

EXTENSIONS

SOUTH COAST EQUESTRIAN CLUB INC NEWSLETTER

June 2016

Vice President's Report July 2016

Hi Everyone, Frances is away on an amazing holiday so I am taking over the newsletter this month.... :D

Well the weather gods have been very kind to us this year. All of our competitions so far have had fantastic weather, and we had a wonderful sunny warm day for our last competition in May. The 'Wings over the Illawarra' Air Show happened to be on the same weekend as our competition and as a safety precaution we begun our day earlier than usual and requested everyone to leave the grounds before 2pm when the incredibly loud Hornett jets performed their display over head, of which our competition grounds are directly below the flight path. A special mention must go to all the judges who were so eager and accommodating to not only start their day earlier, but to also have shortened breaks (we bribed them with Mon's famous cooking!), with some even judging through lunch in an effort to ensure all tests were completed before this time. Also thank you to all the riders and owners who ensured all their horses had left the grounds by this time as directed

by the committee, your co-operation was very much appreciated and to everyone who offered their help in packing up the ground, this was most appreciated and allowed the committee to also ensure their horses had left the grounds by a suitable time. By most accounts, the horses handled the planes over head very well throughout the day, and I hope everyone enjoyed the competition. We can only hope and pray we are as fortunate with the weather for the remainder of the year!

Again, Stoney Range Pony Club put on an amazingly yummy canteen menu. As riders it is such a nice thing to be able to know there is hot lunch and cold drinks available after riding and as we all appreciate, its just one less thing that we have to think about when most of our energy for the day is directed to our horse's wellbeing. As the colder weather heads our way, I'm also sure that everyone will make good use of the coffee machine available.

I hope that everyone remained safe and our four legged friends stayed as dry as possible in the recent bad weather. I am lucky to have only received 250mm here however as we know, Robertson, Picton and surrounding areas all received unbeliev-

able amount of the rain (~600mm I think) and were not as lucky. Our thoughts go out to all our friends and members who may have been badly affected by these events.

Our next competition is on July 3rd and entries can be found via www.globalentriesonline.com.au Entries close this coming Friday, 17th June at 11pm so get your entries in! Our jackpot class is the Novice 2.3 so enter for your chance to win back a proportion of the entry money.... It's not often we ever get money to compete so make the most of it! As always we ask that if you have any spare time during the competition to help, please don't be shy, come to the gear check table and let us know. It could just be 10 minutes of your time and be as simple (and hugely appreciated) as doing one walk up to the arenas and collecting the tests from the judges so our amazing scorer, Mark, can continue to get our scores out swiftly!

SCEC committee meetings are held at 7pm on Thursday's (see dates on our website) 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.

Enjoy your horses, your riding and this beautiful sunshine, and I hope to see you all at the next competition.

Ebony-Lee Holz
Vice President.

SCEC is now on Facebook



Product Spotlight

Sun-Tec Helmet Brim

This product is designed to attach to your safety helmet to reduce ultra-violet rays by shading your face just like a normal wide-brim hat and will fit all equestrian helmets. The Sun-Tec helmet brim can also be fitted to bicycle, safety helmets and just about any hard hat on the market.

It works very well for sun protection and also fits and looks great.



For more information see

<http://www.suntecenterprises.com.au>



2016 SCEC Committee

President
Frances Simmonds
0411 092 207
frances@uow.edu.au

Co-Vice President
Ebony-Lee Holz
0408 165 231
ebony89@live.com.au

Co-Vice President
Leanne Micallef
0439 464 631
lmicallef73@bigpond.com

Secretary
Amanda Whittall
amanda.whittall@gmail.com

Treasurer
Amy Langlands
amy@middletonfp.com.au

Newsletter
Ewa Mantaj
ewamantaj@hotmail.com

Judges Co-ordinator
Sandra Eldridge
mreldridge@myacn.net.au

Committee
Sonja Verheyen
sonja.verheyen5@gmail.com

Monica Shephard
monnies1@hotmail.com

**Next
Competition**

3rd July, 2016

globalentriesonline.com.au

**Entries close
9 pm 17th June**

southcoastequestrianclub.com.au

Rules and Regs Update

The Australian Dressage Committee wishes to reiterate that welfare of the horse is paramount in all that it does, whether developing rules for the sport or in training of its dressage stewards and judges – an active on-going program.

Nosebands that are too tightly fitted, regardless of type are never acceptable.

The International standard for the testing of the fitting of nosebands is the two finger test.

The Equestrian Australia Dressage Rulebook clearly illustrates this test.

It's implementation is part of the education process for stewards and judges. At the request of a steward or judge a rider must loosen the noseband.

A noseband that is too tight will adversely affect the harmony of the horse's performance in a dressage test and the results will be reflected in the judges scoring of that test.

