

GN Equestrian Coaching Newsletter



Together in Harmony

March - April 2010

News!

Hi All,

Time for another newsletter and thank god Stef is back or it would never have happened. I think we all need 30 hours in the day!!!

First of all a big, huge congratulation goes to Karen Shaw on winning the 2010 Barastoc Champion Show Hunter Galloway of the Year, as well as the 2010 Barastoc Senior Galloway of the year. Congratulations Karen, you're a star!!!

Hasn't the rain been great, lots of grass in the paddock and the dust has settled. It does however, at times, stuff up my diary, where we then have to reschedule lessons. Although I think we have managed really well so far.

It looks like the website is finally happening YAY! It should be up and running in the next 2 weeks. There will be a testimonials page, so if any of you feel like telling us what you think of your lessons and the services GN Equestrian offers, please send us a line and it will be included in the website. Everyone's photos will also be on there under "clients" which is exciting I think.

For those of you who are interested in the new Queensland State Equestrian Centre in Caboolture, there a link here for updates and news. It looks amazing!
www.qld.equestrian.org.au/?Page=20687

I would also like to wish Laura Kendall a speedy recovery, I hope to see you back in the saddle soon Laura.

Check out Stef's pages on her trip to Europe and her riding services she now offers.

Happy reading, riding and I'll see you at your next lesson! Cheers :o)

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Some of the fantastic photos we collected recently – thank you to you all for making this possible!

Laura Kendall with Gitte



Grace Barnard and Wellara

Gitte



Anne Marbadi and Hannons Leo



Beverly Saunders and Vegas



Alex Gonsalves and Riasealita



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Rider of the Month: March

CONGRATULATIONS goes to Karen Shaw!



Rider of the Month: April

CONGRATULATIONS goes to Juanita Reglin!

Recently, Juanita has tackled her training head on despite limited time and consequently, things are really starting to happen! Congratulations.

Both of these riders will receive a GN Equestrian Coaching Rider of the Month certificate and "Guylian" chocolates! Well Done!

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Part One:

Classical Dressage vs. Competitive Dressage – Klaus Balkenhol

A celebrity in the international dressage world, Klaus Balkenhol has an impressive record at the highest levels of competition. With two Olympic gold medals and individual bronze, along with innumerable German, European, and World Cup wins to his name, he was a legend long before he assumed his present role as Chef d'Equipe of the US Dressage Team...

"We are highly concerned about the fact that the work with horses in international competition is often not in accordance with the well-being of the animal. Reports about the use of schooling and training methods that ignore significant aspects of animal rights and welfare accumulate in the media. Many judges do not adhere to the valid principles of classical equitation, thus failing to obey the rules and regulations of the Federation Equestre Internationale (FEI), which are in effect throughout the world. These judges prefer the mechanical perfection of a horse ridden in controlled tension to the suppleness of the genuinely well-schooled horse.

The dominance of commercial motivation in the sport means that young horses are brought along much too quickly. The horse is being denigrated to an item of merchandise, and riding to a line of business.

Classical equitation does not need to be reinvented. It has been conceived and tested in meticulous detail over the course of centuries. It remains firmly anchored in the Principles of Riding and Driving of the German National Equestrian Federation (FN), and also applies at international FEI level. Although there is indeed some scope for individual interpretation, we must stimulate quite clearly that there is no fundamental alternatives to classical equitation. Anyone who ignores this ancient wealth of knowledge and experience, and instead tries to achieve dubious aims quickly by means of tricks and technical cunning, is acting irresponsibly against the health and well-being of the horse, against ethical principles and against the FEI body of rules...

As the knowledge of how to train horses responsibly disappears, so does the aesthetic and spiritual beauty of the art of riding, and the feel for being in harmony with a relaxed horse that's willing to perform."

Schoffmann, B 2007, [Klaus Balkenhol – The Man and His Training Methods](#), Trafalgar Square Books, Vermont USA.

