

# Training Arrangements



# Welcome to Academy Bartels!

During your stay at Academy Bartels you will experience how an Olympic dressage stable works and we hope that you will learn a lot about the dressage sport. You will be trained and advised by our top trainers and you can also learn from watching our Academy riders training their horses. Check-in for your stay at Academy Bartels is between 10h00 and 12h00 a.m. You will be welcomed at Culitsrode estate by one of our staff members. Culitsrode estate is located at Koestraat 11 in Hooge Mierde, Netherlands. You can open the main gate by pushing the red button at the left side.

## Accommodation

All rooms are provided with two comfortable single beds. The hotel rooms are based on self-catering. Every room is equipped with a kitchenette, a refrigerator, a microwave, a toaster, a kettle, cutlery and tableware. On the day of arrival, you can find a starting food package which consists of bread, milk, cold meats and fruits. On the first day there is a welcome dinner with the Academy team. We advise to bring a bicycle when you do not have a car available.

## Meals

You will receive a voucher for a dinner in Restaurant 'Sint Petrus' or 'Herberg St. Paulus' on the Vrijthof in the middle of Hilvarenbeek next to the St. Petrus-church (12km). You can also use the gift certificate at restaurant 'Het Landgoed', situated in Esbeek (7km) or 'De Buitenman' in Lage Mierde (4 km). You also receive a voucher for a coffee with pastry at 'Herberg In den Bockenreyder' in the middle of the woods at the Dunsedijk in Esbeek (5 km). This unique pub was elected as 'best pub of Holland' in 2015. Most restaurants are opened 7 days a week. For simple, cheap but good food you can try cafeteria 't Dörp in Hooge Mierde (closed on Mondays). You may also like to cook with the whole group. This is possible in our library's kitchen. Please contact our secretary for the possibilities. At the Dorpsplein in Lage Mierde (1km) you can find a fresh product market (butchery, bakery, vegetable/fruit). The closest supermarket, Jumbo, can be found in the Schoolstraat in Reusel (5km).

## Bringing your dog

You are allowed to bring your dog with you for a fee of €30,=. We request that you walk your dog outside of our yard. Please take notice that we have several dogs ourselves, walking around on our premises during the day.

## Horses

Your horse must be vaccinated and you need to bring the vaccination certificate. We cannot accept horses without proven vaccination. All horses are fed and mucked out by our employees. You are invited to discuss your horse's diet and specifications with our staff members upon arrival. Academy Bartels provides food for your horse, but you can also bring your own. We provide the horses with hay, oats, a wide variety of pellets and mixes from the brand Havens. On the request of most guests we normally use wooden shavings as floor coverage, but you can ask for additional straw. If you only want straw as floor coverage you need to ask this in advance. Please discuss the use of the paddocks with the stable manager. Work at the stable starts at 7h30 a.m. when the horses are fed and from 8h30 onwards our riders start training their horses.

## Lessons

The instructor will daily discuss the best starting time of the next training with you. The lessons are in groups of two riders. It is obliged to wear a safety helmet during training. Filming without permission is not permitted, due to privacy regulations.

## Physical awareness

During the training week workshops physical awareness are offered. Our specialized physiotherapist Saskia Heijkants will work with you with the so called 'flexchair' and fitness instructor Bouke van Spreeuwel will give you personal training advice in our fitness room. During your stay our gym will be opened from 7h30 a.m. until 21h00 p.m. So do not forget your sportswear.

## 4-day training arrangement Mischa Koot

During your 4-day training arrangement by Mischa Koot you will have four training sessions by Mischa, of which one day will be specifically for 'your seat and its influence' in combination with the flexchair, a training which is guided by Saskia Heijkants or Nicoline van Dantzig. You also get tips about physical awareness by fitness instructor Bouke van Spreuwel and you can use our fitness facilities.

### Prices till 28 March 2021

One person with one horse: € 945,-

Two persons with two horses: € 870,- per person

Costs additional person: € 300,-

Costs additional horse: € 450,-

### Prices from 29 March 2021

One person with one horse: € 965,-

Two persons with two horses: € 887,50 per person

Costs additional person: € 305,-

Costs additional horse: € 460,-

An additional surcharge allows you to stay in a luxurious apartment at the yard. Description apartment: kitchen (fully equipped), living room, a double bedroom with adjoining bathroom (shower), single bedroom, smart TV and wifi.

Availability of an apartment is known one month in advance. On the entry form you can sign up for an apartment when interested, we will contact you when an apartment is available.

Additional surcharge for an apartment:

€ 33,- per person per day for single use only

€ 29,- euro per person per day for two people

€ 25,- euro per person per day for three people

*If you would like to make a reservation for more than one horse, or if you are interested to lease a horse for your training arrangement, please contact Annet Broeckx by calling 0031 13509 1666 or by sending an email to [a.broeckx@academybartels.com](mailto:a.broeckx@academybartels.com).*



## 4-day training arrangement Imke

During your 4-day training arrangement by Imke you will have three training sessions by Imke or Tineke and you will have one guest training session about 'your seat and its influence' by Mischa Koot and Saskia Heijkants or Nicoline van Dantzig using the flexchair. You also get tips about physical awareness by fitness instructor Bouke van Spreuwel and you can use our fitness facilities.

### Prices till 28 March 2021

One person with one horse: € 1.095,-

Two persons with two horses: € 1.20,- euro per person

Costs additional person: € 300,-

Costs additional horse: € 450,-

### Prices from 29 March 2021

One person with one horse: € 1.115,-

Two persons with two horses: € 1.040,- per person

Costs additional person: € 305,-

Costs additional horse: € 460,-

An additional surcharge allows you to stay in a luxurious apartment at the yard. Description apartment: kitchen (fully equipped), living room, a double bedroom with adjoining bathroom (shower), single bedroom, smart TV and wifi.

Additional surcharge for an apartment:

€ 33,- per person per day for single use only

€ 29,- euro per person per day for two people

€ 25,- euro per person per day for three people

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## 6-day training arrangement Imke

The 6-day training arrangements are guided by Imke. You have four training sessions by Imke or Tineke. You will have one guest training session about 'your seat and its influence' by Mischa Koot and Saskia Heijkants or Nicoline van Dantzig using the flexchair. You also get tips about physical awareness by fitness instructor Bouke van Spreuwel and you can use our fitness facilities. On one of these days Tineke and/or Imke will give a clinic with personal explanation.

### Prices till 28 March 2021

One person with one horse: € 1.395,-  
Two persons with two horses: € 1.295,- per person  
Costs additional person: € 400,-  
Costs additional horse: € 600,-

### Prices from 29 March 2021

One person with one horse: € 1.420,-  
Two persons with two horses: € 1.320,- per person  
Costs additional person: € 410,-  
Costs additional horse: € 615,-

An additional surcharge allows you to stay in a luxurious apartment at the yard. Description apartment: kitchen (fully equipped), living room, a double bedroom with adjoining bathroom (shower), single bedroom, smart TV and wifi.

Availability of an apartment is known one month in advance. On the entry form you can sign up for an apartment when interested, we will contact you when an apartment is available.

Additional surcharge for an apartment:  
€ 33,- per person per day for single use only  
€ 29,- euro per person per day for two people  
€ 25,- euro per person per day for three people

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