

# GN Equestrian Coaching Newsletter



## News!

Hi All,

Can I first say how proud I am to be living in this wonderful country. In light of what has happened in Victoria's bushfires, the Australian people would have to be the most supportive, giving and helpful people on earth! Very heart warming and inspiring. And let's not forget them just yet, there are still lots of work to be done and help is still needed. Horseland have made gift cards so that people can go and buy what they want and need with your donation, instead of getting used donations for their horses and I think that's a great idea.

Thank you also to those of you who have provided me with feedback on your lessons and recommended me to others. Word of mouth is always the best way to build business, - so again thank you heaps, I really appreciate it :o)

**NEWS ALERT:** From July the 1<sup>st</sup> Australia will have brand new dressage tests. These will be available for you to download and learn from April 1<sup>st</sup>. from the EQ website. Some of the changes will include Leg-yield in the Novice tests, Turn on the Haunches and Renver in the Elementary tests and more. Very exciting indeed!!!

Soon, the weather will start to get cooler again (YAY), which means that it will get dark earlier. So lessons will start to be held again throughout the day. If you are available then, please let me know.

Competition season has well and truly started up, so get your entries in to make sure that you have qualified for events later in the year.

As some of you are aware, I also do dressage judging. For those of you who compete it would be really great if you could let me know in advance when you have booked a competition as I am not allowed to judge those classes that have any of my students in them. It would allow organisers to sort themselves out in advance rather than last minute adjustments which are always stressful.

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In this newsletter, you will also find the "arena rules" for the warm up areas when at competitions. Have a good read through and familiarise yourselves with them as it makes for a much more pleasant experience when out competing and helps to minimise risks and confrontations with other riders.

**ATTENTION!!!** PRARG (Park Ridge Adult Riding Club) is holding a super Instruction Day on May 3<sup>rd</sup> with dressage, jumping and eventing qualified instructors available on the day. They will also be able to help with new dressage rules/tests. You can follow this link to secure your spot for a lesson or if you don't want to ride, come along with your esky and a chair and watch other riders getting lessons from these top instructors. A great way to learn, and in my opinion the perfect way to spend the day, and entry is FREE!!! Hope to see you there!!! <http://www.prarg.com/entryforms.htm>

A few of you have asked me again about the EQUITEC Performance products, and I remind you all that Horseland Underwood now stock the range as cheap as I used to have them, so go and talk to Kerry and Steve Ellery at Underwood and they would be more than happy to help you out.

Remember, if you have anything you would like to see included in these newsletters to let me know before the end of the month. Suggestions and feedback are appreciated!

HAPPY READING :o)



# GN Equestrian Coaching

## Rider of the Month:

CONGRATULATION goes to **Pieterella Barnard!**

Pieter is a very good rider and eventer with over 25 years riding experience. She is putting great effort into her dressage at the moment to improve her overall eventing scores. She rides "Belcam Chapelle" who is a very talented but opinionated mare, who has been known to stand in front of the gates to the arena and do little rears, spins and playing up. Pieter just yells at me "Hi Gitte we'll be right there" and sure enough she rides the mare through her hissy fits and goes on to produce beautiful work.

I have no doubt that this pair will just get bigger and better in the future and I'm looking forward to giving Pieter her certificate and "Guylian" chocolates at her next lesson.

### *Quote:*

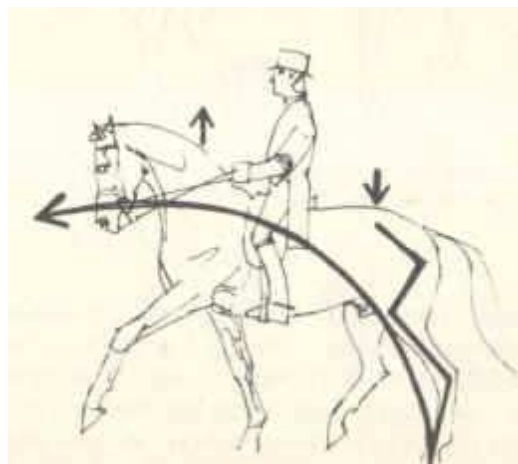
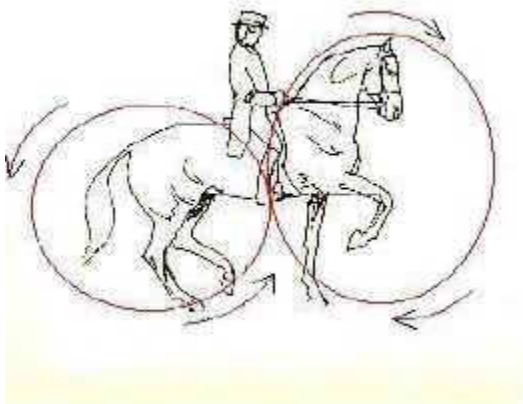
*"Riding is a partnership, the horse lends you his strength, speed and grace which are greater than yours. For your part, you give him your guidance, intelligence and understanding, which are greater than his. Together, you can achieve a richness that alone neither can."*



# GN Equestrian Coaching

## The Half Halt

Is an essential skill for controlled and accurate riding. Countless times the term 'Half Halt' is used in our everyday riding, lessons, video's, DVD's, general chit chat with well meaning friends, and of course, the trusty Internet. Unfortunately, more often than not, this overload of information can easily cause a person to become 'immune' to the term – brushing it off and putting aside to be figured out at a later date – a little like hypothetical questions. Search through your pile of unanswered questions because finally, there is an explanation which can actually be applied to your knowledge and most importantly, your riding.



