

EXTENSIONS

SOUTH COAST EQUESTRIAN CLUB INC NEWSLETTER

August 2015

Presidents Report August 2015

What a fabulous day we had on Sunday 9 August for our most recent comp !! The weather was superb, the grounds were dry enough but not too dried out, the people were happy and relaxed, and the horses mostly the same !!

A bit of a strange day for me, as I was horseless ..but I really enjoyed being able to take the time and have a chat with many of you. Again it was a smallish comp, but I think we are quite liking these – makes for a relaxed and more personal experience.

A huge massive thank you to Monica Shepherd and her 'team' (read daughters) who stepped up when the Mugs Away man couldn't make the day, and provided drinks (I was told the coffee was excellent), and some snack foods (I missed out on the S**** biscuits (I can't remember the name) and was seriously upset - I had a taste of someone else's and they were to die for), as well as catering for the judges and pencillers. Loved the netted marquee for the judges lunch ... very Out of Africa !!!

Congratulations to the winners of the Jackpot Class, the Novice 2.3 – well done Felicia Mulligan, Georgia Williamson and Tracy Stead – some good scores, and the pony's showing us they are on the way up !!!

Our next Dressage Competition day is on Sunday 4 October. This is our Championships event, and there are some seriously good prizes on offer. As well as our continued major event sponsorship from Horseland and Unanderra Physiotherapy (thank you so much Horseland and Unanderra Physiotherapy for all your support), one of our newest sponsors, Jent Equine, has donated two Jent Equine Massagers and these will be some of the major prizes available (I know this massager is effective because I have one and my horses now see it coming out and point to the bits they wish massaged !!!). Details of this event can be found in this newsletter. Entry to our competitions is via www.globalentriesonline.com.au ... and is available to enter now.

Prior to the next comp we are holding a Training Day on Sunday 20 September for club members. A flyer for this event can be found in this newsletter. These days are ideal for bringing out

young horses or those with limited competition or 'outings' for a 'soft' experience. And of course for accessing experienced coaches and judges in a non-threatening, non-competitive environment – with young or experienced horses. Entry is via www.globalentriesonline.com.au ... and is available to enter now.

Running competition days requires input from many people ... and we ask that all our members volunteer to help with one task or another as often as they possibly can, especially on competition days ... helping set up the grounds, penciling, collecting tests are just some of the myriad of tasks that we need help with.

SCEC committee meetings are held at 7pm on Thursday's (see dates on our website; next date 3 Sept 2015) at the Albion Park Bowling Club. All members are welcome to attend committee meetings and we encourage anyone who may have ideas, suggestions or just a general interest in what's going on to come along.

Finally, in my role as President, happy riding.

Frances Simmonds
President

Next SCEC Competition Championships

Sunday 4th October

Entries on
globalentriesonline.com.au

Close 9pm 18th September

Product Spotlight

Jent Equine Massager

The JENT General Purpose Massager was designed by professionals for professionals. It is a powerful machine designed for ease of use and is capable of a wide variety of tasks ranging from relaxation massage through to specific deep work. Rapid and rhythmic penetration relaxes the superficial muscles and releases chronic tension in the deeper muscles. The vibratory effect contracts and dilates tissue improving blood and lymph circulation and can be targeted on trigger points. It strengthens muscles and induces muscle tone by stimulating the nervous system without agitation. With this massager, any horse owner can regularly massage their own horse for maximum muscle performance.



- Stimulates circulation – especially venous return and lymphatic drainage
- Is unparalleled at preparing the myofascia for deep tissue remedial work
- It mechanically breaks up fibrotic adhesions
- It rehydrates the fascia, making it more soluble, pliable and more inclined to accept corrective manipulation
- It prepares the contracted muscle fibres for manual ischemic pressure to bring about 'contracture' release and relieve localised and projected pain
- The percussive / oscillating action stimulates a physiologic effect, flooding the tissues with endorphins, cortisol and adrenaline giving an analgesic, anti-inflammatory and energised result
- It can be used to relieve 'trigger points' muscle contractures and myofascial adhesions caused by muscular overload
- Research by Schleip PhD supports the use of high-velocity percussive-oscillating vibrations on inflamed musculo-tendinous junctions

2015 SCEC Committee

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Monica Shephard

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**SCEC is now
on Facebook**



Our Championships Sponsors for 2015

Horseland Yallah, who has continually been a great supporter of our club over many years.

Unanderra Physio and Pilates, Sue has been kind enough to be a major sponsor again this year.