For those of you interested in reading more from this brilliant book, check out

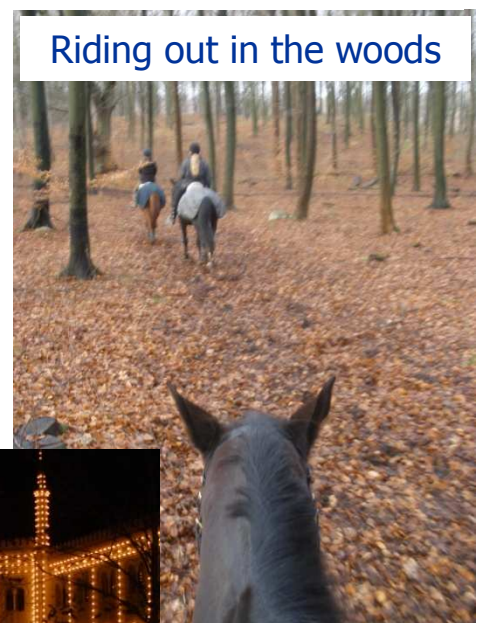
www.amazon.com/Klaus-Balkenhol-Man-Training-Methods/dp/157076378X/ref=sr_1_1?ie=UTF8&s=books&aid=1257208944&sr=1-1

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Riding in Europe:

Like many young riders, I daydreamed about riding under the eyes of the world's best dressage riders. Unlike many young riders however, I was determined to make this dream a reality... somehow! After 18 months of preparation, sad goodbyes to friends, packing and re-packing, and of course, the constant stream of do's and don'ts from the parents – I was on the plane! A little overwhelmed already after completing grade 12 that week, farewelling family back to Denmark and even getting my driver's licence, there was nothing else to do but sit patiently in the air for 23 hours!

I arrived in Copenhagen International Airport, Denmark as excited as is possible after being cramped into a small space like a sardine. The smiling faces of my horsey aunty, Susanne, and my grandparent's Pomeranian, Panda greeted me with a jacket and a listening ear to my constant stream of chatter. I was to spend the next 5 days with my aunty, riding with her and recovering from jet lag before flying to Hannover, Germany.

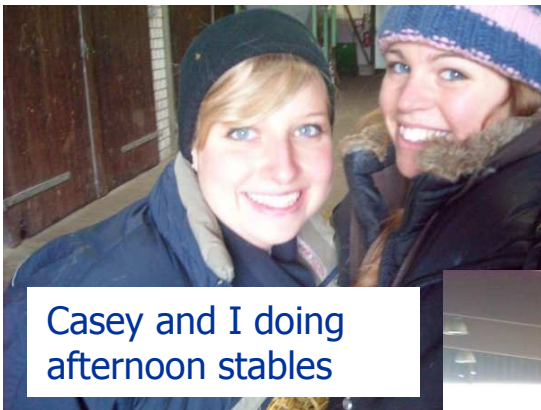


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Riding in Europe cont:

A blink of an eye and I'm on the plane again, to Hannover this time! Luckily only an hour passes before I am back on the ground again, however, my greeting this time is a little different. After an anxious 15 minutes of waiting I spot jodies, a little smile and voila – I've met Pia, a fabulous Canadian girl who is based with Leonie Bramall and my escort for the day!

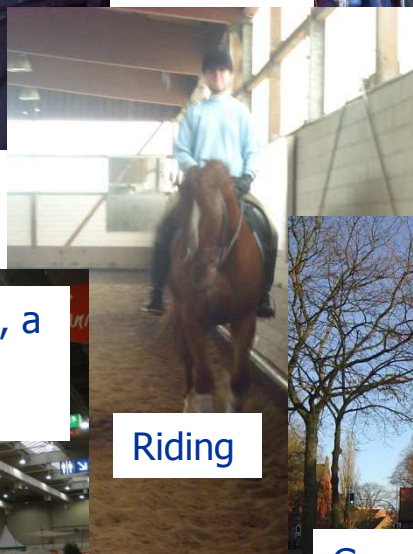
A 20 minute drive and I'm at the barn, meeting the rest of the team. The first girl I'm introduced to is a fellow aussie – Casey Stickland. Casey and I became instant friends! Her story is incredible, at only 16 she has moved her whole life to England, without her parents, in an effort to qualify for the Young Rider World Cup. To really understand the daily up's and downs of what it is like to completely dedicate your life to dressage – check out her blog: <http://teendressagedream.blogspot.com/>



Casey and I doing afternoon stables



The Barn



Riding



One of the festival halls, a German version of an Equitana!



Grossburgwedel – the little town I stayed in

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Riding in Europe cont:

After a rather strong bout of homesickness I began to settle in and find my place at the barn. The routine was relatively simple, morning stables were done between 7 – 8am, riding began at 8am and continued until 2/3pm, afternoon feeding was usually done by 5pm. Initially I was riding 2 – 3 horses a day under the instruction of the Bereiter or Leonie (and sometimes some great tips from Pia!) and helping saddle in between. This slowly increased until I began warming up horses for the Bereiter, so sometimes riding up to 8 horses a day! Each day I recorded what he or Leonie had told me to do and I now have over 10 000 words of notes from my time there. An invaluable tool!

