

The Official Magazine
of the **South Australian**
Dressage Clubs and Dressage SA

Moving FORWARD

ISSUE 120 Apr/May 2019

Catherine Skinner with Fimbriata

This combination won the FEI Level Triple Crown awarded at the Mount Crawford Dressage Club Dawn & Dusk event!
Photo credit: Emma Woolman





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Adelaide Hills Dressage Club

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Dressage Club of SA

Peter Oborn 0429 825 638

Eyre Peninsula Dressage Club

Margot McDonald 0429 825 638

Mid South East Dressage Club

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Mt Crawford Dressage Club

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South Eastern Dressage Association

Robyn Parker seda7@live.com.au

Southern Vales Dressage Club

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Southern Flinders Dressage Club

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Clare Valley Dressage Club

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Dressage SA ~ Dressage Working Party

- Brigitte Drinkwater dressage@equestriansa.com.au
- Prue Copping
- Hannah Moores (AOR leaderboard)
- Ruth Schneeberger (Annual Awards)
- Mary Nitschke (Squads)

Queries about Dressage sport administration can be sent by email to the ESA Office: (manager@equestriansa.com.au) or Brigitte Drinkwater (dressage@equestriansa.com.au) and will be attended to. Alternatively contact Board member Stuart Platt directly: longvalley5255@gmail.com

DSA Judges Sub-committee

The DSA Judges Sub-Committee remains a temporary Sub-Committee of the ESA Board, until a new SA Dressage Committee is ratified. We will continue working to ensure that Dressage Judge education commitments are carried out

The Judges Sub-Committee comprises Liz Duncan (Chair), Prue Foletta, Verity Hayman, Fiona Heysen, Lizzie Richards and Louise Allen.

Queries about rules or seminars/events can be directed to members of the Judges' Subcommittee (Chair - Liz Duncan e.duncan@bigpond.net.au and other Committee membership above).

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Moving Forward is available as a free PDF download through Adelaide Hills Dressage Club's website, most other SA Dressage Clubs' websites and the Equestrian South Australia website.

Cover: Catherine Skinner with Fibriata

Photo Credit: Emma Woolman Photography

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Disclaimer

Views expressed in this publication are not necessarily those of Equestrian South Australia, its constituent clubs, or the Editor of Moving Forward.

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NEXT ISSUE CLOSING DATE

24 May 2019

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ALL RIDERS PLEASE NOTE: EA National Dressage Rules 2019:

Rule 4.8.5: Horse Identification numbers and Stallion ID at events

Horse Identification numbers are compulsory for identification purposes and must be used at all times at an event so that the horse can be identified by all Officials including Stewards.

- a) two numbers are required to be worn when competing – one on each side of the horse - preferably attached to both sides of the saddlecloth, or both sides of the bridle and must be clearly legible
- b) the Horse Identification Number must also be worn as described whenever the horse is being ridden/lunged/led/tethered or grazed from the time of their arrival on the grounds until the end of the event
- c) identification numbers shall be discreet on white background, the colour of the numbers may vary
- d) green stallion identification discs or number holders as issued by EA and must be worn by stallions at all times at an event
- e) identification must be clearly displayed on both sides of the stallion's head (attached to bridle or halter) or both sides of the saddle cloth: as per EA regulations
- f) Horse Identification numbers must be worn in addition to stallion discs, either as the EA issued green bridle identification number holder or the green EA issued stallion disc identification plus horse ID number

EA riders are to use their allotted Bridle numbers on the headcollars of the appropriate horses. Participant and Closed Unrestricted riders whose horses do not have allotted EA Bridle numbers will be allocated a Bridle number for the day of the competition by the club they are competing at. For further details of your numbers please see your club's website.

2019 COMPETITION CALENDAR

APRIL

6	Adelaide Hills Dressage Club	Protocol Day	Strathalbyn
6	South Eastern Dressage Association	Crater, Caves & Coast Series	Mount Gambier
7	Adelaide Hills Dressage Club	Competitive / Participant / Closed Unrestricted	Strathalbyn
6 - 7	Southern Flinders Dressage Club	Masters Games	Murray Town
7	South Australian Dressage Association	Closed Unrestricted	Trinity Grounds, Evanston Sth
7	Mid South East Dressage Club	Crater, Caves & Coast Series	Mount Gambier
14	Clare Valley Dressage Club	Closed Unrestricted	Clare
21	Southern Vales Dressage Club	Club Champs	Aldinga
27	Mt Crawford Dressage Club	Club Champs: Closed Unres / Competitive / FEI Small Tour	Mt Crawford
28	Judges' Seminar	F / G levels with Wendy Barker	Kersbrook Equestrian Centre

MAY

1 - 4	Sydney CDI 3*, CDI-Y, CDI-U25 - SIEC	NSW	Interstate Competition
5	South Australian Dressage Association	Club day – Anne Smith Coaching	Trinity Grounds, Evanston Sth
5	Adelaide Hills Dressage Club	Closed Unrestricted Club Championships	Strathalbyn
5	South Eastern Dressage Association	South Eastern Showdown Round 2 - Unofficial	Mount Gambier
11	Mt Crawford Dressage Club	Closed Unrestricted	Mt Crawford
11-12	Clare Valley Dressage Club	Instruction / Competitive	Clare
19	Southern Vales Dressage Club	Competitive / Participant / Closed Unrestricted	Aldinga
19	Southern Flinders Dressage Club	Closed Unrestricted, Freshmans showjumping	Murray Town
25 - 26	Mt Crawford Dressage Club	State Dressage Championship / Autumn Festival	Mt Crawford ***HOTY
		Comp / Participant / Closed Unres / FEI / Interschool / PARA / Round 2 Triple Crown	
26	Mid South East Dressage Club	South East Showdown Round 3 - Official Winter Series Rnd 2	Naracoorte

JUNE

2	South Australian Dressage Association	Closed Unrestricted	Trinity Grounds, Evanston Sth
2	Clare Valley Dressage Club	Round 1 Winter Series	Clare
9	Adelaide Hills Dressage Club	Competitive / Participant / FEI / Closed Unrestricted	Strathalbyn
15	Mt Crawford Dressage Club	Closed Unrestricted	Mt Crawford
16	South Eastern Dressage Association	Closed Unrestricted	Mt Gambier
16	Southern Flinders Dressage Club	Competitive / Participant, 1 st round Winter Series	Murray Town
15 - 16	Boneo CDI	Victoria	Interstate Competition
16	Southern Vales Dressage Club	Closed Unrestricted	Aldinga
23	Mid South East Dressage Club	Winter Series Round 3 - CR, EA, HRCav	Naracoorte
22 - 23	Dressage Club of South Australia	Indoor Comp – FEI / Competitive	McLaren Vale
30	South Australian Dressage Association	Coaching	NEC Indoor Arena, Penfield

JULY

5 - 7	Aust National Young Rider Champs	SIEC - NSW	Interstate Competition ***HOTY
7	South Australian Dressage Association	Closed Unrestricted	NEC Indoor Arena, Penfield
7	South Eastern Dressage Association	South Eastern Showdown Round 4 - Official	Mount Gambier
14	Adelaide Hills Dressage Club	Closed Unrestricted	Strathalbyn
14	Clare Valley Dressage Club	Round 2 Winter Series	Clare
17 - 21	Brisbane CDIW+CDIY	Qld	Interstate Competition
20	Mt Crawford Dressage Club	Closed Unrestricted	Mt Crawford
21	Southern Flinders Dressage Club	Closed Unrestricted: Winter series Round 2	Murray Town
21	Southern Vales Dressage Club	Indoor - Medium to FEI	McLaren Park
27	Judges' Seminar	A / B levels with Maria Schwennesen	McLaren Park Equestrian Centre
28	Protocol Day (run by SVDC)	With Maria Schwennesen	McLaren Park Equestrian Centre
28	Mid South East Dressage Club	Activity day	Naracoorte
28	South Australian Dressage Association	Coaching	NEC Indoor Arena, Penfield

AUGUST

4	South Australian Dressage Association	Closed Unrestricted / Freestyle	NEC Indoor Arena, Penfield
11	South Eastern Dressage Association	Closed Unrestricted, Clinic	Mount Gambier
11	Adelaide Hills Dressage Club	Competitive / Participant / Closed Unrestricted + PARA	Strathalbyn
TBC	Dressage Champs – Darwin	Northern Territory	Interstate Competition
11	Clare Valley Dressage Club	Round 3 Winter Series	Clare
18	Southern Flinders Dressage Club	Competitive / Participant: Winter Series Round 3	Murray Town
18	Southern Vales Dressage Club	Competitive / Participant / Closed Unrestricted	Aldinga
22 - 25	NSW Dressage Championships	Australian Equine and Livestock Events Centre, Tamworth	Interstate Competition
25	Mid South East Dressage Club	Activity Day	Naracoorte

Contact for Judges' Seminars: Liz Duncan - e.duncan@bigpond.net.au

Dates and venues are at times subject to change so please confirm with the clubs' website for updates.
The calendar is current at the time of printing.

***HOTY: Results count towards the ESA HOTY annual awards

SEPTEMBER

1	Judges' Seminar	E / F / G levels PM: Tilling Hill Equestrian Centre	AM: ESA Office, Mt Barker
1	South Australian Dressage Association	Closed Unrestricted with coaching	Trinity Grounds, Evanston Sth
8	Clare Valley Dressage Club	Closed Unrestricted	Clare
8	Adelaide Hills Dressage Club	Closed Unrestricted / Golden Oldies	Strathalbyn
8	South Eastern Dressage Association	Closed Unrestricted	Mt Gambier
14	Mt Crawford Dressage Club	Closed Unrestricted	Mt Crawford
15	Southern Flinders Dressage Club	Closed Unrestricted	Murray Town
15	Southern Vales Dressage Club	Competitive / Participant / FEI / Closed Unrestricted	Aldinga ***HOTY
21 - 22	Mid South East Dressage Club	SA Country Dressage Champs Competitive / FEI / YR / Interschool / Pony / YR TBA	Naracoorte ***HOTY
29	Dressage Club of South Australia	Competitive / FEI TBC	TBC

OCTOBER

6	South Australian Dressage Association	Closed Unrestricted	Trinity Grounds, Evanston Sth
7	Kingston Show	Dressage Classes	Kingston, SE
12	Mil-Lel Ag Show	Dressage Classes	Mil-Lel
12 - 13	Adelaide Hills Dressage Club	Spring Festival Competitive / FEI / Young Horse	Strathalbyn ***HOTY
13	Clare Valley Dressage Club	TBA	Clare
17 - 20	Australian National Dressage Champs	CDIW - SIEC	Interstate Competition ***HOTY
20	Southern Vales Dressage Club	Closed Unrestricted Club Championships	Aldinga
20	Southern Flinders Dressage Club	Closed Unrestricted Club Championships	Murray Town
20	Naracoorte Show	Dressage classes	Naracoorte
26	Mt Crawford Dressage Club	Competitive / Closed Unrestricted / AOR	Mt Crawford
27	Dressage Club of South Australia	Competitive / Participant / FEI	Oakbank

NOVEMBER

3	South Australian Dressage Association	Club day with coaching	Trinity Grounds, Evanston Sth
8 - 9	Millicent Show Society	Competitive / Participant	Millicent
9	Mt Crawford Dressage Club	Closed Unrestricted	Mt Crawford
9	Judges' Seminar	C / D with Susie Hoevenaars	TBC
10	Protocol Day	With Susie Hoevenaars	TBC
10	Adelaide Hills Dressage Club	Closed Unrestricted	Strathalbyn
10	Clare Valley Dressage Club	TBA	
10	South Eastern Dressage Association	Club Day / Clinic	Mount Gambier
10	Southern Flinders Dressage Club	Closed Unrestricted	Murray Town
14 - 17	Australian International 3 Day Event	FEI	Adelaide
23	Mt Crawford Dressage Club	Competitive / Participant / FEI / Young Horse Round 3 Triple Crown	Mt Crawford ***HOTY
24	Dressage Club of South Australia	Competitive / Participant / FEI / Young Horse	Oakbank ***HOTY
24	Southern Vales Dressage Club	Closed Unrestricted	Aldinga
24	Mid South East Dressage Club	Activity Day	Naracoorte

DECEMBER

1	South Australian Dressage Association	Closed Restricted – Club Championships	Trinity Grounds, Evanston Sth
1	Mid South East Dressage Club	Christmas Party	Naracoorte
7	Mt Crawford Dressage Club	Closed Unrestricted	Mt Crawford
8	South Eastern Dressage Association	Club Day	Mount Gambier
8	Adelaide Hills Dressage Club	Competitive / Participant / Closed Unrestricted	Strathalbyn
8	Southern Flinders Dressage Club	Closed Unrestricted	Murray Town
12 - 15	Victorian Dressage Festival	Victoria	Interstate Competition
15	Southern Vales Dressage Club	Competitive / Participant / Closed Unrestricted / Young Horse	Aldinga

Contact for Judges' Seminars: Liz Duncan - e.duncan@bigpond.net.au

Dates and venues are at times subject to change so please confirm with the clubs' website for updates.
The calendar is current at the time of printing.

