

# EXTENSIONS

SOUTH COAST EQUESTRIAN CLUB INC NEWSLETTER

**October 2009**

## **From the President** **October 2009**

Thank you to all of you who hung in there with us as we anxiously watched the weather in the days leading up to our Championship Competition. After inspecting the grounds on Saturday morning we were very confident, but I have to say my heart sank when later that afternoon (as I was halfway through plaiting Seal) the rain came pouring down at Jamberoo. A quick call to Ewa found that it wasn't raining in Dapto (at that stage), and the trusty Bureau of Meteorology website indicated that Albion Park had no rain ... I settled down a bit again. But I have to say it wasn't the best nights sleep I've ever had, and I was back on the computer again before dawn on the Sunday ... luckily to find that it hadn't rained at Albion Park overnight ... so we were ON !! And after all that I have to say the grounds were almost the best they have ever been ... firm enough, but nicely giving.

The actual competition went very well ... congratulations to all the winners, the Champions and the Reserve Champions. And of course a big thank you to all the very generous sponsors who either donated prizes or donated cash towards the club purchasing

the prizes ... without you we wouldn't be able to have such fabulous prizes, and we do very much appreciate your support. Pictures of the winners and grinners can be found elsewhere in this newsletter ... and of course if you'd like copies of any of the photos taken by our wonderful photographer Graham Batty, then visit his website ([www.charvelphotography.com/imageshop](http://www.charvelphotography.com/imageshop)) to view all the photos and find ordering details.

### **Comp – 6 December**

So, one more competition this year ... and as we mentioned in the last newsletter, given that we were forced to cancel 2 comps earlier this year, the committee has decided that we are going to extend the competitions eligible to be counted for the Point Score HOTY awards to include the December comp. So fill in your entry NOW and send it off ... the comp in on Sunday 6 December and entries close 11 November.

### **HOTY/AGM**

Because we are including the 6 December comp in the Point Score, our usual end of year HOTY/Christmas/AGM gathering will be held in January – Wednesday 20 January ... put that date in your diaries now and watch for the flyer which we will circulate later in December.

The committee have also decided

that, given that we had to cancel our April and June competitions, we are going to extend the competitions eligible to be counted for the Point Score HOTY awards to include the December comp ... more details later in this newsletter.

### **SCEC Committee 2010**

The AGM is the time we vote in the committee for the following year. Please do think about nominating to sit on the committee and join those dedicated people who have given so much of their time and energy into ensuring we can continue to run SCEC. Not only is it good to give something back to the organisation that allows us all to enjoy our Dressage Comp days, but the committee is quite a social group, with meetings being fun as well as getting the work done. All committee's need a continual influx of new blood with new and fresh ideas, and of course the more people on the committee the more the work can be shared around. So **NOMINATE NOW !!** The appropriate form can be found later in this newsletter.

Finally as always, happy riding, and I look forward to talking, working and riding with many of you over the remainder of this year.

**President**  
**Frances Simmonds**

## From the Secretary

October 2009

I think we all heaved a sigh of relief when the last comp was able to go ahead, so there is one more to go for the year. Our arenas are getting better and better as more top dressing is added. Some of our judges at the championships were very impressed by the improvements we have made. They were also of the opinion that grass arenas with a good sandy base make for the best surface in regards to quality of riding surface and ease of maintenance, citing arenas in Alice Springs as great examples.

**As we advised members earlier by email, the December comp will also go toward our club point score so hopefully you can all compete. In regard to our point score, there seems to have been some confusion in understanding the way in which this is calculated. Our last committee meeting involved some in depth discussion in regard to the wording of our explanation, so it may be worth publishing the most recent version. Hopefully this will now make everything crystal clear.**

- In any given test Official and Associate scores above 55% are ranked together to provide HOTY points (6 for the highest score, 5 for the next, etc).
- Where a competitor rides 3 tests at any level (official and associate in the same test, eg Preliminary 1C), the better score achieved in that test will count for award calculation.

The SCEC Point Score is not determined by EA rules, as there are no specific guidelines for affiliated clubs in this regard. The SCEC point score is designed to allocate prizes at the end of the year to club members who have competed in a set number of events, be they official, associate, pony or junior. According to various web sites

different clubs use different criteria and categories for their awards depending upon memberships, financial status and club policy. It is the opinion of the current committee that the fairest way to award HOTY points is to rank horse and rider percentage scores in any given test regardless of whether they have been in an official or associate competition.

When ever possible the same judge will be used for all categories of the same test. However not all judges are qualified to judge official tests and the draw may be compromised in this respect by the availability and expertise of judges volunteering their services. As is usually the case, completing a draw to keep everyone happy is an almost impossible task, taking into account the number of variables and individual requirements. Having spoken to a number of judges of various levels, it is apparent that during their training they are instructed to give marks according to the quality of movement observed. There should be no variation in marking any specific category, so having a different judge should not automatically result in a different level of marks. This does not mean of course that there will not be differences of opinion in what constitutes a specific quality as individual observations and opinion comes into play.

The committee continues to try to organise our events for the benefit of all members. As we are including the December competition in the point score, our presentation night will be moved to a date in January. As before, it will be combined with the annual general

meeting and elections for a new committee. It should be pointed out that all members have the opportunity to be part of the annual democratic process to elect the committee they consider best able to run the club. All members also have the opportunity to put themselves forward for election and to attend any club meeting. Anyone who considers the club to be poorly run should certainly avail the membership of their own time and expertise, attend meetings, vote and work to improve conditions for all.

It has been great to see an increase in junior memberships. We certainly have some extremely competent young riders who achieve impressive scores and I'm sure that quite a few of our riders in open competition are very glad that they are not competing directly against these up and coming stars. They were also enthusiastic participants in our training days during the year.

Our club shirts are selling well and we now have great value matching club saddle cloths to add to the professional picture at clinics and training days. They are a generous size, very smart and only \$50.00 each. Look for the order form in this newsletter.

Finally, if you were a recipient of a club trophy last December, could you please bring it along to the next comp so that we can organise engraving for the winners this year. Many thanks and see you in December.

Cheers,  
Mary

## Next Competition 6<sup>th</sup> of December

**Entries Close  
11<sup>th</sup> November**





[www.australiansportspony.org/2008APOB.html](http://www.australiansportspony.org/2008APOB.html)

## New Grading Rules of Pony Dressage

At the recent meeting with SDAs on 13/9 and the ADC meeting on 14/9 there was much discussion about Pony Dressage and how the numbers are low and ponies are grading up too quickly as a result.

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In the meantime the SDAs and ADC have agreed that there be an 'amnesty' on grading points for ponies. This 'amnesty' will become effective from Wednesday 14/10/09 until such time as the review of the grading system is completed and a new system implemented. As a result of this 'amnesty' ponies will remain at their current graded level until any new system is implemented. Riders would still be required to keep a record of their performances for qualification purposes. Alternatively all pony results need to continue to be entered on the National data base but without accruing any grading points.

