

Ride Write

September 2020

Newsletter of the Mid South East Dressage

Affiliations EA and HRCVA & Member of Horse SA



The stage is set for a great weekend of Dressage

26th 27th September 2020

So much excitement for the coming weekend. Given it is the clubs first competition (albeit unofficial) since the Covid 19 dilemma, which has devastated our activities this year. No matter if you are EA or HRCVA or Pony Club or just a member, get along and learn take part and continue or start your dressage journey.

Saturday with Barry Stratton, A Level and Judge Educator, many have taken the opportunity to avail of the chance to brush up on their test riding under his watchful and knowledgeable eye. Receiving feed back on how to improve your test presentation is invaluable and adds another dimension to your journey outside of the training arena.

Saturday Lunch Time

Presentation from Barry Stratton for all to attend. This is also an opportunity for Judges to use, along with either morning or afternoon attendance as a required workshop. An opportunity for all riders, trainers, supporters to increase knowledge.

Please attend no matter your level and show appreciation to Dressage SA Judges Subcommittee for supporting remote and regional riders and judges. Even if you are not able to ride please attend it will be to your advantage to listen.

Sunday Competition with Judges Barry Stratton and Amanda Lock presiding again so many opportunities to learn how to nail a better test. If you have just seen this contact the committee if you would still like to have a go, they will more heaven and earth to help you. See last months newsletter for all the details.

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****STOP PRESS****

Confirmed

Lucy Williams

has been secured for
Extravaganza 2021

Watch this space for
updates

2020 / 2021

Committee

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Committee Chatter

- ⇒ Next Committee Meeting will be held on Wednesday the 7th October 2020, should you have any requests or ideas please contact President@msedc.org.au
- ⇒ Activities planning is on the way for October Club Day Sunday 25th 2020
- ⇒ November club day 22 November 2020 is on the drawing board as a fun end of year celebration. It is planned to take the form of novelty dressage competition, with maybe freestyles to music, fancy dress and/or a two up test competition. Are you intrigued! Watch this space for final details.
- ⇒ Developing a plan to support our major sponsor Radis Estate Wines who have missed out on our planned support this year due to obvious reasons. Committee is hoping to put together an order form for their wines as a Christmas gift opportunity.
- ⇒ MSEDc is part way through becoming a Star Club . What is a STARCLUB, I hear you ask. A STARCLUB— Recognition Program was introduced in 2015 and allows clubs to be better recognized by the government and other organizations that value the role a well-run club can play. . The STARCLUB Club Development Program have been designed for use by sport and active recreation clubs of all sizes. The committee are currently investigating resources they may be able to utilize.

Judges for our region and state.

EA and HRCav and Club Competitions do not run without Judges, therefore to keep having competitions running successfully here in the South East and Western Victorian areas, we need judges. Currently in our region we have 2 EA and 3 HRCav!!! **See next page** the report presented to the National Judge and Mentor Meeting held 14/9/2020. Susan Thornley as an accredited Mentor attended this meeting and is only too happy to guide and support anyone who takes up the opportunity to become a judge. An onerous task you may think, but, there are many involved in our sport in this region who have the biggest part of the qualifications required already, EXPERIENCE! The EA judges education process is a very successful one where nation wide over 90% of candidates succeed. That is a huge success story. So please consider the journey which can only enhance your test riding abilities and understanding. There are many Judge Educators and Mentors to help you on the journey. If we have many judges here in the region the task would be less daunting, more knowledge gathering and a benefit for all as the standard would rise. Just think if there are no judges here there are no qualified competitions, expensive judge imports or expensive travelling to more expensive competitions.



The following competition weekend is a good opportunity to speak to **Barry or Susan** re the process they will only be too happy to answer any question you may have. (it actually is a great camaraderie amongst the Judges fraternity)

HRCavthe same applies to Adult Riding Clubs they are very stretched for Officials as well. In our region we need Judges and Level Assessors. Again, although the levels have different titles all the Judges training is run on the similar principles. Only difference is HRCav Judges cannot judge officially in EA as EA Judges can in HRCav with permission. So several opportunities for our region.

