

Centre Line



KZN DRESSAGE NEWSLETTER

NOVEMBER 2009

Kzn Dressage Website – www.kzndressage.co.za

Upcoming Events

Sue Bass will be travelling from Gauteng to KZN and conducting clinics in the KZN area next year. Sue will be hosted by Pam Crompton at her picturesque property in Summerveld. Sue is a National B Panel judge and has been coaching dressage for many years. Sue has competed up to FEI level and teaches from Novice level to Advanced. Her pupils show improvement after the first few lessons under her tuition which reflects in their marks subsequently. Sue has taught many riders who have represented their provinces and also achieved SA Championship status. If you are interested please contact Sue Horne shorne@iafrica.com.

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. The first clinic will be early next year in January or February. If you are interested please contact Sue Horne shorne@iafrica.com

HITS, TIPS AND COMMENTS - How to Recognise Back Problems in your horse?

Qualified Chiropractors are trained to recognise and treat spinal problems. However, riders, trainers and horse owners usually know their horses better than anyone, and are often able to pick up whether or not their horses have a problem which needs special attention. Every horse owner should monitor their horses closely and by keeping a few simple things in mind, you can often recognise and treat a condition in its early stages which will prevent severe problems in the future. Following are ways to recognise back problems in your horse that require a chiropractic examination.

Your own observations:

Observing your horse closely and being able to recognise any changes in their recent performance and demeanour is one of your best tools:

- Has your horse's behaviour or performance changed recently?

If your horse is suddenly refusing jumps or bucking, or unable to canter off one lead it may indicate a back or pelvis problem.

- Does unusual or fluctuating lameness exist?

Unusual or subtle lameness that cannot be attributed to a specific joint in the legs is often due to compensation from a spinal problem.

- Has the rider or trainer noticed changes in the various gaits?

Look out for difficulties with collected or lateral gaits as these gaits require full range of motion and co-ordination.

Plaiting behind often indicates sacro-iliac joint pain. These are the joints that move the pelvis and need to flex for engagement of the hindquarters. This is where all the horses power comes from and without these joints functioning properly your horse will never perform at its full potential.

- Does the horse drag its feet or are the shoes worn down on one side?

Look out for a shortened stride in one or more legs.

- Have you noticed any uneven muscle development in your horse?

Often a horse with a problem in its low back or pelvis will battle to build muscle behind. If the problem is one sided you may notice that its gluteal(bum) muscles are a lot more developed on one side than the other.

This is called muscle atrophy and is a telltale sign that a problem exists that needs to be treated.

- Does the rider have difficulty sitting straight on the horse? This may due to the horse being in pain and shifting the saddle over, or due to uneven muscle build-up due to a back problem. Saddle fit is obviously something that needs to be addressed in these cases, as this may often be the causative factor of the back pain.

Examining Mobility:

The horse should be able to move freely in all directions without tension, with or without a rider. You can use some simple methods to check the mobility and flexibility of your horse. It should be even on each side.

- Using a treat (eg. Carrot) if necessary, ask the horse to turn its head and neck to the side so that it touches its flank with its nostrils. Less mobility on one side compared to the other could indicate a problem in the cervical vertebrae(ie. Neck).
- Test the lateral (ie. sideways) movement of the spine by placing one hand on the spine and with the other pull the horse's tail (from the base) carefully towards you so that its back bends around your hand. If one side is stiffer than the other it would indicate a problem exists in the middle or lower back.

Feeling the muscles:

Examine the horse's main muscle groups (especially the muscles on each side of the spine and pelvis), for pain, tension and asymmetry. The muscles of a trained horse should be symmetrical, and feel firmly elastic, but not too hard or too soft. If you place the muscles under moderate pressure by pressing firmly on them with your finger tips, the horse should not show signs of being in pain.

Feeling the spine:

Feel the spine from the withers to the tail, paying attention to any elevations and protruding areas of bone. Compare the two tuber sacrales (the bony points of the pelvis which protrude from the croup on both sides of the spine) – these should be level. Any asymmetries or unusual dips or elevations in the spine may indicate a problem, especially if it is accompanied by tenderness.

If you recognise any back problems in your horse, be sure to contact a qualified chiropractor, who has completed appropriate additional training in animal chiropractic. *[By Dr. Brendan O'Connor]*

DRESSAGE COMMITTEE UPDATE

The elected KZN Dressage Committee for 2010 is as follows:

Sue Horne (Chairperson), Belinda Smithard (Vice Chair), Nadine Parker, Jennifer Smith, Sally Mc Grath, Pam Crompton and Co-opted on is Leigh Webster.

Year end Message from the KZN Dressage Chairman

We have come to another end of an eventful dressage year. The KZN Dressage committee has endeavoured to focus on the development of the Dressage sport in KZN. We have tried to encourage our younger generation to compete in this very demanding discipline. To this end we have arranged several clinics through the year and intend to do many more next year.

