the ground.

#### 3. Heel Taps

Start on your back and your feet at a 90-degree angle. Keep your lower back flat on the ground and engage your abdominal muscles. While the

knees are bent, slowly drop one heel down to the ground, tapping it lightly. Then bring the leg back up to the start position. Switch legs.

#### 4. High Reaches

Start in the same position as the heel taps but raise your head and shoulders off the ground and reach your toes with your hands. Pause for a second, then slowly lower your upper body back down to the ground.

#### 5. Leg Raises

With your back on the ground, brace your core and push your lower back into the ground. Elevate and extend your legs so that they are adjacent to your body and slowly lower one to the ground. Ensure you keep the core engaged and the lower back drilled into the mat.

**Coach Ajay Singh** gave his best strength and dietary advice that polo players need at this time. He said: "Polo is about repeated force production. But it's not just legs and upper body, you also need a strong core to handle the horse and control the swing."

To start off, simplistic exercises are important. Begin with exercises like squats, lunges or step-ups for the hips, thighs, and hamstrings, back extensions for the lower back, and push-ups for the shoulders. After a few weeks, move to free weights or some resistance work using a light dumbbell and barbell.

### Five exercises for polo players to do at home:

#### 1. Push-ups

Push-ups are perfect for shoulder, arms and forearm strength and with so much arm coordination getting the perfect form is important here. Variations on push-ups can help isolate different arm muscles and work them out individually.

#### 2. Squats

Squats are a great off-season exercise. They work the glutes, hips, quads, and hamstrings. They help to improve strength as well as endurance. It's essential to learn the proper technique with light weights.

#### 3. Planks

Planks are the best for core strength. They will work your abs, lower back, and shoulders. First, work your way

up to a 1-minute continuous plank with proper technique and then start adding variations. You can try lifting legs, one at a time or doing side planks to increase difficulty and work different aspects of the core.

#### 4. Sit-ups

Sit-ups work out the hamstrings, calves, glutes and quads as well as your ankle and knee strength. It's best for the extensive leg strength required during the games.

#### 5. Lunges

Lunges target the quadriceps, hips, and hamstrings. You should start without weight to get comfortable with good form. Once you have it down, you can take dumbbells or kettlebells in your hands for added weight.

Warm ups are great to raise the body temperature before games and these are the best versions of warm ups.

#### • Roll wrists and forearms

- Rotate arms in one direction and then in another alternatively · Rotate hips.
- Short jumps on the spot with legs either straight or bent.
- Slow and quick flexing.

#### • Kicks, Skips & Walks Mix-and-match five or more of the following:

• **Frankenstein Walks (Hamstrings):** Keeping the right leg straight, raise it in front of you and touch your toes to your outstretched right hand. Step forward, land and repeat with the left leg.

#### • Lunge Walks

• **Heel Walks (Calves):** Walk forward balancing on the heels. Other options: high-knee skips, high-knee runs, butt-kicks, straight-leg skips, straight-leg runs, and backward runs.

• **Resistance Band Work.** Internal and external resistance band work is excellent for warming up shoulders as well as building shoulder strength.



#### Excerpts from the Polo Stars:

## Simran Singh Shergill

+6 handicap player, honored in 2019 with the esteemed Arjuna Award for contribution to the world of polo says about his fitness regimen, "I have been doing full body workouts. You must work the legs, core, upper body and coordination and also reflexes. I am not good with weights and so functional exercises work best for me. I go for squats, planks, push-ups, crunches and reflexes for coordination."

- **Knee Hugs (Glutes & Hips).**

You've probably been on your horse for the better part of this year. It's okay to take a week or two or three to rest.

These are the questions to ask yourself:

- **How you're feeling at the end of the season: Are you burnt out? Does your body want to rest?**
- **How often were you sick or injured over the season?**

By verbalizing your feelings, you can prevent a burnout, clear your mind and practice a variety of movements. Due to the lack of activity within the last few months, your muscles may be underactive. Over-training can be the likely result of pushing oneself beyond the boundary of capability to recover. Balancing out family commitments, training and trying to fit in some social activities can be hard, which can lead to your body cracking under pressure.

Polo players may feel:

- **tired**
- **lack of energy for other activities**
- **suffer from depression**
- **have decreased appetite**
- **headaches**
- **get an increased incidence of injuries**
- **have trouble sleeping**
- **feel a loss of enthusiasm for the sport**
- **experience a sudden drop in performance**

#### Excerpts from the Polo Stars:

## Shaurya Vikram

breaks the mold of the traditional workout regime by displaying his skateboarding skills.



#### Excerpts from the Polo Stars:

## Abhimanyu Pathak

the +5 handicap polo player, has often shared his fitness regime with LA POLO. He shows players the versatility of the polo kit off the fields and utility in the actual game. Fondly nicknamed Abby, he shares the act of balancing using the polo mallet. Balancing, undoubtedly, is a must when it comes to the game of speed.

