



DRESSAGE
WESTERN AUSTRALIA

June 2018

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June's Featured Rider Sonya Liddle. Head to page two to read Sonya's riding story and her goals with her two horses, Ranger and Nova

Dressage WA Newsletter

Welcome to our June Newsletter! The year is well and truly in full swing now, as riders start preparing for the 2018 State Championships. Keep visiting the DWA Website and State Championships Official Facebook page for the latest information.

The Dressage Western Australia team has been hard at work with EWA, organising clinics, forums and competitions to help everyone work towards their goals. The details for some of these follow in this newsletter.

There has been a new policy created for storms during events, which can be dangerous for participants. Please have a read of this as we are coming into winter and there are more storms around. The 30/30 rule the policy uses is interesting for us to know when we train at home, so that we can keep ourselves and our horses safe.



<https://wastatedressagechampionships.weebly.com/>

Quote of the Month

"Dressage is the art of teaching the horse to carry you. Riding is the art of learning to be a good load to carry."

Richard Weiss



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June's Featured Rider: Sonya Liddle

Sonya is an accomplished and inspiring rider, who not only competes but contributes a lot to the sport of dressage. She has recently overcome some major health challenges, but still manages to be out and about on her two horses:

- * Grateful Grande Cavalier (Ranger) – 17.2hh grey Holsteiner gelding, 11 years old
- * Danson Der Von Nova (Nova) – 16.3hh bay Holsteiner cross Thoroughbred, 5 year old

My mum can totally be blamed for getting my sister and I into horses. She was a dressage rider from the time we could walk and I think my sister and I were both riding from about four years of age. I went on to love dressage and show jumping, and while my sister did quite well eventing over east, she is now into reining and doing superbly on her gorgeous 'blingy' Quarter Horse gelding.

I have always loved dressage and was probably most active when I lived in Alice Springs, as I would usually have three to five horses competing at a time. I was lucky to have quite a good coach there who helped me with my first warmblood, as until then I had only ever afforded Off the Track horses. Merv (Mosel Heights) was my first warmblood, and at a genuine 18.1hh he made Ranger look small. I was competing Medium to Advanced on him, but it was quite a learning curve for me as he had massive movement, very good training already and happened to be spooky as hell. Hello outside rein and shoulder in at any new venue!

I purchased Ranger as a yearling and took him from Queensland to Alice Springs (where I was living at the time), and now he is here with me in Perth. I broke him in myself and while he is quite a talented horse in both dressage and jumping he has an extremely busy mind and the attention span of a goldfish! We are currently working Elementary and training Medium for dressage and have just completed our first 110cm show jumping at Taminga.

I bought Nova from Danson Dressage as a six-month old, and as a three-year-old she managed to dump me in a completely unexciting fall, but one which broke my collarbone. She then had about 18 months off while I was recovering and getting my fitness back. Nova is now recovering from a torn shoulder so we are out and about just doing prelim dressage training tests, low level eventing and jumping 80cm show jumping courses. Nova has a completely different brain from Ranger, she is my calm one and is far more trainable than the grey beast.

The last few years have been very sporadic for riding. My broken collarbone from Nova at the end of 2015 required three surgeries to sort it out, which ended up taking out quite a bit of 2016 as well. Ranger then fractured his stifle, god knows how, and was out for a few months recovering from that. His rehab was going well, Nova was just coming back in from her shoulder injury and then I was



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diagnosed with Stage 3 bowel cancer in August of 2017 which had escalated to Stage 4 by the end of 2017. I continued to ride as much as I was able through the nine months of chemo but I also required three major surgeries to my abdominal area.

Recently I have been working predominantly on getting my fitness and strength back so I can ride my horses properly. Ranger needs a strong seat and steady leg and hand to work at his best and when jumping he can be very forward and strong. While Nova is much lighter, she needs balance and connection from me to be very consistent, as she is still learning to balance herself and finding her frame.

"The dressage calendar this year is amazingly full with competitions and training days and I love that we have the opportunity to ride at so many different venues."



To try and rebuild my core after all the surgeries and my cardio after the chemo I am working with Erin on rider fitness, doing the big hills at Bells Rapids at least twice a week, a Barre class a week as well as adding in the odd boot camp or Konga session. Both horses are also in full work and I think I'm slowly getting stronger and fitter but nowhere near where I was before I got sick. Both horses have trot pole days, flat work sessions and then jumping roughly once a week. I find the jumping improves their canter and takes out a wee bit of their excitement! They would both benefit from rides out for some hill work but Ranger is likely to kill me on the roads so I'm trying to find the time and energy to do trail rides out of the SEC.

