

GN Equestrian Coaching Newsletter



News!

Hi All!

Well, better late than never! I was starting to doubt weather this newsletter would ever get out there :o). It has been a crazy, busy and wonderful month. I am so proud of you all and the amazing progress and results you are all getting. Some of you are achieving best EVER dressage results and that's just so motivating!

CONGRATULATIONS to you all!

A special mention must go to Beverly S for achieving a whopping 82.5% in her horse's first prelim test. Way to go!!!

Don't forget that Australia is introducing NEW dressage tests from July 1st 2009. New movements have been introduced, which is exciting.

Also another remainder of PRARG super instruction day. A flyer is in this newsletter, or you can go to <http://www.prarg.com/entryforms.htm>

The wet weather is great for the grass, but a bit of a challenge for our lessons. I will remind you all that if the rain has set in and made the ground you are riding on slippery, boggy or muddy, then I might have to postpone the lesson. If you or your horse slips in a lesson and get hurt, my insurance will not cover as I have allowed the lesson to take place on an unsuitable footing/ground. Remember that it is in you and your horse's best interest to reschedule and keep you both safe!

I hope you all had a wonderful Easter!



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Rider of the Month:

CONGRATULATION goes to **Beverley Saunders!**

Beverley is an experienced pony dressage/show rider who rides the most beautiful Welsh 'B' Ponies. She has been so dedicated to her lessons, and the results are coming in with her reaching a whopping 82.5% in her first test on her young horse.

I can't wait to see what the rest of the season is going to bring her :o) and I'm looking forward to giving Beverley her "Guylian" chocolates and her certificate!

Quote:

"My goal in life is to be the kind of person my horse thinks I am"



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The Concept of Inside Leg to Outside Rein

The term 'inside leg to outside rein' is used constantly, but many riders find themselves squeezing their inside leg and holding the outside rein so tightly that the horse starts to resist and block the riders aids. This can be avoided however, by revisiting the concept and ensuring that the rider has an understanding of it. Simply put, the *inside leg creates the energy and the outside rein regulates it*. Why ride like this? To achieve the ultimate aim of straightness and collection. To achieve these aims, the horse should be flexible both laterally (ability to bend the horses body from left to right) and longitudinally (ability to contract and lengthen the horses back/neck muscles). To give the horse the strength and flexibility needed however, we ask the horse to bend his hocks and transfer more of his weight from the forehead to the hindquarters. How to do this? Create energy using the inside leg and regulate the energy with the outside rein.



As displayed to the left by Judy Dierks, by creating energy with the inside leg, the horse responds by activating his hind leg, (seen here coming under the rider) and the energy that is created is then regulated by the rider's outside rein.

The rider should also note that the inside rein is *not restricting* the energy that has just been created but rather should be *flexing* (to ensure the horse remains supple laterally) and *allowing* (to permit the energy to come through). Each horse and rider is different so to be able to give an approximate amount of the aid required is difficult. Instead, talk to Gitte about your horse's requirements and how to achieve a correct inside leg to outside rein connection.

Best of Luck!

By Stephanie Neergaard

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Events of Interest:

Listed below are a number of different events happening in the future that you might like to compete at or attend. Attending events are a great way to become familiar with the competition scene without the pressure of performing. To access these links push 'ctrl' and click the link.

Get out and about in 2009!!!

19th April - PRARG Associate Dressage

<http://www.prarg.com/entryforms.htm>

25th – 26th April - Toowoomba ODE

<http://www.nominate.com.au/equest/event.asp?event=960&eventlist=1>

26th April - RASDEG Official Dressage

<http://www.rasdeg.org/forms/RASDEGOfficialEntry20090426.pdf>

- IGGS QISEA Dressage Day

<http://www.efa.com.au/site/equestrian/qld/downloads/IGGS%20Dressage%20Program%2026%20April%202009.pdf>

- NADEC Associate Dressage

<http://www.nadec.net./calendar/2009dressageprogram0426.pdf>

2nd – 4th May - SE QISEA Regional Championships

<http://www.efa.com.au/site/equestrian/qld/downloads/SEQ%20PROGRAM%202009.pdf>

10th May - LEG QISEA Dressage

http://www.efa.com.au/site/equestrian/qld/downloads/QISEA_LEGs_10-05-2009.pdf

17th May - Caboolture Associate Dressage

<http://www.efa.com.au/event.asp?ID=175213&format=popup>

- NAGS Associate Championships

<http://www.nags.asn.au/Content/Documents/Document.ashx?DocId=41226>

22nd – 24th May - Toowoomba Regional Championships

<http://www.toowoombadressage.com/Documents/Programs/Tmba%20Champs%20Official%20program%202009.pdf>