Please liaise with your EA Branch

Office about this change to the accruing of grading points for ponies.

*Reproduced from email communication on 12/10/09 from  
Lesley Sullivan  
Chair ADC  
PO Box 6221  
Tweed Heads South NSW 2486*

## Unique Equestrian Education Opportunity

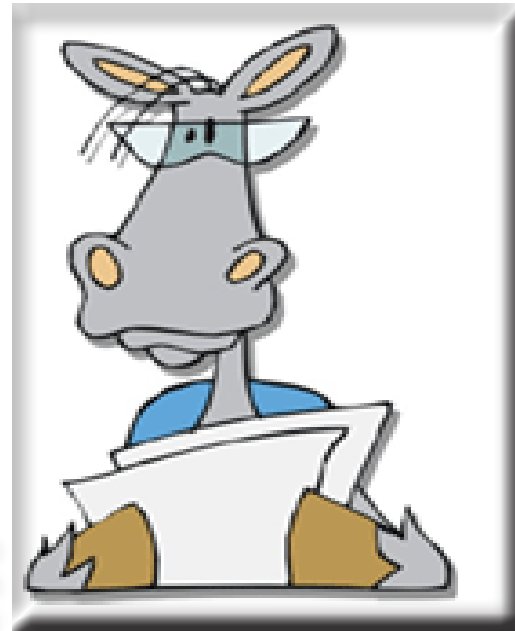
Study Horses have created an online equestrian coaching course. They are looking for some trial participants to try it out.

It is a Centerlink Approved Course and is also suitable for High School students.

If anyone is interested please go to the website

[www.StudyHorses.com](http://www.StudyHorses.com)

and scroll to the bottom of the page and enter your name, email address and AUCLUB (in the promo code box). You will then be automatically forwarded to a page with full details about the course.



(Ms) Glenys Cox,  
EA & AHRC Coach Educator  
Director  
Study Horses .com  
Ausintec Academy  
Australian International Educational  
Courses Vocational Education with  
English Language Support  
CRICOS: Pending

Centrelink Provider No: 4P530

Registered Training Organisation No:  
31352

### ★ SCEC club shirts ★

Navy blue with white piping and discrete club logo, in a breathable fabric

Ideal for training days, use at home or smart casual wear

Great value at \$25.00 for standard sizes from 8 to 24

Try before you buy at our next competition day or order by email, phone or fax

**See ORDER FORM in this newsletter**

# Preparing the Show Horse

By Dr John Kohnke BVSc RDA

The preparation and conditioning of a horse for showing is a combination of careful planning, motivation, dedication and skill. It can be rewarding once the horse competes and is successful in its targeted equestrian discipline. Many experienced and successful competitors have their own program developed over years of practice. Conditioning for equestrian competition and showing involves a combination of balanced and careful nutrition, preparation of the coat and hooves and ensuring that the horse has the proportions and top-line to stand out in the show ring. The horse has to have good overall fitness with a willing, unfazed approach to training, travelling and competition.

## Formulating the Ideal ration

Providing your horse and pony with a well balanced diet is essential for good body and coat condition, digestive health and to maintain bone and skeletal strength, as well as ensuring optimum health and vitality. Many have a tendency to be overfed, resulting in 'fizzy' behaviour and an overweight condition, which can have detrimental effects on joints and the general health. On the other hand, poor feeding can result in underweight condition, with show horses and ponies having no top-line and 'sluggish' movement due to inadequate energy. For these reasons, it is important to provide a diet which has been formulated to match your horse's needs relative to age, temperament, body condition and metabolic state, as well as exercise level.

A simple way to formulate a balanced diet is to apply the following principles when making up a ration for competition and showing:

1. Include 1-2 energy sources, such as limited amounts of cereal grains (eg steam-rolled barley), by-products (eg pollard, bran and rice bran)

or commercial feeds. Low GI and 'cool' feeds are becoming popular and many ready-mixed low GI feeds and pellets are available to help maintain a quiet temperament. Other 'cool' feeds include cracked lupins, sunflower seeds, copra meal and sugar beet fibre. These 'cool' feeds are usually preferred by show and pleasure owners to avoid 'fizzy' and difficult behaviour whilst maintaining weight and energy for exercise.

2. Include 1 good quality protein source, such as full fat soyabean meal (200g), or cracked lupins (300g), or sunflower seeds or copra meal (400g) daily is adequate to meet protein needs. Lucerne hay and chaff provided as roughage also provides good quality protein, but avoid amounts in excess of 3-4 kg for a 500kg horse as it can lead to increased heat production during digestion in the hind gut, with sweating in the flank area and 'blowing' when working to offload extra heat in a heavily conditioned (well insulated) show horse.

### HANDY HINT 1

#### Avoid Excess Sweating from Lucerne Hay

Lucerne hay and chaff are well digested sources of calcium (12g/kg), magnesium (3.2g/kg) and potassium (14.2g/kg) and protein (average 17%), feeding more than 1½ - 2 biscuits (3-4kg) to a horse with already adequate protein in its diet, can result in high amounts of heat waste from the digestion of excess protein and fibre in the hind gut. Horses often develop sweaty flanks and a sweaty underbelly and 'puff and blow' excessively during exercise. Furthermore, feeding more than 3- 4 biscuits of hay a day to a horse you are already feeding a large bulk of 'hard' feed to help with weight gain, may fail to put on significant condition because of the large volume of fibre hindering the uptake of other energy sources and protein from the small bowel. In this case, limit the hay to a maximum of 4 kg per day and add additional 'cool' energy sources (eg steam-rolled or boiled barley) to improve overall show condition.



ture, hay and chaff. On average, a resting horse needs to consume 1.5-2% of its body weight in dry feed per day. For example, a resting 500kg horse would need to consume on average 7.5-10kg of roughage per day, depending on the energy content. If there is little access to pasture, this roughage should be made up of one third lucerne hay and chaff and two thirds grassy or cereal hay and chaff, to provide an ideal protein and fibre balance.

A horse or pony in light work needs to consume 2.0-2.25% of its body weight in dry feed per day. For those in light work where a hard feed is provided, a diet of around 70% roughage and 30% concentrate by weight should meet requirements.

4. Supplement with bone minerals, trace-minerals and vitamins to meet daily needs. Spelling horses which are not regularly exercised can usually maintain themselves on good quality pasture. However, once horses and ponies begin a show preparation with regular exercise, they will require a high quality vitamin and mineral supplement to make up for the shortfalls in their diet. Kohnke's Own market a number of high quality supplements in Supplet® pellet form to avoid wastage due to sift-out, dust and nutrient interaction- the dose rates are economical and they are formulated to the latest NRC (2007) nutrient standards. Supplements include Cell-Vital®, Cell-Vital Premium®, Cell-Provide®, Aussie Sport™ and for Palomino show horses, Palomino Gold™.