***HOTY: Results count towards the ESA HOTY annual awards

2019 CLINIC CALENDAR

APRIL

16 - 18 Manuela McLean Nicki Stuart 8389 3028

JULY

2 - 4 Manuela McLean Nicki Stuart 8389 3028

OCTOBER

8 - 10 Manuela McLean Nicki Stuart 8389 3028

This table was published in the last issue BUT please note that:

- 1) in South Australia, there are NO FEI-sanctioned events – ALL the FEI classes are EA classes.**
- 2) in Australia, double bridles are optional AT ALL LEVELS from Medium to Grand Prix in EA FEI.**
- 3) double bridles are now optional in some of the lower levels of FEI-sanctioned events. For further information. see the FEI website.**

**TABLES CLARIFYING EA COMPETITIONS AND FEI EVENTS WHERE A SNAFFLE BIT IS APPLICABLE
AND THE APPLICABLE SIZE OF THE SNAFFLE BIT**

Please note that the minimum diameter of the snaffle bit for horses for EA competitions is under review during 2019. Any proposed change will be widely publicised at least 3 months prior to implementation.

EA COMPETITIONS incl CDNs – 1/1/19 to 31/12/19

COMPETITION	SNAFFLE		DOUBLE
	HORSES	PONIES	YES/NO
	Minimum diameter		
Preliminary	10mm	10mm	NO
Novice	10mm	10mm	NO
Elementary	10mm	10mm	NO
Medium	10mm	10mm	YES
Advanced	10mm	10mm	YES
PSG	10mm	10mm	YES
Inter I	10mm	10mm	YES
Inter A	10mm	10mm	YES
Inter B	10mm	10mm	YES
Inter II	10mm	10mm	YES
U25	10mm	10mm	YES
GP	10mm	10mm	YES
GPS	10mm	10mm	YES
YR	10mm	10mm	YES
FEI Pony	N/A	10mm	NO
FEI Junior	10mm	10mm	YES
YH 4/5/6	14mm	10mm	NO
YH7	14mm	10mm	YES

FEI SANCTIONED EVENTS / COMPETITIONS

FEI Dressage Rules - Article 422.1.4, 428.2.2 & 2.2.1 & 2.2.2

COMPETITION	SNAFFLE		DOUBLE
	HORSES	PONIES	YES/NO
	Minimum diameter		
CDI1* - all comps	14mm	10mm	YES
CDI2* - all comps	14mm	10mm	YES
CDI3*	N/A	10mm	YES
CDI4*	N/A	10mm	YES
CDI5*	N/A	10mm	YES
U25	N/A	N/A	YES
CDIP (Pony)	N/A	10mm	NO
CDICH (Children)	14mm	10mm	NO
CDIJ (Junior)	14mm	N/A	YES
CDIY (Young Rider)	14mm	N/A	YES

Effective 1/1/19 to 31/12/19

Dressage SA Working Party (DWP)

The DWP came together after the ESA Board put a call out to the membership on 30 November 2018 to reform the Dressage Committee.

As there were not enough people to make a quorum a working party was established.

The small team that make up the DWP is looking forward to working with riders, clubs and judges.

Our current Members are:

- Prue Copping
- Brigitte Drinkwater
- Hannah Moores (AOR leaderboard)
- Ruth Schneeberger (Annual Awards)
- Mary Nitschke (Squads)

The **DSA Facebook page** is once again being updated and those who use Facebook as communication should hopefully be seeing some regular news and information coming through.

The **2018 Prydes EasiFeeds AOR Leaderboard** has been updated. Presentations will be at the combined Dressage State Championships and Autumn Festival on Saturday 25th of May. Congratulations to the winners:

Preliminary - Judy Clutterbuck and *HV Dante*

Novice - Cecile Buckton and *Royal Valuta*

Prydes EasiFeeds are very generously sponsoring the 2019 AOR Leaderboard once again with the first competition in May.

Dressage Performance Medallions are available, so please send in your application forms. Details can be found on the website - <https://www.sa.equestrian.org.au/sites/default/files/DSA%20Performance%20Medals.pdf>

The **Annual Awards** saw a bit of a tricky start due to some miscommunication and some very close dates. It has since been rectified and the points collecting has commenced! Good luck to all riders competing for an award this year. Link for awards information - <https://www.sa.equestrian.org.au/sites/default/files/DSA%20Dressage%20SA%20Annual%20Awards.pdf>

Squad information has proved to be quite a learning experience... Whilst one might have thought this would be something to change or even easy to change, one was very wrong!! However Mary agreed to assist and we are now working on the Squad criteria, process and have received some great input from members. DWP hope to have the Squad criteria and process communicated to the members in the coming weeks.

High Performance Program (HPP)

HPP is funded through grants provided to EA National from the Australian Institute of Sport. The funds are then distributed to EA State branches for the three Olympic discipline squads, for Off

Horse Education. ESA has kicked it off this year, endeavouring to make these Off Horse sessions inclusive and where possible to invite all EA members.

DWP worked with the two other Discipline Chairs - Eventing and Showjumping - to organise the first of the two Off Horse HPPs. The first was held on Monday night 18 March at the Royal Coach Motel. It was a great success with well over 80 people in attendance across multiple disciplines. The presenter was Alison Alcock, the Performance Support Manager from the EA National High Performance team. Alison's presentation was very informative, providing information surrounding sports science and what is involved in being an elite athlete. Once notes from this session are available they will be posted on the ESA website and Facebook page.

Part 2 of the Off Horse HPP

Dr Andrew Hunt FEI Vet will provide information on Trot-ups for all disciplines and veterinary matters.

Dr James Gardiner (Horse and Human Chiropractor) - how to assess if your horse needs a chiropractor.

Annette Wilson, a previous Advanced 4* rider, a current physiotherapist specialising in rider biomechanics and the author of Applied Posture Riding – Training the Core Problem in Horse Riders.

All members are welcome and encouraged to attend!

Date: 13th May at 7 pm

Venue: Northern Equestrian Centre, Argent Road (off Womma Rd). Light refreshments provided.

Please bring a chair and a towel for the Physiotherapist session. This event will be advertised on Facebook with ticketing.

Current ESA Office Hours and best contacts:

Office hours 10.00 am to 4.00 pm, Monday, Tuesday and Thursday only until further notice (except Public Holidays).

Telephone: (08) 8391 0488

Email: manager@equestriansa.com.au
reception@equestriansa.com.au

For any Dressage matters you can always contact dressage@equestriansa.com.au. If we are not able to help we can certainly assist with following up.

Thank you riders, judges, clubs and members for your support.

Brigitte Drinkwater

(on behalf of the DWP)

Dressage Judge Activities Update

April 2019

The new EA dressage tests have been in use for two months and have generally received positive feedback. If you need to download tests, go to www.equestrian.org.au/dressage-rules. If you prefer to see the new tests as diagrams, go to www.dressage.net.au/australiatests.html.

Dates have been set for Dressage Judge Seminars for 2019, with presenters and venues confirmed for most.

1. F/G seminar on 28th April (Sunday) with Wendy Barker (A level & JE), at Kersbrook Equestrian Centre. Registration 8:30am for 9:00am start. Wendy will also be judging at the MCDC competition on Saturday 27th, so an ideal opportunity for a sit-in or shadow judging.
2. A/B seminar on 27th July (Saturday) with Maria Schwennesen (FEI 5*, Nat A & JE), at McLaren Park Equestrian Centre. Registration 8:30am for 9:00am start. Maria will also be presenting a protocol day in conjunction with SVDC on Sunday 28th July, also at McLaren Park. Contact SVDC for details about this great opportunity for one-on-one insight from a FEI 5* judge.
3. E/F/G seminar on 1st September (Sunday). Morning session at Mt Barker ESA Office, afternoon practical at Tilling Hill Equestrian Centre. Presenter TBA.
4. C/D seminar on 9th November (Saturday) with Susie Hoevenaars (FEI 5*, Nat A & JE), venue TBA. Registration 8:30 am for 9:00 am start. Susie will also be presenting a Protocol day on Sunday 10th November, venue TBA. We are so fortunate to have another FEI 5* judge available for one-on-one rider training in the setting of a dressage competition.

A reminder to Young Horse Judges that they need to judge at least one Young Horse event during the current reaccreditation period – 1/1/18 to 31/12/20 and also attend at least one YH seminar. In SA we plan to hold a YH seminar in 2020. If any A-C judges are considering becoming a YH judge, please contact me, to plan for their seminar and exam.

A reminder of news from last MF:

The Sydney CDI is being held from 1-4th May 2019. This is billed as Australia's premier dressage event. It includes CDI 3*, CDI-Y, CDI-J, CDI-P, FEI Under 25 Grand Prix Tour, NSW Young Dressage Horse Championships and national competitions from Advanced to Grand Prix. Also including a Workshop on Sunday, 5 May with Stephen Clarke FEI 5* Judge from Great Britain. A must for all riders and Judges.

