



Hoofbeats



Inside this issue

Prez Sez.....	2
Feature article.....	4
Arena etiquette.....	8
Club news & updates.....	10
Member profile.....	11
Event review.....	12
Jumping article.....	13
Photo gallery	15
Members' offer.....	17
Contact us.....	22

Prez Sez

Hey everyone,

Its hard to believe the end of summer is nearly here. What a fabulous summer we've had – so many amazing summer days to get out and enjoy our horses. It also made for a bumper season in hay. My shed is packed to the rafters which is simply the best feeling (and not to mention a relief after the flooding at Christmas).

I've really enjoyed the first half of the season with my girl. We've done a little bit of everything (as we usually do) and even had a go at a cowboy challenge – which does seem to be getting more and more popular these days.

By now you are all mostly likely like me back in the swing of work after the holiday period. That doesn't mean it's time to stop riding though. So far this year we have run some fabulous events and have more to come.

This upcoming weekend we have the Derby Day down at Massey, and not too far after that we have our annual Inhand Ribbon Day – always a super popular day.

This season we were lucky enough to have an international judge and musician come over – Barry Kelvin-Hall. We were so lucky to have someone of his calibre running an event for us – he has scored music for some pretty fancy riders over in England. See page 12 for a write-up on the event.

Also check out page 17 for a special "Outdoor Gal" package from one of sponsors, Renew Skin and Beauty. This was designed especially for WRC members and their friends and family – so make sure you take advantage of it!

To all of our members who are heading down to compete at Horse of the Year, we wish you a safe journey to and from Hawkes Bay; and lots of luck with your competition. We'd love to hear how you get on down there; keep us posted via the Facebook page.

Finally, I want to do a shout out to our volunteers at our events. We really do appreciate each and everyone of you – and it's the reason our events are always so successful.

Looking forward to seeing you soon at one of our upcoming events. Until then...

Happy riding,

Jody



UPCOMING EVENTS

DERBY DAY: Sunday 3rd March, Massey PC

INHAND & FLAT RIBBON DAY: Sunday March 31st, Massey PC

DRESSAGE DAY 3: Saturday May 11th, Woodhill Sands

Other upcoming events (dates tbc):

- ◆ Have-a-Go Dressage Day
- ◆ Showjumping Day 2
- ◆ Quiz Night

See the website [Events page](#), and keep an eye on Facebook for updates.



A few pointers on points....

Hi all, a message from your friendly points administrator! I just wanted to draw your attention to the fact we post all our show results on the WRC website. If you notice something wrong with your results, please email me on hayley@wrc.org.nz ASAP so we can amend it.

Also, please make sure when you enter WRC shows that you enter your horse's name consistently throughout the season. I don't know that Bobby is actually El Braddo Pitto, which could mean you get half your points for the combination of Johnny Depp riding El Braddo Pitto and half the points for Johnny Depp riding Bobby... combined Johnny might win a cup, but split like that he may not! Thanks guys!

LATEST RESULTS

[DRESSAGE DAY 1](#) - November 11th

[DRESSAGE DAY 2](#) - February 9th

[CHRISTMAS CLOSED RIBBON DAY](#) - December 16th

[TWILIGHT SHOWJUMPING ROUND 1](#) - January 25th

You can check out the full list of results on the [website](#).



“Pride & Prejudice”: the story of Pemberley Stables

Melissa Steed is a local instructor, judge, dressage rider, and sponsor of Waitemata Riding Club. She shares with us stories from her pony-mad childhood on the North Shore, to establishing **Pemberley Stables**, and the inspiring journey of training her own dressage horses up to Advanced.

The very first ride...

“I’ve been involved with horses since I was 8. We lived in Glenfield not far from Chelsea Pony Club...by chance my mother was working with the Head Instructor there, and one day she bought her horse to our house for a visit! I was allowed to sit on him under our washing line and I could just reach the stirrup irons (they were run up at the time!)

“My grandfather bought my first pony called Honey; she cost \$200 and that included the saddle and bridle. I have no idea how old she was when we bought her, but she was with us until she died when I was in my 40s.”

Old-school antics...

“We grazed in communal grazing in Sunset Road. All the kids were dropped off in the mornings and picked up later that day. I can’t remember any parents being present and we just rode and hung around all day. Some kids had black hats with elastic under the chin and some didn’t, some with saddles some not. I don’t think there were many accidents but there was a lot of falling off.

“We didn’t own a float...so it was normal to ride to a competition an hour away, ride all day, and then ride home.

