

SER NEWSLETTER

OCTOBER 2024 EDITION
ISSUE 5

Welcome back
dear readers!

Let's catch up.

Summer Recap



@hamad.photo.sport

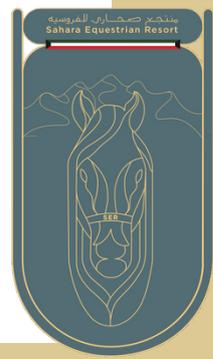
A summer filled with liveliness has passed by with a blink of an eye. To kick off the recap let's talk about the SER summer season advancements; one of the biggest influences for this season has been the availability of our indoor arenas, which made the summer season experience vastly better and more accessible. This advantage brings us to the topic of the SER Practice competitions! We have held 5 in-house practice competitions this season successfully - four of which have been indoor in Murouj Arena and Future 1 arena.

Another SER advancement was the upgrade of the Sahara Main Arena after months of maintenance, which is now ready for the new season.

In efforts to introduce children to the sport, this summer SER initiated the Sahara Juniors program instructed by Coach Mishary AlQattan, where kids get to learn all about horse riding and participating in equestrian activities.

Amongst the many advancements and achievements, this season wouldn't have been half as fortunate without the support provided for and by the SER community, and the people working behind the scenes to make it all happen. With a bittersweet ending to the 2023/2024 season, we gladly welcome in the forthcoming season with open minds and hopeful hearts.

"Horses lend
us the wings
we lack."
- Pam
Brown



Sahara community

 We would like to extend our utmost appreciation and thanks to the SER Team, including but not limited to; the instructors, volunteers, grooms, organizers, and staff for their hard work throughout the 2023/2024 season - this all would not have been possible without your incomparable support, patience, and valuable contribution.



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Summer Tips

Fitness is a key factor when it comes to preparing for any equestrian competition... For your own equestrian workout, it's important to focus on developing your strength, endurance, and flexibility. Exercises such as cardio, weight training, and yoga can all be beneficial for equestrian fitness. It's also important to focus on exercises that target the muscles used while riding, such as your core and leg muscles. (Hilal Küçük 2023).

Updates:

This month SER was joined by a new addition to the team.. all the way from South Africa, we would like to welcome Dressage trainer; *Coach Schane Potgieter*



Additionally, we were also joined by Coaches Meshari AlShatti and Abdulaziz AlOzainah - Welcome to the team!

SER would also like to welcome our sponsored rider and full time trainer; *Coach Annaz AlAnnaz*.

“Riders & Members of the Month:

This past season was a very good, successful one for me and my horses in many ways. I had great results in competitions, placing first several times, including KIB international shows.



In the summer season I continued in Europe and gained more experiences that I learned a lot from, such as getting the opportunity to compete in prestigious international competitions like the 5 star Stephex competition.

We are happy to be back at Sahara Equestrian Resort, and we're looking forward for the upcoming season!

To my sponsors Nasser AlMassaed and Ali AlObaidly, and of course the horses Jara Warina F, Electra Z, and Bynintot, I would like to say thank you for shaping my experience.

— **Mosaed AlShuaibi**

Additionally:

In addition to the SER advancements;

- This coming November an Equine Dentist will be joining! Starting from the 1st to the 4th of November, he will be available.

- To our private members, we would like to remind you that validity to use your loyalty points is only within the calendar year of 2024 (end of December).

- Our birthday package has been upgraded - to find out more information please contact us (1840084).

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