

# EXTENSIONS

SOUTH COAST EQUESTRIAN CLUB INC NEWSLETTER

July 2014

## Committee Report July 2014

Winter has asserted itself a little late this year, but when it did, it's not pulling any punches. For the second time this year we have had to cancel a competition due to weather conditions. We made the decision based on the warnings put out by the Bureau of Meteorology and the deterioration of the weather conditions on the Saturday afternoon, similar wind conditions the previous week and the fact that other dressage competitions scheduled for that weekend in the affected area had already been cancelled. We never make such decisions lightly, however safety of horses and competitors is always a priority that informs our final decision. Everyone is now looking forward to lovely weather for our next competition. The next competition is on the 17th of August. Entries are open on [globalenrtiesonline.com.au](http://globalenrtiesonline.com.au) and will close at 9pm on Friday, 1st of August.

Running competitions involves a significant amount of work. SCEC would like to appeal to our members to try and share this load by helping out on the day, whenever they can. There are a wide variety of tasks that anyone could help out with, even non-horsey supporters. We would greatly appreciate help with little jobs, such as helping set up the arenas in the morning, delivering finished tests from the judges to the scoring float so that results can be posted as soon as possible and packing up the area letters and cones at the end of the day. One of the most crucial jobs during a competition is that of pencilling. Without pencillers competitions are not possible. We are fortunate to have a very dedicated group of volunteers who commit to this vital role and we are incredibly grateful to them. Many of our regular pencillers do not even compete themselves, and it would be lovely to show our appreciation by giving them an occasional break, or only asking them to give up a half a day instead of a whole day. For current competitors pencilling is a very valuable and educational experience, as they

get to watch a test and see it from the judge's perspective. This type experience can help to fine tune a rider's arena craft. We now run a raffle for volunteers only. Prizes are numerous and varied, and not necessarily horse related, so anyone who wins can enjoy their prize. Entries are allocated based on the amount of time volunteered to our club. The prize will be drawn at our HOTY dinner, so please consider getting involved.

We also hold a meeting prior to every competition at the Albion Park RSL Club. The next meeting will be on Thursday the 31st July, at 7:30pm (or 7pm for dinner). We invite any member who may have ideas, suggestions or just a general interest in what's going on to come along.

We all have our fingers crossed for great weather on the 17th, until then happy and safe riding.

**SCEC Committee**

# Rules and Regs Snapshot

In the next few newsletters we will feature one aspect of the EA Dressage Rules and Regulations. The rule book is a thick document and many competitors do not have the time to read it. Most people learn about the regulations by observing current practice or talking with other competitors. However we learn the rules, as competitors we are subject to them, and we thought that reading them one little bit at a time would help inform our competitors, without having to sit down and read the entire book all at once.



## Section 2.5 Spurs

- Spurs non-compliance or incorrect spurs will entail elimination
- spurs may be worn by competitors at all levels
- spurs must be made of metal
- a curved or straight shank must point directly back from the centre of the spur when on the rider's boot
- the tip of the shank must not point up or point inwards
- the arms of the spur must be smooth
- if rowels are used, they must be blunt/smooth and free to rotate. Daisy rowels are permitted
- rowels must be in a vertical plane
- rowels in a horizontal plane are not permitted
- there is no maximum length of spurs
- metal spurs with hard plastic knobs are allowed
- dummy spurs with no shank are allowed
- Impuls spurs are permitted

For further information regarding spurs, please see the legal/illegal equipment page on the Equestrian Australia website: EA Rules and Regulations–Dressage–Equipment

**Next  
Competition**  
**17th August, 2014**  
**[globalentriesonline.com.au](http://globalentriesonline.com.au)**  
**Entries close  
9 pm 1st August**

**Enter our next  
competition at**

**[globalentriesonline.com.au](http://globalentriesonline.com.au)**





**A different way of going through drive through**

## Product Spotlight TopTails

Our next recommended product is TopTails Detangler. With winter in full swing and very cold nights, many of us are rugging up our horses. If a rug fits a horse well, it should not rub, but... how hard is it to find a rug that does all we want it to, and fits well? Inevitably at times our horses end up wearing rugs that may not fit perfectly. Often that means rubbing out of manes, especially on horses with thin hair. This is where TopTails comes to the rescue. Not only will it help detangle a knotted mane or tail, but it stays on the hair and makes it slippery. This significantly reduces friction between the hair and the neck rug, and helps reduce rubbing. It has even been used to help grow back rubbed out manes. Some people use it on the rub points on shoulders and top of the withers to stop rubbing. TopTails can also be used to detangle matted dog hair. Best of all by making hair slippery it keeps both horse and dog hair clean for longer as the dirt can't cling to it.

<http://www.phphorse.com>



### 2014 SCEC Committee

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# Sponsor Profile

## Unanderra Physio and Pilates

South Coast Equestrian club would like to welcome Unanderra Physio and Pilates who have come on board as a sponsor for this year's championships, it's so exciting to have their support as they have so much to offer. The practice has many treatment options available, what I would like to draw your attention to in this newsletter is the clinical Pilate's program.

Horse riding, unlike no other sport, requires the rider to train muscles for static movements and balance the body equally on both sides. However, most horse riders are unaware of the imbalances in their body and incorrect riding posture, it's so important for horse and rider to work as a single unit, this is where clinical Pilates comes in, working on postural balance, flexibility training and muscle training.