These feelings are valid, normal and indicators from your body. This is how you can avoid and resolve the problem:

**Rest days are crucial:** head massages, leg elevations, compression garments, water therapy or a swim would work perfectly. Sleeping appropriate hours and avoiding alcohol are necessary for maintaining the apt neurotransmitters to keep you zen throughout the day.

**Good nutrition leads to good health, as the immune system is fighting in such dangerous environments.**

- Foods like fruits and vegetables are nature's best bets and eating 5 a day is the optimum goal. Additionally, they are jam-packed with energy and a spectrum of nutrients for the match and post-game. In addition, these antioxidant-rich foods will help you combat illness like cold or flu.
- Choose whole grain carbohydrates sources. Whole grains are far more beneficial than refined grains.
- Choose healthy sources of protein such as chicken, pulses, fish, eggs, nuts and yogurt and milk.
- Trade in highly processed foods wherever you can with small additions of whole foods.

#### Hydration

Sports performances are dependent on ample hydration as dehydration can be a kryptonite on the field. Hence, athletes have a proper fitness plan they prefer following. A general rule for training is to consume a minimum of:

- Two cups of fluid prior to training
- Four to six ounces of fluid every 15 minutes of exercise

Coach Ajay Singh says: "We'll get more serious later. Right now, take it easy. There is plenty of time to graduate to the more serious efforts at resistance training in the coming months. Let's hope we can turn this situation around, the quicker the better."



Excerpts from the Polo Stars:

## Shyam Mehta

President, Amateur Riders' Club and an ardent Polo Player raves about yoga. He said: "Yoga has been an essential fitness routine for me owing to its multiple health benefits. These days, I have a fixed routine of breathing exercises, meditation, and stretching for about 45 minutes in the morning and another 45 minutes of power yoga in the evening. Currently, I am at my farmhouse at Kalote, surrounded by mountains so I get the chance to enjoy the fresh, unpolluted mountain air. Sometimes, I go for treks in the mountains surrounding my farmhouse which are totally isolated."

Mehta spoke about the exercises that he believes improve his horse-riding skills. "Each yoga asana and mudra improve my horse-riding and polo skills. Breathing exercises help me build stamina. Meditation helps me with my concentration and focus. Power yoga helps build the core muscles, which are very important for sustained strength to ride the horse and to be able to hit all the shots in minimum reaction time. It's hard to prescribe three quick exercises to improve one's horse-riding skills, but if I must, I believe some stretching exercises, surya namaskar and navasana work best. Swimming is also an excellent option."

As the old saying goes, "abs are made in the kitchen". Diet and exercise hold equal importance. Shyam Mehta says: "I eat only fruits for breakfast, usually one or more of a combination of apples, grapes, papayas, watermelons, bananas, pomegranates and chikoos. Lunch and dinner comprise vegetables, eggs, chicken, and/or dal with rice or rotis. Sometimes, I have pasta. I avoid fried food. I prefer eating light and stopping once I'm 80 percent full."

The abrupt shutdown and the lack of competitive practices can affect one's body dramatically.

Mehta said: "I keep myself occupied with yoga, exercises, reading, attending online classes, cooking, gardening and also do a bit of legal and ARC work. I haven't felt the need to binge watch television shows. I'm busy with multiple activities, learning new things, maintaining social distance and staying safe."

After the Mumbai season began again in December 2020, ARC President Mr. Mehta stated it took them 4-5 months to gather the horses, train and prepare the players. For this, they focused on modifying the diets and practice arena matches, which were self-sponsored. At the same time, the surge of YouTube videos since the lockdown has made it easier to workout at home. The best way to cope is to take tips from these experts and try it out yourself, see what works for your body and stick to the plan. Trust the process and at the end of the day, wellness is about gratitude towards your body and mind.

# To Huge Milestones....

Photo Credits: Edric Lee

**H**uge shout out to our Riding Academy students who took part in Bukit Timah Saddle Club's National Day riding show. Congratulations and a job well done! Here's to many more achievements and even better riding milestones to come...

Check out their scores at the 2-day competition:

## DAY 1

### 1st place:

Megan Ding and Sir James in the Elementary 3A with a score of 79.86%

### 3rd place:

Lara Baker and Sidan in the Elementary 3A with a score of 71.38%

### 1st place:

Molly Sheehy and Saoirse Lily in the Advance 5A with a score of 71.44%



Molly Sheehy and Saoirse Lily

## DAY 2

### 1st place:

Megan Ding and Sir James won (1st) in the Elementary 3C with a score of 71.58%

### 3rd place:

Lara Baker and Sidan won (3rd) in the Elementary 3C with a score of 63.04%

Molly Sheehy and Saoirse Lily finished with a score of 64.23% in the Medium 4C.