“The council had run out of money to finish the Northern motorway from Tristram Ave to Sunset Road, and it was just clay. We would ride to the end and then gallop back.”



Childhood memories...Melissa aged around 8

That first scary instructor...

“I started having “formal” lessons with Dorne Grime (Nelson) in Foley Quarry Road. I was in awe of the set-up, with an arena and stables, and the ponies were all well-schooled (unlike mine).

“Dorne was a very scary teacher, English-trained and very particular with the ponies’ management. It was a good training ground...and I still use a lot of those teachings and structure in my lessons today.”

The brand new WRC!

“Fast-forward to 1985 and I was studying at University, having no idea what I was going to do. Our grazing had moved to where Pinehurst School is now - right next door to Clemow’s orchard. I had been having a few lessons on my hack with Sue Clemow. Her working pupil had just left, so asked if I could work there, and then left University.

“It was a busy riding school and I would get the ponies ready for lessons, and then started taking out rides and lessons myself.

“Sue was a fantastic employer and now dear friend. She always encouraged me to progress, and helped finance me into buying my first dressage saddle and clippers.

“Sue also came up with the idea of the Waitemata Riding Club! We had the first meeting at a church hall in Torbay and I was the vice-president.”

Off to England...

“I decided to follow in Sue’s footsteps and went to the UK to do my BHSAI at the same riding school that she did. I did the intensive course – which involved a lunge lesson to start the day, then two hours of flat work, followed by jumping in the afternoon.”

And home again...

“When I returned to NZ, I had to get a “proper” job as Trevor and I had married and bought 10 acres in Waitoki; and we had a mortgage to pay.

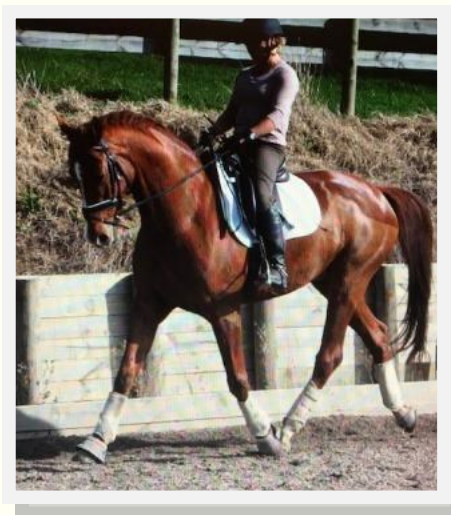
“I worked in the power industry for about 15 years and went through various restructures, job titles and name changes. I had a team of people who I managed in the call centre and field services organising all the metering and contracting jobs. I guess now I could have become a well-paid manager, but the horses were always in the front of my mind (and I was always keen to finish at 4pm and get home to them!)”

...to where the horses are

“I’ve had all sorts of different horses. Although I love the warmbloods for dressage, I’ve owned two thoroughbreds who were also very good.

“I had a lovely big old-fashioned thoroughbred Timmy who I did dressage and show hunter with. He was always in the placings and a gentleman to have around. We would hack all over Waitoki, and I could do all the gates including electric tapes from on top.

“I’ve never sold a horse in my life. I often wish I could, but I am far too soft and they all become family whether they are any good or not. Hence it’s not a very good business arrangement, financially or competitively!”



Melissa on board the gorgeous Mr Darcy, who she produced through to Advanced

Catching the serious dressage bug...

“Don Amici (Darcy) was when I became really involved with dressage. I purchased him from Robin Potter as a green-broke 3 year old. He stands over 17hh, and I’m only 5ft 1, so it was always going to be a big task to ride him!

“Looking back I’m very proud of what we achieved together. We went from Level 1 right through to Advanced, working some GP movements, and learning the whole time together. I guess it would have been much easier if I’d had a schoolmaster but I doubt if I would have learnt so much.

"I had weekly lessons with Louisa Hill for years and she bought over a German trainer Andreas Mueller a number of times. I learnt so much in those lessons from him about the horses being connected and being truly forward.

"As we developed through the levels, I've had a number of trainers. Leonie Bramell also from Germany was great, very tough but really got results. Also Caroline Hooper and Andrea Bank has helped me."

The start of Pemberley Stables...

"Over this time I had no arena at home - or yards or stables - so there was a lot of time spent going out to school Darcy. I had a meltdown one day (!), after which we decided to add even more to the mortgage and put in stables and an arena.

"This is how Pemberley Stables was created. Pemberley was the home of "Mr Darcy" in *Pride and Prejudice* and it is now our Darcy's home!