2.11.1.2

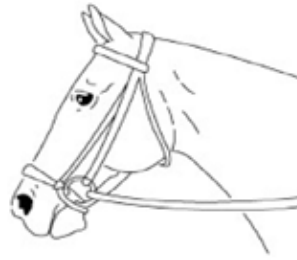
Nosebands

A noseband is compulsory and the wearing of two nosebands at an event is not permitted and will entail elimination. The wearing of non-approved nosebands will entail elimination.

Nosebands are illustrated at the end of this section. It is compulsory to have one (only) of the following nosebands on a snaffle bridle:

- a) dropped noseband (Illustration 1)
- b) cavesson noseband (Illustration 2)
- c) flash (or Hanoverian) noseband (Illustration 3)
- d) crossed (Grackle or Mexican noseband (Illustration 4)

Nosebands and curb chains may never be so tightly fixed as to harm the horse. Officials should not loosen the noseband, but request the rider to do so. If the rider refuses and the Official thinks the noseband is still too tight, the Ground Jury should be approached to make a ruling.



1: Dropped noseband



2: Cavesson noseband



3: Flash noseband (Hanoverian)



4: Crossed noseband (Grackle or Mexican)



5. Combined noseband – no throat lash



6. Micklem bridle

1, 3, 4, 5 or 6 are not permitted when a double bridle is used.



Double bridle with cavesson noseband, bridoon bit and curb with curb chain.



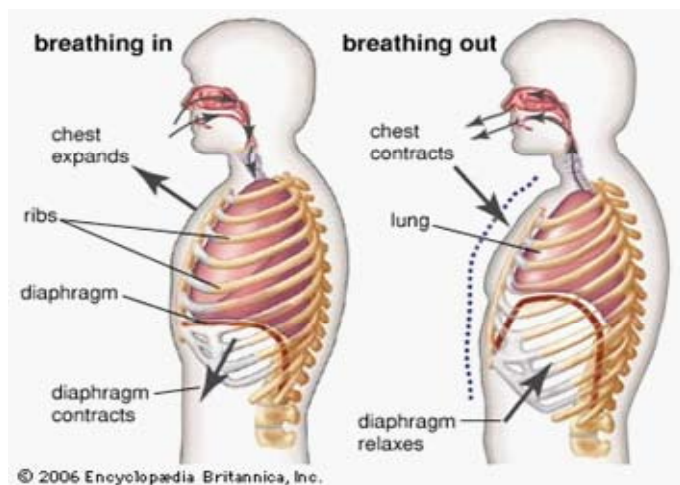
Sponsors Spotlight : Unanderra Physiotherapy and Pilates

POWERbreathe®

As equestrian riders, how many times have you heard your coach or trainer tell you to control your breathing and relax your shoulders whilst on the horse? Well, there are very important reasons as to why they constantly remind you to do this.

Horses are very good at picking up signs to sense your mood or feelings and often feed off of their rider's energy. So, if they sense the rider is feeling quite anxious and stressed then the horse will often feel anxious and stressed, which then leads to a poorer performance overall. When horses are nervous or concerned in some way they hold their breath or begin breathing rapidly. The same thing happens with humans which also cause the rider to get very tense in the body, specifically the shoulders (sound familiar to you?) - Horses are very good at picking up on this.

Throughout our busy lives many of us have developed poor breathing habits which involve shorter shallower breaths which brings unnecessary tension to the neck and shoulders. This poor technique has then been applied when riding a horse and is magnified due to the pressures involved in competition. Instead our breaths should be deep and slow and specifically involve a very important muscle - the diaphragm. Proper breathing using the diaphragm causes relaxation in both the body and mind.



POWERbreathe® is a program that teaches you how to breath better by using your diaphragm properly again, whilst increasing its strength and therefore improving your breathing technique. Based on 20 years of research by sports scientists, POWERbreathe® applies the principles of resistance training to the muscles that surround the lungs. Think of it as "dumbbells for your diaphragm". The training program is simple, quick and easy to complete - only 30 breaths twice a day, and can measurably improve breathing technique and lung function in as little as three weeks.



By training your breathing you will be able to apply the techniques learnt to your equestrian training and competition, thus improving anxiety and stress levels for yourself and your horse and improving performance and results!

If you would like to improve your breathing technique and performance then contact us at Unanderra Physiotherapy and Pilates on (02) 4274 5648, where you will have an initial POWERbreathe® consultation with our Exercise Physiologist Christina.