5. Salt (sodium chloride) is the most important electrolyte required for nerve function and fluid balance in the body. Many commercial feeds contain adequate salts for light work if the full recommended daily amount of the feed is fed. Other important salts include potassium, magnesium and calcium which are often low or inadequate in common feeds. Supplementation with Kohnke's Own Cell-Salts provided on a 'scoop-for-scoop' basis with fine, plain salt will ensure requirements are met.

6. Fresh, clean, cool and palatable water must be

readily available to horses and ponies as it is essential for health. Horses and ponies require on average 5 litres per 100kg body weight of water per day, with higher amounts required when exercising under moderate to hot conditions or for extended periods.

#### HANDY HINT 2

Take care feeding good quality rye grass hay to heavily conditioned horses and ponies

Be careful when feeding good quality grass hay, particularly rye grass and oaten hay, to heavy, 'cresty' horses and ponies with a history of recurring founder. The sugar or Non-Structural Carbohydrate (NSC) content in these hays can be very high and besides making your horse over-energetic, it can result in obesity. Soak the hay in twice its volume of lukewarm water for 40-60 minutes prior to feeding. This will leach out a significant amount of the sugars, while still providing a good fibre source important for proper digestive health. (Refer to Fact Sheet No.40 Equine Metabolic Syndrome.)

#### **Rapid Rehydration after Exercise, Travelling or Competition**

It is important to provide water and salts to replenish fluids and electrolytes after exercise or long distance travel to a show or competition. Simply mix 2 teaspoonsful (10g) of fine table salt into each litre of lukewarm water (50g [2 1/2 tablespoonfuls] in 5 litres of water) and offer it as drink after each day's training. You can add an equal amount of glucose to sweeten the warm drink and aid sodium uptake.

By conditioning your horse to drink the warm 'saline' after exercise, it will look for it as a rehydration drink following travelling or competition. It helps to rapidly rehydrate the blood and body fluids within 5-10 minutes if a horse is hot and thirsty. A daily supplement of Cell-Salts should be added to the feed each day to provide a range of salts to correct low or inadequate levels in feeds.

## **Your Horse's Temperament – Keeping your Horse 'Cool' and Easy to Handle**

When competing in the show ring, it is important that your horse or pony be relaxed and attentive. An excited, 'hot' or nervous horse or pony can result in misbehaviour and an unenjoyable experience, besides being marked down for distraction during competition. There are a number of considerations which should be taken into account as the possible cause or contribution to this unwanted behaviour, including organisation and routine, overfeeding, feeding 'hot' feedstuffs, magnesium deficiencies and gastric ulcers. Eliminating these problems is likely to produce both a happier horse and rider, as well as reducing the chance of injury.

It is important to match your horse or pony's feed intake to the amount of exercise. By overfeeding relative to the workload, you could be providing excess energy in the ration which can increase the risk of the horse becoming 'fizzy' or over-energetic and badly behaved, as well as ending up in an overweight condition.

Horses and ponies which have an inadequate intake of magnesium in their diets can develop a nervous, temperamental and anxious attitude. They often have difficulties in adjusting or coping with unfamiliar surroundings. Some of the symptoms include anxious and unsettled behaviour during handling, travelling or competition, especially when they are removed from their home environment. Magnesium is often relatively poorly absorbed from feeds as it competes for uptake with calcium. As well, when excess phosphorus (for iron) is provided in the ration, there will also be a reduction in magnesium uptake from the small intestine. For horses and ponies with low intake of magnesium, consider supplementing the ration with magnesium and Vitamin E, such as contained in Kohnke's Own Mag-E.

Mag-E contains 2 forms of magnesium, the majority as organic magnesium amino acid chelate, to facilitate optimum absorption and reduce competition with calcium for uptake from the small bowel.

### **HANDY HINT 3**

There are a large variety of commercial feeds suitable for show and competition horses. However, the full daily feeding amount suggested on the bag label needs to be fed each day to provide adequate energy and other important nutrients. These amounts of feed, however, can 'over heat' some horses. If you feed a commercial feed at a lower than the suggested amount for 'taste' and coat condition, other cool energy sources can be added to make-up shortfalls to keep a horse easy to handle with impulsion, but not 'fizzy' behaviour. Suitable feeds include steam-rolled barley, sugar beet pulp, limited amounts of copra meal (you must soak copra meal before feeding) and rice bran.

### **HANDY HINT 4**

Getting the best from Mag-E.

Mag-E has become a very popular supplement to provide a readily absorbed source of organic magnesium to help maintain proper nerve and muscle function during training, travelling and competition. It helps to keep horses unfazed and does not swab. For best results, when first introducing Mag-E, provide a loading dose consisting of one dose in each of the morning and evening feeds for the first seven days and then switch to a maintenance dose of one dose a day for the next two weeks. If needed, the maintenance dose can continue during the show preparation. Prior to a show or competition, supplement with 2-3 times the recommended maintenance dose for up to 7 – 10 days and then reduce to a maintenance dose between competitions.

### **HANDY HINT 5**

Many show competitors use 'greasy' fat or 'mineral' oil based hoof preparations which collect dust as well as melting or wearing off during exercise. Products containing Eucalyptus oil can adversely affect the hoof wall lamination.

## **Gastric burns and ulcers can cause anxious behaviour**

Many stressful and anxious horses and ponies often have a poor appetite and are picky eaters particularly after exercise and travelling. Other horses can develop an anxious temperament when travelling or waiting to compete. These horses are likely to be suffering from Equine Gastric Ulcer Syndrome (EGUS). Symptoms also include unwillingness, bad behaviour when travelling and pawing the ground when waiting to compete due to gastric discomfort. For a 500 kg horse, try feeding 4 litres of dampened lucerne chaff, or ¼ biscuit of dampened lucerne hay with 3-4 scoops of Kohnke's Own Gastro-Coat 30 minutes prior to exercise, travelling and on arrival before competition to help salivation and normal gastric function.

Lucerne contains natural mucilages, saponins and buffering compounds which are often found to be low in processed and heat treated feeds. The mucilages in lucerne and Gastro-Coat encourage chewing and saliva buffering which helps to maintain optimum gastric conditions and digestive function, assisting the appetite and often making the horse more comfortable and contented. In problem horses, add 2 tablespoonfuls of limestone (fine Ag-Lime) to the lucerne chaff and Gastro-Coat snack before daily exercise to assist stomach buffering.

## **Prepare Hooves and Coat for Showing**

Regular hoof care and trimming is essential to prevent injury and reduce uneven and unwanted pressure on joints which can lead to early breakdown. Proper hoof balance helps to facilitate optimum gait and a smooth stride.