From our President

Who would have thought that with the arrival of spring so does our first competition since February!

Time to dust off those boots and clean those saddles, making sure there are no mice hiding in your helmets or even spiders hiding under the saddle blankets!

For some this time off from gatherings has been a great time for extra training sessions. For some it has been time off giving our horses or more in some cases ourselves off.....

It is now time, especially for myself, to get back on the horse... pardon the pun...

The days are getting longer and it is not as cold as it has been. Those winter coats are shedding making horse hair in the mouth after each grooming a not so pleasurable unplanned snack.

It has been nice spending time with Ava and Precious, brushing and brushing.. especially miss Precious, a typical Shetland with so much hair I could use it to fill enough doonas for a small village!

Ava has enjoyed her time off from riding adventures. She has enjoyed the quality time of cuddles at feed time, while filling up the hay net to hang in the tree, she waits patiently next to me with her head in my back. We spend a lot of time "chatting" about our day.

The MSEDG committee are looking forward to seeing everyone out and about this coming two day protocol day and competition. We are grateful for the opportunity to host this event and give our up and coming judges the information they need to get to the next level.

Happy riding

Spring time

From Linda's Kitchen

chicken pie

My neighbour, Lia Mailes, brought this pie over after Ned was born. It was perfect!!! Jackie O'Brien

Serves: 6

Cooking Time: 40 minutes

1 leek, chopped
large handful chopped bacon
900g chicken thighs, chopped
1 box frozen spinach, defrosted and squeezed
2 teaspoons nutmeg
2 tablespoons plain flour
300ml container cream
puff pastry
butter

Preheat oven 180°C.

Fry leek and bacon with a good knob of butter, add chicken and fry until golden brown. Mix in cream, nutmeg and flour and let simmer while you put the pastry in the tin/pie dish. Prick pastry with a fork and pour chicken mixture in. Put spinach on top. Cover with more pastry and prick with fork and then brush with egg/milk wash. Bake for about 40 minutes.

This is a great pie to serve cold with tomato chutney and salad.

Cook's Tip

You can make the filling ahead of time.



Exercise of the Month

This month's arena exercise is... **Lengthen Between Leg Yields**

I love leg yield. It encourages the horse to step under their center of gravity and improves pushing power. The leg yield before the lengthen can help avoid the horse "running" onto the forehand into the lengthen.

Can be ridden in trot or canter once established in the connection and the aids.

Track right at A in trot or canter. Ride your corner accurately and sit up.

At K, Leg yield right to the quarter line, look up and ahead and lengthen on the quarter line to S, then yield back to the track by H. Compose yourself along the short side and repeat exercise down next long side.

For more advanced combinations, put in and ACCURATE 10m circle in canter at A and C

Happy riding *Kristy deBruin*



DON'T WAIT UNTIL YOU HAVE REACHED YOUR GOAL TO BE PROUD OF YOURSELF:
BE PROUD OF EVERY STEP YOU TAKE TOWARDS REACHING THAT GOAL