I have to say that the dressage calendar this year is amazingly full with competitions and training days and I love that we have the opportunity to ride at so many different venues. By the end of 2018 I'd like to see Ranger competing Medium and Nova doing some solid Novice tests. I also have showjumping goals for them, but I strongly believe the better your dressage, the better your horses jump. Training a dressage horse should include all sorts of exercises to keep your horse strong, fit and engaged. Hopefully 2018 sees my horses hit their stride with regular work and hopefully a stronger, fitter mum to ride them.





The Noticeboard

Dressage Western Australia is constantly working to keep our sport up to date, safe, fair and supportive for all members. Please read below for updates and news in regards to rules and policies.

Directive from Equestrian Australia Dressage Judges Committee (EADJC)

Date: 11 April 2018, (re-published in part from EADJC)

Subject: *Breaking the Rules - Judges Responsibility*

It has been brought to the attention of EADJC that there are some riders who are flaunting the rules and judges who are being too lenient in dealing with these issues. It is all very well for judges to be rider-friendly but it is the same riders that are doing the same thing at different venues with different judges that are getting away with flaunting the rules and using the excuse that they didn't know the rules.

Particular instances are:

- ❖ Taking advantage of a break to ride around the surround of the competition arena;
- ❖ Outside assistance around the surround of the competition arena – having a lead pony lead a horse around the arena;
- ❖ Riders entering the competition area and riding around at the bottom of the arena, within the arena surround, the judge thinking they are next to go and haven't reported only to find they then leave the area, put on their coat and then present to the judge;
- ❖ Actually riding in the competition arena after the event has started and before they are due to ride in that particular arena

When questioned, comments by riders that they are not aware of the rules should not be accepted as an excuse. Riders should know the rules under which they compete – ignorance of the rules is no excuse.

Regardless of whether it is a big event or a small event, the rules are the rules and must be complied with. It is up to the judges to ensure that this happens as they are the ones in charge of the arena surround and the competition arena.

Secretary, EADJC.

**All Riders please make sure you are aware of the rules governing Dressage, and if you are unsure about the above message, see rules 3.11 and 3.12.*

Updates to Gear Check:

Spider Noseband Bridle

The three-point noseband is "not permitted" in dressage competitions (see photo).

If worn into the competition arena, it would entail elimination by the Dressage Judge.





Dressage WA's Development Series is pleased to bring you...
Four Fantastic Days of Dressage in June

Featuring special guest 5* International Judge Maria Schwennesen

Maria regularly officiates at the most prestigious International Dressage Events & we are very fortunate to have her join us once again in WA to work with our horses and riders.

Thursday 21st, Friday 22nd, Saturday 23rd & Sunday 24th June at SEC

Offering something for everyone in training, competition and education with an extensive four day schedule including Young Horse .2 & .3 tests all levels to Grand Prix. Including Participant/Adult rider, Para Equestrian, Training tests, Protocol sessions, Demonstrations, Young Horse Judge Seminar (presented by Dressage Judges Taskforce) plus Friday night presentation "From Young Horse to FEI".

Entries now OPEN via Nominate at:

<https://www.nominate.com.au/equestdn/Event.aspx?event=11739&eventlist=2>.

Something for everyone over 4 action packed days – enter early to secure your place with Maria!

Young Horse
Seminar
with
Maria Schwennesen
FEI 5* Judge Qld
Judge Educator
Friday - June 22, 2018 SEC

Judges, riders, owners, breeders, coaches are all invited to learn all about what is required for the young horse competitions. What the judges are looking out for in the Young Horses and how to develop your breeding and training for the best results. The WA Dressage Judges Taskforce has invited selected promising combinations to demonstrate the requirements for Young Horse competitions.

Cost: \$30 judges. \$40 non judges.

Tea and coffee provided. Please bring your own cold lunch and note that no heating facilities will be provided.

Registration: 8.30 and Start time: 9am. Finish 4pm.



Register via Nominate. Enquiries contact Hannie Byrne: hanniebyrne@gmail.com



New Thunderstorm Policy and Procedure

Equestrian Western Australia, approved 12th April 2018

The following is a summary only of the new Policies and Procedures. The entire document, including the Thunder and Lightning Activity Report is available from EWA. If you are an event organiser please get in touch with them.

Thunderstorm and lightning activity is a risk that can cause severe injury or death to people and animals participating in equestrian events. Due to the unpredictability of electrical storms the following guidelines have been developed to minimise these risks.