Regular hoof trimming is particularly important in growing horses as it helps to 'set the bones' in place and correct any limb deviations. It is important to trim to realign the limbs during the first 3-12 months while the horse is growing. Corrective trimming in young growing horses to ensure straight limbs should be carried out every 4 weeks rather than the standard 6-8 weeks in mature horses.

Adequate nutrition is essential for proper hoof growth and strength. The diet for a fully grown horse should contain a good source of protein such as 200-300gms full fat soya bean meal, or 400gms cracked lupins or 500gms copra meal as well as a high quality vitamin and mineral supplement which includes calcium, zinc, vitamin A and biotin (Vitamin H) such as Kohnke's Own Cell Vital, Cell Provide or Aussie Sport.

Where a horse has poor quality "shelly" hooves, an additional 15mg of biotin daily may be worthwhile. Be aware of the weather conditions and terrain on which you are exercising your horses. Stony, dry working areas can lead to bruised soles, broken away and chipped hoof edges, as well concussion on joints and limbs.

Kohnke's Own Hoof-Seal is a hoof dressing made from a natural protective blend of biodegradable wood tars and oils. It provides a thin coating of breathable polyurethane which can help to reduce moisture variations in the hoof, so in the winter months it prevents the hoof from excessive softening and in the summer months, Hoof-Seal limits moisture loss from the soles, keeping the hooves soft, easy to trim and less likely to develop sand cracks.

Hoof-Seal needs to be only applied as a thin coat once a week making it highly economical and easy to manage. It dries on the hooves within 10 minutes, doesn't melt off or collect bedding and dust when working on an arena.

### **HANDY HINT 6**

Aim for a natural, durable hoof appearance at shows

For a natural even hoof colouring and shine, mix 20mL of Blackitt into 80mL of Hoof-Seal. Brush this mix evenly onto the hooves in preparation for competition. This combined mixture looks great, provides a semi-gloss appearance, stays on and is dust, water and urine resistant. It also helps to maintain hooves at a normal moisture level under wet or dry conditions and is easy to remove when you have finished competing.



## **Producing a Shiny Coat**

Skin and coat condition is largely a reflection of a well balanced ration, a good worming program and regular grooming, cleaning and rugging. The ration must include a good source of vitamins and minerals, in particular copper, zinc, iron and Vitamin A, as well as polyunsaturated oils.

An additional iron supplement can also be useful to assist with producing a deep, lustrous coloured coat. All the Kohnke's Own supplements, such as Cell-Provide, Aussie Sport and Cell-Vital contain the full range of these nutrients, including extra iron.

For Palomino horses and ponies, supplement with Kohnke's Own Palomino Gold as it has been specially formulated and trialed on 100's of Palominos to produce a uniform colour without the risk of 'smut'.

## **Supplement with Omega-3/Omega-6 Fats**

Polyunsaturated vegetable oils, fed in conjunction with a supplement containing zinc, copper, iron and Vitamin A, will help to maintain optimum coat and skin condition. Kohnke's Own Energy Gold is a blend of vegetable oils containing Omega-3, Omega-6 and Omega-9 fatty acids, as well as added Vitamin E which is important to prevent destructive oxidation in muscle tissues during exercise and garlic oil flavouring for high palatability. It can be included in the daily ration at 15mL per 100kg of body weight as a coat conditioner and has a reputation for improving coat condition in just 2-3 weeks. Regular grooming will keep the coat short and clean as well as stimulate and disperse skin oils from oil glands producing a soft coat and healthy shine. Rugging with a well fitting rug (to avoid rub marks and hair loss) will also help ensure a flat, short and clean coat.

## **A Clean Hair Coat Ready for Showing**

It is important to keep the coat clean and free from stains and scurf. Avoid shampooing excessively and avoid shampoos which are soap/detergent based, as these will often strip the natural oils from the coat and dry out the skin. Kohnke's Own

Kleen-Sheen is a biodegradable, foaming shampoo (no detergent or suds), with natural colour highlighters and built-in conditioner. A horse only needs to be washed every 10 days with 60mL of Kleen-Sheen for the full body, and it washes out (even the mane and tail) with one pass of the hose. It saves water and time and is fantastic in drought conditions. During the week prior to competition, start the finishing touches by trimming the tail and clipping out the ears, trimming feathers and whiskers on the muzzle and around the eyes only if Breed Regulations permit. Pull the mane and tail to remove bleached hairs and create a good line for plaiting. Keep the horse rugged to avoid any sun bleaching and reduce the chance of dirty stains and insect bites.

### **HANDY HINT 7**

A great way to improve coat gloss is to exercise the horse or pony by walking in the sun until it starts to sweat and dampens its coat. Then bring the horse into the wash bay or stable aisle and rub it over with a soft grooming brush while it is still hot and damp from sweating. The massaging effect of the grooming on the hot skin will stimulate dispersal of skin oils from oil glands, which will shine and soften the coat. Repeat at 3-4 day intervals for the best effect.

### **HANDY HINT 8**

#### **How to Achieve a Flat Smooth Hair Coat**

After washing with Kohnke's Own Kleen Sheen, scrape as much excess water off as you can, then rug up immediately with a clean warm drying rug even in good weather. Leave on the rug on and don't allow air to get to the coat until the horse is completely dry. This will leave the coat lying completely flat and smooth!

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### Prepare Hooves and Coat for Showing

Improving condition on a horse and building top-line are two quite different objectives in a show preparation, which are sometimes confused and regarded as the same by some. Often show horses and ponies are overfed and carry too much condition to provide the illusion that the horse is 'well built' and has a well developed 'top-line'. Putting condition on a horse or pony is usually a result of the diet being high in carbohydrate and fat, while top-line is developed by limited amounts of good quality protein and muscle loading exercise. When conditioning horses and ponies with high carbohydrate and fat diets, it is important not to overfeed and cause an over-weight, fat appearance as this can increase the risk of joint disease from overloading during exercise, especially as the horse ages.

#### HANDY HINT 9

##### Remove 'Poo' Stains on White Socks

When travelling, horses with white socks often stain their hind limbs with manure even when fitted with full length padded floating boots. On arrival at the show, any stains can be removed by lightly rubbing the area with Kleen-Sheen neat from the bottle and rinsing off with a squirt of water.

It is important to be able to distinguish between fat deposits and muscle in the horse, and despite popular belief, fat cannot be converted to muscle, unwanted fat stores must be reduced, while muscles must be built through exercise and protein in the diet.

High energy diets will cause fat deposits to first accumulate behind the shoulders, then above the tail butt, followed by behind the withers, elbow and over the ribs and finally on the crest of the neck. Equine Metabolic Syndrome (EMS) and Equine Cushings Disease (ECD) are also a result of overfeeding and obesity during years of show conditioning without a winter 'strip out' to readjust glucose and insulin metabolism. It is relatively common in show horses and 'cresty' ponies as they reach 12-13 years of age. Refer to Factsheet No.40 (EMS) and No.9 (ECD).