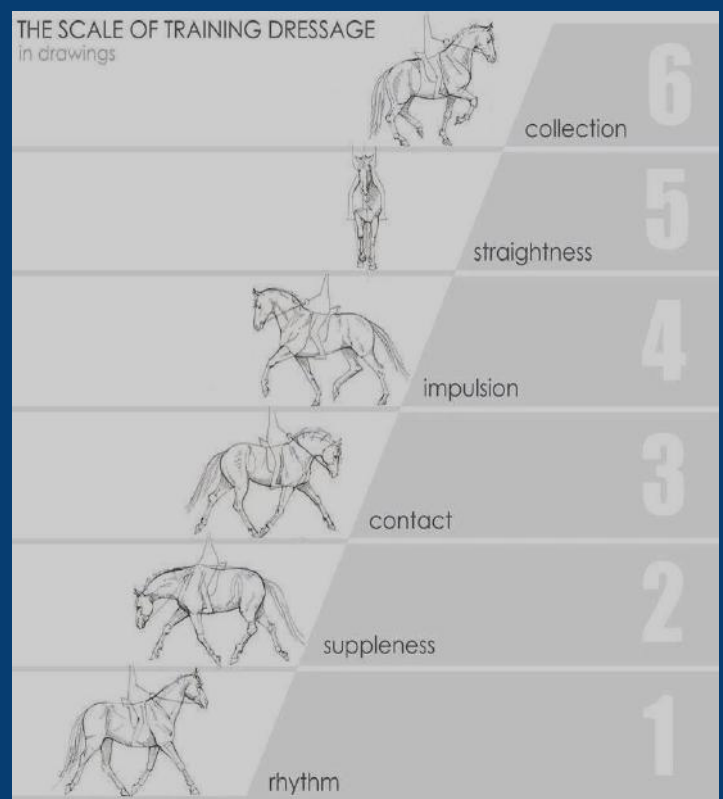
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Watch this space each month for the Six levels of the training scale

Competitive dressage training is based on a progression of six steps developed by the German National Equestrian Foundation. This system is arranged in a pyramid or sequential fashion, with "rhythm and regularity" at the start of the pyramid and "collection" at the end. The training scale is helpful and effective as a guide for the training of any horse, but has come to be most closely associated with dressage.

2 Relaxation and Suppleness (*Losgelassenheit*)

The second level of the pyramid is relaxation (looseness). Signs of looseness in the horse may be seen by an even stride that is swinging through the back and causing the tail to swing like a pendulum, looseness at the poll, a soft chewing of the bit, and a relaxed blowing through the nose. The horse makes smooth transitions, is easy to position from side to side, and willingly reaches down into the contact as the reins are lengthened.





Report to National from SA

South Australia currently has 30 judges, with 4 judge educators and a further 7 mentors. These numbers are minimal to sustain competition in SA and we rely heavily on interstate judges, especially at FEI level, to boost numbers for major competitions and JE activities. This generally works well and riders appreciate a fresh perspective from interstate judges. Interstate JE assist our local JE to give seminars, with shadow-judging and to run practical exams.

We have worked with local dressage clubs to share the costs of interstate JEs by also offering combined events while in SA, and this has also worked well. However, as with all sport in Australia, COVID19 has had a major impact on our ability to run dressage judge education events since March 2020. We were fortunate to run a F/G seminar and shadow-judging weekend in early March and a biomechanics workshop was held in February. But since then, local competitions have been cancelled and only in the last month have events re-started, with restrictions to gatherings and the need for social distancing etc. It was welcome that the EADJC made a quick decision to extend this current re-accreditation cycle by 12 months, hopefully that will be a sufficient extension.

We continue to encourage riders with dressage experience to consider training as a dressage judge, and we have a Judge Subsidy Scheme to fund some costs for local judges for upgrading. It was heartening that in late 2019 there was interest shown by senior riders in the fast-track scheme, with interest from others to also start a judging pathway. Although some started with the pre-requisites, this was all unfortunately stalled by the advent of COVID19 and restrictions to competitions and seminars. We hope to re-gain momentum with a D/E seminar being held in October.

However as noted in recent emails from the EADJC, we are an aging group and need to attract new judges. Many riders find the prospect of 5-10 years training exams to achieve Advanced level as very daunting and are put off. They are also concerned about meeting the annual requirements to maintain accreditation as riding and coaching takes up time. For similar reasons current judges find it too hard to upgrade. It is hoped that some re-structuring of the judge upgrade system and alternative solutions for activities will assist progress and at the same time maintain quality.

