

Para-Dressage Newsletter

March 2010



Dear Riders, Coaches, Parents and Judges

FEI 3* CPEDI WEG and LONDON 2012 Qualifier 18 – 21 March 2010 (GHS)

To everybody that made the show possible a HUGE THANK YOU.

The International judges were Jane Goldsmith (GBR), Kathy Amos-Jacob (FRA) and Liz Day (RSA); the International steward was Chris Porterfield (GBR), and the classifiers Lyn Lawford (GBR) and Elsa Matthee (RSA).

Then a huge Thank you to Natascha Erasmus and Shelly Beckbessinger of the GHS organizing committee; to Danielle Pienaar for coordinating the Stewarding seminar, and also to Sharon Boyce. Without them our riders would not have had another opportunity to qualify for WEG.

Congratulations to all the riders, who achieved 60% or more on the Team and or Individual Championship Test. You achieved qualifying results for WEG and London 2012.

Herewith the results:

Team Test 2010:

Grade 1B:

Marion Milne	Shillelagh Shannon	: 66.36%	1 st
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Grade 2:

Wendy Moller	Willows Rafiki	: 70.00%	1 st
Nicole Sanders	Shillelagh Shannon	: 68.09%	2 nd
Anthony Dawson	Flaming Gun	: 65.24%	3 rd
Anthea Coullie	Harry Casual	: 64.60%	4 th
Kerry Noble	Derby Flyer	: 58.89%	5 th
Sarah Hughes	Bukkenburg Pennie	: 49.52%	6 th

Grade 3:

Sarone du Toit	Inschallah Diva	: 61.60%	1 st
Sarone du Toit	Bukkenburg Pennie	: 56.05%	2 nd

Grade 4 :

Cathy Lloyd	Davetsaub Anthrazit	: 60.83%	1 st
Sandi Norris	Arabian Ace	: 58.33%	2 nd
Lizette Smith	Brandenburg Sobriety	: 56.45%	3 rd

Individual Championship:

Grade 1B:

Marion Milne	Shillelagh Shannon	: 69.42%	1 st
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Grade 2:

Wendy Moller	Willows Rafiki	: 64.76%	1 st
Anthony Dawson	Flaming Gun	: 63.49%	2 nd
Nicole Sanders	Shillelagh Shannon	: 62.85%	3 rd
Kerry Noble	Derby Flyer	: 60.32%	4 th
Anthea Coullie	Harry Casual	: 60.16%	5 th
Sarah Hughes	Scratched		

Grade 3:

Sarone du Toit	Inschallah Diva	: 58.89%	1st
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Grade 4 :

Cathy Lloyd	Davetsaub Anthrazit	: 56.99%	1 st
Lizette Smith	Brandenburg Sobriety	: 51.29%	2 nd
Sandi Norris	Arabian Ace	: 51.07%	3 rd

Musical Kur:**Grade 1B:**

Marion Milne	Shillelagh Shannon	: 53.58%	1 st
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Grade 2:

Anthony Dawson	Flaming Gun	: 66.25%	1 st
Wendy Moller	Willows Rafiki	: 64.92%	2 nd
Kerry Noble	Derby Flyer	: 62.55%	3 rd
Anthea Coullie	Harry Casual	: 58.75%	4 th
Nicole Sanders	Shillelagh Shannon	: 55.75%	5 th
Sarah Hughes	Scratched		

Grade 3:

Sarone du Toit	Inschallah Diva	: 61.08%	1st
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Grade 4 :

Sandi Norris	Arabian Ace	: 67.08%	1 st
Cathy Lloyd	Davetsaub Anthrazit	: 60.58%	2 nd
Lizette Smith	Brandenburg Sobriety	: 57.58%	3 rd

These scores are significantly improved from the previous CPEDI3* in Cape Town and are evidence of the para riders motivation to work harder to achieve higher levels of skills and the necessary marks to move into the international arena.

All of this would not have been possible without the funding from Lotto and the support of SASAPD.



BRIEF NOTES FROM THE INTERNATIONAL COACHING CLINIC

Kathy Amos-Jacob and Jane Goldsmith conducted a very interesting and valuable two-day training clinic. Both judges emphasized the importance of knowledge of the training scales for both coaches and riders. The training scale is the blue print from which all dressage tests, including paradressage, are judged. It is like a lead rope, showing the way to an enlightened educational programme and philosophy for trainers and riders.