Left to right: Megan Ding, Edric Lee, Riding Academy instructor and Lara Baker

• Grooming • Basic polo rules • Horse behaviour • Colours & Markings • Feeding •

Poisonous plants • Caring for the hoof • Points of the horse • Tacking-up • Turning out a pony safely • Competition rules



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# PONY CLUB

• Daily routine on the yard • Mucking out • Polo stick & ball on wooden horse • Bits •

# New LIVERIES



## I'm Incredible with Priya Selvam

Adorable duo I'm Incredible and Priya Selvam make the best riding buddies! Priya shares that this 7-year old thoroughbred of Australian origin was an ex-racehorse which she adopted in July 2021, and he has such a mild and calm temperament. Her 12-year old daughter Rania is on this equestrian journey with her and they both intend to initiate him into dressage with hopes of him becoming a show jumper. To aid this, in-hand training, walk-trot flat works are regularly practised to get him physically built and adapted to Equestrian disciplines. At present, he has settled into his new home and loves the lush surroundings around the jungle trail. It is to ensure he enjoys every ride! Here's to a lifetime of memories for them both!



## Touchy with Alessandro Caldana

6 year old Irish Sport horse Touchy is an eventing horse hailing from United Kingdom. His owner Alessandro adores this special friend of his and loves how Touchy is always very sweet, as he is constantly on the lookout for cuddles and enjoys making new friends. Cheers to many more years of equestrian happiness!



## Fontrice with Yasmine Bonehill

11 year old Dutch warm blood, Fontrice is the newest addition for The Bonehills. Yasmine shares that her riding goals with this white beauty is to basically have fun and try to go as far as she could with her. Yasmine recalls her arrival at the Club, "She was so calm and settled just after her 3rd day here. It's really cute how she likes to wiggle her lips and search you for some treats." Wishing the both of them happy moments and huge riding milestones together!

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# Another Feather In Our Cap

Photo Credits: Mr Teo Pok Zin

**O**ur Academy riders nailed more significant placings at BTSC's Mid-Autumn Show on 18 and 19 September 2021.

Kudos to everyone! Check out their standings below.

## DAY 1

### Class 4:

**90cm Competition against the clock**

2nd place Lucy Bennett-Baggs on Cabotine des Rosiers Z (Willa)

### Class 5:

**100cm Competition against the clock**

3rd place Tia Gabler on Akita 104

### Class 6:

**110cm Competition against the clock**

1st place Lucas May on Kilinick Monroe (Marilyn)



Tia Gabler and Akita 104



Ysabelle Lo and Daloxe



Lucas May and Kilinick Monroe (Marilyn)

## DAY 2

### Class 12:

**90cm one round with a jump off**  
2nd place Lucy Bennett-Baggs on Cabotine des Rosiers Z (Willa) with double clear rounds

### Class 13:

**100cm one round with a jump off**  
2nd place Tia Gabler on Akita 104

### Class 14:

**110cm one round with a jump off**  
2nd place Tia Gabler on Akita 104

### Class 15:

**120cm one round with a jump off**  
2nd place Caedan Paul on Red



Caedan Paul and Gold Run (Red)

# CELEBRATE TIME

*with a personalised engraving on your  
Jaeger-LeCoultre Reverso*



A fine watch does so much more than simply tell the time; it is a personal and intimate object and it symbolises the deep connection between special moments in time and our most treasured memories.

When Jaeger-LeCoultre introduced the Reverso 90 years ago, its blank metal flip side was designed purely as a functional solution to the need for polo players to protect the delicate glass of their watches. However, it immediately became a canvas for special messages and artistic expression, decorated with enamel or engravings.

Some would commission engravings for themselves to mark one of life's milestones or as a reminder of something deeply meaningful. Others would commission engravings as a gift for someone special – perhaps a significant date or a message of love. Thanks to the Reverso's unique design, the decoration could be kept hidden or flipped over to be displayed.



A 1994 Heritage Reverso  
Duoface Recto



## OUR 135TH ANNIVERSARY WATCHES ARE HERE!

Located at the far end of the Polo Bar, a crystal-clear cabinet filled with glimmering Reverso watches provide viewers with a glimpse of these icons. Amongst the classy timepieces are two of our very own specially engraved exclusive watches, which are testimony to our huge milestone!



The service is offered to all owners of steel or gold Reversos, both new and second-hand, and may be requested at the time of purchase or at a later date. A wide choice of standard designs can be personalised to order and fully bespoke designs can be created. The service is available through Jaeger-LeCoultre's online tool at <https://engraving.jaeger-lecoultre.com> or through any Jaeger-LeCoultre boutique.