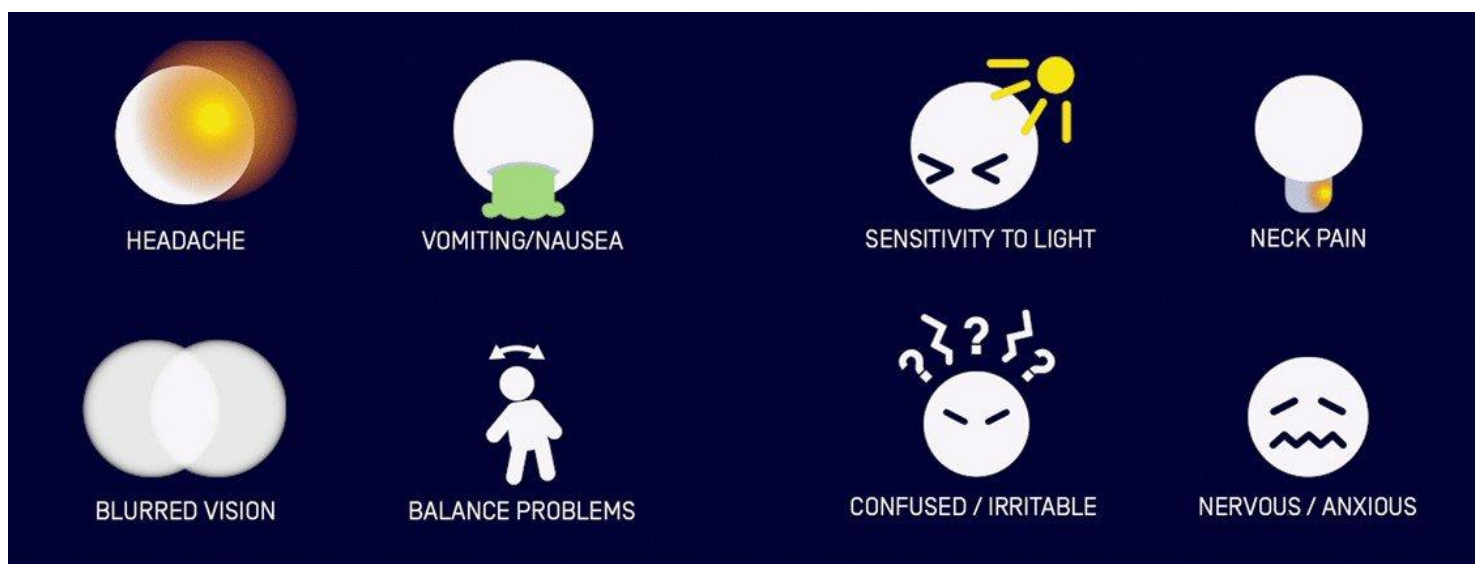
The 2019 Australian Dressage Championships will return to the Sydney International Equestrian Centre from 17th – 20th October 2019. All levels will be on offer, from Novice to Grand Prix, including competitions for Ponies. The 2019 'Nats' will feature a CDI-W, CDI-Y and CDI-U25, with special guest 5* Judge Maria Colliander from Finland. As a further note, Rudolph Zeilinger will present over two days at the Aust Championships on the 19th and 20th October.

Liz Duncan

Chair, ESA Dressage Judges Sub-Committee

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Concussion Across All Equestrian Sport



As eventers may know, eventing has had a concussion protocol in place for about two years which covered athletes suspected of sustaining concussion after a fall. Details of this protocol are outlined in the current National Eventing rules. In 2018 there were 18 cases of suspected concussion recorded in Eventing Competition.

For the last few months EA has been consulting with various discipline committees and State Branches with the goal of introducing a concussion policy more widely than eventing. Concurrent discussions with Sport Australia suggested that the existing eventing (and any newly introduced protocols for other disciplines), should be consistent with the Concussion in Sport protocols.

At a meeting on Monday 25th of February the EA board endorsed a proposal to implement a concussion protocol more broadly by July 1st 2019 and to modify the existing eventing protocol to be consistent with the Concussion in Sport Protocols.

The key aspects of the policy are summarised in the [Equestrian Australia Supplement to the Concussion in Sport Australia Position Statement](#) published on the website under the news and safety tabs.

Of course the protocols above only affect falls in competition. Unfortunately many falls occur outside of competition, whether at home or out schooling, however the effects of concussion from these falls can be just as damaging as those in competition. It is important that parents, coaches, friends and riders themselves, are just as aware of the signs of concussion and the principles of good management. Details can be found at: <https://www.concussioninsport.gov.au/>

Parents should be aware that medical opinion suggests there is a heightened risk when young people suffer concussion. For this reason, the protocols differ between those 18 years and younger, and those 19 years and older. All parents are encouraged to visit <https://www.concussioninsport.gov.au/>

As the changes are rolled out over the next few months, there will be an ongoing information program for officials, athletes and parents.

"If in doubt, sit them out."

It is no longer smart to jump back on after a fall without considering the possibility of having sustained a concussion.

EA Supplement to Concussion in Sport Australia Position Statement

Equestrian Australia fully endorses the Concussion in Sport Australia Position Statement.

For the past two years a concussion protocol has been active in Eventing Competition in which any athlete suspected of concussion after a fall at a competition is removed from further competition, issued with concussion advice and advised that they may not return to competition until either 21 days have elapsed and/or they are certified fit to compete by a medical practitioner.

Consistent with its support for the Concussion in Sport Australia Position Statement Equestrian Australia will introduce a similar protocol for all equestrian disciplines effective July 1st 2019.

This protocol will include the following key features of the Concussion in Sport Australia Position Statement:

- Distinction between those 18 years and under, and those 19 years and over
- Removal of a fixed exclusion period in favour of advising the athlete to follow a graduated return to sport program with minimum exclusion periods of 6 days (19 years and over) and 14 days (18 years and under)
- Requiring all athletes to have written clearance to compete from a medical practitioner before returning to competition

The existing Eventing Concussion protocol will be changed to align with the all disciplines protocol.

Recognising that falls occasioning concussion may frequently occur outside of organised competition, Equestrian Australia asks all members to be aware of the risks, symptoms, management guidelines and return to sport protocols embodied in the Concussion in Sport Australia Position Statement and act accordingly.

In support of this Equestrian Australia is undertaking education and communication programs for all stakeholders including athletes, officials, coaches, parents and guardians.

HOW RIDERS THROW AWAY VALUABLE MARKS

(Ed: this has been published previously but is always worth a re-read!)

Movements	Comments
Geometry - General	<p>Know the geometry of the arena and be very accurate with the size and placement of circles etc (circles and serpentines have no corners)</p> <p>Hind quarters should be controlled on curved lines as often they are to the outside of the fore print track and scored down according to the severity</p> <p>Ride to the marker</p> <p>When a halt or rein back is included, the rider's body should be aligned with the letter</p>
Halt & Salute	<p>Find X!</p> <p>Immobility – should be for at least 3 seconds</p> <p>Be more direct in the depart after the halt – no walk steps and vice versa into the halt (unless Preliminary)</p> <p>Only need to salute the C judge - you won't lose marks though if you salute the others</p>
Circles/Half Circles	<p>When the 20m circles are at E and B you DO NOT TOUCH L and I</p> <p>When the 15m circle is at A or C the circles should be placed so that there is an equal half on either side of centreline. Smaller doesn't give you extra points</p> <p>1/2 10m R 1/2 10m L – Need to be straight on CL for 1-2 steps and show clear change of bend and flexion</p>
Corners	<p>Use them!</p> <p>Corners offer the opportunity for you to prepare your horse, incorrect bend and flexion through these will result in the opposite.</p>
Diagonal Lines	<p>If the test says HXF then the horses shoulders should leave the track at H and touch the track at F. You lose points when you drift and arrive on the long side at the RSVP letters</p>
Transitions	<p>Transitions - make them clear and direct at markers, not too progressive</p> <p>Medium/Extended paces – don't fade away - ride transitions</p> <p>Canter diagonal with change through trot over X – only 3-4 steps of trot</p> <p>Transitions should always remain with a soft back and the horse willing forward and responsive in a rounded frame, not against the hand or thinking backwards</p> <p>Downwards transitions. Vague, not shown. If you actually show a good transition back to working or collected pace the judge will love you for it!</p>
Walk - Free/Extended	<p>Collected walk should not overtrack, no more than into the fore print</p> <p>The reins need to be long! Not looping but need to keep control of the poll</p> <p>Allow the reins long to allow the horse to open and swing the back, not held in the frame</p>
Trot - Working Trot	<p>Working trot should at least track up, hind prints into the fore prints or in front, not behind</p> <p>The frame should be open without a short neck, the back swinging and elastic</p>
Trot/Canter - Collected	<p>Collected is not just a slow trot or canter!</p> <p>Collection should be light and mobile on the forehand with freedom of the shoulders</p> <p>Collected canter has to be uphill</p>
Trot/Canter - Extensions	<p>Medium and extended - Know and show the difference clearly within the paces, don't ride them both the same</p>
Flying Change/s	<p>Flying change after a diagonal of medium or extended Canter – must be on the diagonal line when the horse's nose reaches the marker and after collection has been achieved -don't do the change on the long side or use the corner</p> <p>Sequence changes – place centrally on the diagonal line</p> <p>Must count</p>

Movements	Comments
Half Pass	<p>Half passes should have clearly visible bend and positioning with the face of the horse and rider looking towards the end marker</p> <p>Circle followed by Half Pass – Finish the circle</p> <p>if you go more sideways and arrive early, judges do not give you extra credit, we actually take points off. If it says go to M, then go to M.</p>
Pirouettes/Turn on Hindquarters	<p>If you are doing a Turn on the Hindquarters or a Walk or Canter Pirouette, please read the description of the movement in the EA Rulebook. If you counter bend the horse you will lose points.</p>
Pirouette - Walk	<p>Walk pirouettes should remain in walk rhythm and the same tempo, check they don't become lateral</p> <p>Walk pirouettes should retain flexion toward the direction of the pirouette throughout</p>
Rein Back	<p>Should be initiated with the body aids, not by pulling the rein backwards</p> <p>The tempo in the rein back should be the same as the walk tempo, not hurried</p> <p>If the halt into the rein back is not square, it is nearly impossible for the first step back to remain diagonal in rhythm</p> <p>The contact should ALWAYS remain light and elastic with the poll remaining the highest point</p> <p>Don't lean forward to take the weight off the saddle to start the rein back, this is ugly to watch and incorrect aids</p>
Shoulder-In	<p>Shoulder-in on centre line – hind legs must be on CL</p> <p>Should be straightened when it is finished on centreline or coming into a corner</p>
Simple Change	<p>Must show clear walk steps – 3-5 - Transitions canter/walk and walk/canter must be direct for high marks</p>
Freestyle	<p>Know what movements are permitted and what are not for the level you are competing at</p> <p>The rules clearly state that if the movement or transition is not in the technical test of the level it is not allowed unless specifically listed under the allowed list</p> <p>If you are performing a half pirouette, then you need to show a clear line of where you are starting it and where you are finishing it. Do not come down the quarter line and turn and then immediately head on the diagonal. This is a 3/4 pirouette and if you do it the same way both direction the judge will know it is intentional not just a loss of control.</p> <p>Walk - In so many freestyles the judges are left guessing as to which walk is being ridden.</p>
Rider	<p>Riders should be quiet with their aids, horse in front of the leg, and not use noisy nagging and repetitive aids. Sit still</p> <p>Self carriage is achieved with a light and elastic contact, the horse should remain moveable with only small indications by the rider</p> <p>Impulsion should always be available at the rider's will, the feel should be you can allow it out rather than it having to be created throughout</p>

Flexion, Bend And Engagement: How To Avoid Limiting A Horse's Movement And Maybe Improve It

Assoc. Prof. Helen M S Davies
The University of Melbourne
Presentation to Horse SA February 2019

According to riding theory:

Flexion of the head occurs when the horse's nose becomes more vertical due to a reduction in the angle between the skull and the first neck vertebra (atlanto-occipital joint) ie. the poll.

Bend refers to the curve in the spine either to the left or right such as when a horse is following the line of a circle. Correct bend is associated with some degree of head flexion in all normal postures.

Engagement is the degree to which the hindlimbs direct their power to lift the body and lighten the forehand. Correct engagement is always associated with some degree of head flexion.

Flexion occurs naturally in a free moving horse in response to both engagement and bend. Hence it can be a reflection of correct work "regaining the natural paces under the rider".