Unfortunately, we have had to cancel many planned events in 2020, initially due to bushfire after-effects and then due to COVID19. Cancelled seminars include a regional E/F/G, D/E, A/B/C and Young Horse. We are overdue for YH and Para and need these as soon as practical. This will require interstate JE but will be limited by which borders are open and whether JE consider it wise to travel.

We are grateful to our interstate colleagues for running ZOOM workshops and the feedback I have heard is that they are excellent. The speed to technology for meetings and workshops has been a silver lining of COVID19. Being a small state with large distances of travel required for SA members we see this as a change that should continue and developed further. Our thanks to the EADJC for their help and support with our Judging activities during 2019 and 2020.

Liz Duncan Chair SA Dressage Judges Committee

HRCV Judges

Were required to completed an Open Rule Bool Test by the 15th September to keep them updated on rule changes.

Test Riding Hints

Free walk and medium walk transitions: As soon as the horse's nose touches the first letter (example: free walk M-V), start the turn toward V and immediately start to release the reins. You want the longest line possible to show the judge the relaxation and ground cover of your free walk. Try hard to not take up the reins on the last quarter line. Often this is the best part of the walk, and the rider ends up ruining it. Wait until the horse's nose touches V, then take up the inside rein first as you turn and then the outside rein. This will help keep the horse from stiffening during the transition.

One more word on free walk: It is not how low the head and neck goes that counts. It is the ability of the horse to use his topline and move his neck and back. Try hard not to hold the horse's head down. This will create stiffness and cost you marks. The judge is looking for legs that show ground cover, rhythm, activity, as well as the topline showing relaxation, suppleness, as they are equally important.



The story of a Golden Horse and a Great Partnership

Duart Rise Bradman

Born 9/11/2008 Dam: Northern Chiffon, Sire: Byalee Briar (imp)

Bred and owned by Natalie Roberts from her Advanced competition mare, it was an exciting day when the Golden Child hit the ground. WOW!!! Gold, black points and 4 white socks what an amazing start. Hard for Nat to wait the growing years to get him out an about. Nat started him and gave him all his training. Many anxious times with his big personality getting him to trouble often. Not really one for looking after himself. So big and gorky as a baby it earned him the stable name of Flee and oxymoron because he was so big. He amused everyone with his ability to undress himself and lay down and snooze anywhere, even the busiest of competition grounds like Werribee.

2012 – won 4 yo YH class at SVDC to qualify for DWTS. Went to DWTS but was knocked by a misbehaving horse in his group and was injured so didn't finish his round – had about 12 months off, then returned at the end of 2014 and was prepared for a long list of successes despite the lack of close competitions to go to.

2015 - won SEDA Prelim Champ and won one of his prelim tests at SA State Champs and won the SA Country Champs Open Prelim Champ

2016 – competed at SA Spring Champs, Boneo Park, DF at novice and elementary with placings along the way

2017 – Miles Hay Country Classic 2nd medium and won elementary, SA State Champs medium 7th and 5th.

2018/19 – started advanced with several wins at SVDC and Lucindale, SA State Champs medium 3rd in 4C.

2019 – 1st advanced at WEC, 2nd advanced at SA Country Champs, SA Spring Champs medium 2nd and 3rd and wins in med and advance at WEC Country Classic

April 2019 – had his first PSG start and a win in advanced at Mt Crawford.

Awarded EASA gold medal for prelim, silver for novice, bronze for elementary & medium and silver for advanced

Then devastating news in March 2020 when although he was soldiering on with his work, Nat felt things didn't seem quite right even though hard to pick. All credit to Nat to keep exploring to make sure he was right but alas after fooling vets for some time the diagnosis was finally arrived at and Flee the Golden Child with the big personality was – retired due to ring bone. A promising, wonderful career and partnership was cut short. These times sent to test even the toughest competitor, so heart breaking.

No more will we be able to watch this lovely moving soft harmonious combination, showing the correct way of development through the levels. Thank you Nat and Duart Rise Bradman. XX Good luck Nat looking for a new partner, a very big 17hn frame to fill and to Flee we wish many summers and spring grasses in retirement.