Let's thank all those sponsors who are supporting us again this year

Willow Creek, Unifab Signs, Tracy Stead, Tibby Barbour, Ros Quist, Cathy Carson, Maxine Fripp

New Sponsors

We have been blessed with some lovely new sponsors:

Illawarra Animal Hospital, Paul is very keen on getting to know all our members and will be present on the day to answer questions you may have. Please pop over and say hello.

Southern Cross Farriers
Mantaya Spanish Horses
Katherine Daszkowski
Nuwalla Hay

We also have had some very generous items donated:

Jent Equine have donated two Jent Massages, an amazing product.

Kerrie Bell, massage voucher
Kate Whittaker from Equine Vitality, massage voucher
Danielle Fredericks 3D Dressage training.

Supercilious Equine Treats, 10x110g + 500g tub off healthy treats for horses.

Poplar pet foods, vouchers for feed



Next SCEC Event

Sunday 20th September Training Day

Entries on globalentriesonline.com.au

Sponsor Profile

Illawarra Animal Hospital

Illawarra Animal Hospital is newly established in 2015 and we are very pleased to be new sponsors of South Coast Equestrian Club. We are proudly local, considering our clients as family and our patients as we do our own.

Being new means we have lots of enthusiasm, fresh ideas and some of the latest gadgets available in veterinary equipment. Our hospital has been purpose built and its the little things that make a big difference!

Our philosophy is simple - we provide high quality compassionate veterinary care to each patient and outstanding service to all our clients.

Our vets love getting some fresh air out in the paddock and helping you with all your equine needs at a realistic price. We can help with vaccination, microchipping, wound treatment and stitch ups, gelding, lameness, colic treatment, strategic worming advice and x-rays.

I wish all competitors and their horses safe and happy riding. Please don't hesitate to call us on 4257 3322 if we may be of assistance.

Kind regards

Paul Partland



Paul Partland from Illawarra Animal Hospital at Yallah, will be at the Championships to answer questions and to meet the members, he will also be doing free egg counts for any one interested and discussing best worming practice, so please come over and say hello.



southcoastequestrianclub.com.au

August Competition



SCEC Training Day

9 am, Sunday 20th September, 2015

Terry Reserve Albion Park

Take the opportunity to get your horse out and about in a relaxed atmosphere.

Great opportunity for juniors wanting to understand and perhaps try out this mysterious thing called Dressage !!

Have a 40 minute lesson with either **Tracy Stead, Danielle Fredericks** or **Sue Lowe**.

You can warm up, ride a test, get judged by your instructor and then have a lesson and finish off by riding the test again.

Or you can just have a lesson.

If you would like to ride a test could you please bring two blank paper copies of the test with you, the instructors will have pencils with them.

Or just come along with your horse and ride on our spacious grounds. Ideal 'soft' experience for young horses or those with limited competition or "outings" experience.

Entry Fee to Grounds:

\$10 per rider

(not applicable if you are having a lesson)

Lessons (40 min slots) **\$25 each**

To enter you **must** be a current SCEC club member

To join SCEC complete and send Membership form and membership payment to
PO Box 179, Jamberoo, NSW 2533

To book your place, enter via www.globalentriesonline.com.au

Entries close
9pm 13th September 2015
Any queries contact
Frances Simmonds,
0411 0992207,
frances@uow.edu.au

globalentriesonline.com.au

Tracy Stead

Tracy is one of the most experienced and versatile equestrian trainers in Australia. She is a fully qualified coach and has been a NCAS Equestrian coach since 1994. While she now trains dressage horses and riders, she has also been a highly successful show jumper having been a member of the Elite Show Jumping Team for over 5 years and on the reserve Olympic showjumping selection list.

Tracy has also been an A grade polocross player and a head equestrian coach in Malaysia for two years. She received training from Warwick Cozens who was trained by Aloiz Podhajski.

As a rider Tracy is an exceptionally good trainer with a very unique ability to cater to the educational, physical and emotional needs of any horse she rides, from young horses, kids ponies, sensitive horses to huge warmbloods. She almost looks more "at home" on the back of a horse than standing on her own two feet.



Being a great horse trainer however, does not make a great instructor and this is where Tracy truly shines. Not only is she an exceptional trainer but she is an even better teacher. She has a way of explaining things and a calm confidence that empowers her pupils to follow her instructions, get results and really learn. Among her pupils she is known as an incredibly kind teacher whom always goes above and beyond the call of duty for those fortunate enough to be her students.

Danielle Fredericks

Danielle Fredericks is a local NCAS level 1 dressage coach. With ten years professional experience, Danielle has trained over seas in Germany for Australian WEG competitor Peter Weston and renown German young rider trainer Caroline Roost. Danielle was head rider/stable manager and worked with both trainers in developing young horses and further educating horses right through to Grand Prix. On returning home to Australia Danielle started her own small business training horses along with working for Brett Parbery and Janince Usherwood.