Forced or constrained flexion will interfere with both engagement and correct bend because it blocks the normal related movements between the different body parts. Such restriction of the head and neck movements will also interfere with the normal reflex responses to body movements that help to smooth movement patterns and maintain balance.

Flexion is not required for the posture of engagement but is required for that engagement to be translated through the back and to be effective in lightening the forehand.

Flexion is possible without bend but correct bend in self carriage is not possible without flexion.

Bend can assist in encouraging flexion with and without engagement so can assist in freeing up a stiff neck but must not be allowed to "disconnect" the neck movements from the body.

Bend encouraged by the rider's inside leg (and supported by the connection between the outside rein and the engagement of the inside hindlimb) can assist in freeing the shoulders and lightening the forehand. Bend that is induced by the inside hand tends to block this effect as it can create a resistance in the rider's seat to engagement of the inside hindlimb.

Correct engagement creates "self-carriage" and supports the rider. The horse becomes 'light' and rises in front of the saddle as the vertebrae in the lower part of the neck take up a posture of *spinal flexion*. This posture stretches the laminae (sheet-like) part of the nuchal ligament, which further supports the whole horse via its spinal connections. This posture is the most efficient and well-balanced way for a horse to move, both independently and with a rider.

The following includes some notes from my previous Horse SA lectures that are relevant to this one:

The mechanical connectivity provides a direct means by which the rider's seat and weight can influence the relationship between the movements of the hindlimbs and the position of the head and neck. This dynamic may be felt by the rider when the horse 'comes between the leg and hand' or 'goes in front of the leg' ¼ both expressions of this connectivity in action. In addition, there are specific relationships between lateral bending movements in the back and the postures of the head and neck which a skilled and balanced rider may use to optimise movement.

Influence of Head and Neck Position on the Limbs

These mechanical connections do not work in reverse. Even extreme movements of the head and neck (e.g., rollkur) can be made without necessarily affecting body position and balance.

The normal head and neck movements affect a range of *postural reflexes* in the back and limbs that the horse learns to use and adapt in order to sustain balance and enact various movement patterns. In this regard, the horse's head and neck may be likened to the rider of a bicycle.

Extension of the head causes reflex hindlimb extension and flexion of the neck causes reflex forelimb flexion; and flexion of the head or extension of the neck does the opposite. In other words, ***forelimbs follow neck posture, and hindlimbs follow head posture.*** These are postural reflexes $\frac{3}{4}$ neurological connections $\frac{1}{4}$ rather than mechanical connections. There are many more reflexes that help to maintain movement patterns and balance.

Horses are born with a well-connected body on a predominantly self-balancing, 4-legged support which they apparently learn to control by moving the head and neck. Therefore, ***a person controlling the horse's head and/or neck controls the horse's body.***

Influence of the Rider

The rider can learn to initiate and focus specific reflexes (especially the kicking reflex) in horses $\frac{3}{4}$ but this is possible only when the rider has sufficient balance, 'feel', and emotional control to use their body as an instrument to engage with these mechanical connections, as well as years of practice in understanding how to manage their own body and the effects of their aids.

Anything that interferes with the mechanical relationship between the horse's limbs and the head and neck will interfere with balance and movement control. Such interference can stem from unbalanced or inappropriate movements or aids from the rider, as well as from the horse, such as stiffness or pain anywhere.

Anything that causes the horse pain or fear, and any lack of balance or difficulties with movement, will result in excess tension in the head and neck, and therefore will interfere with balance and movement. Thus, 'control the head/neck, control the horse' can work for good or ill, depending on the rider.

A steady and 'giving' hand is necessary to avoid restricting the horse's own control of their balance and movement. Of course, it is necessary to temporarily restrict the head and neck in order to control an unruly horse, but understand that it is likely to cause more problems in the long run. Such restriction necessarily interferes with the nuances of communication that are possible between the rider and a calm, well-balanced horse who trusts and respects their rider.

Associate Professor Helen Davies BAgSci (Hons). MAgrSc. BVSc. PhD is a veterinarian, teacher, and research scientist with a life-long interest in communication, posture, and movement, especially in horses and their riders. During the last 45 years she has gradually developed and tested a range of non-invasive ways to encourage improvements in communication, posture, and function, including in individual horses and riders that have congenital or acquired disabilities or damage.

She teaches functional anatomy of the locomotory and nervous systems at Melbourne University's Faculty of Veterinary and Agricultural Sciences, leads a biomechanics research group and is highly active in equine research projects primarily aimed to maintain soundness in working horses.

We are fortunate that Dr Davies comes to Adelaide twice a year & makes time available for an evening Workshop.



Southern Flinders Dressage Club

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Louisa Berndt

Merryn Plug Berndt

Amelia Greenfield

Katherine Laughton

Trudy Mudge



Find us on:
facebook®

**SFDC is run from Murray
Town Oval.**

**Murray Town is located in
the Southern Flinders
Ranges, 12km south of
Melrose.**

Our first C/P competition for 2019 was erring on being quite close to our heat policy cut-off of 36 degrees, but we were lucky that it stayed below that temperature. A handful of Official EA riders took advantage of our rescheduled C/P competition, traveling from as far as Kimba, Kadina, Lewiston and Mt Barker. The day was a lovely relaxed day with Robyn Stokes in the judge's car. Some of our lower level riders took advantage of the Protocol sessions with Robyn and everyone could see the improvement.

We are busy (understatement of the year!) preparing for our upcoming Come See Masters Games Equestrian event being held on the 6th and 7th of April. On Saturday we will be holding an unofficial Dressage competition offering both EA and HRCav tests. On Sunday we will have Unofficial Showing and Show Jumping. Although entries have now closed, spectators are very welcome!

We have a Masters Games tab on our website with the program and more information.

www.southernflindersdressageclub.wordpress.com

Ali Kirkman
SFDC Secretary

2019 Calendar

Saturday 6 & Sunday 7 April 2019

Come See Change Masters Games

Sunday 19 May 2019

Dressage & Freshmans Show Jumping
(EA Closed Unrestricted & HRCav Unofficial)

Sunday 16 June 2019

Winter Series Round 1 (EA Competitor/Participant & HRCav Jackpot)

Please refer to our website for the full 2019 event calendar.



Southern Flinders Dressage Club

southernflindersdressageclub.wordpress.com

southernflindersdc@hotmail.com.au



Mike Brill & *Croftnoc Oswald*



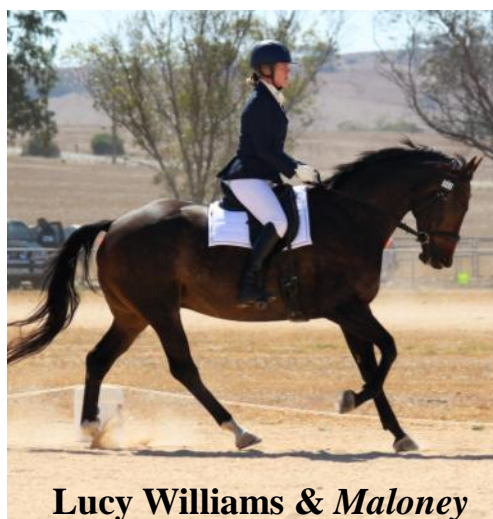
Gabi Ashmeade & *Wynara Daydream*



Kath Laughton & *Flying R Shakira*



Rebecca Cox & *Premium Diesel*



Lucy Williams & *Maloney*



Shona Hobbs & *Leo*



Trudy Mudge & *Chalani Walkabout*



Adelaide Hills Dressage Club

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Mrs Penny Heighes	Mrs Nancy Gower (dec)
Mr Peter Fawcett (dec)	Mrs Judy Brooks
Ms Jane Richards	Mr Noel Vears
Ms Ann Kitto (dec)	

www.ahdc.net.au
Or find us on Facebook

President's Report

Hello again: I can't believe we are into March already.

Once again the Combined Training Day in February proved to be very successful with five arenas plus the showjumping course. Thank you to the Strathalbyn Showjumping Club for the use of their equipment and to the Course Builder - Les Limpus.

Our only complaint was the lack of help to pack up at the end of the day leaving three Committee member a very heavy workload after setting up and running the event.

However the March comp was a different story as lots of people came to the rescue and the job was done in no time. We are most grateful to all those who assisted.

Our next comp is our two day April rally. On Saturday 6th April there will be Protocol sessions and a Closed Unrestricted (Unofficial) dressage competition. On Sunday 7th April we have the "Bonnetts Clayton's Big Sash Festival. This will be run as a normal Competitive (Official) Competition with Competitive, Participant and Closed Unrestricted Classes but the placegetters will receive "Big Sash" ribbons from previous years' Spring Festivals, Bonnetts discount vouchers and other special prizes.

Thank you to Bonnetts for their generous support in this fun Competition.

This year our Club Championships on 5th May will be sponsored mainly by Horseland Mt Barker with lots of prizes, rosettes and special samples for competitors. It is a Closed Restricted Fun Day Open to AHDC Members only who have joined by the weekend of our March competition. This is to ensure that people are not joining just before May solely to compete in the Club Champs.

Many thanks to Horseland Mt Barker, Equidae, and Plum Tack for their generous sponsorship of our Club Champs. Please return the favour and support all our Sponsors whenever you can as they enable us to run events like these. Competitors and strappers etc are invited to a Free Sausage Sizzle at lunchtime with the compliments of **Maidments Meat Service (Strathalbyn)** who are donating sausages for the BBQ.

Speaking of Sausage Sizzles - we are still asking for some volunteers to be on a roster for Saturday 11th of May at the Woolworths Mt. Barker Community Shed to fund raise money towards a sand arena.

So far nobody has volunteered so please give an hour or two of your time to help make this successful and not leave all the work up to the Committee. Perhaps some FEI riders would like to assist to save up for the sand arena.

Please be aware there is a new rule requiring ALL horses to have an ID number displayed on their halter at all times as soon as they arrive at a competition whether it's an Official (Competitive) competition or not. (see page 2 for more details).

Bridle numbers must still be worn as usual when competing in Official (Competitive) tests.

EA riders are to use their allotted Bridle numbers on the headcollars of the appropriate horses. Participant and Closed Unrestricted riders whose horses do not have allotted Bridle numbers will be allocated a Bridle number for the day of the competition by the club they are competing at. The full list of bridle numbers is on the Draw page of our website. Click on the link to access the spreadsheet.

Happy Riding until next time.

Wendy Brown
(AHDC President)

Diary Dates

5 May - Closed Unrestricted Club Championships

- Tests: Prep C, Prep D, Prelim to Advanced Bs and Cs
- Entries close **TUESDAY 23 April** (the day after Easter)
AHDC CLUB MEMBERS ONLY WHO JOINED BEFORE MIDNIGHT ON 31 MARCH 2019
- **ENTRIES VIA NOMINATE**

9 June - Comp, FEI, Participant, Closed Unrest

- Tests: Prep A, Prep C, Prelim to Advanced As and Bs
- Entries close **Monday 27 May**
- **ENTRIES VIA NOMINATE**

14 July - Closed Unrestricted

- Tests: Prep C, Prep D, Prelim to Advanced As and Bs
- Entries close **Monday 1 July**
- **ENTRIES VIA NOMINATE**

11 August - Comp, Participant, Closed Unrest, Para

- Tests: Prep C, Prep D, Prelim to Advanced Bs and Cs
- Entries close **Monday 29 July**
- **ENTRIES VIA NOMINATE**

AHDC competitions can now be entered via Nominate: www.nominate.com.au



late entries now require additional fees

draw questions? text and LEAVE A MESSAGE: 0400 289 481 (not between 8 am and 4 pm weekdays)
questions about how to enter on Nominate: Secretary: 0429 190 653 or wellsy1964@bigpond.com



Mt Barker

& Adelaide Hills Dressage Club present

AHDC Club Championships 2019

Sunday 5th May

Open Prep - Advanced Classes, plus Pony Dressage and Youth Classes for **AHDC Members only**.