May Competition





**Enter our next competition at
globalentriesonline.com.au**

SCEC Dressage Competition - Results
Sunday 1 May 2016

Place	Rider	Horse	Avg %	Judge: Liz Pugh Score
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Prep A CU

1	Jenifer Symes	BELISSIMO KING HIT	70.263	133.5
2	Ewa Mantaj	GWENSYLL PARK TIRIAN	63.421	120.5

Prep A Pony

1	Anne Boeck	SNICKERS	57.895	110.0
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Prep A Junior

1	Grace Mantaj	BRANDY	60.263	114.5
2	Emily Robinson	INDI	58.158	110.5
3	Emily Robinson	BANDIT	57.368	109.0
4	Amelia Boeck	CANTERBURY PARK CELTIC FLEUR	55.000	104.5

Place	Rider	Horse	Avg %	Judge: Sue Lowe Score
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Prep C CU

1	Jenifer Symes	BELISSIMO KING HIT	63.250	126.5
2	Ewa Mantaj	GWENSYLL PARK TIRIAN	58.000	116.0

Prep C Junior

1	Grace Mantaj	BRANDY	58.250	116.5
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Place	Rider	Horse	Avg %	Judge: Barb Vial Score
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Preliminary 1.1 Official Competitive

1	Emily Lord	KAESBROOK GLADIATOR	65.455	144.0
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Preliminary 1.1 Official Competitive Pony

1	Elizabeth Sugar	EVERGREEN HONEY	64.773	142.5
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Place	Rider	Horse	Avg %	Judge: Liz Pugh Score
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Preliminary 1.1 CU

1	Tracy Stead	CATALINA DE LA MONTANYA	68.182	150.0
2	Chloe Sears	ROCKY CREEK SIOUX BANDIT	67.955	149.5
3	Helga Rogers	EAGLE ROO TOBY	62.500	137.5
3	Chloe Sears	BLAKEMORE BRUCE	62.500	137.5
5	Leteesha Larkin	MEITHRIN THE GATEKEEPER	60.909	134.0
6	Terry Davis	SQUIZZY	57.500	126.5
7	Lucy Rae	OLIVER	57.273	126.0
8	Michelle Jarrett	ROSE GUM RISING SUN	56.591	124.5
9	Katherine McMaster	RED	55.909	123.0

Preliminary 1.1 CU Pony

1	Leteesha Larkin	HILLSWOOD JUST BRIANT	64.773	142.5
2	Callie Blanche	HIGHLANDS SPRING HARMONY	62.045	136.5
3	Sonja Verheyen	TRT FORMATADOR	60.000	132.0
4	Sherida Findell	WALTZING MATILDA	56.136	123.5
5	Brooke Allan	GRACEFIELDS PARK FELICITY	55.000	121.0

Preliminary 1.1 CU Junior

1	Madeleine Phillips	SWANREACH GOLD CHARM	61.136	134.5
2	Tamieka Jarrett	ALLYNDAH MAZALI	60.682	133.5

Place	Rider	Horse	Avg %	Judge: Barb Vial Score
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Preliminary 1.3 Official Competitive Pony

1	Elizabeth Sugar	EVERGREEN HONEY	62.174	143.0
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Place	Rider	Horse	Avg %	Judge: Marina Brand Score
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Preliminary 1.3 CU

1	Chloe Sears	ROCKY CREEK SIOUX BANDIT	66.739	153.5	2nd Jackpot Prize - \$30
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2	Helga Rogers	EAGLE ROO TOBY	65.870	151.5	3rd Jackpot Prize - \$25
3	Tracy Stead	CATALINA DE LA MONTANYA	63.696	146.5	4th Jackpot Prize - \$20
4	Sonja Verheyen	TRT FORMATADOR	62.391	143.5	
5	Lucy Rae	OLIVER	61.087	140.5	
5	Natalie Wieland	DOC MILO	61.087	140.5	
7	David Brown	ROSE	60.217	138.5	
8	Chloe Sears	BLAKEMORE BRUCE	59.783	137.5	
9	Katherine McMaster	RED	58.913	135.5	
10	Angus Fripp	TW FRANCHESKA	57.826	133.0	
11	Michelle Jarrett	ROSE GUM RISING SUN	57.391	132.0	

Preliminary 1.3 CU Pony

1	Leteesha Larkin	HILLSWOOD JUST BRIANT	67.174	154.5	1st Jackpot Prize - \$50
2	Leteesha Larkin	MEITHRIN THE GATEKEEPER	61.739	142.0	
3	Brooke Allan	GRACEFIELDS PARK FELICITY	61.304	141.0	
4	Callie Blanche	HIGHLANDS SPRING HARMONY	56.087	129.0	
	Sherida Findell	WALTZING MATILDA	55.217	127	

Preliminary 1.3 CU Junior

1	Rhiannon Boughton	WITHERDINS EMMA	63.043	145.0
2	Madeleine Phillips	SWANREACH GOLD CHARM	62.174	143.0
3	Taylor McLaughlin	THORNBURY PARK	60.217	138.5
4	Tamieka Jarrett	ALLYNDAH MAZALI	57.174	131.5