For lighter weight horses and those in poorer condition, particularly older horses who have a reduced digestive efficiency, a planned step-wise increased feed intake, including an increase in both energy and protein is recommended to reduce digestive and metabolic upset. Feeds should be divided up between 3-4 small feeds per day to avoid gut overload.



#### HANDY HINT 10

Improving the Top-Line in 10-14 Days. Once the horse or pony is in good condition, the top-line can be improved by regular exercise and by feeding a product such as Kohnke's Own Muscle XL, which has been formulated especially to help build muscle and top-line in 10-14 days. Muscle XL is a blend of natural protein building amino acids based on high quality protein whey powder, with added organic sulphur, organic zinc and Vitamin E to correct low dietary levels. Muscle XL can be mixed into a watery slurry paste and deposited over the tongue or mixed into a double handful of feed before the main meal after each day's training. For best results, it must be given to the horse within 15 minutes after exercise while the muscles are still warm and recovering as they are able to take up and utilise the muscle building nutrients most effectively. Once a suitable top-line has been achieved with daily Muscle XL after exercise (usually by 14-21 days), the supplement can be given on alternate days. It can be increased to once daily for 5-7 days prior to competition, or whenever the top-line drops away during training – usually at 3-4 week intervals.

#### HANDY HINT 11

Limit tight circle lunging to take out the 'fizz'.

Many competitors lunge a fizzy over-energetic horse to help settle it down by making it burn up excess energy. However, only lunge on a 15-17 metre diameter circle on soft even ground for a short time as possible. Studies have shown that the inside front limb on the circle can suffer overload injury within 3 minutes, especially in a horse or pony in show condition. Changing the direction of the circle every 3 minutes is recommended.

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(Fact Sheet 47)  
by Dr. Jhon Kohnke

## Alternatively...



**...You  
could let  
the  
horses  
get each  
other  
ready!!!**



## **Competition Programme**

**6<sup>th</sup> December 2009**

**Prep 1 EFA**

**Prep 4 EFA**

**Prelim 1A Assoc/Official**

**Prelim 1D Assoc/Official**

**Novice 2A Assoc/Official**

**Novice 2D Assoc/Official**

**Elementary 3A Assoc/Official**

**Elementary 3D Assoc/Official**

**Medium 4A Assoc/Official**

**Medium 4C Assoc/Official**

**Advanced 5A Assoc/Official**

**Advanced 5C Assoc/Official**

**\*Prix St George Assoc/Official**

**\*Inter 1 Assoc/Official**

**\*Inter 2 Assoc/Official**

**\*Grand Prix Assoc/Official**

Associate tests can be ridden Open, Open Pony or Junior, Official tests can be ridden Open or Official Pony.

\* Please note we will endeavour to run FEI tests as Official depending on the availability of the appropriate judges.

**Entries close  
11<sup>th</sup> November**

## **Beat the Price Rise**

**Join the South Coast Equestrian  
Club for 2010 and until the end of  
December pay the 2009 price!!!**

Just fill in the 2009 Membership and  
Waiver forms in this  
newsletter



**Please Don't Forget to Nominate  
and Vote for the 2010 SCEC  
Committee**

**SCEC Dressage Competition - Results**  
**Sunday 11 October 2009**

Place	Rider	Horse	Avg %	Judge: Tibby Barbour Score	Judge: Cris Cricher Score
<b>Prep 3</b>	<b>Sponsored By Tracy Stead</b>				
1	Ewa Mantaj	Gwenoyll Park Tirian	65.750	138	125
2=	Ewa Mantaj	Serenity Image	64.750	131	128
2=	Liz Sugar	Evergreen Candice	64.750	133	126
4	Anne Maree Godfrey	Malcolm	62.250	125	124
5	Sophie Holdup	Pixie Belle	60.500	128	114
6	Chloe Avnell	Praire Oak Whisper	55.250	115	106
7	Natasha Hicks	Namarray Countdown	54.000	109	107

**Prep 3 Pony**

1	Sara Rossall	Verses	59.750	127	112
2	Cathy Corneteg	Greenbrook Royal Selection	54.250	110	107

**Prep 3 Junior**

1	Josie McNanara	Rathowen Marksmen	53.000	110	102
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Place	Rider	Horse	Avg %	Judge: Sarina Hurst Score
<b>Prep 4</b>	<b>Sponsored By Mick Brennan Farm Services</b>			
1	Liz Sugar	Evergreen Candice	60.000	126
2=	Ewa Mantaj	Serenity Image	58.571	123
2=	Natasha Hicks	Namarray Countdown	58.571	123
4	Ewa Mantaj	Gwenoyll Park Tirian	58.095	122
5	Anne Maree Godfrey	Malcolm	57.143	120
6	Sophie Holdup	Pixie Belle	55.238	116
7	Chloe Avnell	Praire Oak Whisper	52.381	110

**Prep 4 Pony**

1	Sara Rossall	Verses	69.524	146
2	Cathy Corneteg	Greenbrook Royal Selection	56.190	118

**Prep 3 Junior**

1	Josie McNanara	Rathowen Marksmen	57.143	120
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**SCEC Prep Champion 2009**

**Liz Sugar**

**Evergreen Candice**

**Sponsored by Shellharbour City Council**

**SCEC Prep Reserve 2009**

**Ewa Mantaj**

**Serenity Image**

**Preliminary 1C Ass**

**Sponsored by Figtree Pony Stud**

1	Kristen Hill	Remittance Man	60.000	132
2=	Jenifer Symes	Bellissimo Cinderella	57.273	126
2=	Kate McPherson	Classy Lady	57.273	126
4=	Katherine McMaster	Helios	54.545	120
4=	Kayleigh Patmore	Gillis	54.545	120
6	Elise Ahling	Arizona	54.091	119
7	Leanne Micallef	Wundurra Sequoia	52.273	115



Place	Rider	Horse	Avg %	Judge: Sarina Hurst Score	Judge: Louise Neill Score
<b>Preliminary 1C Official Sponsored by Figtree Pony Stud</b>					
1	Kim McDonald	Warburton Regatta	59.318	128	133
2	Kate McPherson	Classy Lady	59.091	129	131
3	Steph Puris	Barrowby Green Media Mogul	55.455	125	119
4	Katherine McMaster	Helios	52.727	115	117
5	Jan McLellan	Arvak	51.818	112	116