  
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# *Some things are worth* **EXPERIENCING...**

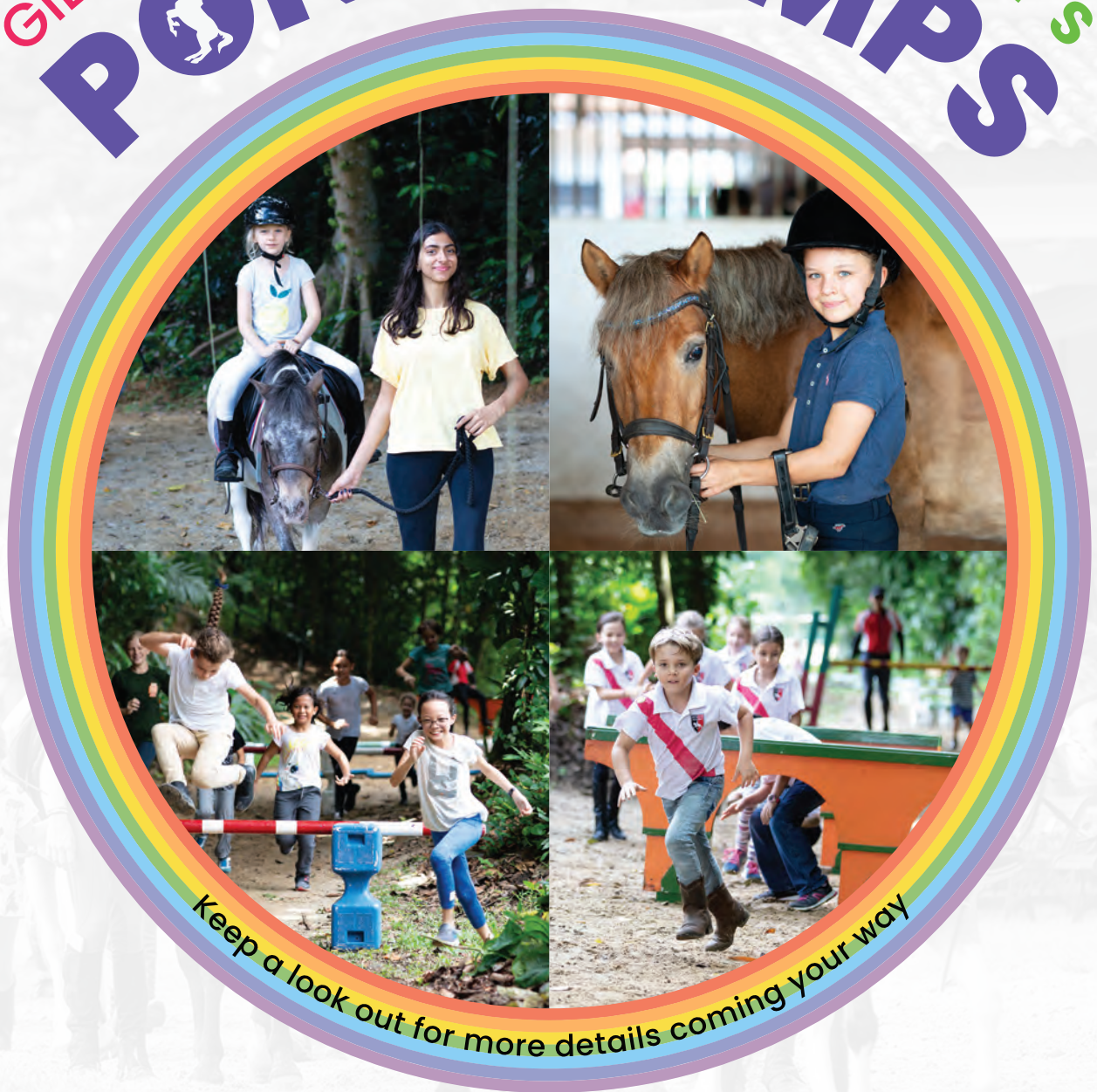
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# Honing your powers of observations for better horse care.

By Dr Roshni Pannirselvam,  
BVSc (Bristol) MRCVS.



Image of a healthy horse.

Navarra, K. 2018, *Equine Nutrition for Well and Sick Horses*, EquiManagement, viewed on 31 August 2021.

I love the saying by the natural horsemanship trainer, Pat Parelli, "A horse doesn't care how much you know, until he knows how much you care". It highlights that care takes time and effort, and that communication goes both ways between you and your horse.

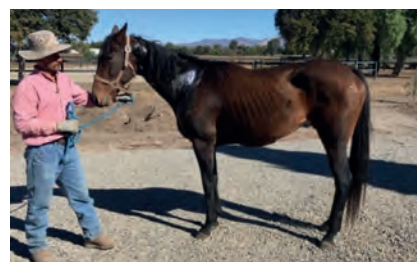
Good care of horses, is not just grooming, feeding and exercising it. It goes further to enable health and vitality of a horse. We can start simply by identifying images of horses that are healthy and happy. They have a bright look on their face, they are well muscled, have shiny coats and they are free from disease.

A good way to improve horse care is to hone in your powers of observation, and compare your thoughts to your experience of what's healthy and normal. Take for example the horse in the image on the right. Although

an extreme example of a neglected horse, this horse is grossly underweight, it has no topline muscles resulting in a weak, swayed back, its ribs are showing, it has skin lesions on its face and neck, indicating some sort of skin infection, and worst of all, the frowning expression on its face shows that it's troubled and in pain. Although it would take many months, good nutritional management and daily care would improve its condition profoundly. Then when it is no longer in pain and diseased, it can begin exercising to build its strength and fitness.