I became interested in this form of Pilates after reading "Riding from the inside out" and attending a clinic with the author of the book Lisa Champion. It just made so much sense. So with the book under my arm, I finally found Sue Barker who is co-owner of the Unanderra practice. After my assessment to work out how my body moves, what my goals and history are, a specific program was designed for me and I got started. That was seven years ago. What I love about Unanderra Physio and Pilates is that there are only three participants per class, this ensures, safe, specific and appropriate exercises are taught. Exercises are catered to your body, the variety of exercises and use of varied equipment make your work out a lot of fun, so boredom is not an issue, you work at the level that is comfortable for you, but most importantly you never feel intimidated, the staff are always friendly and helpful and you get results.

Prior to Pilates I was attending a chiropractor nearly every six weeks, not that chiro wasn't doing a good job, it was, just my posture and how I was using my body kept me going back, since Pilates I haven't needed chiro for over five years!

If the rider is carrying some imbalance, that is shifted to the horse as well. I started Pilates to benefit my riding, now I go because it keeps my body healthy and the side effect is a better balanced rider. Don't let injury stop you. I personally have continued Pilates though a broken wrist, fractured collar bone and bruised ribs. The Pilates actually helped in my recovery.

Pilates is also great for pain relief. As riders we put so much pressure on our bodies when tightness and stiffness set in this again affects our horses. Many times after a big ride, competition or lesson Sue has relieved the built up pressure.

All the instructors at Unanderra Physio and Pilates have comprehensive training and tertiary degrees. Please come and grab a pamphlet/business card at any of our competition days or call the friendly staff on 42715648.

<http://unanderraphysio.com.au>

**Sandra Eldridge**

# unanderra

PHYSIOTHERAPY & PILATES

• Back & Neck Pain	• Dry Needling	• Massage Therapy
• Sports Injuries	• Exercise Physiology	• Kinesio Taping
• Clinical Pilates	• Hydrotherapy	• Pre/Post Natal



**PHYSIOTHERAPISTS**  
Sue Barker • Tim Gray • Jodie McCarthy • Stephen Cosgrove • Conrad Hartogh

**29A Central Rd Unanderra 4271 5648**  
[www.unanderraphysio.com.au](http://www.unanderraphysio.com.au)



# CHANGE OF MEMBERSHIP POINTSCORE SYSTEM

Dear Members,

Please be advised that this year (2014) the SCEC committee has decided to revert back to the original system of calculating the annual point score awards which has been voted for by the committee at our committee meetings with a majority rules ruling. This decision was made at the beginning of the year and all competitions in 2014 will attract this point system.

In the past we have worked off a system where you get points for places eg. 1st= 6 points, 2nd= 5 points etc., down to 6th= 1 point. This was changed 2 years ago when the EA changed their points system in which points were given for the score (%) the rider received.

The reason the EA changed their grading system was due to people gaining too many points in their level and becoming pointed out of that level of dressage before the horse was ready to move up a to the next level, meaning the horse and/or rider had to compete at levels above their capabilities, as well as to stop people from smaller clubs obtaining 6 points for winning their tests at local clubs with less competition than at a larger club where the same test would not win due to much stronger field of competition. Additionally, to obtain these points under the new EA system, you must be competing at the level above what you are currently graded at.

The club has agreed that by this system being used for our club pointscore only, each percentage is rewarded which can lead to multiple people gaining the same amount of points when the scores are close even though one person has won the test.

Eg.

Jenny wins her novice test with a score of 60.9%

Bob gets second with a score of 60.5%

Sally gets third with a score of 60%

Under the current point scoring system, ALL 3 riders would receive 1 point each towards their HOTY score which we as a committee feel does not reward Jenny for winning the test.

Another thing to consider with just rewarding points is the judges' generosity to give points is not considered. A 65% test with one judge may be worth 70% if another judge was judging the same test.

Yes ok, some might say dressage isn't about winning, it's about be consistent but the above example both don't reward consistency due to close scoring, and difference in opinions of judges from competition to competition. And we feel that if you are the best combination to turn up on the day, you should be rewarded for your efforts.

As such, SCEC have decided to adopt the system of rewarding points for placing and the points system will be as follows:

1st = 6 Points  
2nd= 5 Points  
3rd = 4 Points  
4th = 3 Points  
5th = 2 Points  
6th = 1 Points

Please note: Only test scores over 55% will attract points

Ebony-Lee Holz



# 2014 MEMBERSHIP APPLICATION FORM



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

Family Name(s): <i>(member &amp; guardian if applicable)</i>		Given Name/s:	
Address:			Postcode:
Email <i>(please print VERY clearly)</i> :			
Contact Nos:	BH:	AH:	Mobile:

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

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

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

Non Rider Name(s):
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**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> <i>(per calendar year start Jan 2014):</i>		<b>Send cheque/money order to:</b>
Full Riding member	\$50.00	South Coast Equestrian Club Inc.
Subsequent family members	\$25.00	PO Box 179
Social member	\$25.00	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 Leanne Micallef – 0439 464631)*

## Member Release and Waiver of Liability



**SOUTH COAST  
EQUESTRIAN CLUB (Inc.)**

PO Box 179  
Jamberoo NSW 2533  
ABN 67 462 820 496

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.....



## Stop Press

**Smart SCEC club shirts & saddle cloths** are on order:

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

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

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

Saddle cloths \$50.00

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 \_\_\_\_\_

would like to order \_\_\_\_\_ SCEC club saddle cloth/s

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: .....