Guidelines

1. Officials are to check for any current severe weather warnings on the day of the activity.
2. In the event of a severe weather warning it is important (where possible) to access up to date information from the Weather Bureau.
- ...
4. The most practical technique is to apply the 30/30 "Flash to Bang" rule. The 30/30 rule relates to the duration between the flash of lightning and clap of thunder. This rule is based on the fact that light travels faster than sound, and given that sound travels at a speed of around one (1) km every three (3) seconds, the time that elapses between the flash of lightning and associated clap of thunder can be divided by three (3) to give a measure of how far away the storm is in kilometres.
5. When weather warnings begin and storm activity is detected a designated "Weather Watcher" will be appointed by the official in charge to monitor storm activity, record information from the Weather Bureau and document details when applying the 30/30 rule.
6. For the purpose of this policy when the "Flash to Bang" count approaches thirty (30) seconds the storm activity has breached the ten (10) km safety zone.

Suspension of Activity

1. When it has been determined that lightning and thunder is within the ten (10km) safety zone of the venue, activities will be suspended.
2. An on course announcement should be made to ensure all participants at the venue seek shelter and arrangements made to secure horses.
3. In the event of activity being delayed as a result of the suspension of activity, the official will immediately notify the organiser of this decision. The official in charge will liaise with the "Weather Watcher" and monitor the situation and keep the relevant parties informed of the developments.



Photo by Ally Doumany

Resumption of Activity

1. The second part of the 30/30 rule provides the criteria for the resumption of activity.
2. As trailing storm clouds still carry a lingering charge, activity should not resume until thirty (30) minutes after the final recorded lightning and thunder activity within the ten (10km) safety range.
3. It is important to emphasise that "blue skies and lack of rainfall" are not adequate reasons to resume activities early.

Record of Decision Making Process

In the event that activity is suspended or delayed it is important to document the reasons for these decisions. The form is attached to the full policy, and should be completed outlining this process.



Pony Dressage – A Sport of Its Own

Pony Dressage in Western Australia has a secure future thanks to a team of dedicated riders, trainers and breeders. In 2016, a submission was made to Dressage Western Australia asking it to mandate that all competitions must offer separate Pony Dressage classes for Competitive members. This submission was unanimously supported by DWA then successfully referred to the Equestrian Western Australia Board to create a state rule.

Pony Dressage has been growing rapidly in recent years, and the reason this state rule was developed was to encourage pony riders. The taskforce predicted that putting horses and ponies in the same class would discourage pony riders from competing, and potentially leave the sport all together. This would not only have negatively impacted the sport, but would also have had financial implications for Equestrian WA.

The creation of this rule acknowledges the importance of Pony Dressage as a sport of its own, and the hard work and dedication of the Pony Dressage community in Western Australia.

Dressage WA would like to take this opportunity to remind clubs that pony classes must be offered at all levels (Prelim-Advanced) in Competitive classes.



Dinah Fleming and her dressage pony Knightwood Crusader at the 2017 Project Neon FEI Showcase

Rider, Interrupted

By Ally Doumany, as published in Equestrian Life

Odds are, if you have anything to do with horses, you know that they live their lives under Murphy's Law. Electric Fence turned off for 30 seconds? Of course they will get through. Small broken branch on the only tree in the paddock? Goodbye new rugs. Haven't seen your vet for a while? Don't speak too soon.

So it only goes, that at some stage during our shared existence with our equine pals, we may experience an "interruption". A little, unintended sabbatical to the sidelines. Maybe our dearest horse has injured themselves and we are evicted from the saddle. Perhaps their erratic behaviour has for once not led to their own harm...but instead has led to yours. Or maybe, for some reason or another, you are completely *sans equus*. Whatever the cause, you will become, for a window in time, a "Rider, Interrupted".

As a current "Rider, Interrupted", I am out of the saddle, and instead riding the rollercoaster of emotion that is 'horselessness'. After the initial period of eating my feelings and watching Black Beauty on repeat, I realised that I could try to re-assimilate into society. It was through this assimilation process that I made a few major discoveries.

People who don't have horses have a lot of time on their hands. And by a lot of time, I mean many extra hours in their days. They do not have extensive feeding regimes multiple times a day to keep their horse from tearing down the door to the feed shed. They do not spend great chunks of time cleaning up after an animal who can create enough excrement to rival an elephant. And what they do with these large chunks of time is incredible. They meet other horseless people at shops that sell coffee and human-food, and have conversations



at a small table instead of while standing in aisle three at the feed store. They go shopping at shops that sell clothes. Human clothes. Not rugs. Clothes for wearing when not on the horse.