Champions in each level
Special prizes, rosettes/ribbons

FREE BBQ lunch
for all competitors and officials!

Entries - www.nominate.com.au

Close Tuesday 23rd April

For more information visit our website -
www.ahdc.net.au



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7 Mt Barker Rd Littlehampton SA 5250
mtbarker@horseland.net.au
horseland.com.au



AHDC HOTY, POTY & YOTY after 10 March 2019 Competition

Horse of The Year

1.	Belstone Flair	W. Brown	44
2.	Ephraim Park Toy Town	A. Wyatt	42
3.	Warrawee Summer Reign	G. Allen	34
4.	Cooramin Rialto Hit	R. Schneeberger	27
=	Jacques Bordeaux	M. Burnett	27
6.	Was Ist Los	N. Lundquist	26
7.	Zebedee	R. Moore	24
8.	Daring Greatly	J. Conyers	24
=	Roxleigh Fidelio	R. Schneeberger	23
9.	Hookey Dooley It's Trooper	S. Holt	23
	Furst Sylvester	K. Kirchner	23
	Fire & Magic	P. Foulkes	22
	Welflana	N. Mashford	21
	The Golden Rule	J. Joubert	21
	Hillendale Leuka	C. Frizell	20
	Strathrose Admiral	M. Johnson	20

Pony of The Year

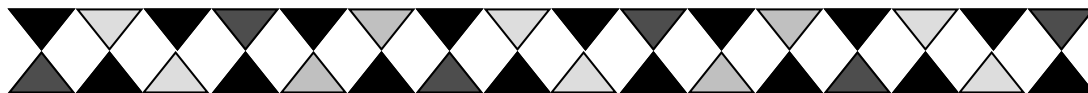
1.	Kasperrado Kokomo	J. Davenport	44
2.	Strathrose Conner	J. Cullen	37
3.	Scootin Boots	H. Demaine	35
4.	Strathrose Isabella	J. Cullen	30
5.	Matitojo Brandavino	C. Nitschke	29
6.	Uhavta Imposter	N. Ballinger	25
7.	Ibnky Xquisit	K. Menadue	23
8.	Tullaroi All I Want	T. Lloyd	18
=	Thorwood Tomcat	M. Heading	18
9.	Forestway Bewitched	E. Rowlands	17
10.	Trussana B	B. Sparkes	16
=	Windemere Goldrush	R. Koch	16

Youth of The Year

1.	The Velveteen Rabbit	E. Tickner	55
2.	Synergy	R. Allen	39
3.	Tuxedo Cat	G. Neuhaus	24
4.	Paulgren Park Pizzaz	B. King	22
5.	Viscount Visage	C. Clarke	17
6.	Tassas Taboo	M. Nitschke	16
7.	Revelwood Faith	H. Rumbold	15
=	Moonbah Ridge Adela	R. Dunn	15
8.	Lady Torre	I. Finn	14
9.	Winterbottom	P. Foulkes	12
=	Rockingham Second Guess	C. Worthington	12
=	Wynara Forever	K. Manouge	12
=	Belcam Sircarra	R. Allen	12
=	Blackwater Philip	M. Nitschke	12
10.	Ellanbrae Jeniro	P. Foulkes	11

Please Support The Generous Sponsors of the 2018 Spring Festival: ***HORSELAND MOUNT BARKER - our 2018 Spring Festival Elite Sponsor***

- | | |
|--|--|
| <ul style="list-style-type: none"> ♦ Back On Track ♦ Battunga Physiotherapy ♦ Bina Lucas ♦ Birds In Our Hands - Sheila & Phil Lewis ♦ Coopers Farm Supplies - Mt Torrens ♦ Echunga Farmgate Services ♦ Echunga Mechanical Plus ♦ Equiboost Equine Apparel ♦ Equine Inner Health ♦ Equine Vit&Min ♦ Horsemate SA ♦ Horsezone ♦ Jane Brown ♦ Lake Breeze Wines | <ul style="list-style-type: none"> ♦ Laucke Mills ♦ Meadows Veterinary Centre ♦ Mighty Farm Equine Supplies ♦ Mt Barker Fodder Store ♦ Oaten & Associates ♦ Paul Snape - Farrier ♦ Penny Stewart Graphic Design ♦ Performance Farrier Services ♦ PYT Equine Photography ♦ Shield Insurance Brokers Mt Barker ♦ Small Farm Services SA ♦ Strathalbyn IGA ♦ The Float Centre ♦ WOW Saddles |
|--|--|



Mt Crawford Dressage Club

From The Committee

We hope everyone had an enjoyable festive season and are managing to get some riding in during the heat. It's been a busy year so far at Mount Crawford as our January competition was well attended with riders chasing those sought-after qualifications for State Championships.

February saw the beginning of a new Triple Crown series at Wirrina Cove Dawn and Dusk, and the presentation of gorgeous rugs and rosettes to the winners of Triple Crown 2018. It made for an impressive sight as the horses and riders paraded under lights adorned with bling and we take this opportunity to congratulate all the winners, and to wish the best of luck to those entered in 2019.

UP COMING EVENTS

2019 Competitions

Apr 13 - Working Bee
Apr 27 - Club Champs - Competitive / FEI Small Tour and CUR
May 11 - CUR
May 24 - Set up Working Bee
May 25 / 26 - **State Dressage Championships - TC 2 - MCDC Autumn Dressage Festival**
FEI / Competitive
Jun 15 - CUR & Prix Caprilli
July 20 - CUR
Sept 14 - Charity Day CUR
Oct 26 - Prydes AOR Series / Competitive / CUR
Nov 9 - CUR with Eventing tests
Nov 23 - Triple Crown Final -FEI / Competitive - CUR
Dec 7 - CUR with Freestyles and pairs

Training Days

Apr 6 - Denise Rofe
May 4 - Michael Higginbottom
June - Sean Cooper
July - Ruth Schneeberger

All Entries via Nominate



From Young Horse to Freestyle and everything in between it was a long but satisfying day. We had a small but well patronised Trade Fair, both Equiboost and Mighty Farm Equine Supplies attracting a steady stream of customers. Thank you to Naomi and Kerry and we hope it was a enjoyable evening for you both.

It is a unique atmosphere for dressage in South Australia to compete under lights and after some public consultation we now have development approval to erect our own. Excitingly at Dressage at Dusk we were presented with a cheque for \$50,000 to facilitate the installation of lights at our grounds.



March will see the club going paperless using Nominate's Live Scoring system. Riders will be able to use the Nominate Scoreboard app on their phones to see interim results. This will be followed by the Club Championships in April and a busy month of May with a CUR day and the HUGE one, Autumn Festival and State Championships combined, also being the second leg of Triple Crown for this year. This is set to be THE major event of the 2019 dressage calendar! Well worth a visit even if you're not riding.

See you out there.

MCDC Committee



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New Website

The club has been very fortunate to have the expert skills of Colin from **ubiquion** to create the club's amazing new website. If you haven't already, hop on and have a look. The Committee would like to thank Colin on behalf of all our members for all his hard work.



www.mtcrawforddressage.com.au

Peppermint Award

The Peppermint Award is for volunteers that go above and beyond for the club and is awarded annually. The presentation of the 2018 award will occur at the Club Championships in April. Nominations are brought to the committee meetings and a list is kept throughout the year.

February's nomination was Bailey Menadue for her amazing help at both the Dawn and Dusk Competitions

18 / 19 COMMITTEE

President: Veronica Hannam

0414 508 783

Vice Pres.: Caroline Dear

Treasurer: Craig Hannam

Secretary: Tori Watkin

Chris Kelly

Jacquie Selles

Julie Hobson

Kaitlin Petney

Kass Dalitz

Samantha Coleshill

Tina Grech

Grounds and Grants



Grounds improvements are ongoing with undercover yards and stables nearing completion and ready for our April 27th competition. Our groundsman Bill Henderson has been kept busy and we thank him for working through the horrible heat we have just had. He always has our grounds looking something to be proud of, a fitting showcase for the cream of the crop of dressage horses and riders strutting their stuff in May.

The water tank and a wash-bay area is now fully operational but until it rains significantly we will have to buy in water.

We are in the final stages of Council approval for the light tower having got through planning approval including a development review panel. Once we have done all that is required to get building approval we can start putting the towers in and the electrical infrastructure that goes with it.



LIFE MEMBERS

Jane Bush (Patron)

Chris Hill

Lily McKenzie-Smith

Bill Henderson

Veronica Hannam

Annual Performance Awards

These awards are for members only, calculated on our competitions for the entire year for both competitive and Restricted riders. Entries are via Nominate and points are tallied per combination for an overall 'Competitive' and 'Restricted' winner at each level – Preliminary to Advanced. Rosettes will be awarded at each level and the points are tallied over all MCDC events in a calendar year, excluding the Club Championships.



Presentations of the 2018 Annual Awards were done at the recent Wirrina Cove Holiday Park Dawn and Dusk competition. Congratulations to all the winners.

SUB-COMMITTEES

- * Training Days
- * Major Events
- * Policies & Procedures
- * Strategic Planning



Up Coming Competitions

April 27 - HORSELAND MT BARKER Club Championships

We thank Horseland Mt Barker for their continued support of this event. The competition will follow the same rules as last year and can be found on our website. There will be both CUR and Competitive Classes up to Advanced for the Championship with rosettes for division Champions and Grand Champions will also be awarded rugs as well.

This date will also have Small Tour FEI classes and we are lucky to be able to share an interstate judge for this event with the Judges Working Party who will be conducting a clinic on the Sunday. Entries are now open on Nominate.



May 11 - CUR

This event last year was a lovely relaxed CUR competition for riders looking for a low key competition without a big atmosphere. Once again it will be the B&C's.



2019 Combined SA Dressage Championship & MCDC Autumn Dressage Festival Entries close Sunday 14 April



May 25 & 26

ESA has approached MCDC to run the SA State Dressage State Championship at its 2019 Autumn Festival. The two events will be combined into one super-sized competition in what promises to be THE PREMIER EVENT on the South Australian dressage calendar.

This is going to be HUGE with more classes, more horses, more riders, more sponsors and more opportunities for retail therapy in the Trade Fair. We feel honoured to be given this opportunity and happy that we can offer this to our competitive members and the South Australian dressage community.

Entry information will be available shortly but so you don't miss this epic competition.

- * Sponsorship opportunities are now being offered. If you are interested in sponsoring please contact us.
- * Second leg of the MCDC Triple Crown Challenge
- * Interstate Judges and Superb arenas
- * Stunning Rosettes from our European supplier
- * Rugs for our level championships and embroidered saddlecloths for our Divisional Champions
- * Magnificent catering, trade stalls, hospitality areas.

