

# TREC-camp 2022



- When?** Tuesday 28th of June – Thursday 30th of June. It's possible to arrive from Monday evening and to stay until Friday. For guests who have a long way to go it's possible to come even earlier.
- Where?** Forsby gård, 594 75 Edsbruk, Sweden. Forsby is located near E22.
- What?** For three days we will train TREC both in theory and practice in POR, MA and PTV. You can choose which level you want to train: A/B-level, C-level or Beginners-level. All riders and horses are most welcome!
- Who?** Trainer for ABC-level is **Ingrid Helmes**. Ingrid is from the Netherlands and has been a trainer in TREC since 2009 and an international TREC-judge since 2010. She is also a rider and rode her first World Championship 2008. Since then, she has ridden several European Championships and World Championships in TREC and participated in the European Open Cup in several different countries. Ingrid also has competed in Endurance, Dressage and Side saddle.

Trainer for C- and Beginners-level is **Malin Billsdotter Östersten**. Malin is international TREC-judge and organizer for all levels since 2007. She is responsible for the educational materials in TREC Sweden and take care of Sweden's contact with FITE.

We are happy to have **Jennica Berletin** with us at the camp again. Jennica is an educated medical massage therapist, acupuncturist tcm, qigong-teacher and wellness consultant. She has her own clinic Berletin Wellness at Öland, but also work with courses, trainings and educations at other places. Jennica has a strong interest in exercise and health, which has also given her a lot of experiences. Jennica has spent about 15 years of her life with horses and therefore has great insight into what riders need to train on. Jennica has spent many hours in the stable and on the horseback as competition rider, educator of young horses and as a instructor. At this camp Jennica will be responsible of different workshops each day. It's also possible to book individual treatments. More information below.

**Cost?** All three days 2250 SEK. 1000 SEK is paid at registration. 500 SEK is refunded if you send in a medical certificate or a veterinary certificate. The rest (1250 SEK + the cost for meals and accomodation) will be paid before 15<sup>th</sup> of June. It's possible to register for individual days, 750 SEK/day.

**Meals?** Bring your own food or order from us at the registration form. Breakfast 35 SEK, lunch 75 SEK, afternoon coffee ("fika") 20 SEK, dinner 75 SEK. It's possible to order food from dinner Monday evening to breakfast Friday morning.

**Accommodation?** Bring your own tent (0 SEK) or book a bed in a room with 4-6 beds for 100 SEK/night.

**The horse?** A paddock for the horse is included in the registration fee. Bring your own food and bucket for your horse.

If you want to rent a box for your horse, we have a few available for 100 SEK/day. Bring your own bedding or buy from us.

Questions? Contact Malin Billsdotter Östersten. Mobile  
+46-70-207 57 62, email [malinbillsdotter@gmail.com](mailto:malinbillsdotter@gmail.com) or  
Messenger.

Registration? Fill in the separate registration form and send it by  
email to [malinbillsdotter@gmail.com](mailto:malinbillsdotter@gmail.com)

Workshops (is included in the fee)

### Breathing

Breathing is an important part of the rider's performance. Effective breathing saves energy and provides access to a higher mental and physical capacity. Horses are sensitive animals and the rider's breathing will also affect how the horse interprets the signals given by the rider. A calm, deep and stable breathing provides a better condition to communicate with the horse. We will try different ways to train breathing, learn about how breathing works and discuss how we can use this in practice.

### Functionell strength & mobility

As a rider you need to give your body the right conditions. You need to prepare your body for the physical work that is required for riding and all the work in the stable. When you are stronger and more mobile, riding will be more fun, the work in the stable will be easier and we avoid injuries and unnecessary strain. Functionell training means that we only use the body as a tool. The purpose is to train the whole body with a focus on control, coordination and balance. Mobility training is based on dynamic movements to practice the range of motion, create equilibrium, and feel more comfortable in the body. We will start with theory and talk about how you can think about training your strength and explain what mobility training is. After that we will do a strength workout and exercises to increase mobility in your body.

### Qigong – training for body and mind

Qigong comes from China, where it has been practiced for thousands of years. The training consists of slow, fluid movements where you combine body, breathing and mind. The benefits of Qigong are many, here are some examples; you become calm, strengthen your balance, train your coordination, your muscles relax, your joints become softened, your breathing becomes deep and you get the feeling of being present in your body. To be able to be here

and now, is an extremely important ability. We often think too much about the past or about the future. It's easy to forget to enjoy what you have right now. You will learn more about Qigong, how it works and why it's such a great training. You will try several movements and also a short meditation.

**Individual treatments (is not included, contact Malin if you are interested)**

**Medical massage & acupuncture - 60 minutes 800SEK**

This is the optimal treatment for you who have specific ailments. A treatment includes a survey (medical history, lifestyle, description of your ailments), examination and tests of your musculoskeletal system, manual treatment, programs with home exercises and other advice.

**Classic massage - 60 min 800SEK - 45 min 650SEK - 30 min 500SEK**

"Swedish massage" is mainly based on slow, drawn-out and soft to medium hard movements. If you compare with other massage, Swedish massage is gentle and relaxing. The massage should make the muscles relax and tension to release.

**Massage for relaxation / Aroma-massage - 75 minutes 900SEK**

Total relaxation for body and mind with or without essential oils. The massage is a very soft, pleasant treatment. Which provides relaxation, energy and balance. The massage is for the whole body and the face.

The purpose is to activate the hormone oxytocin, increase circulation in the body, strengthen the immune system, and increase general well-being.