"Ever since leaving the riding school in 1990, I had always given odd lessons and also judged local days. Once we had the arena in, it just grew from there.

"I now teach 3-4 days a week and also judge. I still work part-time as a receptionist at Visique optometrists in Millwater. It's quite a juggle to fit it all in; however it's good to have a back-up income, especially over winter.



Melissa teaching a young rider at Pemberley Stables

And the talented Rico...

"I can't believe that Darcy is now 18, he is happily still being ridden by Trevor and doing the odd competition. When I ride him he feels like a giant now. But after a while I get used to him again, and go off playing with flying changes and passage..."

"We purchased the beautiful Del Rico (Rico) as a succession from Darcy. In hindsight probably before we should, as it was jolly hard having one in full work and one young one.

"My horses all seems to be quite high maintenance, I am envious when I see other riders able to go to the beach etc with no dramas but mine are pretty full on...and I wouldn't trust them not to disappear never to be seen again. I always want to have a shut gate around them!

"Like the others, Rico has been a challenge. He has amazing talent and athleticism and is extremely smart and also very stubborn and arrogant. Only a few have witnessed a full on "Rico Rodeo" but it is impressive!

"He is now working towards Advanced and finds the work easy but we still struggle (a lot!) with his submission. By some stroke of luck I came across a talented young boy who wanted to jump my pony Spice. Ben has been riding with me for 4 years and now has the competitive ride on Rico. I had been struggling with a bad back and then broke my leg. Ben rode Rico over this time and being young, supple and brave he was able to ride through Rico's antics.

"People ask me why I don't compete Rico at the moment; and although I miss it to a degree, for me it's always been about the training and also the horse.

When I see the natural ability of Ben and Rico together, I really want to see how far they can go.

"I still do a fair amount of training at home on Rico, and he is becoming much more rideable; so I may do some local shows when Ben is away show-jumping."

contd over page



Melissa having a post-test discussion with Ben, who has the ride on her young warmblood Rico.

On the rewards of teaching...

“I love teaching the amateur riders, and have had a number who have been new to dressage start to compete and do really well. I think a lot of amateur riders don't realise they are actually close to being quite competitive, if they just get a few basics established.

“I've just passed my List 3 judging exams. I think it really helps with teaching as you have the training scale in the back of your mind, and the technical requirements for each movement.

“I feel really confident and comfortable with my teaching style now. I like to look at the whole picture - horse and rider, and how they work together.”

And the all-important supportive husband..!

“It's really hard to juggle time away from the horses but I also really love gardening and developing our 10 acres. We bought the property as basically a bare block and now it's park-like, so quite an achievement on a slim budget. I also really enjoy good food and cooking; although not after a full day teaching!

“I wouldn't be able to do any of this without Trevor supporting me. He is very competent with the horses and we both know the routine very well. He often has to come home from work and finish the horses whilst I'm teaching, or transport Rico to or from a show whilst I'm judging. I'm very lucky!



Husband Trevor, bringing in the horses

“Lastly, Waitemata Riding Club has developed into such a supportive club for many; and it's great to still be involved with it through all these years.”



Melissa is available for dressage lessons – either at Pemberley Stables in Waitoki, or at your venue in the greater Auckland area. She teaches all levels, from Novice to Advanced.

Phone: 0274 797807
Or email: tmsteed@outlook.com

“MIND YOUR MANNERS”: ARENA ETIQUETTE

Who should 'give way' in the warm-up ring? Can the gate steward refuse you entry?
And when should you introduce yourself to the judge when show-jumping?

Show judge **Tayla Mirabito** show-jumping judge **Hayley Drury** provide some tips on competition etiquette.



Tayla Mirabito is both a judge and a show rider herself. She says the same etiquette applies whether you're competing at HOY, or your local ribbon day—and that good manners should be a given!

> “Always keep in mind that the judge, steward and everyone organising the show have given up their time on the day...as well as the committee many months before. A thank-you goes a long way.”

> “Always be on time for your class...don't be that person not paying attention. The day is usually long enough as it is for everyone and the horses. The gate steward is entitled to close the gate once judging has started.”

> “If you decide to retire from the ring, you **MUST** tell the judge or the steward. Do not just disappear.”

> “Don't clog up the entry/exit...move through and keep going until you're out of the way.”

> “If someone has a horse that is nervous around other horses, please respect that. The rider is doing their best to look after the horse.”

> “Give yourself plenty of space. Never ride right up behind other people; it can be upsetting to the other combination.

> “The size of your circle should be the outside of the ring as much as you can. You shouldn't be riding any closer, unless you need to try to calm your horse down.”