Place	Rider	Horse	Avg %	Judge: Tibby Barbour Score	Judge: Cris Critcher Score
<b>Preliminary 1C Pony Sponsored by Figtree Pony Stud</b>					
1	Merryn Bice	KC Bridie	56.364	123	125
<b>Preliminary 1C Junior Sponsored by Figtree Pony Stud</b>					
1	Abbey Hudson	Springwood Park Footsteps	67.500	147	150
2	Brodie Howe	Willowcroft Regal Harmony	65.227	146	141
3	Alissia Vescio	Annebell Manifesto	57.500	127	126
4=	Haylie Baxter	Lazura Park Brenwyn	55.227	120	123
4=	Brittney Hudson	Tarbo Visions	55.227	121	122

Place	Rider	Horse	Avg %	Judge: Barb Vial Score	
<b>Preliminary 1D Ass Sponsored by Maxine Fripp</b>					
1	Jenifer Symes	Bellissimo Cinderella	64.545	142	
2	Elise Ahling	Arizona	59.091	130	
3=	Kayleigh Patmore	Gillis	58.182	128	
3=	Kristen Hill	Remittance Man	58.182	128	
5	Sophie Holdup	Pixie Belle	53.636	118	
6	Leanne Micallef	Wundurra Sequoia	52.727	116	
7	Katherine McMaster	Helios	49.091	108	
<b>Preliminary 1D Official Sponsored by Maxine Fripp</b>					
1	Kate McPherson	Classy Lady	61.364	135	
2	Kim McDonald	Warburton Regatta	60.909	134	
3	Steph Puris	Barrowby Green Media Mogul	60.000	132	

Place	Rider	Horse	Avg %	Judge: Tibby Barbour Score	Judge: Cris Critcher Score
<b>Preliminary 1D Pony Sponsored by Maxine Fripp</b>					
1	Merryn Bice	KC Bridie	49.091	104	112
<b>Preliminary 1D Junior Sponsored by Maxine Fripp</b>					
1	Abbey Hudson	Springwood Park Footsteps	66.364	147	145
2	Brittney Hudson	Tarbo Visions	65.682	144	145
3	Brodie Howe	Willowcroft Regal Harmony	61.591	137	134
4	Alissia Vescio	Annebell Manifesto	60.000	135	129
5	Haylie Baxter	Lazura Park Brenwyn	57.045	125	126

<b>SCEC Preliminary Champion 2009</b>	<b>Jenifer Symes</b>	<b>Bellissimo Cinderella</b>
<b>Horseland Wollongong</b>		
<b>SCEC Preliminary Reserve 2009</b>	<b>Kate McPherson</b>	<b>Classy Lady</b>

Place	Rider	Horse	Avg %	Judge: Barb Vial Score	Judge: Louise Neill
<b>Novice 2C Associate Sponsored by Ros Quist</b>					
1	Kaleena Matthews	Just Whisper	64.219	204	207
2	Maria Bryant	Foxwood Wenita	56.406	193	168
3	Cathie Finn	Kilmaney Ombre	55.156	181	172
4=	Wendy Dennis	Richmeed Mercedes	52.969	169	170
4=	Gina Fischer	Charles Montgomery III	52.969	173	166
6	Rhonda Vanderzanden	Canterbury Tales	51.094	164	163
<b>Novice 2C Official Sponsored by Ros Quist</b>					
1	Brodie Howe	Willpower	58.438	185	189
2	Kate Whitaker	Just Like Heaven	56.406	184	177
3	Alana-Leigh Flanagan	TD Special Effects	54.063	181	165
4	Jan McLellan	Arvak	48.906	155	158
<b>Novice 2C Official Pony Sponsored by Ros Quist</b>					
1	Maddison Howe	Bracknell Bobby Dazzler	53.438	173	169

Place	Rider	Horse	Avg %	Judge: Sue Cunningham Score	
<b>Novice 2D Associate Sponsored by Evergreen Sporthorses</b>					
1	Kaleena Matthews	Just Whisper	65.143	228	
2	Maria Bryant	Foxwood Wenita	62.286	218	
3	Rhonda Vanderzanden	Canterbury Tales	62.000	217	
4	Wendy Dennis	Richmeed Mercedes	61.714	216	
5	Cathie Finn	Kilmaney Ombre	58.286	204	
6	Gina Fischer	Charles Montgomery III	56.857	199	
<b>Novice 2D Official Sponsored by Evergreen Sporthorses</b>					
1	Kate Whitaker	Just Like Heaven	62.857	220	
2	Alana-Leigh Flanagan	TD Special Effects	59.714	209	
<b>Novice 2D Official Pony Sponsored by Evergreen Sporthorses</b>					
1	Maddison Howe	Bracknell Bobby Dazzler	55.429	194	

<b>SCEC Novice Champion 2009</b>	<b>Kaleena Matthews</b>	<b>Just Whisper</b>
<b>Sponsored by Horseland Wollongong</b>		
<b>SCEC Novice Reserve 2009</b>	<b>Kate Whitaker</b>	<b>Just Like Heaven</b>

Place	Rider	Horse	Avg %	Judge: Louise Neill Score	
<b>Elementary 3C Associate Sponsored by Elite Horwear</b>					
1	Frances Simmonds	APH Seal Rock	58.250	233	
2	Kim McDonald	Reveller	53.500	214	
<b>Elementary 3D Associate Sponsored by Jean Stewart</b>					
1	Kim McDonald	Reveller	62.051	242	
2	Frances Simmonds	APH Seal Rock	53.077	207	

<b>SCEC Elementary Champion 2009</b>	<b>Kim McDonald</b>	<b>Reveller</b>
<b>Sponsored by Jamberoo Co-op</b>		
<b>SCEC Elementary Reserve 2009</b>	<b>Frances Simmonds</b>	<b>APH Seal Rock</b>