Five years on and she is now based in Meroo Meadow and has established her own training base where she caters for a limited number of horses in work (a boutique set up that allows her to cater fully to the needs and wants of each horse/ rider/ owner). Danielle also travels locally and interstate for lessons working on rider position and correct training of the dressage horse.



Also a competitor herself, you will see her out and about on up and coming young horses as well as taking part in clinics held with international coaches- great to know that an instructor is constantly bettering themselves too so as to further your training!!

Sue Lowe

EA Level 1 General Equestrian Coach
H level Dressage Judge.

I have been involved with horses for over 25 years. I began my riding career in the NSW Mounted Police where I not only rode horses but also sourced horses and trained both horses and personnel for Mounted duties, which are varied and difficult at times. I have competed in eventing, dressage, show jumping been out on an endurance ride or two and generally enjoy varied disciplines. Although my true passion is with the sport of dressage.

I have been coaching for many years in different areas such as at work with the Mounted Police, as a Senior instructor at pony club, as a volunteer at the adult riding club or private lessons at home. I am interested in all disciplines of riding and enjoy building confidence in my students and their horses no matter how small it may be. I get enjoyment out of seeing personal improvement and success in whatever equestrian pursuit they do.



In recent years I have become involved in judging dressage and thoroughly enjoy the challenge it presents. I feel understanding the judging process also helps in the teaching process to give a more rounded approach. I also hope to return to the competition arena one day in the near future.

SCEC Dressage Competition - Results
Sunday 9 August 2015

Place	Rider	Horse	Avg %	Judge: Liz Pugh Score
Prep B CU				
1	Michelle Jarrett	ROSE GUM RISING SUN	62.632	119.0
2	Kate Whitaker	BELLA	53.158	101.0
3	Brendan Sears	HOT ALBERT	52.368	99.5
HC	Tracy Stead	BRAHERO	73.684	140.0
elim	Ros Quist	RESOLUTE	64.211	122.0

Prep B Pony				
1	Brooke Allan	GRACEFIELDS PARK FELICITY	60.789	115.5
2	Michelle Jarrett	ALLYNDAH MAZALI	59.211	112.5
3	Amy Langlands	NIARLA FLIRMIRA	58.421	111.0

Prep B Junior				
1	Taylor McLaughlin	Thornbury Park Royal Glitter	63.421	120.5
2	Taylor McLaughlin	Elegant Park Bedrock	62.895	119.5
3	Chantelle Prosser	OBI ONE KENOBI	60.789	115.5
4	Grace Mantaj	BRANDY	56.053	106.5

Place	Rider	Horse	Avg %	Judge: Kimberley Davis Score
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Prep D CU				
1	Ros Quist	RESOLUTE	58.974	112.0

Prep D Pony				
1	Michelle Jarrett	ALLYNDAH MAZALI	59.737	113.5
2	Amy Langlands	NIARLA FLIRMIRA	54.474	103.5

Prep D Junior				
1	Taylor McLaughlin	Thornbury Park Royal Glitter	70.263	133.5
2	Taylor McLaughlin	Elegant Park Bedrock	68.158	129.5
3	Rachael Heron	TOBY	63.421	120.5
4	Chantelle Prosser	OBI ONE KENOBI	57.105	108.5

Place	Rider	Horse	Avg %	Judge: Liz Pugh Score	Judge: Kimberley Davis Score
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Preliminary 1.1 Official Competitive					
1	Ebony-lee Holz	BLACKWOOD TUSCANY	68.523	144.0	157.5
2	Stacey Bennett	PHANTOMS HERO	57.386	121.5	131.0

Preliminary 1.1 Official Competitive Pony					
1	Georgia Williamson	BRAEFOOT PARK SECRET SHOW	66.364	141.5	150.5

Place	Rider	Horse	Avg %	Judge: Kimberley Davis Score
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Preliminary 1.1 CU				
1	Tracy Stead	CATALINA	65.227	143.5
2	Sonja Verheyen	IDENTITY CRISIS	62.727	138.0
3	Sherida Findell	WALTZING MATILDA	58.864	129.5
4	Katherine McMaster	RED	58.636	129.0

Preliminary 1.1 CU Pony				
1	Leteesha Larkin	HILLWOOD JUST BRIANT	63.864	140.5
2	Brooke Allan	GRACEFIELDS PARK FELICITY	56.364	124.0
3	Michelle Jarrett	ALLYNDAH MAZALI	55.455	122.0