> “Riding in closer to the judge won't give you any advantage—they won't tend to pay you any more attention. It's actually a pain to have someone cut to the inside when you're trying to watch another horse.”

> “If you do a work-out, make sure you stay in the designated spot (normally behind the judge). And don't get in the way when the judge is watching another horse.”



> “When the judge puts on the ribbon, say thank you and make sure your horse is standing as still as possible. Don't let your horse rub its head on the judge—we don't like it, especially if the horse is wearing make-up.”

> “Once all the ribbons are on, it's nice to say “well done” to the other competitors. Lastly, don't forget to smile, and have fun! Any show day is an opportunity to make new friends...”



Hayley Drury is a registered show-jumping judge with Equestrian Sports New Zealand (ESNZ).

She has judged at a range of registered and unregistered events—from Pony Club shows through to World Cup rounds; as well as competing herself.

> “Jumps in the warm-up area will usually be flagged—with the red flag on the right, white on the left. Always jump with the red flag on your right.”

> “If there’s someone riding past the jump you are about to do, call out “rider coming through” or “doing the vertical” etc.”

> “While you are allowed to lower or raise the warm-up jump height, it shouldn’t go 10cm above the height or width of the current class. If you’ve entered in a 70cm class, for example, you shouldn’t be warming up over 1m fences!”

> “Do not lunge your horse in the warm-up ring.”

> “No-one should ever hold the pole while someone is jumping it. Do not lie things over the poles e.g jumpers, blankets etc.”

> “If it is blackboard order (i.e not back number or draw order) then introduce yourself to the judge, starting with your horse’s name.”

> “You have 45 seconds from the time the judge rings the bell to go through the start flags. If you are over this, your round time will start once the 45 second countdown has finished. This may result in time faults or even elimination.”

> “If you circle/cross your tracks or have a disobedience (i.e your horse stops or rears), it is counted as a refusal of the next jump.”

> “If you lose a stirrup and need to get it back, you can come down to a walk without being penalised. But do not stop fully, or cross your tracks.”

> “If you see a fence that wasn’t rebuilt from the last round, either alert the judge before your round starts, or if it has already started, don’t stop! If it is safe to jump, you can jump it un-penalised (provided you do not take the top rail down). Circling or stopping can still result in penalties until the judge rings the bell to stop the time.”

> “If you have a refusal in the ‘b’ element of a combination, you must jump the whole combination again. If you took a rail at ‘a’ and then had a stop at ‘b’, the judge will ring the bell and your time will stop as the jump gets rebuilt. On the next bell, you will need to jump the combination again. The penalty for knocking down a jump that needs to be rebuilt is i) the faults for the refusal/knockdown plus ii) 6 seconds added to your time.”

> “If your horse stops, breaks through the jump, then jumps through—and you do not hear the bell— that means the judge has marked you down as a rail fall rather than a stop. So the golden rule is KEEP GOING UNTIL YOU HEAR THE BELL!”





CLUB NEWS & LOCAL VIEWS



Magic at Muriwai...

Have you seen this stunning video of horses at liberty on Muriwai Beach?



The short film was produced to raise awareness of the **Equine Pathfinders Foundation**, a charity that is based at Dune Lakes Lodge in South Kaipara Head.

Since being posted on their website and Facebook page last year, the video's had more than 25,000 views.

Says Rosemary Wyndham-Jones: "It's always been a dream of mine to film the horses at the beach...and we knew it would be a great way to raise the profile of the Foundation and its programmes. I'm lucky to have friends who are talented filmmakers and supporters of the Foundation."

"During one of our kid's camps, we took 8 horses and 10 kids down to the beach one afternoon when we thought we might get a good sunset. We put tape up across Wilson Road, and walked the horses down the beach north towards the lagoon, then let them go to gallop back."

Mark Lapwood is the cinematographer and Ellory Elkayem the director for the 2.5-minute film, which was shot using drones and an ATV-mounted camera driven alongside the galloping horses.

There were three takes of the half-kilometre gallop, and Rosemary says while the horses were very well-behaved, she was even more proud of the kids – who patiently spent hours helping to organise the horses, then rode home again that evening.

You can view the video on the Dune Lakes Lodge [website](#) or [Facebook](#) page.