Place	Rider	Horse	Judge: Sue Cunningham Avg %	Score
Medium 4B Official 1	Sponsored by Redgum Saddlery Jean Stewart	BP Monarch	51.389	185
Medium 4B Associate 1	Sponsored by Redgum Saddlery Ros Quist	Valhalla Flemmingh	56.111	202
Medium 4C Official 1	Sponsored by Lindy Darling Equine Artist Jean Stewart	BP Monarch	47.750	191
Medium 4C Associate 1	Sponsored by Lindy Darling Equine Artist Ros Quist	Valhalla Flemmingh	59.250	237
<b>SCEC Medium Champion 2009</b> Sponsored by Jamberoo Co-op <b>SCEC Medium Reserve 2009</b>				
		<b>Ros Quist</b>	<b>Valhalla Flemmingh</b>	
		<b>Jean Stewart</b>	<b>BP Monarch</b>	
Advanced 5B Associate 1	Sponsored by Lindy Darling Equine Artist Julee Jones	Sundeck McGarrity	53.171	218
Advanced 5B Official 1	Sponsored by Lindy Darling Equine Artist Maxine Fripp	Overbrook Honeymeyer	56.171	230
Advanced 5C Associate 1	Sponsored by Shellharbour City Council Julee Jones	Sundeck McGarrity	50.263	191
Advanced 5C Official 1	Sponsored by Shellharbour City Council Maxine Fripp	Overbrook Honeymeyer	53.684	204
<b>SCEC Advanced Champion 2009</b> Sponsored by Lions Club <b>SCEC Advanced Reserve 2009</b>				
		<b>Maxine Fripp</b>	<b>Overbrook Honeymeyer</b>	
		<b>Julee Jones</b>	<b>Sundeck McGarrity</b>	
<b>SCEC Pony Champion 2009</b> Sponsored by Horseland Wollongong <b>SCEC Pony Reserve 2009</b>				
		<b>Sara Rossall</b>	<b>Verses</b>	
		<b>Cathy Corenteg</b>	<b>Greenbrook Royal Selection</b>	
<b>SCEC Junior Champion 2009</b> Sponsored by Horseland Wollongong <b>SCEC Junior Reserve 2009</b>				
		<b>Abbey Hudson</b>	<b>Springwood Park Footsteps</b>	
		<b>Brodie Howe</b>	<b>Willowcroft Regal Harmony</b>	
<b>SCEC Highest Senior Point Score &amp; SJS Sims Perpetual Trophy Winner</b>				
		<b>Kaleena Matthews</b>	<b>Just Whisper</b>	
<b>SCEC Highest Junior Point Score &amp; Figtree Pony Stud Perpetual Trophy</b>				
		<b>Abbey Hudson</b>	<b>Springwood Park Footsteps</b>	



## Stop Press



### Smart SCEC club saddlecloths

Navy blue swallow tail design with white piping and club logo, to match your club shirt

Ideal for training days, use at home or to impress at clinics or lessons

Great value at \$50.00 for a quality product

Purchase at our next competition day or order by email, phone or fax

Yes please, I (name) \_\_\_\_\_

would like to order \_\_\_\_\_ SCEC saddle cloths.

☐ **I have enclosed a cheque/money order** (made out to South Coast Equestrian Club Inc) for \$ .....

☐ **Please charge my** ☐ **Visa** ☐ **Mastercard** Amount: ..... Date: .....

Card no: \_\_\_\_\_ Expiry date: \_\_\_\_ / \_\_\_\_ CCV no: \_\_\_\_\_  
(LAST 3 DIGITS ON BACK OF CARD)

Full name on card: ..... Cardholder's Signature: .....



## Stop Press

**Smart SCEC club shirts** are on order:

Navy blue with white piping and discrete club logo, in a breathable fabric

Ideal for training days, use at home or smart casual wear

Great value at \$25.00 for standard sizes from 8 to 24

Try before you buy at our next competition day or order by email, phone or fax

Yes please, I (name) \_\_\_\_\_

would like to order \_\_\_\_\_ SCEC club shirts.      Size \_\_\_\_\_

Delivery at competition day or add \$9.95 for mailing option

☐ **I have enclosed a cheque/money order** (made out to South Coast Equestrian Club Inc) for \$ .....

☐ **Please charge my**    ☐ **Visa**    ☐ **Mastercard**    Amount: ..... Date: .....

Card no: \_\_\_\_\_    Expiry date: \_\_\_\_ / \_\_\_\_    CCV no: \_\_\_\_\_  
(LAST 3 DIGITS ON BACK OF CARD)

Full name on card: ..... Cardholder's Signature: .....





PO Box 179  
Jamberoo NSW 2533  
ABN 67 462 820 496

## 2009 DRESSAGE COMPETITION ENTRY FORM

DATE OF COMPETITION: ..... Closing Date for Entries: .....

Rider's Name ..... Rider's Phone .....

Rider's Address ..... Postcode .....

Rider's Email .....

All Hotmail users please include a self address business sized envelope so you will still receive the draw.

Owner's Name ..... Owner's EFA No .....

Owner's Address ..... Postcode .....

### Rules & Regulations

I agree to abide by the conditions of entry and the rules and regulations set down for the conduct of a dressage event.

Rider's Signature: ..... Date .....

Parent / Guardian signature if under 16.

Many volunteers are needed in order to run competitions. Members are expected to help a minimum of one competition per year. Please let us know if you can help at this competition, even for just a few hours. We need pencilers, gear stewards, runners, scorers etc. (Minimum 1 Hour).

Are you able to help on the day? ☐ Yes ☐ No

What would you like to help with?

.....  
.....

How long can you help for? .....

Can you nominate someone who can help?

Name ..... Ph .....

**To compete at SCEC competitions, you must be a member of SCEC Inc of the EFA.**

### CONDITIONS OF ENTRY

1. This competition will be held in accordance with EFA rules (1st January 2008). Available on [www.efanational.com](http://www.efanational.com).
2. Neither South Coast Equestrian Club, nor the owner of the grounds, accepts any liability for any accidents, damage, injury or illness to horses, owners, riders, spectators or any other person or property whatsoever.
3. Competition is open to Horses, Galloways and Ponies (including stallions). Horses may only be ridden on the grounds by the designated competitor.
4. Only horses entered in a competition are allowed on the grounds.
5. Horses may not compete in more than two consecutive levels - i.e. Prep/Preliminary; Preliminary/ Novice.
6. Riders are restricted to 3 tests per horse and a maximum of 2 horses per test.
7. Ponies are 14.2hh or less (149cm with shoes or 148cm without). Pony entries are open and there is no restriction on the age of the rider.
8. Junior riders are 17 years and under at the time of entry. Junior riders are eligible to compete in Open, Open Pony or Junior categories but cannot compete in more than one category.
9. Associate classes are conducted under EFA Rules. Riders must be a member of the EFA at least Associate level or a member of SCEC Inc. There is no restriction on age. Horses are not required to be EFA registered and there is no restriction on height. If a horse is, or has been, graded, it may only compete at its graded level or above, or HC in a lower level.

10. Entry forms will be dated as received. If the competition is oversubscribed, entries will be entered in the draw in order of date received. Late entries will be placed on a reserve list.
11. Entries will only be accepted if the form is filled out correctly with correct payment included and the disclaimer signed. Incorrectly completed entries will be returned.
12. Copies of the tests are available through the SCEC website.
13. HC may be entered until 5 days before the competition day; once you have entered HC it will not be removed. HC entries do not receive points or prizes.
14. Scratchings will be accepted with a full refund up until 8pm on the day the entries close. No refunds after this time.
15. Draws will be sent by email where at all possible -in order to reduce the use of paper and to ensure competitors receive the draw as soon as possible. Please provide your email address if you wish to receive the draw in this way. Copies of the draw will only be provided to competitors who provide a stamped, self-addressed business sized envelope with their entries. Those who do not have email or provide a SAE may access the draw on the SCEC website – [www.southcoastequestrianclub.com.au](http://www.southcoastequestrianclub.com.au).
16. Callers are permitted.

# 2009 DRESSAGE COMPETITION ENTRY FORM

Horse No1: ..... EFA No: .....