Qualification Summary: See entry form for full details

Preliminary: min. one performance of at least **60%**

Novice: min. one performance of at least **60%**

Elementary: min. one performance of at least **58%**

Medium: min. one performance of at least **55%**

Advanced: min. one performance of at least **55%**

Small Tour: min. one performance of at least **55%**

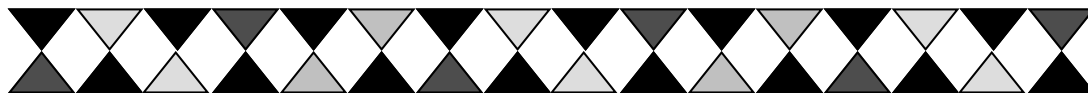
Medium Tour: combinations must have gained at least **60%** in an Official Intermediate I to compete in Intermediate A and B or Intermediate II

Big Tour: combinations must have gained **60%** on two occasions in Intermediate A, B or Intermediate II to be eligible to compete Grand Prix

Participant: see conditions of entry 4.e

Entering with a qualification pending - If your horse is not qualified you may still enter with a qualification pending. **However the only competition** that qualifications will be taken from after the close of entries is the MCDC on 27/4/19. Failure to qualify will result in loss of entry fees.





Wirrina Cove Holiday Park Dawn and Dusk



February 16 was the Wirrina Cove Holiday Park Dressage at Dawn and Dusk. A big thank you to Wirrina Cove for helping us make this years event the biggest yet. Congratulations to all the winners throughout the competition.



The Dawn event started at 7.30 with CUR classes and the inaugural Young Dressage Horse and Pony Classic. The 4 & 5 yo classes were designed with two rounds like a Championship event to give combinations experience before DWTS.

For the 6 and 7 yo classes the first round was a qualifying YH event with the second round a standard EA test, allowing combinations to be part of the classic as well as get qualifications and ride the new EA test. The event was a great success with riders getting much needed experience and qualifications.



The Dusk event was a wonderful evening full of freestyles and FEI



dressage, spectators were treated to an evening of entertainment and a selection of meals to cater for all palates. The club's annual performance awards were awarded to those riders who had performed consistently in the classes, congratulations to all the winners. It was also the presentation ceremony for the 2018 Triple Crown winners. The presentation of this inaugural event with its gorgeous rugs and rosettes was made under lights and was wonderful as horses and riders paraded under lights.

Reminders

- *** **Pony Riders** – Please ensure you bring your pony's current height certificate to all competitions (Competitive and CUR classes) as you may asked to present it on request
- *** **PIC Numbers** – All competitors must have a PIC number, based on the location of where their horse is kept. Competitors who do not provide a PIC Number will be refused entry into MCDC competitions and events in future
- *** **Horse numbers** – Must be on your horse at all times while on the grounds.

Finally, if you are entered for any of our competition days and find yourself unable to ride please contact us and advise of your intention to scratch. It is frustrating to be calling for riders who are not on the grounds not to mention respectful to the judges if we can let them know who is and is not riding. In addition to this if we are aware of who is not riding we can advise those who are and who may wish to ride earlier, thus enabling a smooth running of the day and allowing everybody to get home in a timely manner.

Your compliance in this matter is much appreciated.



Training Days

The MCDC Training Days are run by a sub-committee, where each member takes it in turn to run a day with the support of their fellow sub-committee members. The MCDC Training Day Sub-Committee welcomes any new ideas or feedback from the members, so please feel free to contact us mcdctrainingdays@gmail.com.



We have some more exciting Training Days coming up in the next few months, with Denise Rofe coaching on 6 April (entries are open on Nominate), Michael Higginbottom on 4 May, Sean Cooper in June and Ruth Schneeberger in July.

The training day this month took on a new format, over both days of the weekend.

Lucy Williams was the instructor on Saturday afternoon and early evening, with an early start on Sunday with Kirsty Van Loon for the first lesson at 8 am. With Lucy concentrating on the riders and Kirsty focusing on the horses, attendees at this training day had the best of both worlds and everyone was happy with their progress over the two days.

There was an early arrival by some of our excited participants at the grounds on Saturday. Their camps had all been set up and they were sitting eating lunch and enjoying the serenity. Lucy's lessons commenced at 2:00 pm finishing at 7:15 pm. We had three group lessons and three private lessons.



There was time for a quick clean up, get the horses fed and bedded then off to the camp kitchen for dinner. Baked spuds with all the numerous toppings followed by dessert of White

Chocolate Cheese cake (crowd favourite) or Blueberry Slice served with a smile by our caterer for the weekend, Bev aka Cookie. There was so much delicious food we all left with full bellies. It was a lovely evening spent around the camper with lots of laughter – cackling echoing out across the paddocks. Nothing can beat the camaraderie you experience with like minded people who share your passion.

A few horses got to try out the new accommodation (undercover yards). All seemed content and comfortable in their accommodation with enough of a breeze passing through that it didn't get too hot but held enough warmth for the cool night. They all gave it the big thumbs (hoof) up. A big thank you to Sandra Sampson and Yvonne Bryant who helped to carry all the poles out prior to their lesson with Lucy.

Feedback from participants was "Awesome weekend, great instructors, great food and great company!" Everybody who attended was in agreement that it was a great weekend all round and are looking forward to the next one.

The February Training Day, held after the Dawn and Dusk competition, was with interstate instructors (judges) Wendy Barker and Catherine Davis.

Around five hours' worth of lessons were filled for both instructors, which



was fantastic considering it is still early in the year and the weather had been very hot. Although the day was forecasted to be very warm, we were extremely lucky that cloud

cover and a cool breeze was present for most of the lessons, making it much more bearable.

We also welcomed some new members to the Training Day, and it was lovely to see some longer-term club members attend this Training Day also. The Feedback from the Training Day was extremely positive, and we hope to invite the instructors back again next year if they are free.

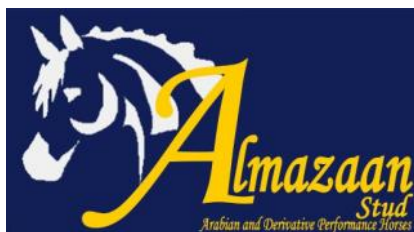


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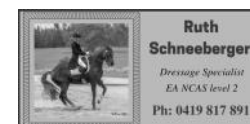
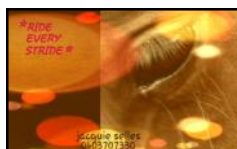
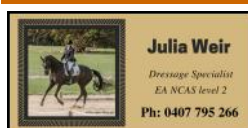
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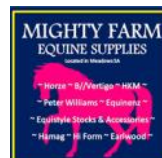


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SOUTHERN VALES DRESSAGE CLUB

Equestrian Park, Aldinga Bay Sports Complex

www.svdc.info

DIARY DATES:

(Grounds Open is for SVDC Members Only)

Please see Website / Facebook for confirmation or
email svdcaldinga@gmail.com

JUNE:

Saturday 8th June: Grounds open 9.00am – 12.00pm
Sunday 16th June: Closed Unrestricted

JULY:

**Sunday 28th July: McLaren Park Protocol Day
with Maria Schwennesen**

AUGUST:

Saturday 10th August: Grounds open 9.00am – 12.00pm
**Sunday 18th August: Competitive, Participant, Closed
Unrestricted**



SOUTHERN VALES DRESSAGE CLUB

Equestrian Park, Aldinga Bay Sports Complex

www.svdc.info

SUNDAY 16th JUNE 2019:

Unrestricted Competition

Entries close Monday 3rd June 2018

Tests: Prep E, Prep C | 1.A, 1.C | 2.A, 2.C | 3.A, 3.C | 4.A, 4.C | 5.A, 5.C

**Fees: SVDC Members \$15, Non SVDC \$25 per test
\$5 Arena Levy, \$5 Admin Levy**

SUNDAY 28th JULY 2019:

McLaren Park Protocol Day

With Maria Schwennesen

Entries close Monday 15th July 2019

Tests: By arrangement

Fees: \$70 for 30 minute session

SUNDAY 18th AUGUST 2018

Competitive, Participation, Unrestricted Competition

Entries close Monday 5th August 2018

Tests (Competitive): 1.B, 1.C | 2.B, 2.C | 3.B, 3.C | 4.B, 4.C | 5.B, 5.C

Tests (Participation): 1.B, 1.C | 2.B, 2.C

Test (Unrestricted): Prep A, Prep C | 1.B, 1.C | 2.B, 2.C | 3.B, 3.C | 4.B, 4.C | 5.B, 5.C

**Fees: SVDC Members \$15, Non SVDC \$25
\$4 Judges Levy, \$5 Arena Levy, \$5 Admin Levy**

CLARE VALLEY DRESSAGE CLUB



February Competition Gallery

Photos Courtesy of The Northern Argus



Emma Meaney on board *Epic*

Cathy Young riding *CLS Flair*



Brigita Prior riding *Victoria's Gift*



Michelle McCallum from Booleroo Centre riding *Reichsgraf Ludwig*





Kim Zohs riding pony *Brennan BSP*

Jana Cillie onboard *Desma's Feels Like Gold*





2019

May

4/5

Join us for a celebration of the Autumn Season as Clare turns shades of orange, yellow and reds.

Clare Valley Dressage Club will host a weekend of Dressage education and competition including hosting the Amateur Owner Rider Round.

Entries will open shortly on via nominate.com any enquiries to:

clarevalleydressageclub@outlook.com

Full catering provided.

**4TH LUCY
WILLIAMS
CLINIC**

**5TH COMP/
PART/ CUR/**

CLARE VALLEY DRESSAGE CLUB



Rider Profile:



Name: Emily Riggs

Age: 30

When did you start riding/first mount? When I was 7

What disciplines do you/have you ridden? I try to do dressage!!

Tell us about your riding career so far: My grandma taught me to ride on the naughtiest pony!! I then started going to Pony Club, gymkhanas, eventing etc. After school I worked in the thoroughbred racing industry – starting riding track work then worked in TB studs in NZ & NSW and eventually ended up doing Marketing at Moonee Valley Racing Club. I now live on a farm in Burra with my family and try to dabble in a bit of dressage, I am a bit of a nervous nelly!!

What are your most valued achievements? Probably when I was 10 I had just been diagnosed with Cancer and I needed an operation but I had the PC Zone Finals on and my Dr postponed the surgery so I could compete and our team did well!!

What are your future aspirations/goals: To gain more confidence in myself and continue improving my riding.

Where do you see yourself in 10 years time? Hopefully competing less nervously and having fun while doing it!

What would your dream horse look like? He is sitting in my paddock!! Palomino gelding almost 17hh! Perhaps he could have some more bling though!!!

2019 CVDC Winter Series

Round 1: 2nd June 2019, Clare Showgrounds,
Closed Unrestricted

Round 2: 14th July 2019, Clare Showgrounds,
Competitive/ Closed Unrestricted

Round 3: 11th August 2019, Clare Showgrounds,
Closed Unrestricted

Winter Series Champions for
Preparatory, Preliminary,
Novice and Elementary.

Champions awarded for
combined percentages
across the 3 Rounds. Riders
must ride 2 tests at each
level to be eligible.

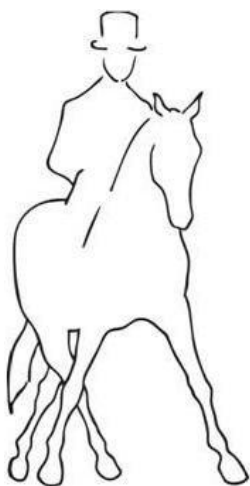
Rosettes for Champion and
Reserve.

Trophy for Champions

ENTRY VIA NOMINATE



CLARE VALLEY
DRESSAGE CLUB



DRESSAGE CLUB OF SOUTH AUSTRALIA

Dressage Club of SA Committee Report

GROUND S

DCSA has submitted a proposal to the Oakbank Racing Club for joint use and development of the centre of the racetrack. This is a timely proposal as the ORC has become the focus of a State Equestrian Centre push. The DCSA committee is abundant with skills to take this proposal forward and we look forward to a positive and productive relationship with the ORC.