*note: if you're ever tempted to do something similar yourself, you'll need to arrange the necessary permissions from the local Council



WAITEMATA RIDING CLUB

Derby Day @ Massey PC
Sunday March 3 2019

- Members Entry Fee: one round \$25, two rounds \$40 (Incl GF) – two max.
- Non-members Entry Fee: one round \$45, two rounds \$60 (Incl GF) – two max
 - Entries close February 24, 2019
 - Enquiries to: Hayley or Tash as per WRC website
 - Rules, Scratchings and Refunds as per WRC website
 - No dogs on grounds – no exceptions
- The A and B are the same course, however you can either do two rounds the same height or give the next height up a go!

Classes:
Pre-intro A
Pre-Intro B
Intro A
Intro B
Pre-Training A
Pre-Training B
Training A
Training B

- Fastest time wins.
- Knocking down a pole results in 4 seconds added to time. Refusals don't add time but 3 refusals is elimination



- Enter online via Google Forms (Link on WRC Website) or [here](#)

SHOUT OUT TO OUR VOLUNTEERS

Congrats to **Christine Andrews**, who won our latest

Volunteer of the Quarter prize draw. Christine helped out at

our Dressage Day 1 in November, and was thrilled to win a

\$150 voucher from Horselands (Kumeu Grain).

Here's a recap of how it works: all volunteers at our events receive a \$30 WRC voucher (redeemable at future events), or \$15 for a half-day. Plus every three months, we put all our volunteers from the past three months into a prize draw for Volunteer of the Quarter (a full day = 2 entries, a half-day = 1 entry).

The lucky winner, drawn at random, receives a \$150 prize from one of our fantastic Club sponsors.

Member profile: meet **Vanessa Wragge**



Horse: Jake (Midnight of Takou Bay), a 14hh purebred registered Connemara pony, age 21

Occupation & home life: "I'm an Account Manager for OfficeMax, looking after a portfolio of schools, mainly on the North Shore. I live with husband (Steve), two cats and a dog (Isla). Our son Dylan has just moved to Sydney for his first job after graduating at the end of last year. So the 'empty nest' syndrome means I have more time to play with the pony! Steve is an avid golfer; he plays at the Helensville club, so he understands all about time-consuming hobbies!"



About Jake: "I've owned Jake for 10 years. I think that ponies sometimes find their new owner...Jake came to me originally on lease from the TallyHo Connemara Stud in Canterbury after I lost my horse in a freak paddock accident. Jake's previous owner had sadly passed from breast cancer, and Sharon at Tallyho was wanting to find a forever home for him; he was a very loved pony. I think Jake is my 'Pink Ribbon Pony'...I like to imagine that somewhere/somehow Robyn knows that he is cherished and is enjoying the best life that I can give him."

I'd describe our partnership as: "And I don't want to anthropomorphize here...but I think we have a great understanding of each other now (like an old married couple!) Jake likes me to be calm and consistent with him, and I recognise the signals when he is worried and needs reassurance. I used to over-ride him but now I am learning 'just to think' what I want him to do, he is there in my head (weird?) and often needs just the slightest aid. But then there are other times when a mad gallop is his solution!"



Our best moments together/highlights so far: "At the end of last year we finally rode some Level 1 tests and I didn't forget them. Hours and hours of hacking in Woodhill Forest—that really is our happy place. Winston Churchill knew what he was talking about when he said: "No hour of life is wasted that is spent in the saddle."

What I enjoy about WRC events: "The support and encouragement from all involved so that I feel able to 'have a go' at the events and not feel intimidated. The friends I have made—you want to go to the events just to meet up with great people."



My riding goals for the future include: "More Level 1 tests (kind of gets addictive, this dressage lark); and some jumping events, although Jake is a notoriously unreliable jumping pony. Jumping is such fun—even though I now can only do 50cms before I start to hyperventilate! And to continue training with my great instructors—Scott McKenna, Sue Pennington and Angeline Nobile. A few years ago Jake was so tense and carried himself like a llama; I recognised that I needed help in learning to ride him correctly. Now the more I learn, the more I want to learn...and it's rewarding when you see positive changes in both yourself and your pony."

EVENT REVIEW: “Dancing with your horse” seminar

Written by Moyra Matson

Our Trainer: British Equestrian Choreographer and Musical Freestyle Judge, Barry Kelvin-Hall. Barry is a British Dressage Judge and a professional musician who created the “*Dancing with your Horse*” programme (Dancingwithyourhorse.com).



Our Pupils: An eager group of approximately 10 – 12 WRC members and non-members with aspirations of creating that wonderful harmony between horse, rider and music.

Our Rider: Sue Pennington, professional rider and coach.

(Unfortunately, Jody Paddy had to scratch from riding due to an unexpected medical issue with her mount. Well done for still joining us Jody!)

