

Centre Line



KZN DRESSAGE NEWSLETTER

JANUARY 2010

Chairman: Sue Horne

Kzn Dressage Website – www.kzndressage.co.za

Upcoming Events

International rider and trainer **Peter Storr** has been travelling to South Africa for the past few years. He presently goes to Gauteng but has agreed to come to KZN next year for a two day clinic. If there is enough interest, this will become a regular occurrence. Dates to be advised. The cost will be in the region of R1100.00 per lesson depending on the exchange rate at the time. If you are interested please contact KZN Dressage enquiries@kzndressage.co.za

Rob Dyer Seminar – 27th February 2010 – venue SAJA (to be confirmed) – cost R70.00 pp: Email nadinep@sos.co.za to book or contact her on 084 846 2132.

Mariette Wittages seminar - 24th April 2010. Please email enquiries@kzndressage.co.za for further information and bookings. This seminar is compulsory for judges and is open to all dressage enthusiasts.

20th & 21st FEBRUARY 2010 – Dressage Show at DSC – including **Musical Kurs** and Para Dressage Classes for all levels – Entries close 30th January.

HITS, TIPS AND COMMENTS - The HEART of the Matter

The heart plays a crucial role in our bodies, our mythology, our literature and our psyches. This makes it a special (and feared) organ for us humans. We speak of “broken hearts”, of “heartache” of being “heart sore” and we use many other heart related terms to describe aspects of our emotions.

All mammals, including, of course, humans and horses, have structurally similar hearts with similar functions. Basically, the heart is primarily responsible for ensuring the efficient circulation of blood, containing essential nutrients, to all the vital organs of the body including the muscles which are so important in movement. The healthy functioning of the heart is critically important to our equine athletes, as it is to human athletes (including us riders). However, there are important differences between the

hearts of humans and horses. Horses, not surprisingly, have bigger hearts than humans, but they also have slower resting heart rates and an ability to speed up that rate with exercise beyond the capability of most human hearts. This contributes to their phenomenal athletic ability.

There are other fascinating differences between the human and equine circulatory systems including the influence of blood flow through the hooves in horses, which assists in returning blood to the heart. We humans, lacking hooves, generally have to use our calf and thigh muscles to perform a similar function. A knowledge of these differences, and an awareness of basic cardiac (heart) functioning may even assist us in becoming better riders. For example, there is good evidence to show that some horses may appear calm but are actually terrified. This may manifest as not moving forward or “freezing” and an ability to measure the heart rate can show us that, even though the horse appears calm, his pulse rate is elevated and he is actually “stressed out”. - *Durban Cardiologist Rob Dyer*

Rob Dyer, a Durban Cardiologist (Heart Specialist) currently operating from Ethekwini Hospital and Heart Centre, will be running a seminar, discussing the signs and symptoms of heart problems in both horses and human athletes, how the horses differs from us, heart diseases and what to look for and fitness as it relates to the circulation. The seminar will be held on the 27th February 2010 at a cost of R70.00 pp, venue to be confirmed (possibly the SA Jockey Academy).

DRESSAGE COMMITTEE UPDATE

The **2009 Dressage tests** are available on the SANEF Website.

All riders competing overseas in FEI Competitions need to have a current International Licence: This licence is R1200 – R1368 inclusive of VAT.

Riders basing themselves overseas for more than 3 months (National or International need to obtain SANEF membership – R600 – R684.00 inc VAT)

Your Dressage Committee for this 2010:

Sue Horne	-Chairperson, Website, SANEF and KZNHS Liaison, Judges Liaison and
Belinda Smithard	-Vice Chair, Seminars, New Venues,
Nadine Parker	-Newsletter, Juniors & Children, Development, Officials & Scribes, Seminars
Sally McGrath	- Para Dressage (Chairperson), Development, Team Selectors, Judges Seminars
Jennifer Smith	- Marketing & Sponsorship
Pam Crompton	-Team Selections, Shows
Leigh Webster	- Finance, Marketing & Sponsorship

In an attempt to ensure regular dressage shows and over and above these portfolios the entire committee is involved as the show holder for KZN Dressage shows. If there are any members interested in becoming show holders, please could you contact Sue or Belinda.

CONGRATULATIONS

Lance Setter and All in song have upgraded to Adult Elementary.



THE JUNIOR 2009 KZN DRESSAGE TEAM REPORT BACK

Kirsten Wing – Angus Og
Savannah Wilmot - Roxby
Emma Brown – Voigtskirch Dekan
Deandra Mattioda – Ivar
Megan Berning – Tresor

The girls all rode exceptionally well, posting commendable scores, but were beaten by 2 better teams on the day. Interestingly, only 1 mark separated Western Province from Gauteng for 1st and 2nd, with KZN not far behind in 3rd! Sadly for Megan, Tresor pulled a muscle in his hindquarter, early in the show and although was improving all the time, the team event came just a few days too early for him. KZN were responsible for the top individual test mark of all horses in the team event, with 70,1% coming from Hakahana Angus Og and Kirsten Wing.

Our horses and riders had a good show in the individual classes. Herewith the main results:

ELEMENTARY MEDIUM

SA Individual Championship of South Africa (JM2)

3rd - Hakahana Angus Og and Kirsten Wing

JEM Freestyle Championship

1st - Hakahana Angus Og and Kirsten Wing

ELEMENTARY

Lower Championship (JE6)

1st - Zandor and Julia van Niekerk

2nd - Voigtskirch Dekan and Emma Brown

Lower Championship Consolation (JE6)

1st - Highlander and Kirsten Wing

JE Freestyle Championship

1st - Zandor and Julia van Niekerk

Final Results

KZN came away from the 2009 SA Junior Championships held in Durbanville, with a 3rd in the **Team Dressage Event**. The results were as follows:

1st Western Province



2nd Gauteng
3rd KZN
4th Eastern Cape
5th Free State and Northern Cape.



FEEDBACK and NEWS and LETTERS

NEWS

Gill Pater who has been very ill, has just come out of hospital and we wish her speedy recovery to good health. I thoughts are with you Gill.

Jackie Bridel one of our very dedicated National judges has moved to Australia and we wish her everything of the best and happiness for the future. The Dressage Community thank her for all her many years of hard work and dedication to the sport of Dressage. She will be sorely missed by all.

Jocelyn Constant who recently had a nasty fall is well on the road to recovery and we hope to see her back in the saddle very shortly.

Colleen Morris has bought a new Advanced Horse, Aladdin. We wish her great success with her new equine partner in the future.

Feedback

The Dressage Clinic held on the 19th December at SAJA with Sue Horne was a great success with positive feedback.

When we first got Gem we were told she 'didn't like' dressage being quite a hot mare, so, I was very pleased when Sue commented on how well Gem did her Serpentine and that she listens to my seat, which, Sue mentioned, many horses just don't do..It's great to get such positive feedback and encouragement to keep working on my dressage with Gem and I think the hard work is definitely paying off' - *Kylie Theys*

Thanks Sue for a wonderful Lesson – I now can do a fairly good shoulder-in and turn on the haunches. I really enjoyed the lesson even though it was really hard work. Please will you do another one for us – *Carey Grey*

Sue thanks doing the clinic for us, it was really good and I learnt so much, I am happy to say that I got placed 4th in the Sanef Schools Prelim class after working hard on all the things you told me to. *Ashleigh Young.*

REMINDER - Sue Bass will be visiting regularly and anyone who wants to go on her clinic must send an email to the Sue Horne (shorne@iafrica.com)

Welcome back to all our competitors – the dressage committee wish you and your equine partners all a successful competition year.