SHADOW JUDGING

Judges continue to be difficult to source in SA. We are quietly confident that members of the dressage community will start their judge's journey and we welcome shadow judges at any of our shows. If you are looking for shadow judging opportunities, please don't hesitate to contact us and we will do our utmost to place you in the relevant arena. We look forward to welcoming more future judges in 2019.

HORSE OF 2019 AND RIDER OF 2019

DCSA's new annual prize has kicked off: Horse Of 2019 and Rider Of 2019! To be eligible, you need to ride tests with DCSA. If you're FEI, EA, OTT or a Club rider, each test you ride throughout the year will collect points. The Horse and Rider (separately) with the most points will win. Points can be won at every show throughout 2019.



HOTY

We usually hold our ESA Horse of the Year Show in November but in response to suggestions to improve horse welfare, we have decided to hold 2019's HOTY show in October. Keep an eye out for the details in upcoming Moving Forward editions.

WEBSITE

Check out dressageclubofsa.weebly.com for all things DCSA, including results, photos and more.

Looking forward to seeing you at our next show!

Sally Engelhardt
Vice President

Dressage Club of SA Committee Report

SATURDAY 22ND & SUNDAY JUNE 23RD 2019

CLASSES	Competitive	Participant	Closed Unrestricted	CUR OTT
	Prep to FEI	Prep, Prelim, Novice	Prep to FEI	Prep to Advanced
	Open, Pony, Youth	EA Participant Members only	Club Members only	ASB Horses only Club Membership Required
	EA Members only			
TESTS	EA As and Bs			
VENUE	McLaren Park, Foggo Road, McLaren Flat			

SUNDAY OCTOBER 27TH 2019

CLASSES	Competitive	Participant	Closed Unrestricted	CUR OTT
	Prep to FEI	Prep, Prelim, Novice	Prep to FEI	Prep to Advanced
	Open, Pony, Youth	EA Participant Members only	Club Members only	ASB Horses only Club Membership Required
	EA Members only			
TESTS	EA Bs and Cs			
VENUE	Onkaparinga Pony Club Grounds, Shillabeer Road, Oakbank			

SUNDAY NOVEMBER 24TH 2019

CLASSES	Competitive	Participant	Closed Unrestricted	CUR OTT
	Prep to FEI	Prep, Prelim, Novice	Prep to FEI	Prep to Advanced
	Open, Pony, Youth	EA Participant Members only	Club Members only	ASB Horses only Club Membership Required
	EA Members only			
TESTS	EA As and Cs			
VENUE	Onkaparinga Pony Club Grounds, Shillabeer Road, Oakbank			

ENTRIES

Entries via nominate.com.au | Max two tests per horse per day.
Entries close usually 16 days prior to the competition (updates on Facebook and website).

TEST COSTS

Members \$20 per test | Non-Members \$35 per test

MEMBERSHIP

Membership via nominate.com.au
Membership year – January to December
Volunteering and Non-Volunteering categories available

Dressage Club of SA Committee

CHAIR

Peter Oborn

VICE PRESIDENT | SOCIAL MEDIA | EVENT MGMT

Sally Engelhardt 0413388008

keribeedressage@outlook.com

SECRETARY

Irene Condon

TREASURER

Madelyn Duckmanton

SOCIAL MEDIA | JUDGE COORDINATOR

Nikki Nardelli

COMMITTEE

Viv Bretherton

Helen Whittle

Kate Raymond

Anne Raymond

LIFE MEMBERS

Pat Roberts (dec'd)

Peter Oborn

Natalie Chisolm (dec'd)

FACEBOOK

Find Dressage Club of SA on Facebook to see our latest posts, results and photos.

WEBSITE

dressageclubofsa.weebly.com

EMAIL

dressageclubsa@gmail.com

ENTRY FORMS

Entries via nominate.com.au.

Dressage Club of SA Membership

Membership year from January – December

Volunteering Member \$50

** Non-Volunteering Member \$80

Volunteering Youth (Up to 21 years) \$30

** Non-Volunteering Youth \$50

Membership available via Nominate.com.au

** New Category for members who don't wish to volunteer.



Club Contacts

President:

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Email: president@msedc.org.au

Vice-President

Lisa Hurrell

Phone: 0437 119 929

Treasurer:

Linda Archer

Phone: 0427 208 180

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Minutes Secretary

Helen Possingham

Phone: 0408 849 950

Newsletter Editor:

Chloe Kennedy-Jones

Phone: 0475 123 852

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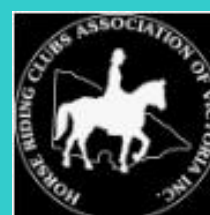
Committee Members:

Kristy de Bruin - 0419 811 555

Naomi Barnes - 0487 558 026

Mid South East Dressage Club is Affiliated with:

- Equestrian South Australia
- Horse Riding Club Association of Victoria



Upcoming Events Calendar

APRIL				
1	SEDA Committee Meeting			
6	CCC Series SEDA Round 3	HRCav	Mt Gambier Show Grnds	
7	CCC Series MSEDc Round 4	HRCav	Mt Gambier Show Grnds	
14	CCC Series Portland & Dist ARC Round 5	HRCav	Portland ARC Grounds	
28	Unofficial	MSEDc WINTER SERIES Rnd 1	CR,EA,HRCav	Naracoorte
29	SEDA Committee Meeting			

PARA or SYMPATHETIC CORE EXERCISES

By Rebecca Ashton: Pilates and Dressage Instructor at MSEDCEstravaganza

Wherever you breathe from, be it deeply from the diaphragm or shallow, chest breathing, affects the nervous system. Good diaphragmatic breathing will help put you in a parasympathetic state, decrease cortisol and increase testosterone. Work that puts you too much "in your head" and compromises your posture, such as desk work, will put you in a sympathetic state, also known as "fight or flight". As will intense activity or high performance sport or those situations which put you in "survival" mode, like equestrian sport, where as a rider we have the stress of trying to remain atop a flight animal! Add to that competition stress or the demands of a cross country course: we need tools and practice to remain focused and help us stay in a "flow state". Flow state happens in a parasympathetic state. You cannot remain in a sympathetic state long term and perform well.

Parasympathetic state: rest and restore ... and flow state activates a slowly Sympathetic state: fight or flight; activates immediately. Both are designed for survival and both are need for riding ... to a point ... but in balance. You want it to be "on/off" like a heart beat. When you are in the sympathetic state, it tells the body to prepare for survival ... there is an increased heart rate, increased breathing, blood from the brain to big muscles, a decrease in immune system efficiency, a decrease in digestion (want to eat a lot of food before a comp??), decreased use of the gland that produces saliva and tears (dry mouth before a comp?).

Horses are so sensitive that they can perceive the slightest change in our bodies. Holding our breath will quicken our heart rate. We have three pulse points down our legs and therefore they are close to the horse. Sometimes the horse is more aware of what's going on with our bodies than we are. Next time your horse gets tense, have a quick check-in with your own body to make sure the problem isn't you.

When our breathing is effective, we will stay calmer under pressure, such as when we compete. Good breathing, allowing good oxygen delivery to the brain, keeps us focused.

Another point worth considering is that correct breathing influences the gut. With 80% of your immune system centred in your gut, you can be sure that it is massively affected as well. A better immune system means less days sick in bed and more days in the saddle and what's better than that?! The thoracolumbar junction is the diaphragm and if the diaphragm is being co-opted structurally then it isn't working in a respiratory fashion and if it isn't working in that capacity (which is its preference) then the up regulation of the parasympathetic nervous system is compromised.

The parasympathetic regulation primes all the restorative and healing sets of genes. Also, if the diaphragm is not breathing, then you're going to start breathing from somewhere else. This will be the secondary respiratory muscles up around the neck; the scalene and pec minors. Along with the psoas, they feed back into the reptilian part of the brain and the amygdala. That sends fear and anxiety which further propagates the sympathetic state, but they also have a biomechanical effect on posture, which further effects the gut and the ability to transmit messages up and down the spine and through the fascia.

"When the diaphragm is used incorrectly, it means the big fascial spirals which are holding the body together in tensegrity are compromised so the photoelectric and piezoelectric function of the fascia gets compromised. Then you get problems with the endocrine system (via the pineal gland). It works almost exclusively on light so when the light transference through the body and all the vibrations and the frequency of the fascia, which have been measured by German researchers, are compromised and you're starting to mess with a major system of the body. In the brain, glucose, oxygen and electrical stimulation are the three requirements. If you compromise the electrical system going back to the brain, you have disruptions at a very deep and flowing level."

The best way of breathing is in and out through the nose, keeping your tongue gently touching the top of your palate. In more extreme exercise conditions, it can be beneficial to breathe in through the nose and out through the mouth, the out breath taking place during the "biggest effort" part of the exercise. This helps engage important core muscles.

Good, deep breathing softens the rider's body and also lowers the centre of gravity, both of which make the rider a much easier load for the horse to carry. Good breathing will improve the diaphragm's role in core stability, in which it is a big player. It connects to the spine, the pelvic floor and other abdominal core muscles. The diaphragm is also the prime part of providing the most efficient intra abdominal pressure. If your diaphragm functions well, so will your whole "core", and so will your brain! (dynamic core/ anticipated load / body organization / immediate response).

It also means that your reaction time remains fast (spontaneous!) so problems can be fixed quickly before they become a big deal. You will stay in the present moment better and in tune with your horse. Shallow breathing causes us to lift our shoulders rather than using the full capacity of our lungs, right down to the lower lobes. The lifting of our shoulders not only causes neck tension, restricting blood flow to the brain, but also hinders shoulder stability which will lead to us trying to hold our horse more with our arms creating a blocked, hard hand.

We need good breathing to help keep an efficient interchange between oxygen and carbon dioxide in the cells of our body. When we breathe quickly or in a shallow fashion, we may breathe off too much carbon dioxide too quickly. Carbon dioxide is necessary for the transfer of oxygen from the blood to the cells. Too little and this process doesn't happen efficiently. This leads to a heightened fight or flight response and the snowball effect just continues. A good exchange between oxygen and carbon dioxide helps to clear out toxins which allows our muscles to work efficiently for longer. This is important in an endurance activity like riding.

It means that muscles don't start to tighten and grip involuntarily so you can continue to ride with balance rather than strength. Tension in our body eventually leads to muscle weakness and both lead to decreased ability to communicate with our horse. Our body alignment and stability becomes compromised as well. Gripping limbs also inhibit your horse's breathing as you clamp onto his ribs with your legs.

Dressage master Udo Burger: "... need a brain like Zen Buddhism." If you do exercises or put yourself into situations that allow you to be in para state, it becomes more familiar and more accessible so then when you really are in a "live situation", you are better able to go there because it's familiar and you've been there before. Your control is better. The unnaturally fast-paced world most of us live in is not conducive to riding. Horses do not understand this goal-striving, time restrictive mentality. Meditation helps you transition from "crazy life speed" to "horse riding speed". Make good decisions and be solution based in your thinking rather than problem focused.