Our Dance Partners: The beautifully calm and kind Brooklyn, owned by Jordana Ashby; and the handsome Harry Potter, owned by Judy Beavan.

Firstly, a huge thank you to Sue Pennington for making her property available to host the event. What we lacked in size of the group was certainly made up for in enthusiasm. As Barry arrived and settled himself into a folding chair amongst us all, it was obvious this was going to be a memorable morning.

For me, a busy few weeks at work meant I hadn't done my usual research prior to an event like this. But Libby's intro to Barry outlined that his life to date had centred around two very magical things – riding and music, and a combination of the two that creates something totally next level.

As Barry's website says, “**All horses can dance, they are just waiting to be asked** (I've done my research now)! However, such a beautiful statement left some of us wondering if this was simply for the chosen few. You know the ones...those riders with natural feel and ability that sit on horse and immediately become one with their mount. They live in a place where everything looks effortless unlike the rest of us that suffer from self-doubt, inconsistent results and a feeling that something like this is way out of our grasp.

However, thanks to Barry and his down-to-earth approach and knowledge - coupled with a brilliant sense of humour - we navigated our way through a range of topics, feeling more and more confident as the morning progressed.

This was a very interactive seminar with many clever exercises that really helped us all understand what's happening underneath us when we sit on a horse; why a horse may struggle to do certain things; and of course how ride to allow the horse to move the way we want it to. Barry had a real knack of breaking everything down into bite-sized portions that we could analyse and stitch back into place to complete the big picture.



His skill and understanding of music provided us with some amazing tips and tricks to craft our own musical test. He also provided hand-outs on how to use the arena creatively, from both a judge and rider's perspective.

Our morning ended with the Freestyle Showcase – our demo rider Sue Pennington on the very handsome Harry had choreographed her own test and selected music from Barry's list (available on his website) which was adjusted to suit Harry's tempo. So we all moved ringside, cranked up the speakers and enjoyed watching Sue and Harry show off their moves to the ever-popular rock sounds of 'Queen'.

I'm confident that I can speak for all participants in thanking WRC for organising such a great seminar. It was fun, and hugely informative...and watch this space, as we may see a surge of musical dressage tests in the near future!



“Up, over and away”: horse & rider biomechanics for jumping

What does the perfect jumping position look like? And how does it help your horse perform better? In this article, Waimauku-based equestrian coach **Sue Pennington** explains how rider biomechanics can result in an effective and balanced jumping technique.

Sue is a certified ‘Ride with your Mind’ instructor. Last year she travelled to Britain to attend a jumping training course with RWYM founder, Mary Wanless. This is Part 1 of a two-part series of articles.

What is rider biomechanics?

Rider biomechanics is the rider’s ability to organise their bodies (muscles and limbs) so that they can match the forces exerted on their bodies by the horse. Each movement of the rider has an influence on the biomechanics of the horse – and in order for that to be a *positive* influence, riders need to be strong, stable and supple. The aim is for our bodies to have the texture of putty – as opposed to jelly, or concrete!

When riding, it should be our goal to improve the horse’s way of going. In other words, we want to help the horse develop the correct muscles for the job of riding/jumping (horse biomechanics). Developing the horse correctly will help the horse stay sounder for longer as a ridden horse.

In both flatwork and jumping, being in synchronicity with the horse creates the image of effortless riding.

Why is it important when jumping?

The first reason is probably quite obvious – we want to stay on board! So we need stability during all phases of the movement; the approach, over the jump, landing, and after the jump.

The other main reason is control – or being able to positively influence the horse when jumping. As a rider and horse combination, this allows you to: i) approach the jump in a pace that has the appropriate rhythm ii) ensure you and your horse are straight and are both in balance coming into the jump iii) being able to maintain the straightness and balance over the jump, and iv) landing and moving away from the jump in balance, straightness and in an appropriate rhythm.



A good jumping effort has a calm approach that is straight, in balance and in good rhythm. The horse and rider leave the ground in harmony, maintaining straightness and balance over the jump (with neither horse nor rider twisting or any other fancy acrobats to make it over the jump). They land safely on the other side to canter away from the jump ready for the next obstacle – and with all the rails still in the cups!

How does it compare to flatwork?

There are more similarities between riding on the flat and over jumps than differences. In fact, the actual jump is a very small portion of the actual activity of jumping!