## **Nutrition for a malnourished horse**

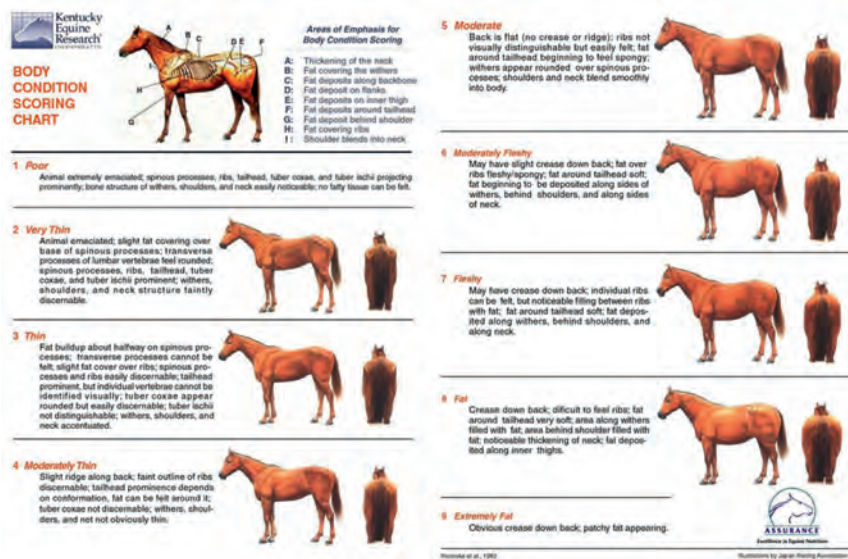
It is useful to objectively grade a horse's body condition score (BCS) at the starting point to reflect on as the horse is put on a weight gaining program, or a diet. Using the BCS chart, this horse would score a 2 or a



KSBY local news, Oct 23, 2018, 'Animal services looking for person who abandoned sick horses near Santa Maria', viewed on 31 August 2021.

3 (very thin / thin). Horses that have been starved or fed a low-quality diet should not be given "hard feed" consisting of starchy, energy-rich concentrates initially. Good quality imported hays with a moderate ratio of fibre and crude protein would be ideal, as the gastro-intestinal tract of horses is designed to digest fibrous forage and protein

is essential for repairing and rebuilding. In Singapore, horses have access to a variety of imported hay such as bermuda grass, timothy grass and alfalfa/lucerne hay. Alfalfa hay is more protein-rich compared to the grass hays, but it's not a bad idea to feed a mix of hay types and harvest cuts to get a balance of nutrients. A horse on a weight gain program can be fed ad libitum (ie as much as it wants to eat, whenever it wants to eat), while a regularly-exercised, healthy horse can be fed hay up to around 2.5% of its body weight (Eg. A 450kg polo pony can be fed around 11kg of hay a day.) Every 2 weeks, the body condition of the horse should be re-assessed and graded to determine when the horse has reached the ideal BCS of 5. Obesity has its own share of problems so this should be prevented at all costs.



'Body Condition Score Chart', Kentucky Equine Research, viewed on 31 August 2021.



Side view image of a woman riding a horse.

## Expressions of pain

As a vet, I refer a lot to Dr Sue Dyson's "Ridden horse ethogram" which, I find so descriptive especially for horses with back pain. Some of the signs of pain I see commonly in ridden horses are: ears that are back or vertical, intense blank stares and sticking out the heads and necks to avoid engaging back muscles. When back pain is severe, the horse is of course more expressive and swishes its tail, grabs on the bit, runs and bucks! Back pain is not always pathological; it is most often due to unbalanced riders and ill-fitting saddles.

Various discomfort ethograms have been created to illustrate facial expressions, body postures, limb positions etc. to help horsemen decipher what these behaviours mean. When being showered after a good ride, a horse often yawns in relaxation. But a horse also yawns when it's tired, and yawns repeatedly when it has abdominal pain from colic! Therefore, interpreting the different behaviours need to be taken in context of the surroundings and activity.

When you spend time with your horse, you get to know what's normal for him and what's not. Observation comes from your different senses; feeling, smelling and hearing your horse is just as important as seeing it with


your eyes. Hone in your observation skills and listen to what your horse is saying. Maybe his frog is soft and painful from thrush causing him to position that leg forward when he feeds or rests in the stable. Pick up his foot to inspect it, touch it and smell it. Maybe his back muscles are weak and his back hurts when you're riding, causing him to pin his ears back and disengage his back muscles. Palpate his back to check where he may be sensitive and flinches in response to pressure.