Exercises:

1. Wrapping a theraband around your ribs and breathe deeply. Remember, the rib cage is moved by muscles too, so if deep breathing is new to you, the muscles need time to tone and work properly like any other muscle.
2. Listening to music that is 70 beats per minute (a lot of classical music is this)
3. Oov!!
4. Repetition of a mantra
5. Gargling! (which activates the vagus nerve)
6. To help you get to this sitting still state, start with mindful movement practices or visualisation of dressage test in real time
7. Chade-Meng Tan, Google pioneer and author advocates taking one mindful breath a day. The reason? Motivation and intention. Everyone can commit to just one breath a day. Another helpful exercise of his is just to say "Gone" at the end of every experience or thought.
8. Meditate. Even have a notebook and pen beside you to write down thoughts or concerns to get them out of your head.
9. Reset breath. Life has sped up so much that if you're not intentional about it, you'll get lost in all the crazy. Find something you enjoy because then you'll do it again and again and then before you know it you'll have a practice! Stress is ok...it's just not ok to stay there. So ... if you're outraged on social media all day, you're going to remain in a sympathetic state!

Subject: Use of Voice - Rule 3.16

Riders also need to know:

You are already probably aware there is now a deduction of 2 marks by the judge/s who hear a rider using their voice (it is not classified as a penalty). The marks are deducted from the score that would have been given for the movement. The best way to handle it is for the judge to give mark for the movement then cross that out and note the new mark with the 2 marks deducted: e.g. 7 - cross it out and then write a 5. There needs to be a comment 'use of voice' in the comments column so the rider knows why they got a low mark.

Horse SA Conference

On a completely different note, Horse SA ran a conference in Adelaide on **Sport Horse Welfare and Social Licence to Operate** in February. It was attended by people from around Australia, New Zealand and even Hong Kong Racing. Many vets attended, the Racing & Harness Industry, ESA, EA, EWA, and others.

The presentations can be found at this link:

www.horsesa.asn.au/social-licence-to-operate

2019 FEI dressage rules for Snaffle Bits

See the table and other information on page 6 of this edition of Moving Forward for a further explanation and clarification.

Off The Track Horse of the Year

As members are aware we have annual awards to recognise excellence in many areas. The club is going to add a new award to the annual list: *Off The Track Horse of the Year*. This award will be aimed exclusively towards a member's horse who has retired from the race track and now has a career in dressage.

In the history of the club there has been many thoroughbreds have been very successful in the field of dressage. These days warmbloods and crossbred varieties are more prevalent but still the temperament, agility, intelligence of a well retrained thoroughbred can be very hard to beat.

To be eligible to compete for this award the horses must have competed in an official trial or started in a race, locally, nationally or internationally.

During the year the combination of horse and rider will earn points at club competitions. These competitions can be at any level dressage run by the club: eg. Preparatory, Preliminary, Novice, Elementary, Medium, Advanced, FEI ... also HRCav levels 5 through to Advanced.

Sponsorship is being sought as we print and looks very promising for a beautiful rug.

Results from the Lucindale Show dressage will be included in the 2019 results. **GOOD LUCK!**

So all members who have a thoroughbred partner: please register your horse's name with Naomi Auld on 0487 558 026.



Lucindale AH&P Society Dressage Results 2019

Saturday



Preparatory A			
Horse Name	Rider	%	Place
Mr Pinocchio	S Mitchell	62.632%	1
Cera Alme'Zing	K Dennis	61.316%	2
Royal Ambition	K Chisholm	59.211%	3

Prep C			
Horse Name	Rider	%	Place
Cera Alme'Zing	K Dennis	75.250%	1
Mr Pinocchio	S Mitchell	62.750%	2

Preliminary A CLOSED RESTRICTED			
Horse Name	Rider	%	Place
Fourwinds Mr Darcy	J Oconnor	68.000%	1
Rivello	R Clayfield	67.800%	2
Moschatel	A Mitchell	66.400%	3
Rivington Edge	Lauren Oxlade	65.600%	4
Rivington Gale Force	Lauren Oxlade	62.200%	5
Svenska Kyra	S Thornley	61.600%	6
Royal Ambition	K Chisholm	58.800%	7

Preliminary A OFFICIAL JUNIOR			
Horse Name	Rider	%	Place
Copper Q Philidelphia	M Dickerson	65.800%	1

Preliminary B CLOSED RESTRICTED			
Horse Name	Rider	%	Place
Rivello	R Clayfield	72.143%	1
Fourwinds Mr Darcy	J Oconnor	68.571%	2
Rivington Gale Force	Lauren Oxlade	66.250%	3
Moschatel	A Mitchell	65.893%	4
Rivington Edge	Lauren Oxlade	64.643%	5
Svenska Kyra	S Thornley	60.357%	6

Preliminary B OFFICIAL PONY			
Horse Name	Rider	%	Place
Bain Park Bellarina	Courtney Dickerson	69.464%	1

Preliminary B OFFICIAL JUNIOR			
Horse Name	Rider	%	Place
Copper Q Philidelphia	M Dickerson	65.536%	1

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Medium B AOR					
Horse Name	Rider	%	%	Total %	Place
Grand Kadenza	M Shaw	58.649%	61.892%	60.270%	1

Medium B CLOSED RESTRICTED					
Horse Name	Rider	%	%	Total %	Place
Absolut Harmony	A Lock	63.514%	62.027%	62.770%	1

Advanced A AOR					
Horse Name	Rider	%	%	Total %	Place
Weltmaya	A Dodd	64.868%	65.000%	64.934%	1

Advanced A OPEN					
Horse Name	Rider	%	%	Total %	Place
Duart Rise Bradman	N Roberts	67.895%	65.658%	66.776%	1

Advanced B CLOSED RESTRICTED					
Horse Name	Rider	%	%	Total %	Place
Absolut Harmony	A Lock	59.730%	61.351%	60.541%	1

Advanced B AOR					
Horse Name	Rider	%	%	Total %	Place
Weltmaya	A Dodd	61.622%	58.378%	60.000%	1

Advanced B OPEN					
Horse Name	Rider	%	%	Total %	Place
Duart Rise Bradman	N Roberts	64.459%	64.595%	64.527%	1

HRCav Level 1.2					
Horse Name	Rider	%	Total %	Place	Jackpot Points
HS Joyride	Judy Clarke	62.206% / 61.471%	61.838%	1	30
Special Pleasure	Susan Thornley	61.765% / 61.129%	61.397%	2	29

HRCavLevel 1.4				
Horse Name	Rider	%	Place	Jackpot Points
HS Joyride	Judy Clarke	62.714%	1	30
Special Pleasure	Susan Thornley	60.571%	2	29

HRCav LEVEL 1 JACKPOT		1.2	1.4	total
HS Joyride	Judy Clarke	30	30	60
Special Pleasure	Susan Thornley	29	29	58

HRCavLevel 2.2				
Horse Name	Rider	%	Place	Jackpot Points
Bain Park Bellarina	Courtney Dickerson	69.338%	1	30
Kingslane Time Traveller	Vicki Jones	68.103%	2	29
Cold Stream Donetta	B Delahunty	66.552%	3	28
Rango the Mango	Helen Gray	65.172%	4	27

HRCav Level 2.4				
Horse Name	Rider	%	Place	Jackpot Points
Bain Park Bellarina	Courtney Dickerson	63.667%	1	30
Rango the Mango	Helen Gray	63.500%	2	29
Cold Stream Donetta	B Delahunty	62.667%	3	28
Kingslane Time Traveller	Vicki Jones	61.500%	4	27

HRCav LEVEL 2 JACKPOT		2.2	2.4	Total Jackpot Points
Bain Park Bellarina	Courtney Dickerson	30	30	60
Kingslane Time Traveller	Vicki Jones	29	27	RESERVE 56
Cold Stream Donetta	B Delahunty	28	28	56
Rango the Mango	Helen Gray	27	29	56

129.603
129.219
128672

HRCavLevel 3.2				
Horse Name	Rider	%	Place	Jackpot Points
Four Winds Certain Dee	Jess Mulraney	72.115%	1	30
Turnback Time	Brooke White	70.385%	2	29
Duchess of Avalon	Kristy Boord	68.462%	3	28
Copper Q Philidelphia	Montana Dickerson	64.615%	4	27

HRCav Level 3.4				
Horse Name	Rider	%	Place	Jackpot Points
Turnback Time	Brooke White	64.828%	1	30
Four Winds Certain Dee	Jess Mulraney	62.579%	2	29
Copper Q Philidelphia	Montana Dickerson	62.586%	3	28
Duchess of Avalon	Kristy Boord	61.552%	4	27

HRCav LEVEL 3 JACKPOT		3.2	3.4	Total Jackpot Points	
Turnback Time	Brooke White	29	30	WINNER 59	135.213
Four Winds Certain Dee	Jess Mulraney	30	29	RESERVE 59	134.694
Copper Q Philidelphia	Montana Dickerson	27	28	55	130.014
Duchess of Avalon	Kristy Boord	28	27	55	127.201

HRCav Level 4.2				
Horse Name	Rider	%	Place	Jackpot Points
Jazail Qati	Robyn Parker	75.400%	1	30
Kingslane Riley	Vicki Jones	66.200%	2	29

HRCav Level 4.4				
Horse Name	Rider	%	Place	Jackpot Points
Jazail Qati	Robyn Parker	68.750%	1	30
Kingslane Riley	Vicki Jones	66.250%	2	29

HRCav LEVEL 4 JACKPOT		4.2	4.4	Total Jackpot Points
Jazail Qati	Robyn Parker	30	30	60
Kingslane Riley	Vicki Jones	29	29	58

HRCav Level 5.2				
Horse Name	Rider	%	Place	Jackpot Points
Original Sin	Emma Parker	68.250%	1	30

HRCavLevel 5.4	Judge Sue Smith			
Horse Name	Rider	%	Place	Jackpot Points
Original Sin	Emma Parker	66.190%	1	30

HRCav LEVEL 5 JACKPOT		5.2	5.4	Total Jackpot Points
Original Sin	Emma Parker	30	30	60

Tiny Tot Test 2			
Horse Name	Rider	%	Place
Penny	Master Henry Shaw	80.310%	1
Timmy	Miss Georgie Lutt	80.310%	1

Lucindale AH&P Society Dressage Results 2019

Sunday

Preparatory A			
Horse Name	Rider	%	Place
Cera Alme'Zing	K Dennis	71.579%	1
Dener	J Butcher	62.368%	2

Prep C			
Horse Name	Rider	%	Place
Cera Alme'Zing	K Dennis	72.750%	1
Dener	J Butcher	67.500%	2

Preliminary C CLOSED RESTRICTED			
Horse Name	Rider	%	Place
Fourwinds Mr Darcy	J Oconnor	68.036%	1
Rivington Gale Force	Lauren Oxlade	66.429%	2
Rivington Edge	Lauren Oxlade	64.464%	3
Rivello	R Clayfield	60.893%	4
Svenska Kyra	S Thornley	60.179%	5
Harvey	T Hodge	55.536%	6

Preliminary C OFFICIAL PONY			
Horse Name	Rider	%	Place
Bain Park Bellarina	C Dickerson	68.571%	1

Preliminary B CLOSED RESTRICTED			
Horse Name	Rider	%	Place
Fourwinds Mr Darcy	J Oconnor	72.500%	1
Rivello	R Clayfield	71.607%	2
Rivington Gale Force	Lauren Oxlade	66.786%	3
Rivington Edge	Lauren Oxlade	65.536%	4
Harvey	T Hodge	59.463%	5
Paddy	T Batt	57.500%	6
Svenska Kyra	S Thornley	57.321%	7
Bubba	M Barrett	45.893%	8

Preliminary A ASH			
Horse Name	Rider	%	Place
Copper Q Philidelphia	M Dickerson	69.200%	1

Novice B ASH			
Horse Name	Rider	%	Place
Copper Q Philidelphia	M Dickerson	63.971%	1

ASH SASH - Copper Q Philidelphia