The Scales of Training

1. Rhythm – the timing, balance, and purity of the paces
2. Looseness – Supple and free of tension
3. Contact – soft and comfortable
4. Impulsion – the degree of energy
5. Straightness – bending on curved lines and straight
6. Collection – the degree of bend in the joints in the hind legs, and the horse carrying the weight on the hind quarters freeing the shoulder and allowing the bend in the forelegs to increase

A horse and rider need to achieve each point in the scale of training in order to get to the next level. It is necessary for the rider to be able to assess his performance on each of these scales in order to be able to improve.

Contact comes from the leg to the hand but for Para how this is achieved it different for each rider, some have leg problems, and some have unsteady hands. Grade I and II must use the voice to compensate for the lack of legs and must school their horse to voice aids.

Impulsion is energy, activity, and engagement – more “crispy”.
Impulsion is the capacity for the horse to have more strength behind.

Medium paces require that the horse has had enough schooling to make the back strong enough for the horse to produce medium paces.

The first phase of training is represented by training scales 1 through 3 and this requires that the rider becomes friends with the horse and achieves understanding and communication with the horse. The second phase is represented by training scales 2 through 4 requires that the horse develops enough strength to push from behind and thereby develop the capacity for increased propulsion. The third phase is represented by training scales 4, 5 and 6 and this requires the horse to develop the capacity to have more self carriage, where the horse works in an uphill frame with more weight on the hindquarters.

Straightness, if the quarters are falling out the mark cannot be more than 5.

If the horse is leaning it is not balanced and cannot bend laterally.

Horses can be crooked down the long side in canter and this is a fault which can be corrected by riding shoulder fore.

Coaches must work on straightness to enable their riders to have a straight horse irrespective of the rider's disability.

Collection – the horse is carrying more weight behind and has an uphill tendency allowing more bend in the hock and knee because the weight is carried behind.

The goal is to have a horse working through its back – “a happy athlete in harmony with an easy way of going”.

SANEF Talent Identification and Development (TID):

The SANEF Development initiative is starting to gain momentum and the initial focus was on Talent Identification and Development (TID) as this was where funding could be obtained through the department of Sports and Recreation (SRSA). SRSA informed SANEF that due to budget cuts the number and duration of camps needed to be reduced to a maximum of two 3-day camps. Unfortunately the funding SANEF received is insufficient to complete the initial plan developed by SANEF. So it appears that the next step will be for the provincial discipline committees together with the provincial bodies to develop a provincial TID programme that will dovetail into the National TID programme. The exact details will be communicated to all once the provinces have developed their plans and a national strategy has been agreed upon.

SRSA have given notice that the NAP programme is to be discontinued as of 31 March 2010; which is unfortunate for those para equestrian athletes who were on this programme.

Other Show Results:

1. KZN - 6 March 2010

Grade 2 Anthony Dawson: 64.76%, 65.71%

2. Sandi Norris (Grade 4):

The Manor: Stars of the Future
70cm Championship – 5th

Linbro Park Training Show
Adult Elementary Test 2 – 50%
90cm Class – 3rd

GROW PARA EQUESTRIAN OPEN DAY AT SHUMBASHABA EQUINE ASSISTED THERAPY CENTRE.

Shumbashaba Equine Assisted Therapy Centre and the Gauteng Para Equestrian committee will be hosting a training show and grow para equestrian day on the 1st May 2010. This event will be sponsored by the Centurion Lions who always provide many wonderful prizes and delicious hot dogs. So look out for an entry form on www.shumbashaba.co.za and bring along anyone who you know might be interested or benefit from the experience. Members of the para equestrian committee will be on hand to share information on how to get involved in the amazing sport of para equestrian.

Picture of the month: (Please send me your show pictures)

Due to the file size I can only include one picture of a rider at a show, therefore I will select a new one every month. This month we have the judges, and all the riders at the FEI 3* qualifier at KEP.



Until next time happy riding!!

Wendy

PS. Feel free to contact me if you have any tips, funny horsy stories or anything you would like to add.