Preliminary 1.1 CU Junior				
1	Taylor McLaughlin	Elegant Park Bedrock	60.227	132.5
2	Rachael Heron	TOBY	59.773	131.5
3	Grace Heyblok	GHANDI	59.545	131.0

Place	Rider	Horse	Judge: Liz Pugh	Judge: Kimberley Davis
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			Avg %	Score	Score
Preliminary 1.3 Official Competitive					
1	Peter Beaman	GOV'S REACTION	64.674	146.0	151.5
2	Ebony-Lee Holz	Blackwood Tuscany	63.913	139.0	155.0
3	Stacey Bennett	PHANTOMS HERO	56.087	126.5	131.5

Preliminary 1.3 Official Competitive Pony

1	Georgia Williamson	BRAEFOOT PARK SECRET SHOW	64.565	142.5	154.5
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Place	Rider	Horse	Avg %	Judge: Liz Pugh Score
Preliminary 1.3 CU				
1	Tracy Stead	CATALINA	61.304	141.0
2	Sonja Verheyen	IDENTITY CRISIS	59.348	136.5
3	Katherine McMaster	RED	56.304	129.5
4	Sherida Findell	WALTZING MATILDA	53.261	122.5

Preliminary 1.3 CU Junior

1	Grace Heyblok	GHANDI	61.522	141.5
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Place	Rider	Horse	Avg %	Judge: Marina Brand Score
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Novice 2.1 Official CompetitivePony

1	Tracy Stead	EVERGREEN HULLABALOO	63.704	172.0
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Novice 2.1 CU

1	Felicia Mulligan	NIKSHAR NOMINATION	63.704	172.0
2	Peter Beaman	GOV'S REACTION	62.037	167.5
3	Kaari MacDonald	KYAH	57.963	156.5

Novice 2.1 CU Pony

1	Leteesha Larkin	HILLSWOOD JUST BRIANT	61.852	167.0
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Place	Rider	Horse	Avg %	Judge: Marina Brand Score
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Novice 2.3 Official Competitive Pony

1	Georgia Williamson	BRAEFOOT PARK SECRET SHOW	63.103	183.0	2nd Jackpot Prize - \$30
2	Tracy Stead	EVERGREEN HULLABALOO	62.931	182.5	3rd Jackpot Prize - \$20

Novice 2.3 CU

1	Felicia Mulligan	NIKSHAR NOMINATION	66.207	192.0	1st Jackpot Prize - \$50
2	Ebony-Lee Holz	Blackwood Tuscany	61.897	179.5	
3	Kaari MacDonald	KYAH	61.034	177.0	

Place	Rider	Horse	Avg %	Judge: Marina Brand Score
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Elementary 3.1 CU

1	Felicia Mulligan	NIKSHAR NOMINATION	61.364	202.5
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Elementary 3.1 Official Competitive Pony

1	Carolyn Heron	NAWARRAH PARK PUFF N STUFF	63.182	208.5
2	Victoria Shephard	PEPPERCORN PARK ISABELLA	62.727	207.0

Elementary 3.3 Official Competitive Pony

1	Carolyn Heron	NAWARRAH PARK PUFF N STUFF	64.625	258.5
2	Victoria Shephard	PEPPERCORN PARK ISABELLA	58.750	235.0

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SOUTH COAST EQUESTRIAN CLUB COMPETITION PROGRAMME FOR 2015

<u>Sunday 4October Championships</u>	<u>Sunday 13December</u>
Prep C EFA	Prep A EFA
Prep D EFA	Prep B EFA
Prelim1.2	Prelim1.1
Prelim 1.3	Prelim 1.2
Novice 2.2	Novice 2.1
Novice 2.3	Novice 2.2
Elementary 3.2	Elementary 3.1
Elementary 3.3	Elementary 3.2
Medium 4.2	Medium 4.1
Medium 4.3	Medium 4.2
Advanced 5.2	Advanced 5.1
Advanced 5.3	Advanced 5.2
*Prix St George	*Prix St George
*Inter 1	*Inter 1
*Inter 2	*Inter 2
* Grand Prix	* Grand Prix
Closing date 18 September	Closing date 27 November

Tests can be ridden Official Competitive, or Closed Unrestricted (old Associate).

Official tests can be ridden Open or Official Pony.

Competitive Unrestricted tests can be ridden Open, Open Pony or Junior.

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

2015 MEMBERSHIP APPLICATION FORM



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

Family Name(s): <i>(member & 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):

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:**

Membership Fees <i>(per calendar year start Jan 2015):</i>		Send cheque/money order to:
Full Riding member	\$50.00	South Coast Equestrian Club Inc. PO Box 179 Jamberoo NSW 2533
Subsequent family members	\$25.00	
Social member	\$25.00	

☐ **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

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