Which leads me to my next discovery. While 'active wear' is an acceptable form of everyday fashion when you are not at the gym, riding wear is not an acceptable form of fashion when you are not on the horse. It turns out that coffee-shop owners are not impressed when your long boots (which incidentally probably cost more than the shoes of all the other customers in the shop combined) leave sawdust and stable dirt on the floor. And while your show jacket has a flattering waistline and is colour-matched perfectly to off-set your gloves, you will just get funny looks if you wear them with a cocktail dress on a night out.

But most importantly, I realised that being out of the saddle, instead of diluting the horsiness in my system, has actually only doubled it. While I sit at the coffee shop sipping my espresso, my nose is stuck in horse mags, not fashion mags. And I have been spending some time shopping. By shopping I mean wandering the aisles of my local saddlery store and madly trawling through the for sale ads of as many horses as I can find. But most importantly, I have been using my spare time to think and plan. Think about what it is that I love about horses and riding, and plan for how I am going to get back in the saddle.

So if you find yourself in a predicament like this, don't wear your top-boots to a coffee shop, keep them polished and at the ready, because even if you are sidelined or without a horse, you are never not a rider, you are just a Rider, Interrupted.

Adult Riding Membership

Adult riders are permitted to compete in Participant level dressage competitions.

They need to abide by the EA Dressage Rules, except that Adult Riders are permitted to wear their ARCA club uniform if they wish (coloured club shirt, jacket, jumper).

All other gear, dress and equipment must comply with the EA Dressage Rules.

AM I ELIGIBLE?

YES

You are a member of an Adult Riding Club that is affiliated with both ARCA and EWA.

NO

You are a member of a club that is *not* affiliated with ARCA and/or EWA. Don't worry, you can still join as a Recreational Member which offers all of same benefits as Adult Riding Membership except the ability to compete at EWA competitions.

EA Steward and Generic Medication Seminar

- ❖ 23rd of June (Full Day) and 24th of June (Half Day)
- ❖ State Equestrian Centre

This course is for people interested in becoming an EA Official (any discipline), and for current EA Officials needing to attend a refresher course for reaccreditation. It covers a range of topics, and would also be of value to judges, riders, coaches, club organisers or other interested persons.

The Seminar will consist of presentations by **EA National Medication Control Officer Dr Cate Plummer**, **FEI Steward General Chris Wallis** and **EA Officials Pathway Manager Di Saunders**. Some of the topics to be covered include:

- ❖ Rule updates
- ❖ Code of Conduct
- ❖ A Clean Sport: detailing horse welfare, prohibited substances, FEI and EA Swabbing Guidelines
- ❖ MCP Kits
- ❖ Generic Officiating for all stewards
- ❖ Risk Management.

For full details and the enrolment form email

Janet Reid jreid@lpm.com.au or amy.mcgregor@equestrian.org.au

Hurry because registrations close on the **8th of June**

BENEFITS

- 24/7 Personal Accident Insurance
- 24/7 Public & Product Liability Insurance
- Compete in Participant levels of competition
- Participate in closed club activities
- Access to EA & EWA communications
- Access to State Equestrian Centre discounts
- Access to EWA seminar discounts
- Access to EA Coach & Official education programs
- SportsPass Rewards Card
- Voting rights (18+ only)

Costs (Includes meals)

Promotion (1.5 Days)	\$75
Renewal (1/2 Day)	\$50
Observer	\$25



Thank you to all of our contributors for June. If you have any ideas or anything you'd like to read in the DWA Newsletter, please get in touch with us by going to the link below:

<https://www.dressagewa.org/contact-us.html>

Dressage Western Australia Committee Members

Chair – Suzanne Simons

Vice Chair – Val Mayger

Treasurer – Ros O'Halloran

Finance/Treasury – Natalie Sakich/Suzanne Simons

DWA budget management, DDF accounts, purchase orders and payments

Issue of Information – Steph Munro

Website and Facebook

Correspondence – Suzanne Simons/Sharon Pasco

Minutes, Agendas, incoming and outgoing correspondence.

Business/Strategic Planning - Committee

Events – Working Parties

Club Liaison – Leanne Pitcher

Pony Representative – Leanne Pitcher

Participant Representative – Tanya Pasznicki

Official Liaison – Val Mayger

Judges, Stewards, liaising with other disciplines, national issues.

High Performance – Tracy Spackman

EA/EWA – Val Mayger

liaising with EWA Board and CEO, ADC etc.

Riders Representative – Sharon Pasco

Includes downgrading applications, Rider's forum etc.

Performance Trophies/Awards – Val Mayger

Para Equestrian – Val Mayger

Young and Junior Rider Rep – Natalie Sakich/Steph Munro

General Committee Member – Linley Crackel

The Dressage Western Australia Newsletter is compiled and edited by Ally Doumany