Some people find illustrations helpful to put into their riding, by using imagery. The first one is a demonstration of the energy forces that should be created through a half halt, the second being the result of the half halt – a contraction of the hind legs which creates more energy to push the horse forward.

Of course, the official FEI explanation is long winded, uses many technical terms and is a bit of a headache altogether. Broken down into a few words however, a Half Halt is a slight hesitation by the rider in their aids which is used to create more energy, lower the hind quarters and increase balance for the horse. Obviously then, a horse and rider who understand the half halt are going to progress much quicker in their training then a combination that don't.

Some great tips in order to understand the 'hesitation' that is needed are:

- There is no 'stopping' in the half halt, instead, think of it as a 'half go' – it contains the power that would have been asked for in a medium gait.
- The intensity of the half halt depends on your horse, some horses require a stronger aid before it is accepted, others may only require the rider to take a deep breath.

If you have any questions or want better theory understanding on this concept, talk to Gitte during your lesson and put effort and practice into riding these Half Halts better than ever.

# GN Equestrian Coaching

## 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. They cover Dressage, Show and Eventing as well as clinics etc. 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 each month. To access these links push 'ctrl' and click the link.

## Get out and about in 2009!!!

8<sup>th</sup> March – PRARG (now) 2\* Dressage

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

- Greenbank Show

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

- Fig Tree Pocket ODE

<http://www.nominate.com.au/equest/event.asp?event=910&eventlist=1>

15<sup>th</sup> March - Caboolture Associate Dressage

<http://www.google.com/calendar/event?eid=OGVrNTZ2OTluMTI1MjE1azdyZ2ZxMW81bTQgNDVkbDQ1bjRzbXBwNTYzanByYW1zYmlsZzBAZw&ctz=Australia/Brisbane>

- PRARG Ribbon Day (Dressage/Hack)

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

22<sup>nd</sup> March - Nerang Official/Associate Dressage

<http://www.nadec.net/events-dr.php>

- Samford Associate Dressage

<http://www.samfordequestriangroup.com/media/SEG-Associate-Nominations-March-2009.pdf>

24<sup>th</sup> – 28<sup>th</sup> - Toowoomba Royal Show + Official Dressage

<http://www.efa.com.au/event.asp?ID=175163&format=popup>

29<sup>th</sup> March - Brookfield Official/Associate Dressage (held at Fig Tree Pocket)

<http://www.nominate.com.au/equest/event.asp?event=927&eventlist=2>

- Cedar Grove Associate Dressage Day

<http://www.efa.com.au/event.asp?ID=175166&Action=Display>

5 April - Caboolture 1\* Dressage

<http://www.nominate.com.au/equest/event.asp?event=556&eventlist=2>

12<sup>th</sup> April - Kooralbyn ODE

<http://www.efa.com.au/event.asp?ID=174621&format=popup>

19<sup>th</sup> April - Nambour 1\* Dressage

<http://www.efa.com.au/event.asp?ID=175197&format=popup>

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## Entry Forms Due

**4<sup>th</sup> March** – PRARG Ribbon Day (15<sup>th</sup> March)

**6<sup>th</sup> March** – Samford Associate Dressage (22<sup>nd</sup> March)

**13<sup>th</sup> March** – Caboolture 1\* Dressage (5<sup>th</sup> April)

**15<sup>th</sup> March** – Cedar Grove Associate Dressage (29<sup>th</sup> March)

**20<sup>th</sup> March** – Brookfield Official/Associate Dressage (29<sup>th</sup> March)

**25<sup>th</sup> March** – Nambour Official 1\* Dressage (19 April)

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=28-Mar-2009&Type=&Category=>

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

[http://www.qld.equestrian.org.au/site/equestrian/qld/downloads/QISEA%202009%20Proposed%20Calendar%20Newsletter.p  
df](http://www.qld.equestrian.org.au/site/equestrian/qld/downloads/QISEA%202009%20Proposed%20Calendar%20Newsletter.pdf)

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



# GN Equestrian Coaching

## How to Survive a Warm Up Arena

Taking the leap and entering a competition may seem to be the biggest step, but many find that just being able to make it through a warm up area alive, an absolute miracle. Many riders, unfortunately, are rude, egotistical or just plain ignorant of basic arena rules – don't be one of those riders! Check them out, remember them, and put them to use, the dirty looks are guaranteed to disappear. 😊

- Always pass another horse and rider on the left hand side, your left side should pass their left side.
- The higher gait has right of way. E.g. Trot has right of way over walk.
- A person performing a lateral movement has right of way over all paces. E.g. Shoulder-in has right of way over a person trotting straight.
- When not on the track (e.g. on a diagonal) riders should give way to the horse on their left.
- If you are entering/leaving an enclosed area, announce when the gate is opened to surrounding riders.
- If it is necessary to halt or dismount, do so off the track, preferably in the middle of the space or arena.
- Remain aware of the other rider's in the area, safety is paramount.
- Avoid actions that may frighten or anger other members or their horses. Remember that less experienced riders and / or green horses may need more room to manoeuvre and may be more easily frightened when being passed. If your horse misbehaves continually or becomes unruly, consider the safety of others and leave the area until your horse has settled down.

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Hope, once again, that you have enjoyed the newsletter. Happy Riding...

Cheers,

*Gitte*