For jumping, the rider in the approach and over the jump will have a bit more weight in their heels than when riding on the flat. However riders will still be aiming for 80% of their weight to be carried through their thighs; and they will be aiming to have their weight equally distributed left and right. Their core muscles will still be activated - potentially quite strongly coming into the jump, as this will assist the rider in having forward-thinking hands rather than pulling-back hands (which would interfere with the horse’s hind legs). The rider’s bum should still be over the horse’s centre. This can be achieved by folding into jumping position, then thinking ‘move the bum back’.

What is the ideal jump position?

Again, there are many similarities to the ideal flatwork position. These include:

Alignment. The front and back lines of the rider need to be equal. If the rider was to measure from the nape of their neck to their pubic bone in the front of their torso - and then measure from the base of their neck to their coccyx at the back of their torso - these measurements should be more or less equal. This equal front and back line needs to be maintained in the approach, over the jump, on landing, riding away from the jump, and in between jumps.



During the approach, riding away and in between jumps, a rider's alignment should be: ear, shoulder, greater trochanter and the outside knobble of the ankle bone. Front and back lines equal (as above). Seat bones equally weighted and equal distance away from the spine; thighs snug (from the top of the thigh to above the knee); knees gently "hooked" onto the saddle; and lower legs gently against the horse ready to give an aid if required. Toes and knees should be pointing forward. The inner side of the calf is used for leg aids, not the back of the calf.

Over the jump the rider will fold from the hip joint (like an ironing board), and the angle behind the knee closes. This type of folding down will bring the rider's backside further back over the horse's centre of mass. The closing of the knee joint is important as most riders tend to open the joint which is standing up

rather than folding down. It might help to think of moving your belly button closer to the pommel of the saddle.

Heels down but not to the detriment of losing the straight line from the greater trochanter to the outside knobble of the ankle bone. Riders who allow their lower legs to go too far forward will put their alignment in the chair position or 'water-skier' position; and the horse obliges by becoming the motor boat and zooming off!

Activated core. Think of your 'core' as being from above your knees to underneath your armpits, front, back, left and right sides.

Through the active core, the rider should be able to push the hands forward going into the jump and do a release over the jump; which will allow the horse to use its head, neck and back correctly. The rider can think of pushing their hands forward into a wall that is slightly in front of their hands; so they have 'pushing-forward' hands rather than 'pulling-back' hands. This push forward only needs to be a couple of millimetres. Doing it this way reduces the risk of dropping the contact and dumping the horse at the base of the jump. If the rider was to drop the contact at the base of the jump *but* they were to maintain their balance and not fall forward or shift their weight onto the horse's forehead, the horse would still be able to push up and lift up its forehead. There is a fine line between getting ahead and being left behind the movement. In RWYM terms, activating the core is called 'bearing out' or 'bearing down'.

Other balance points. There should be a straight line from the rider's hand to the horse's bit. Shoulder blades should be back and down (with an active lower trapezius). The ball and socket of the shoulder should appear to be attached to the back of the body, not forward to the front. (Some riders tend to drop their shoulders at the base of the jump, which puts their weight forward onto the horse's forehead).

The rider's bum should be back over the horse's centre of mass. Their head should be carried in balance and centred on top of the rider's neck, with the chin horizontal, and the eyes should be up. Dropping your eyes down at the base of a jump, or into the ditch on the XC course, normally results in a refusal or a falling rail. Even this small movement is enough to put the horse off balance.

* **Part 2** of this article will be published in the next issue of Hoofbeats.



SUE PENNINGTON
EQUESTRIAN

Training the horse and rider with awareness

Sue is available for coaching dressage, pole or jumping lessons to all levels. For enquiries, email:

sue@suepequestrian.co.nz

Or mobile: 021 022 74708

A few pics from our **Closed Christmas Ribbon Day** held at Woodhill Sands on December 16th. Many thanks to our photographer on the day, Michael Lyne. (Check out the full album on our Facebook page).





AN EXCLUSIVE OFFER FOR WRC MEMBERS!



RENEW
BEAUTY & SKIN CLINIC

OUTDOOR - GAL SPECIAL

Enjoy a Hydrating & Healing, Facial & Hand treatment with Vitamin C to Repair Sun-Damage & Brighten Complexion.

Blissful Massage of your Neck, Shoulders, Hands and Arms for a relaxing time out.

Our Natural, Pure oils, Vitamins and Nutrients help restore skin elasticity and smoothness.

55min - ONLY \$79

Ph 834 7409 facebook.com/renewnz www.renewbeauty.nz

It's been a great summer for riding – but unfortunately, being out in all that blazing sunshine is not so great for our skin.