After a beautiful Christmas with Leonie and Volker, my time in Germany had come to an end. A teary farewell and more suitcases repacked I was standing in the airport, this time back to Copenhagen and on to see my amazing grandparents for New Years Eve and to get ready to go to Andreas Helgstrand's place! My time in Germany would not have been so much fun without the fabulous Stickland family, the generosity of Pia Fortmuller (<http://piavirginia.blogspot.com/>), Martin Swoboda (the Bereiter) and Lena Waldmann, in sharing their home with me, and, of course, Leonie Bramall and Volker Dusche for taking me so warmly into their family – thank you!!!

Check out Leonie's website!

www.bramall-dusche.de/cms/front_content.php

Read the next issue of the GN Equestrian Coaching Newsletter to find out about my time with the Andreas Helgstrand team in Northern Denmark and visiting Jan Brink's stables in Sweden!



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THINK YOUR HORSE NEEDS THAT EXTRA DAY OF SCHOOLING A WEEK?

CAN'T FIND TIME ON THE WEEKENDS TO EXERCISE YOUR HORSE?

Why not let someone you know help out? For a limited time, Stephanie Neergaard is offering to not only exercise but school your horse properly. Trained her previous horse from Preliminary to Medium and competed successfully, she has also spent 3 months riding in Europe under Leonie Bramall and Andreas Helgstrand.



For only **\$50**, she will travel to your place, groom and tack up, ride for approximately 45 minutes and put the horse away.

This service is proudly offered to GN Equestrian Coaching members first.

For more information contact
0433 707 818 or email
steffi_n@live.com.au

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A Note on Entering and Competing Dressage in Queensland:

Thinking of competing this year? Had a look at the Equestrian Queensland Calender and wondering which competition to pick? There are numerous clubs and prestigious events held in Queensland, and you don't want to throw yourself unwillingly in the deep end! It's important to look at:

1. What do you want to achieve competing this year?

Having a goal in mind will make choosing competitions much easier! For example, your goal may be to qualify for the Queensland State Championships, therefore you need to check the qualifying criteria to ensure that you have easily qualified by the due date. Your goal similarly may be to compete at a Regional Championship. Or you may simply want to introduce your horse to as many different club grounds throughout the year as possible. Each person's goal is individual and doesn't have to be shared with anyone else. It does however, need to be specific and possible.

2. Choosing the level of difficulty –

Thankfully, competitions are split into star ratings to ensure that you can start at whatever level competition you choose. The higher the star rating, the higher quality of horses and riders are at the competition. The scale is outlined below:

Associate/Unofficial: most clubs will hold unofficial events throughout the year. This allows you to compete without the results being officially recorded on your performance card.

Official: Obviously then, an official event is one in which all the results are recorded in the Equestrian Queensland data base. There is no difference in terms of running the event between unofficial and official events, and the judges are often the same.

1 * events: Attracts more riders from a further abroad. Often prize money is introduced at this stage and the quality of horses also increases.

2 ** events: These are Regional Championships.

3 *** events: These are State Championships

4 **** events: These are National Championships.

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A Note on Entering and Competing Dressage in Queensland:

3. Choosing the club –

A list of clubs in the South East Queensland area includes:

- Brookfield Equestrian Group – Kenmore (no website, download forms off EQ Website)
- Caboolture Dressage Group – Caboolture (www.caboolturedressage.com)
- Cedar Grove and District Riding Club Inc – Cedar Grove (no website, download forms off EQ Website)
- Fig Tree Pocket Equestrian Club – Fig Tree Pocket (www.nominate.com.au/equest/venue.asp?venue=11)
- Lockyer Equestrian Group – Laidley/ Gatton (www.legs.org.au/)
- Logan Village Riding Club – Logan Village (no website, download forms off EQ Website)
- Nerang and District Equestrian Club – Mudgeeraba (www.nadec.net)
- Northcoast Active Riders Group – Nambour (www.nags.asn.au/)
- Northern Districts Hack and Dressage Club – Burpengary (www.ndhd.net.au/index.php?pr=Home_Page)
- Park Ridge Adult Riding Group – Park Ridge (www.prarg.com/)
- Redlands and South Districts Equestrian Group – Wynnum (<http://www.rasdeg.org.au/>)
- Samford Equestrian Group – Samford (www.samfordequestriangroup.com/)
- Toowoomba Dressage Inc – Toowoomba (www.toowoombadressage.com)

4. Printing and completing the entry form -

And get it in on time!

If you would like help choosing a competition, simply email or call Gitte.

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Feedback on the newsletter is always appreciated!

Cheers and happy riding,

*Gitte*