I would like to personally thank all the committee members for their continuous hard work through the year. KZN Dressage is unique in that the committee is encumbered with the running of most of the shows during the year. This leaves precious little time as well as performing the normal committee tasks expected of them. I would like to thank the following people individually (in no particular order):

Pam Crompton, for organising the co-ordination of team selection, arranging all the judges for all the shows during the year and the photocopying of all of the tests.

Sally Mcgrath, who very ably took up the vice chairmanship for this year. Sally also communicated with Para Dressage and ensured that they were taken care of through the year in respect of classes within the able bodied shows. Sally also assisted in the arranging and running of seminars, occasionally taking minutes, fund

raising which was allocated to DSC to improve our grounds, and many other tasks around the organization of the shows.

Heather Cochraine, who assisted with the catering at the shows, and also the improvement of the grounds. Heather managed to secure some lovely silk flowers which now belong to dressage and will be used at the shows again next year.

Nadine Parker who assisted with the running of seminars, the implementation of the Good Sportsmanship Medallion, Volunteer Recognition awards, Reach for the Stars and Reach for the Universe awards, the arranging of the scribes and auditors for each of the shows and not to mention the very newsy and informative newsletter.

Jennifer Smith who managed to get us some coverage in some local newspapers and also arranged many of prizes, and gifts and sponsorship we always so badly need to help with the financing of shows

Karla Veerkamp who took on the unenviable task of balancing the books, arranging for rosettes and prize money for the shows. Karla also ensured that we always had an excellent venue available for some of our seminars.

Natasha Brown for the liaison with the grounds manager at DSC before shows and also some sponsorship for several of the shows. Natasha's husband donated some of the silk flowers.

Gill Pater for her assistance at the shows and also liaison with the Judges committee, arranging for Judges to take exams and shadow judge through the year. Gill assisted with the organization of the seminars.

Liza Penhorn for assistance with scribes and auditors and occasionally taking minutes.

Liz Day, Claire Bailes, Sharon Rhode, Juli-Ann Riley and Bev Pendock for giving up their time to run very informative seminars

In addition a very big thank you to all the Sponsors, judges, scribes, auditors, grounds personnel and staff at Durban Shongweni Club. In general the shows ran very smoothly (or as far as the public was aware) and the atmosphere was friendly and more inviting.

A Very Merry Christmas and a Happy New Year and we will see you again next year coming down the "Centre Line".

Sue Horne – KZN Dressage Chairman

CONGRATULATIONS

THE JUNIOR 2009 KZN DRESSAGE TEAM

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



Well done to all of you. Good luck and safe travels.

AUGUST 2009 KZN DRESSAGE VICTOR LUDORUM RESULTS

Advanced	-	Colleen Morris riding Dior
Runner up	-	Sue Horne riding F.D. Ref's Asterix
Adult Elementary	-	Heather Cochrane riding BM Management's Diplomat
Runner up	-	Jocelyn Constant riding Domino
Adult Elementary Medium	-	Catherine Berning riding Anky's Coeur De Leon
Runner up	-	Jenny Rencken riding Tess
Adult Medium	-	Catherine Berning riding Remus B
Runner up	-	Cathy Askitis riding Brandbach Algreco
Adult Novice	-	Natasha Brown riding Dageraad Zilver
Runner up	-	Carlet De Vos riding Mossandi Nikkei
Junior Elementary Medium	-	Julia Van Niekerk riding Above the Average
Junior Elementary	-	Kirsten Wing riding Hakahana Angus Og
Runner up	-	Emma Brown riding Voigtskirch Dekan
Junior Novice	-	Kirsten Wing riding Highlander
Runner up	-	Megan Berning riding Washington
Pony Rider Elementary Medium	-	Kirsten Wing riding Foresyte Fortune Finder
Runner up	-	Kirsten Wing riding Bridesdale Raindragon
Pony Rider Medium	-	Kirsten Wing riding Foresyte Fortune Finder
Pony Rider Novice	-	Amber Watson riding Midnight Sambuca
Runner up	-	Jennifer Barrett riding Pablo Picasso



ADULT DRESSAGE CHAMPIONSHIPS 2009

Mossandi Nikkei and Calet de Vos won the Young Horse Championships

Liviuis and Catherine Berning won the Young Riders Championships

The Adult Dressage Team of 2009 was placed 2nd overall on a score of 67.89%. The team comprised of;

Sue Horne riding FD Ref's Astrix
Vicky Mostert riding Ferragamo
Anton Mostert riding Lambada
Catherine Berning riding Coeur De Leon
Fee Berning riding Remus B



Well done to all of you.

KZN Adult Dressage Team – SA Champs Kimberley 2009: Chef D'equipe Report

The talented team of Vicky Mostert, Anton Mostert, Sue Horne, Fee and Catherine Berning travelled down to Kimberley for the Individual SA Champs and Team Event, accompanied by friends and family and the ever faithful and hardworking grooms! All the horses travelled well and were relaxed and settled for the start of the competitions.

Our hosts at Kimberley had put together a wonderful venue, with all three arenas riding well and the main arena beautifully decorated. Catering was available from early in the morning till late in the evening, and all our accommodation was close to the venue. The only thing that they couldn't control was the weather (hot and windy) and the dust which got into everything (white is not a good colour to wear!!!)