When you know what's painful or abnormal, you can take steps to treat or manage the problem, and ultimately provide the best care possible for your horse. ■



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# Cocktails Galore

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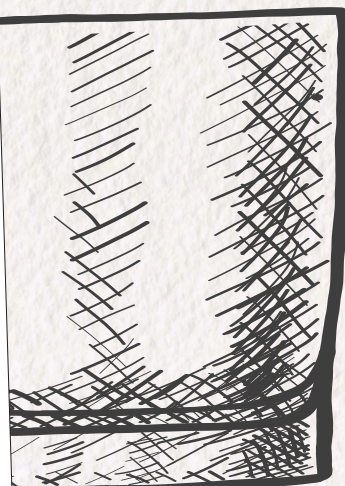
Ever wondered what goes into your must-have cocktails at Coriander Leaf? We bring you a preview of several best-sellers at Coriander Leaf. Perfecto for the upcoming festive season!



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Shishito Peppers  
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Tequila Blanco  
Hibiscus Tea  
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Molasses  
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Agave Nectar  
Orange Zest



## Miracles at Chijmes

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Soul Sister Gin  
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Lemon Juice  
Japanese  
Cucumber  
Prosecco

## Sin City Snapper

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# MEMBER INTERVIEW: ELEANOR SLADE

## Q: DID YOU HAVE ANY "FEARS" BEFORE YOUR FIRST AQUASPIN CLASS?

I was concerned the class would be for diehard cyclists but it isn't, the classes work for everyone. I had a broken arm and was worried about causing further damage but the instructors quickly adapted the exercises to ensure I was completely safe during my rehabilitation.

## Q: WHAT MADE YOU JOIN US IN THE FIRST PLACE?

I have always enjoyed swimming, and thought Aquaspin was a great way of getting a full workout without being in a gym. As a working parent with 3 children, my schedule is packed and the convenience of the timings at the club are perfect for my busy days.

## Q: WHAT DO YOU ENJOY THE MOST?

I love the whole body workout, and that you are not stiff or aching the next day. I also love that it's outside, and the pool keeps you cool throughout. I love the evening class and seeing the amazing sunsets whilst working out.

## Q: HAVE YOU FELT ANY BENEFITS WORKING OUT WITH US?

Having had some injuries, I think this is a great way to improve fitness and stamina safely, and I also felt much more flexible after a few sessions.

## Q: WHAT WOULD YOU SAY TO SOMEONE WHO HASN'T TRIED IT YET?

Definitely give it a go. The classes are for everyone as you go at your own pace. It takes no time to pick up the different moves. I think it is a great alternative to a gym class, the instructors are super fun and encourage you to give it your best!

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OF THE TIMINGS AT  
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# HEAD COACH Tamas Legner

In this issue, we feature Hungarian Head Coach Tamas Legner who has been with the Club since 2016. Read on to find out some fun facts about him and his credentials in this racquet sport.

**T**amas is a familiar face on our tennis courts and remains as one of the popular coaches with our child members.

Friendly and knowledgeable, Tamas has a Bachelor's Degree in Sports Coaching, Specialising in Tennis and a Master's Degree in Physical Education.

Off-court he enjoys scuba diving and motorbiking – two hobbies which require overseas travel! "I can't wait for travel to resume and to re-ignite my passion for these unique activities" says Tamas.



## FUN FACTS ABOUT HIM!

Favourite shot  
**BACKHAND  
SLICE**

Achievements  
**TOP 20 NATIONAL  
JUNIOR RANKING**

Favourite  
tournament  
**ROLAND  
GARROS**

Favourite  
player  
**ANDRE  
AGASSI**

Graduated from  
**HUNGARIAN  
COLLEGE TENNIS**



# No-Bake

## FIG BARS WITH CHOCOLATE, COCONUT AND CASHEWS

Keep your weight in check this festive season with this easy-to-assemble snack. Fitness Ironman Louis shares that this dessert can be made in 3 easy steps, is vegan, paleo, grain and gluten-free!

Try it out this Christmas and thank him later!



**Prep Time**  
15 minutes

**Yields**  
8 to 11 bars

### Ingredients

- 1 ¼ cup dried unsulphured figs or about 5-6 ounces (stems cut off)
- 1.5 cups raw cashews
- 1 cup unsweetened Coconut Flakes (plus extra for topping)
- 1 tsp vanilla
- Dash of sea salt (1/4 tsp)
- 1/3 to 2/3 cup or more of dark chocolate or vegan dark chocolate chips to melt

### Optional Toppings

Extra chocolate chip, coconut, sea salt, fig, etc.

### Instructions:

01. Line a square baking pan with parchment paper. Set aside.
02. Next make sure your dried figs have all the stems cut off.
03. Place cashew, coconut, salt, vanilla, and figs in food processor. (If you don't have a high powered food processor or blender, then divide the ingredients in half and blend/grind in two batches).
04. Blend until mixture is fine and able to stick together well.
05. Pour mixture into baking dish and press down well.
06. While the fig/cashew mix sets in pan, melt your dark chocolate.
07. Place dark chocolate in a microwave safe bowl or on stove top. Heat until melted. About 60-90 seconds in microwave mixing half way.
08. Next pour the chocolate over the cashew coconut batter and spread it evenly in the dish to cover all. If you require more dark chocolate to cover, just melt an additional 1/4 cup.
09. Optional topping – Sprinkle extra coconut, cashew, sliced fig, and dash of sea salt on top of chocolate (evenly).
10. Place in freezer for 20 minutes or fridge for a few hrs.
11. Once they are hardened, remove from fridge.
12. Slice into bars and wrap each one in foil for a quick grab and go bar. Or store in an airtight container.
13. Best kept in fridge for freshness. Feel free to freezer for up to 8-10 weeks. These really do keep well!