Place	Rider	Horse	Avg %	Judge: Barb Vial Score
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Novice 2.1 Official Competitive

1	Emily Lord	KAESBROOK GLADIATOR	67.037	181.0
2	Charlotte Phillips	ROSE GUM GOLDRUSH	58.704	158.5
3	Angus Fripp	TW FRANCHESKA	48.148	130.0

Novice 2.1 Official Competitive Pony

1	Brooke Allan	ASHAM MADONNA	58.889	159.0
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Novice 2.1 CU

1	Hayley Hill	WELT'S ARGENTINA	63.519	171.5
2	Peter Beauman	GOV'S REACTION	60.000	162.0
3	David Brown	ROSE	57.778	156.0
4	Natalie Wieland	DOC MILO	55.000	148.5

Novice 2.1 CU Pony

1	Leteesha Larkin	HILLSWOOD JUST BRIANT	56.667	153.0
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Novice 2.1 CU Junior

1	Rhiannon Boughton	WITHERDINS EMMA	64.259	173.5
2	Taylor McLaughlin	THORNBURY PARK	60.926	164.5

Place	Rider	Horse	Avg %	Judge: Marina Brand Score
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Novice 2.3 Official Competitive

1	Charlotte Phillips	ROSE GUM GOLDRUSH	60.690	176.0
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Novice 2.3 CU

1	Peter Beauman	GOV'S REACTION	62.759	182.0
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Novice 2.3 CU Junior

1	Rhiannon Boughton	WITHERDINS EMMA	57.931	168.0
2	Taylor McLaughlin	THORNBURY PARK	59.310	172.0

Place	Rider	Horse	Avg %	Judge: Barb Vial Score
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Medium 4.1 OC

1	Ebony-lee Holz	KINNORDY GAROD	59.583	214.5
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SOUTH COAST EQUESTRIAN CLUB COMPETITION PROGRAMME FOR 2016

<u>Sunday 3 July</u>	<u>Sunday 21 August</u>	<u>Sunday 9 October Championships</u>	<u>Sunday 11 December</u>
Prep E EFA	Prep E EFA	Prep C EFA	Prep A EFA
Prep C EFA	Prep D EFA	Prep D EFA	Prep E EFA
Prelim 1.2	Prelim 1.1	Prelim1.2	Prelim1.1
Prelim 1.3	Prelim 1.3	Prelim 1.3	Prelim 1.2
Novice 2.2	Novice 2.1	Novice 2.2	Novice 2.1
Novice 2.3	Novice 2.3	Novice 2.3	Novice 2.2
Elementary 3.2	Elementary 3.1	Elementary 3.2	Elementary 3.1
Elementary 3.3	Elementary 3.3	Elementary 3.3	Elementary 3.2
Medium 4.2	Medium 4.1	Medium 4.2	Medium 4.1
Medium 4.3	Medium 4.3	Medium 4.3	Medium 4.2
Advanced 5.2	Advanced 5.1	Advanced 5.2	Advanced 5.1
Advanced 5.3	Advanced 5.3	Advanced 5.3	Advanced 5.2
*Prix St George	*Prix St George	*Prix St George	*Prix St George
*Inter 1	*Inter 1	*Inter 1	*Inter 1
*Inter 2	*Inter 2	*Inter 2	*Inter 2
* Grand Prix	* Grand Prix	* Grand Prix	* Grand Prix
Closing date 17 June	Closing date 5 August	Closing date 23 September	Closing date 25 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.

SCEC 2016 Event Calendar

Month	Event	Location
Sunday 3 July	Dressage Competition – entries close 11pm Friday 17 June enter via www.globalentriesonline.com.au	Terry Reserve AlbionPark
July evening	Horsey Christmas in July	
5-21 August	Rio Olympic Games (Dressage 10-15 August)	Rio
Sunday 21 August	Dressage Competition – entries close 11pm Friday 5 August, enter via www.globalentriesonline.com.au	Terry Reserve AlbionPark
8-11 September	NSW State Championships	SIEC
Sunday September	Protocol Day – a chance to practice riding a test, have a lesson, be educated by visiting experts	Terry Reserve AlbionPark
Sunday 9 October	SCEC Dressage Championships – entries close 11pm Friday 23 September enter via www.globalentriesonline.com.au	Terry Reserve AlbionPark
tba October	National Dressage Championships	SIEC
Sunday 11 December	Dressage Competition – entries close 11pm, Friday 25 November enter via www.globalentriesonline.com.au	Terry Reserve AlbionPark

2016 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 2016):</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 Frances Simmonds – 0411 092207)

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