

# GN Equestrian Coaching Newsletter



## News!

Hi..... Happy New Year wishes to you all!!!

So much has happened in the later part of 2008, including: my trip back 'home' to **Denmark**, a partnership set up with "Equitec" supplements, an intense four days at **Equitana** Melbourne, lots of competitions and last, but most exciting of all, the sponsorship offered by **Horseland Underwood!**

First off, I returned to my native home, the cold country of Denmark in August 2008. As well as being able to visit close family and friends, I was able to see some of the country's great dressage coaches/trainers teaching and working. A highlight would have been watching my sister's coach (amongst others) work his magic with a large variety of horses and students. Overall, a slightly chaotic and very exciting trip.

In November Stephanie (my daughter) and I, flew down to a FREEZNG Melbourne where we spent 4x15 hour days at the Melbourne Showground's absorbing as much information as possible. In conjunction with the shopping ☺, great demonstrations from Danish Olympic Medalist Andreas Helgstrand were a favourite to watch, 'simple, effective and work on basics' was his message (rings a bell anyone ☺) Also, being able to chat with him in Danish was a thrilling and very informative experience! Other demonstrations from Guy McLean, Uwe Spenlen and Andrew McLean are all worth mentioning.



Stephanie with International Judge Uwe Spenlen and leading Equine Behaviourist Andrew McLean



Andreas Helgstrand



Gary Lung with Andreas



Andrew Hoy



Most of all, the exciting news that Horseland Underwood has offered me sponsorship as a rider and coach, has greatly inspired and motivated me. Can I just say to those of you working on your positions - the "Bates Innova" saddle from Horseland, is not only the most comfortable

Dressage saddle I have ever sat in, but it also provides the rider with a near perfect position without any physical effort! YAY finally!!! 😊

Many, many thanks to the wonderful team at Horseland Underwood, for their support and providing me with this great opportunity



### Rider of the Month:



**CONGRATULATION** goes to **Nancy Clarke!!!**

Nancy was chosen for her dedication, commitment and enthusiasm - which have enabled her riding to progress in leaps and bounds.

She really practices what I preach! 😊

Nancy rides "Junior" an 8 year old grey American Saddlebred. He is the sweetest, but most stubborn horse I teach and Nancy is doing such a great job with him.

Keep up the good work Nancy!!! 😊

Nancy will receive her certificate and "Guylian" chocolates when I see her at her next lesson!

### *Quote:*

*"The rider who is patient will be rewarded with a harmonious partnership between himself and his horse"*

Klaus Balkenhol

## Hydration Maintenance

Living in a climate which can easily reach over 30 degrees means that careful management of our equine friends are needed, particularly during exercise. Water makes up approximately 65% of a horse's body weight and almost an incredible 80% of a foal's body weight. When taking a look at these facts it becomes blatantly obvious that the dehydration of a horse is a detriment to his performance and health.

Signs of dehydration include: skin loses pliability, lack of inclination to graze, listlessness, loss of normal colour of the gums and eyes, muscle quiver, pulse weakens, the diaphragm contracts in the same rhythm as the heart beat (Thumps), thick/patchy sweat and panting. Unfortunately, if these symptoms are not recognized in time the result could be: muscle damage, colic, reduced kidney function, laminitis, Azoturia, coma and death.



Of course, it is well known that prevention is the best course of action. If your horse shows a shortage in the intake of water or a lack of urinating, a solution needs to be found immediately. The same goes for if the horse is showing an excess intake of water or excess urination. These signs are a clear and early indication that a horse's 'osmotic' system is not balanced. Osmotic balance assists to establish and maintain adequate retention of fluids in the intestines, cells and muscle tissue and in turn helps avoid dehydration.



At GN Equestrian Coaching, we are strong supporters of the use of the Equitec Product 'Osmo-Plex' to ensure that the risk of dehydration is eliminated. The research from Equitec shows that over 14 days, 20 horses showed an increase between 25% to 30% of their daily water intake, when they were previously drinking only 35 litres a day (10 litres/100kg body weight in hot weather is needed) Alternatively, 2 horses who were drinking more than 60 litres a day, had within 14 days reduced their water intake by approximately 20%.

For its welfare and comfort, no horse should be without this supplement during the Queensland summer.

For more information please contact Gitte.

By Stephanie Neergaard

## Events of Interest:

Listed below are a number of different events happening in the future that you might like to attend? They cover Dressage, show and eventing as well as clinics ECT.

I have listed them for your interest and convenience. If you click on the links you find relevant info as well as entry forms.

These will be updated in every newsletter every month.

(To access these links push 'ctrl' and click the link)

## Get out and about in 2009!!!

18<sup>th</sup> January - EFA Show Horse Measuring Day

<http://www.efaq.com.au/event.asp?ID=174766&format=popup>

24<sup>th</sup> – 25<sup>th</sup> January - Warwick Summer School (Eventing)

<http://www.wht.org.au/Events/2009/Summer%20School/SummerSchoolFlier2009.htm>

31<sup>st</sup> January - Equestrian Queensland Conference

<http://www.efaq.com.au/event.asp?ID=174690&format=popup>

7<sup>th</sup> – 8<sup>th</sup> February – 2009 Queensland Dressage Forum

[http://www.qld.equestrian.org.au/site/equestrian/qld/downloads/dressage/09\\_Flyer\\_Final\\_19908.pdf](http://www.qld.equestrian.org.au/site/equestrian/qld/downloads/dressage/09_Flyer_Final_19908.pdf)

1<sup>st</sup> February - Toowoomba Young Horse Qualifier

<http://www.toowoombadressage.com/Documents/Programs/TDI%20YH%20event%20Feb%201%20-%202009.pdf>

21<sup>st</sup> – 22<sup>nd</sup> February - 2009 Toowoomba Young Horse Championships

<http://www.toowoombadressage.com/Documents/Programs/TDI%202009%20YH%20champs%20program.pdf>

*Please see below to check when forms/entries are due*

## Entry Forms Due

**9<sup>th</sup>** January - Toowoomba Official Young Horse Qualifier (1<sup>st</sup> February)

**12<sup>th</sup>** January - Warwick Summer School (24<sup>th</sup> – 25<sup>th</sup> January)

**23<sup>rd</sup>** January - Toowoomba Young Horse Championships (21<sup>st</sup> – 22<sup>nd</sup> January)  
- 2009 Queensland Dressage Forum (7<sup>th</sup> – 8<sup>th</sup> February)

**26<sup>th</sup>** January - Equestrian Queensland Conference (31<sup>st</sup> January)

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

<http://www.efaq.com.au/calendar/default.asp?date=31-Jan-2009&Type=&Category=>

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

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

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

**If you have anything you would like to share or to be included in this newsletter (events, jokes, equine news, handy tips, your own experiences ECT) just let me know via e-mail before the end of each month and we'll be happy to include it.**

**Cheers and Happy riding from**

**Gitte ☺**



Anyone up for a group lesson?