# Gift - a - Zappala

Casa Zappala mallet is a fine work of art. From its detailed harvesting of raw materials to its exquisite craftsmanship, every piece is specially selected and handcrafted to become a masterpiece.

Swing by the Atoms Polo Loft at the Singapore Polo Club to select a beautiful Casa Zappala mallet this Christmas for your loved ones.

For enquiries, email [atoms@singaporepoloclub.org](mailto:atoms@singaporepoloclub.org) or call 6854 3955.



# Keeping your weight in check IN TIMES OF COVID

## YES, YOU ARE RIGHT!

Pandemic weight gain is legit. If you had packed a few too many kilos since March last year, you are not alone. In a poll of more than 1,000 people, nearly half of the women and a quarter of the men said they'd gained weight during the pandemic period.

## WHY IS THAT?

- Snacking more frequently
- Relying more on food delivery
- Exercising less
- Spending longer hours in front of the computer

The good news is more people are cooking from home these days. The bad news is preparing 3 large meals a day might inevitably be adding to your calorie intake.

We also rely more on alcohol and comfort food such as ice cream, pizza, crisps and fries to make working from home more bearable.

Does this sound like you? Then, it's high time to make a few changes to shed off those extra pesky kilos.



### About The Contributor:

Teresa is a registered Holistic and Culinary Nutritionist with a passion for education and healthy eating. She has been an educator for over 20 years. She advises her clients on achieving their health goals through food by creating meal plans and delicious recipes without compromising the nutritional value. She has a special interest in how gut health is related to many health conditions and how we can improve our health dramatically with minimal dietary changes.

She believes in food. Food is our medicine, and we should EAT HAPPY.



@BALANCEDNUTRITIONLAB

## MY TOP 5 TIPS TO SHAKE THOSE CALORIES OFF IN NO TIME:

### 1. Plan your meals and snacks for the week ahead.



Meal planning allows you to decide on the ingredients to use and the portion sizes. You can prepare nutritious and healthy meals and avoid last-minute snacking, ordering takeaways or processed food by planning your meals ahead of time.

### 2. Avoid snacking

The pandemic has accelerated the rise of snacking as an alternative to meals at a quicker pace. Snacking is only recommended when you don't have the luxury of time to enjoy a proper meal, just before a competition or after an intense exercise workout. Otherwise, it's perfectly fine to wait 4 hours until your next meal. Our bodies need to rest and recover. Feeding our bodies every 2 hours doesn't allow for proper healing and recovery. If you are hungry, some sliced apples and berries with yoghurt or carrot sticks with hummus make a great healthy snack before your next proper meal.



### 3. Increase your fibre intake



This is probably the one that will make the most impact on your diet. Half your plate should consist of non-starchy greens such as kale, spinach, broccoli, asparagus, Brussel sprouts and bok choy. These vegetables are not only nutritionally superstars, but they add bulk and keep you satiated longer. The good news? You can have as many green vegetables as you want without having to worry about the calories.



### 4. Boost your protein

If you want to lose weight, try to bump your daily protein intake to at least 1.3 grams of protein per kilogram of body weight. A high protein diet can help build lean muscle when combined with exercise. Lean muscle helps to burn more calories throughout the day.

### 5. Stay hydrated

Water is 100% calorie-free. Drinking water before your meals can suppress your appetite and reduce your calorie intake. Replace your daily sugary drink such as bubble tea, sodas, milk smoothies with lemon water for greater benefit. Don't like water? Add a few strawberries, cucumber or orange slices for a refreshing fruity taste.



### DETOX GREEN SMOOTHIE RECIPE

This recipe will help your body open its detoxifying pathways to get rid of toxins and increase your metabolism.

#### Ingredients for 2 people:

4 cups of kale  
1 cucumber  
1 lemon (juiced)  
2 apples (peeled and diced)  
1tbsp ginger (grated)  
1tbsp flaxseed (grounded)  
1 ½ cups water

#### Directions:

1. Blend all the ingredients till smooth in a blender. Be patient. No one likes clumps in their smoothies. It may take 1 minute or longer to get a great smoothie consistency.
2. Divide between glasses and enjoy.



# The Ultimate Equestrian Lifestyle

Singapore Polo Club offers members and guests a true Equestrian experience like no other. We explored our social media handles to bring you the best moments experienced by all. From dining to equestrian, we showcase the finest joys and life's little things that matter the most. Enjoy!





Check out these special moments on **#SingaporePoloClub** and hashtag your insta-worthy photographs!