Unfortunately Liz Day and I arrived midday on Wednesday and missed our first KZN competitor riding – Catherine Berning on Coeur de Leon, with a fabulous score of 66.87%, putting her 3rd in the EM3. She followed this up with a grand performance on the Thursday in the EM6 with 63.75%. On Friday in the Championships (EM6) she was just out the placings with 64.79%.

Fee Berning on Remus B presented a credible test (M3) with 59.84%, but not good enough to beat some strong competition from GHS and EC. Fee and Remus rode the M6 on Thursday ending with 62.36% - just outside the placings.....so frustrating for the team so far!! In the Championship class on the Friday this combination achieved 62.50%, clearing gaining better marks as the competition moved upwards!

Vicky had had a nasty accident just prior to leaving for Champs, but soldiered on and rode with a sore back and hip and a screaming headache! Her first test on Ferragamo produced 60.86% (A2), with Sue on Asterix achieving 65,17% and 3rd place. On Thursday Sue and Asterix in the A3 scored 62.20%.

Anton on Lambada (60.57%) were in 2nd place in the A6, with Vicky on Ferragamo 57.04%.

In a tight competition for the Int 1, Sue and Asterix achieved 62.1%.

The SA Individual Champs were tightly contested with Anton scoring 56.42 and Vicky 55.94% - Marinier/Elena Bosman won with 60.15%.

By Friday evening we were all fed up with the heat and the dust – so Len Mostert and Fee Berning kindly treated the team a fabulous dinner at a local Italian Diner (thank you so much).

Catherine won the Young Rider Championship on Livius 67.01%, and just out the placings with Coeur de Leon with 64.12%.

Sunday dawned hot and dusty again, with the team event starting at 7.30am – fortunately we had drawn 4th so had a little more preparation time. The hard decision had been made and Sue, Vicky, Catherine and Anton rode in that order with Fee taking the flag with much dignity (although she had to hand it over to Oliver who had kidnapped a pony and led the parade!)

Our riders performed exceptionally well, and the competition was hotly contended by all five provinces represented. Unfortunately, we were pipped at the post by 0.8% by GHS (68.97%) who managed to pull out just that little more that we could on the day! Our final score was 67.89% followed by the FS/NC, WP, Mpumulanga.

Congratulations to this team who represented our province with professionalism and pride!

Sally McGrath
Chef d'equipe

Final Results

1 st	Gauteng	68.97%
2 nd	Kwa-Zulu Natal	67.89%
3 rd	Free State/Northern Cape	66.97%
4 th	Western Province	65.70%
5 th	Mpumalanga	56.87%

FEEDBACK and NEWS and LETTERS

Thank You

The KZN dressage committee, on behalf of all of the members and supports, would like to thank Herman and Natasha Brown for so kindly donating R2000 worth of artificial flowers and plants to the discipline for show and arena decorations.

On behalf of the members and the committee of KZN Dressage we would like to thank Heather Cochrane and Natasha Brown who served on the committee for 2009, and, Karla Higgs who served on the committee for 2 years but did not stand for nomination again in 2010. Thank you for your support and dedication to the discipline.

Gill Pater has served for many years on the KZN Dressage Committee. Her expertise has been invaluable and her dedication and contribution to the discipline has been beyond measure. Gill decided not stand for nomination again. The committee and members of the discipline would like to thank her very much for all that she so graciously contributed through the years.

Feedback

The "Results Database" on the website is now up and running. I tested out and was most impressed with the speed and the look and feel of the database. Well done to Sue Horne and her team and thanks to you all for keeping the database up to date and running. I was most impressed when I clicked onto a horses name and was able to see the details regarding breeding, date of birth, owner, colour, passport number, sire, dam, gender and performance history.

Please let us have your nomination forms for Volunteer Recognition Awards for 2009. These people willingly give of there time at show after show and we need to recognise their commitment to our discipline. The nomination form can be found on the dressage website under notices. www.kzndressage.co.za

SHOWS

Every effort will be made to ensure that prize winners receive their prize money and rosettes at shows. In view of the fact that prizes often originate from sponsors and out of respect for the generosity of such sponsors, prize winners are expected to do all that is possible to attend prize giving as a show of respect, alternatively to advise the show holder why they are unable to attend and make the necessary apologies.

Challenge

Pony rider Natasha Rothman riding Dreamer's Gem has been challenged by Nadine Parker to move up to elementary level before October 2010. This young partnership is already scoring in the 60's in novice so I am sure that with a little effort they can do it. I'll be will be watching and Good Luck Natasha.

IMPORTANT NOTICE

The KZN DRESSAGE COMMITTEE BANKING DETAILS HAVE CHANGED. PLEASE USE THE BANKING DETAILS AS INDICATED ON THE ENTRY FORM.

FINAL WORD - 2009

As this year comes to an end, we wish all of our riders and their horses and ponies a safe and restful holiday.

Have a wonderful Christmas and travel safe, those of you who are going away.