Our wonderful sponsor **Renew Beauty & Skin Clinic** has come to the rescue with a fantastic “**Outdoor-Gal Special**” for WRC members. Enjoy a hydrating and healing facial and hand treatment; one that's specifically designed to help repair sun-damage and brighten your complexion.

Maybe you're also feeling a few tweaks and strains from horse-related activities? The treatment will cater for those too...with a relaxing massage of your neck, shoulders, hands and arms. At just \$79 for 55 blissful minutes, you won't want to miss out. (Offer ends Saturday April 27th).

Renew Beauty is conveniently located in Te Atatu South, at 5/228 Te Atatu Road; and have a range of opening hours to suit. You can even pop in on the way to your ride – they're one of the few beauty clinics where it's okay to leave your riding boots at the door!

Note: this special is designed especially for WRC members and their family/friends – so spread the word. And remember to ask for the “**Outdoor-Gal Special**” when making your booking. Call 834 7409 or www.renewbeauty.nz/bookings.

Please support the wonderful people and businesses
who support our Club!

(To visit their websites, CTRL + click on the logos below).



Craig—Core
Physio



Mulch It Landscapes

BURMESTER REALTY
Licensed under the REAA 2008
Bringing over 85 years of real estate experience



Falloons Stockfoods



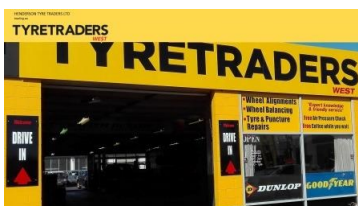
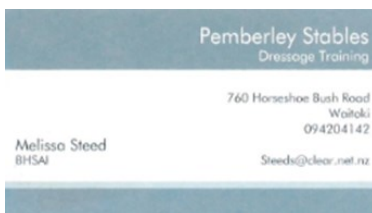
PROVIDA



Lindsey



(To visit their websites, CTRL + click on the logos below).



Trainers & instructors: all disciplines

Ride on Waitoki
A social & learning occasion for
adults on a Tuesday.
Private Lessons with Chris
Beach.
For enquiries & bookings contact:
09 420 5376, 021 1680 021 or
beachcroft@xtra.co.nz

MELISSA STEED (BHSAI)
Pemberley Stables
Dressage Training
Ph: (09) 420 4142
steeds@clear.net.nz

Dressage Coaching
with Caroline Twomey
\$90 for 45 minute lesson + \$12.50
arena hire.
Contact: Sara Hand
P: 021 222 0600 / E:
sara@bbrdesign.co.nz

Jody Hartstone Lessons
Available in North Auckland for
lessons periodically. Contact her for
more information.
Phone: 027 28023369
Email:
jody@hartstoneequestrian.com



Sandra Soons

*Dressage and jumping instruction
for all levels.*

*\$50/45min private or \$40ea/1hr
pairs.*

No arena fee.

*sandra@soons.co.nz
021 742121*

Bill Noble

*Available for dressage lessons in
Coatesville. He travels up
fortnightly on Wednesdays. All levels
welcome.*

*Please contact Melanie for
more information or to book a
lesson:*

*021 220 1115
melanie.dougan@gmail.com*

Dorne Nelson (Grime) BHSAI

*Many years experience both
nationally and internationally.*

*Dressage and Showjumping
Comp/Non Comp riders welcome.*

Coming to Auckland fortnightly

Contact for dates:

Phone: 07 8235928

Phone: 09 4129590

**“If your horse says no, you
either asked the wrong question,
or asked the question wrong.”
~Pat Parelli**

Got something horsey to buy, sell or promote?

Classified ads are FREE to members (non-business related)

For non-members/ business ads:

Business Card Size \$5

1/4 page \$10

1/2 page \$15

Full Page \$25

To place an advert in Hoofbeats please contact:

libby@wrc.org.nz

CONTACT US

Online:

info@wrc.org.nz

www.wrc.org.nz

WRC Committee

President: Jody Paddy
jody@wrc.org.nz

Vice President: Tania Aitken
tania@wrc.org.nz

Secretary: Celia Pickens
celia@wrc.org.nz

Treasurer: Michelle Reidy
michelle@wrc.org.nz

Membership Database: Natalie Bunker
natalie@wrc.org.nz

Hoofbeats newsletter: Libby Schultz
libby@wrc.org.nz

General Committee:

Hayley Drury

Sarah Vernon

Karine Dunn

Rachel Taylor

Leslee Mennie

Jordana Ashby

Heather Gurney

Alison Reynolds

Anne Wilson

Tash Jones