# Logic Puzzles for the FUN WITH TWINKLE PIE

# Smartest



Festive season is my utmost favourite time of the year!

I'll be selecting 5 winners who will walk away with Singapore Polo Club's exclusive 135th edition caps. Head over to our Atoms Polo Loft and check out how gorgeous they are!

Hurry send in your answers fast.



Submit your completed entries to [marketing@singaporepoloclub.org](mailto:marketing@singaporepoloclub.org) or drop them off at our Reception before **22 November 2021**. Do remember to include your name, membership number (if applicable), email address and telephone number.

# RECIPROCAL LISTING

COUNTRY	CITY	CLUB	CONTACT (WEBSITE)
<b>AFRICA</b>	South Africa	Inanda Polo Club	<a href="http://www.inandaclub.co.za">www.inandaclub.co.za</a>
<b>ARGENTINA</b>	Pilar	Pilara	<a href="http://www.pilara.com.ar">www.pilara.com.ar</a>
<b>AUSTRALIA</b>	Canberra New South Wales Perth	Canberra Club Sydney Polo Club The Western Australian Club	<a href="http://www.canberraclub.com.au">www.canberraclub.com.au</a> <a href="http://www.sydneypolo.com">www.sydneypolo.com</a> <a href="http://www.waclub.com.au">www.waclub.com.au</a>
<b>CANADA</b>	Calgary Vancouver Toronto	The Ranchmen's Club Terminal City Club The Boulevard Club	<a href="http://www.ranchmensclub.com">www.ranchmensclub.com</a> <a href="http://www.tcclub.com">www.tcclub.com</a> <a href="http://www.boulevardclub.com">www.boulevardclub.com</a>
<b>CHINA</b>	Beijing Beijing Shanghai Tianjin	Beijing Riviera Country Club The Tang Polo Club Nine Dragons Hill Polo Club Tianjin Goldin Metropolitan Polo Club	<a href="http://www.bjriviera.com">www.bjriviera.com</a> <a href="http://www.tangpolo.com">www.tangpolo.com</a> <a href="http://www.ndhpolo.com">www.ndhpolo.com</a> <a href="http://www.goldinmetropolitanhotel.com">www.goldinmetropolitanhotel.com</a>
<b>FRANCE</b>	Paris France	Saint James Paris Polo Club du Domaine de Chantilly	<a href="http://www.saint-james-paris.com">www.saint-james-paris.com</a> <a href="http://www.poloclubchantilly.com">www.poloclubchantilly.com</a>
<b>HONG KONG</b>	Kowloon Lung Ha Wan Road	Kowloon Cricket Club Clearwater Bay Equestrian & Education Centre	<a href="http://www.kcc.org.hk">www.kcc.org.hk</a> <a href="http://www.ceec.hk">www.ceec.hk</a>
<b>INDIA</b>	Jaipur Kolkata Mumbai Mumbai	Jaipur Riding & Polo Club Calcutta Polo Club Golden Swan Country Club Mumbai Cricket Association Recreation Centre	<a href="http://www.jaipurpolo.com">www.jaipurpolo.com</a> <a href="http://www.calcuttapolo.com">www.calcuttapolo.com</a> <a href="http://www.goldenswan.com/countryclub">www.goldenswan.com/countryclub</a> <a href="http://www.mcarecreationcentre.com">www.mcarecreationcentre.com</a>
<b>INDONESIA</b>	Jakarta	Mercantile Athletic Club	<a href="http://www.macjakarta.com">www.macjakarta.com</a>
<b>JAPAN</b>	Yokohama	Yokohama Country & Athletic Club	<a href="http://ycac.or.jp/wp">ycac.or.jp/wp</a>
<b>KOREA</b>	Seoul	Seoul Club	<a href="http://www.seoulclub.org">www.seoulclub.org</a>
<b>LUXEMBOURG</b>	Luxembourg	Cercle Munster	<a href="http://www.munster.lu">www.munster.lu</a>
<b>MALAYSIA</b>	Ipoh Kuala Lumpur Kuala Lumpur Kuala Lumpur	Iskandar Polo Club Sunway Lagoon Club Royal Lake Club Bukit Kiara Equestrian & Country Resort	Nil <a href="http://www.sunway.com.my/club">www.sunway.com.my/club</a> <a href="http://www.royallakeclub.org.my">www.royallakeclub.org.my</a> <a href="http://www.berjayaclubs.com">www.berjayaclubs.com</a>
<b>PHILIPPINES</b>	Cebu Makati	Cebu Polo Club Manila Polo Club	<a href="http://www.cebupoloclub.com">www.cebupoloclub.com</a> <a href="http://www.manilapolo.com.ph">www.manilapolo.com.ph</a>
<b>SRI LANKA</b>	Colombo	Colombo Swimming Club	<a href="http://www.colomboswimmingclub.org">www.colomboswimmingclub.org</a>
<b>THAILAND</b>	Pattaya	Thai Polo Equestrian Club	<a href="http://www.thai-polo-club.com">www.thai-polo-club.com</a>
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