Test	Assoc	Off	Open	Pony	Junior	Rider	EFA No	Bridle No	Points	Fee
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>					
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>					
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>					
Total \$										

Horse No2: ..... EFA No: .....

Test	Assoc	Off	Open	Pony	Junior	Rider	EFA No	Bridle No	Points	Fee
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>					
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>					
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>					
Total \$										

Horse No3: ..... EFA No: .....

Test	Assoc	Off	Open	Pony	Junior	Rider	EFA No	Bridle No	Points	Fee
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>					
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>					
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>					
Total \$										

## ENTRY FEES (per test, per rider)

**Official:** Members = \$20 Non-Members = \$25  
**Associate:** Members = \$15 Non-Members = \$20

Total Test Fees \$ .....  
Admin Fee \$ 6.00  
Building fundraising donation \$ .....  
**TOTAL** \$ .....

Please send me a receipt for my entry fees ☐

☐ I have enclosed a cheque/money order for

Amount .....

or

☐ Please charge my ☐ Visa ☐ Mastercard

Amount ..... Date .....

Card Number:

Expiry Date:

CCV Number:

\_\_ / \_\_ last 3 digits on back of card

Full Name on Card .....

Card Holders Signature .....

Copies of the draw will be emailed where possible and only mailed to those who include a stamped self addressed business sized envelope.  
ENTRIES MUST BE RECEIVED AT POST OFFICE BY CLOSING DATE. LATE ENTRIES WILL BE PLACED ON A RESERVE LIST.

POST ENTRIES TO: SOUTH COAST EQUESTRIAN CLUB PO BOX 179, JAMBEROO NSW 2533

# 2009 MEMBERSHIP APPLICATION FORM



**We/I hereby apply for membership of the South Coast Equestrian Club Inc:**

<b>Family Name:</b>		<b>Given Name/s:</b>	
<b>Address:</b>			<b>Postcode:</b>
<b>Email</b> (please print <b>VERY</b> clearly):			
<b>Contact Nos:</b>	<b>BH:</b>	<b>AH:</b>	<b>Mobile:</b>

<b>Rider Name:</b>	<b>DOB:</b>	<b>EFA Reg #:</b>
<b>Horses Name:</b>	<b>Horse's EFA #:</b>	<b>Horse's Bridle #:</b>
<b>Pony</b> (must not exceed 149cm with shoes or 148cm without shoes): <b>Yes/No</b>		<b>Pony Height:</b>

(EFA Registration and Bridle number required to compete in official tests)

<b>Rider Name:</b>	<b>DOB:</b>	<b>EFA Reg #:</b>
<b>Horses Name:</b>	<b>Horse's EFA #:</b>	<b>Horse's Bridle #:</b>
<b>Pony</b> (must not exceed 149cm with shoes or 148cm without shoes): <b>Yes/No</b>		<b>Pony Height:</b>

<b>Non Rider Name(s):</b>
---------------------------

**I agree to abide by the Rules of the South Coast Equestrian Club Inc (SCEC). I understand that my membership is per calendar year and that I am entitled to members rates at all South Coast Equestrian Club Inc events within this period.**

Please note that all members are expected to help at competitions and other club events during the year as part of their membership. A friend or relative can also provide help in your place. Jobs are many and varied, for varying lengths of time (a whole day is appreciated but not required). We cannot run events without your help!

**Signed:**..... **Date:** .....

<b>Membership Fees</b> (per calendar year start Jan 2009):		<b>Send cheque/money order to:</b>
<b>Full Riding member</b>	<b>\$45.00</b>	South Coast Equestrian Club Inc.
<b>Subsequent family members</b>	<b>\$20.00</b>	PO Box 179
<b>Social member</b>	<b>\$20.00</b>	Jamberoo NSW 2533

☐ **I have enclosed a cheque/money order** (made out to South Cost Equestrian Club Inc) for \$ .....

☐ **Please charge my** ☐ **Visa** ☐ **Mastercard** Amount: ..... Date: .....

Card no: \_\_\_\_\_ Expiry date: \_\_\_\_ / \_\_\_\_ CCV no: \_\_\_\_\_  
(LAST 3 DIGITS ON BACK OF CARD)

Full name on card: ..... Cardholder's Signature: .....

**(Enquiries to Mary Tweed – 02 4236 0482)**



## Member Release and Waiver of Liability



Full Name of participant (and guardian if under 18 years):

.....

Address .....

State..... Post Code..... Date of birth .....

Name of Club/Organisation.....

Membership No. ....

Address of Event / Activity.....

In consideration for being permitted to participate in any way in horse sport activities, I, the undersigned, understand, acknowledge and accept that:

Horse sports are a dangerous recreational activity and horses can act in a sudden and unpredictable (changeable) way, especially if frightened or hurt.

There is a significant risk that serious **INJURY** or **DEATH** may result from horse sport activities.

I knowingly and freely assume all such risks, both known and unknown, and **I voluntarily PARTICIPATE** at my **OWN RISK** and assume sole responsibility for any injury, death or property damage I may suffer that arises from my participation in horse sport activities.

I understand and acknowledge the dangers associated with the consumption of alcohol or any mind altering drugs before and during the activities and I take full responsibility for any injury, loss or damage associated with their consumption. I agree not to drink alcohol or take drugs prohibited by law before or during any horse sports activities.

I agree to follow the directions of any event organiser or official and that any misconduct or refusal by me to follow any direction of any organiser or official can result in the **CANCELLATION** of my participation in the activities and my immediate removal from my horse **NO MATTER** where that may occur. I understand that any such non-compliance may result in injury, death and/or permanent disability as a result of my failure to comply.

I agree to wear a helmet at all times whilst riding where this is required under the relevant EFA and FEI rules and regulations and agree that I am solely responsible for ensuring that whilst riding I wear a suitable helmet at all times where required under the relevant EFA and FEI rules and regulations and take sole responsibility for my actions.

I have had sufficient opportunity to read this assumption of risk agreement, fully understand its terms and sign it freely and voluntarily.

Dated: ...../...../..... Signature of rider/guardian.....

### For Participants of Minority Age (Under Age 18)

This is to certify that I, as a parent/guardian with legal responsibility for this participant, acknowledge, understand and accept ALL OF THE ABOVE and consent and agree to my minor child's involvement or participation in horse sport activities.

Dated: ...../...../..... Signature of rider/guardian.....



**Nomination Form for SCEC Committee**

I,.....  
being a financial member of the SCEC Inc., hereby nominate

.....  
for election to the committee of SCEC Inc.

Signed: ..... Date:.....

I,..... accept the  
nomination for election to the committee of SCEC Inc.  
I am a financial member of SCEC.

Signed: ..... Date:.....

*Committee positions include President, Vice President, Secretary, Public Officer,  
Membership Secretary, Treasurer, and committee members.*