Enjoy your retirement Flee we are sure you will continue to amuse Nat even in the paddock with you little herd of mates.

From the EA Dressage Rule book



2.1 Objects and general principles The object of dressage is the development of the horse into a happy athlete through harmonious education. As a result it makes the horse calm, supple, loose and flexible, but also confident, attentive and keen, thus achieving perfect understanding with its rider. These qualities are demonstrated by:

- ⇒ the freedom and regularity of the paces
- ⇒ the harmony, lightness and ease of the movements
- ⇒ the lightness of the forehand and the engagement of the hindquarters, originating in a lively impulsion
- ⇒ the acceptance of the bridle, with submissiveness throughout and without any tenseness or resistance a) the horse thus gives the impression of doing of its own accord what is required of him. Confident and attentive, submitting generously to the control of the rider, remaining absolutely straight in any movement on a straight line and bending accordingly when moving on curved lines
- ⇒ b) the walk is regular, free and unconstrained
- ⇒ c) the trot is regular, free, supple and active
- ⇒ d) the canter is united, light and balanced. The hindquarters are never inactive or sluggish. They respond to the slightest indication of the rider and thereby give life and spirit to all the rest of its body
- ⇒ e) by virtue of a lively impulsion and the suppleness of the joints, free from the paralyzing effects of resistance, the horse obeys willingly and without hesitation and responds to the various aids calmly and with precision, displaying a natural and harmonious balance both physically and mentally
- ⇒ f) in all the work, even at the halt, the horse must be 'on the bit'. A horse is said to be 'on the bit' when the neck is more or less raised and arched according to the stage of training and the extension or collection of the pace, accepting the bridle with a light and consistent, soft, submissive contact. The head should remain in a steady position, as a rule slightly in front of the vertical, with a supple poll as the highest point of the neck, and no resistance should be offered to the rider
- ⇒ g) cadence is shown in trot and canter and is the result of the proper harmony that a horse shows when it moves with well-marked regularity, impulsion and balance. Cadence must be maintained in all the different trot or canter exercises and in all the variations of these paces
- ⇒ h) the regularity of the paces is fundamental to dressage

From the HRCAV rule book



4.8. Insurance cover is voided if an accident occurs whilst mounted and the rider is not wearing an approved equestrian helmet with a fixed harness. Approved equestrian helmets must comply with the following standards: • Current Australian standard AS/NZS 3838 (2006 onwards) provided they are SAI Global marked. • New Australian standard ARB HS 2012 provided they are SAI Global marked. • Current American standard ASTM F1163 (2004a or 04a onwards) provided they are SEI marked. • Current American standard SNELL E2001. • Current British standard PAS 015 (1998 or 2011) provided they are BSI Kitemarked. • Interim European Standard VG1 (01.040: 2014-12) with or without BSI Kitemark. • The EN 1384 (Europe) standard for helmets manufactured prior to 2016 – not valid

THE MOVING FORWARD MAGAZINE

FOLLOW THE LINK FOR TO READ THE LASTEST EDITION

<http://www.ahdc.net.au/moving-forward-magazine.html>

FOR ALL THINGS EA DRESSAGE IN SOUTH AUSTRALIA



2020/21 Calendar



Emerging from Covid Iso



SEPTEMBER

26

Protocol Day

Barry Stratton A

Level Judge

27

Unofficial
Competition

attending Venue
TBA

OCTOBER

25

To be decided

NOVEMBER

22

A Fun Club

Competition

DECEMBER

Break

JANUARY

25 26

Extravaganza

Training and
Lectures

February

27 28

Lucindale show
dressage

Thank you

For the contributors to this

Newsletter

Kristy Boord

Linda Archer

Kristy Boord

Liz Duncan

Front cover back ground

Bev Copping and Rufus

Website



<https://www.msedc.org.au>



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