of the one-horse sports



However, there is a growing number of Above and below international teams in Europe, with Ireland right: alland Britain being the strongest nations. out action We want Scotland to take its place on the from a

international stage. We have a large pool of horse riders here, and in many equestrian events field Olympic and international riders — so why not work on creating an international polocrosse team?

We also just think it's great fun and a very sociable sport, and the more players and teams we can get then the more fun we can all have.

If I haven't convinced you to give it a go yet, have a look on YouTube and search polocrosse, or call Over Dalkeith Stables and speak to me to arrange a lesson.

We need more Scottish riders coming in to the sport.

At Over Dalkeith Stables we provide polocrosse tuition for all ages and abilities, from nervous beginners to wildly competitive experienced players.

We can provide the horse or teach you on your own.

We field teams for Scotland in Pony Club polocrosse and would love to get the Saltire out there competing at adult levels.

Our ultimate aim is to enable a Scottish international side to compete on the world stage alongside the English and Irish teams.

To do this we need financial support for team horses and transport — and more players. The more of you budding players out there currently hiding your talents that we can uncover, the better our pool

So go on to the Scottish Polocrosse website, pick up the phone to chat, come to watch, come to play, just come - you never know until you've tried it.

For more information pay a visit to:

scottishpolocrosse.co.uk

overdalkeithstables.co.uk

IN THE late 1930s Edward Hirst and his wife, who lived in Sydney, Australia, read an article in an English Horse Magazine about an exercise referred to as

Keen to pursue their interests of horse breeding and sports, they decided to find out more during travels to the UK.

They visited the National School of **Equitation at Kingston** Vale near London, where two instructors had developed an exercise to supplement the work of equestrians at the riding school and help young riders take better charge of their horses.

The exercise was played indoors with two riders a side, using wall markers from which a ball could bounce back into play.

The goals were elongated basketball nets hung at each end of the arena.

Riders used polo sticks with the mallet replaced with a squash racquet head and shallow string

The idea was to scoop up a ball a little larger than a tennis ball, ride to the end of the arena and drop it into a net.

thrilling

sport.

Pictures:

Anthony

Wednesdays, 6.30pm

to 8pm: training at

Over Dalkeith Stables.

Call 01577 840740 to

Sundays, 4.30pm to

6pm and 6.30pm to

8pm: training at Over

Dalkeith Stables.

Second Scottish

and location to be

Scottish summer

training camp: July

22-26, Over Dalkeith

Dates for tournaments

in England can be found

by paying a visit to

ukpolocrosse.co.uk

the UKPA website at

confirmed.

Stables.

Polocrosse Ball: date

Drew.

Realising the possibilities of the exercise as

DEVELOPMENT OF POLOCROSSE

Australia armed with a rule book, sticks and balls and sought the assistance of polo player Alf Pitty.

Hours of discussion, trial and error and numerous rule changes later, they came up with an exciting game using one horse per player which could be enjoyed by those of any age. They called it polocrosse.

Mr Pitty helped the

Hirsts give the first recorded polocrosse demonstration, at Ingleburn Sports Ground near Sydney, in 1939.

Polocrosse reached South Africa in the early 1950s before making it back to the UK in 1978, when it was introduced to two branches of the Pony Club in Surrey.

The modern game is played outside. Each rider uses a stick featuring a racquet head with a loose thread net in which the ball is carried.

The ball is made of sponge rubber and is about four inches across.

The objective is to score goals by throwing the ball between your opponent's goal posts.

Unlike polo, players are allowed only one horse, except in the case of injury.

There is no restriction on the horse's height, although the 'ideal' polocrosse equine is considered one that does not exceed of all breeds play, but stallions are not permitted.

players in two sections of three who play three or four alternate chukkas of six minutes, and eight minutes in internationals.

A match comprises six

Each section has a number one for attack; a number two in midfield (a combination of defence and attack), and a number three for defence.

handicapped, with a score between zero and 20.

The highest graded player in the UK currently sits on 16.

very much to have a horse that is educated, socialised and fun, we can get there by many different paths.

The more horses you bring on, the more tools you have available to deal with the requirements of each young horse that comes your way. Just as in humans. no two are the same.

SHELAGH

STEVEN

THERE ARE a lot of great

expectations placed on

We see top riders doing

very well in the young horse

classes, having produced

the horse to a very high

standard. Theses horses are

To reach this level

What we don't see is

requires a very special

all the other horses that

are kept at home until

they mature and are ready

mentally and physically

to deal with the hubbub of

competitions and the likes.

depends on its personality,

the facilities available, the

amount of training put in

by the rider and the ability

Although the end goal is

of the rider.

How long it takes to have an established horse

horse and expert training.

the crème de la crème.

young horses.

With spring competitions just around the corner, we must be careful not to 'run before we can walk' with our young horses.

It is easy to get carried away with entering for this and that, and before we know it we have blown the horse's brains, overfaced it and lost all trust and confidence.

The poor horse gets blamed for not being good enough, is punted down the road, and a new version comes in as a replacement.

Take it one step at a time. Riding Club and Pony Club offer great tuition to help you gauge where you

If you have a regular coach, they will be able to advise you on the best route for you and your horse.

Have fun with your horse, work on what he is good at, and work away quietly on the weaker areas. Before you know it you will have your own little superstar ready and willing for you to go and have a ball.

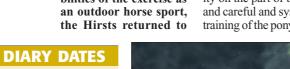
POLOCROSSE provides the Pony Club with a team competition requiring courage, determination and all-round riding ability on the part of the rider, and careful and systematic training of the pony.

It encourages a higher standard of riding throughout the Pony Club and stimulates among the future generation a greater interest in riding as a sport and as a recreation.

It is suitable for ordinary

children on ordinary ponies and encourages a strong and unselfish team spirit.

In Area 1 of the Pony Club, polocrosse is played at both Hayfield Equiworld Club and Over Dalkeith Stables.







around 16 hands. Horses A team consists of six

or eight chukkas.

In Britain the 'king of one-horse sports' is governed by the UK Polocrosse Association.

Players are graded, or

The sport is played throughout the world, and is still supported in the UK by the Pony

Pony Club involvement