

We're taking a look at the Trainers that work with BD North West

## Spotlight on Kate Attlee (NW Senior Team Trainer)



**I** am one of the lucky ones to be able to have a monthly lesson with Kate Attlee. I so look forward to it, because I know by the end of the lesson my horse Darcy will be going in the best way possible.

Kate always starts the lesson by asking what you would like to work on and after she has watched you work in, she also picks where she thinks you need the most help. Her lessons are not for the faint hearted. She has the knack of squeezing the maximum possible out of you and your horse requiring a great deal of effort from both of you. Having said that she has a great sense of humour putting you instantly at ease and I never feel that I am a lesser species because I am an amateur. We are working on Darcy's way of going, which makes me concentrate more on how it feels rather than being obsessed by the movements. And having got that right the actual movements seem so much easier. Having had a few lessons with Kate I now know that if she makes no comment whatever I have just done was rubbish, so it's straight back round and try again.

I am sure Kate has a loyal following of pupils and I can understand why, not only is she a great trainer, her own personal achievements show what a great rider she is too. We can all look up to her and hope we can follow in her footsteps and achieve some of her success.

**Nikki Leybourne**

### Lynne Cornwell tells us how the inter-regionals were like Pony Club camp and what a difference a smiling ring steward and Kate Attlee made!

I bravely (I thought) put myself forward for team selection for the senior inter regional competition. I attended the Helen Bradley test riding day at Myerscough College where you ride your test as you would in a competition and are marked accordingly. You then have the benefit of going through the test with the judge to offer ways to improve. This was extremely helpful and Helen then submitted a short report. I was delighted to find that we had been selected to ride for the North West team at Elementary level. On Sunday the 10th of May the team attended a team building day at Rodbaston College. This was classroom based including team building games, which very quickly had the whole group in fits of laughter. By the end of the day we were armed with all the necessary information that we required.

At The College we quickly found the North West team headquarters, a very smart gazebo was decorated with flags. The atmosphere at the stables took me straight back to fond memories of Pony Club camp, with helpers, mums and hubbys working together to get beds down and hay nets filled!

After the evening welcome meeting, there was wine and pig roast which somehow continued to the early hours of Saturday morning! Some more dedicated team members continued to work on their core stability late into the evening with a little pole dancing.

Our team trainer Kate Attlee was always available in the warm up arena before our tests to polish our performance and calm nerves. She helped to make the difference for many of the team and lifted team scores and positions. I picked up some great tips and will continue to practice the exercises that she gave me. Thanks Kate your help was very much appreciated by all!

Facilities at the college were excellent for horse and rider and on behalf of all the NW team I must thank the lady in the collecting ring with the big smile who worked tirelessly all day!

### What a Team Trainer!

Many factors contributed to this year's inter-regional championships being the best ever for Team North-West – great company, great team spirit, great weather, great venue – but we also had a brilliant team trainer in Kate Attlee. Kate, who has trained a variety of horses to grand prix level, is able to spot very quickly areas for improvement, and has an uncanny knack for being able to get her message across in a practical and immediately applicable way. This enabled her to work effectively at the championships with many North West competitors who she has not trained before, as well as with people such as myself who have been lucky enough to have Kate's help for a number of years. Universal opinion was that Kate's coaching improved all of us during that all-important warm-up period, and played a highly significant part in Team North-West attaining several individual, and three of the top six team placings. I am also willing to bet that Kate was the most tired of all of us at the end of the weekend, after working with us for two days in the stifling indoor warm-up arenas from 7.30 am. Well, she must be a glutton for punishment, as she will take up the same role for Team North-West at the Home International later this year – Thanks Kate!

**Claire Gaskin**

## Training with Kate Attlee

August 20th,

September 10th, October 8th,

November 5th at

Allens Hill Competition Centre, Worcs  
WR10 2DU

Private Lessons (45 Mins)

**BD members £40 Non-members £45**

For information, booking and times Sue  
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