Please see below to check when forms/entries are due

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Entry Forms Due

- 17th April** – Toowoomba Regional Championships (22nd – 24th May)
- 24th April** – LEG QISEA Dressage (10th May)
- 29th April** – NAGS Associate Championships (17th May)
- 1st May** – Caboolture Associate Dressage (17th May)

Note: not all the events in Queensland are mentioned here, to obtain a full calendar, visit one or more of these sites –

<http://www.efa.com.au/calendar/default.asp?date=28-Apr-2009&Type=&Category=>

<http://www.prarg.com/entryforms.htm>

<http://www.qld.equestrian.org.au/site/equestrian/qld/downloads/QISEA%202009%20Proposed%20Calendar%20Newsletter.pdf>

<http://www.dressageit.com/calendar/index.html>



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The Season for Health: Pro-Flex

A constant worry for all riders who own performance or older horses is the toll that is being taken on their fragile joints and ligaments, and particularly on their legs. Never fear however, there is a product on the market that can eliminate these worries, Pro-Flex from Ken Ford's Equitec range, available at Horseland Underwood. Pro-Flex is a powder-form supplement added to a horse's feed which is used to maintain the health of cartilage, ligaments, and tendons as well as to assist hoof growth.



Personally speaking, we own a 27 year old Crabbet Arab which suffers from arthritis in his hocks, making him unrideable. After using Pro-Flex for a relatively short period of time, he has not had a lame day since and is in light work – a result that was completely unexpected! Some other testimonials are below:

"I am a professional Equestrian rider and coach. For some years I have trained and competed at the highest level of Three Day Eventing, the most demanding of the Olympic disciplines. The average horse will compete at this level for around 5 years and is exposed to an enormous amount of stress on the joints and ligaments. A typical Advanced level 3DE is run at 550m per minute for 8 minutes plus negotiate fences (up to 40 jumping efforts) to a height of 1.20m."

"There are several options available with regards to joint management, the most popular being Cosequin (feed additive) and Pentosan (injection). I have used these with some success but have found that by far and away the most effective solution is Pro-Flex (Equitec). I have in particular a 13 year old gelding with poor conformation (but a big heart) who feels stiff and sore when not being fed Pro-Flex. As soon as he is on it he feels like a 2 year old again. He gallops better and is much happier jumping. He was close to retirement before trying Pro-Flex (having been on other joint products for some years), now he has a new lease o life. I cannot speak highly enough of this product, I now have all of my horses on it. In a sport as tough on horse's legs as mine, I need that something extra to give me the edge."

- *Kate Chadderton*
Victory Sporthorses

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The Season for Health: Pro-Flex

"About twelve months ago, my 15 year old Thoroughbred dressage horse began to suffer intermittent lameness. A visit to my vet diagnosed him with pedal oestitis in the heels of both front feet. After discussing treatment options, he was shod by a remedial farrier with some success. He was still having his good and bad days."

"I heard about Ken Ford and his products from my vet. He said he was known as the 'wizard of Eagle Farm' and had great success with lameness cases. I gave Ken a call and for the first time I started to feel a glimmer of optimism that this wasn't the end of the line for my beautiful boy."

"Ken prescribed him with two products, Pro-Flex to be taken internally, and Magna-Sol to be applied topically to his affected hooves. The results after eight weeks were so much more than I was hoping. My horse went from being sound around half the time to showing no signs of lameness at all. I train and compete on him regularly with no signs of the lameness. With my experiences with our boys, I would highly recommend the Equitec range of products. I am so grateful to have met Ken and the opportunity to learn a little of what he knows and to have access to such wonderful products."

- Lisa Davis

For more information talk to Gitte, visit - <http://www.equitec.com.au/index.htm> or give the team at Horseland Underwood a call – (07) 3341 3500



Hope that you have enjoyed the newsletter. Happy Riding...

Cheers,

Gitte

