



DRESSAGE
WESTERN AUSTRALIA



January 2019

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Dressage WA Newsletter

Message from DWA

2018 was a big year for DWA. We announced several new initiatives in order to give back more to the riders. We hope that you have noticed a difference and think that we are heading in the right direction for the sport. There will be more changes and opportunities in 2019 and we are working hard to finalise the details on these exciting new ventures.

Congratulations to the newly appointed Dressage Judges Taskforce for 2019 with Hannie Byrne, Wendy Barker, Margaret Thwaites, Hazel Hilken, Didy Massey, Virginia Longely and Nadine Herbert.

Congratulations also to Gill Botten on her appointment to the EA Dressage Committee.

Lastly, as the hot weather starts to retreat, and our competition season ramps up, please remember with the increasingly busy warm up arenas to be kind and polite to your fellow competitors, organising committees, judges and volunteers. We are all in it for the development of the sport and for the love of the horse.

Suzanne Simons, DWA Chair

DWA Awards Night Speech 2019

Suzanne Simons, DWA Chair

"Over the past year we have asked you, the dressage community, to place your trust in a small group of people that make up DWA. Trust comprises logic, authenticity and empathy and I hope that we have demonstrated all these things in the decisions and direction that we have taken over the past year.

We've had the freedom to improvise and create, to test and experiment, and to refine ideas. We took the initiative to change the default and look for better options, whilst engaging and consulting the dressage community.

This resulted in the following actions being implemented:



- * The Club Incentive Scheme which gave the Dressage Development Fund levies back to clubs which ran competitions
- * The Leaderboard
- * A very well-attended State Championships event, with Freestyles
- * A Pony-Only Showcase
- * The Grass Roots Championships for Participant and Adult Rider members of EWA
- * A new format for the midweek series, rebranded the Dressage Development Series

We've already added two more great initiatives for 2019 – the Regional Riders Rumble and a Freestyle Series.

There are a few people who have contributed enormously throughout the year and these people need our acknowledgement and support. Jackie Lancaster for tirelessly running the Dressage Development Series, the Pony Showcase committee – Dinah Fleming, Nat Sackich, Leanne Pitcher, Wanda Fleckhammer, Wendy Ryan, Sharron Coppin. The stewards who have kept us informed and safe throughout the year. Yvonne Ong for administering the Performance Medals throughout the year. And all of the Dressage WA committee who helped make the State Dressage Championships so successful, with the amazing assistance from Sara Botten from the EWA office.

I would also like to thank each and every volunteer who make the events run throughout the year – you are pivotal to our sport's success.

I think the judges have had a great time this year, as the quality of the horses and riders keeps increasing. This makes for an exciting sport and they have worked hard to keep it relevant and up to date. Our Dressage Judges Taskforce has contributed enormously to the sport by organising seminars and educational opportunities. I would like to acknowledge the newly upgraded judges - Penny Lee and Angela Sheppard.

The biggest thing missing in dressage at the moment is the people to help. This is our sport – the only sport where everyone can compete on an equal footing - and it's up to us to make it what it we want it to be.

Extra Dressage WA events like the Grass Roots Championships and the Pony Showcase will only happen if people put their hands up to help. We need help from enthusiastic members of the community if we are going to keep running these extra events.

“The biggest thing missing in dressage at the moment is the people to help.

This is our sport – the only sport where everyone can compete on an equal footing - and it's up to us to make it what it we want it to be.”

Suzanne Simons, DWA Chair

If you would like to help please let us know tonight, send us an email through our webpage or contact one of the committee members directly. If we pull together I can confident we can continue building an inclusive, action-packed sport for many years to come.”



Southern Solstice Dressage Competition

Southern Districts Dressage Club held their 2-day Dressage Championships – the Southern Solstice on 19 & 20 January in stunning Albany weather.

Competitors travelled from the Wheatbelt, Perth and South West regions to join local riders to compete in what was most certainly the last offering of the 'old' EA dressage tests. Riders spanned a broad range of ages with Skye Nathan and Isla Hendry competing in their first dressage competition at aged 9 to Augusta Saunders still bringing on young horses from the Ringwould stud at over 60.

There were many new faces visiting Albany this year, bringing with them some super horses. Judges noted the following combinations to watch out for in 2019. Lauren Rowe on Cheval D'Lore (Prelim/Novice) and Samantha Barridge on Delon Park Odin de Luxe (Elem/Medium) are two exciting pony combinations to watch.



Lauren Rowe riding Cheval D'Lore

Asha Henderson on Wendemar Newsflash also impressed in the Novice. Of the horses, the outstanding combination at Preliminary level was Gesusa Park First Light ridden by Chloe Moon. Despite this being his first country experience, he was supple and very light on his feet and scored an outstanding 86% in his Freestyle test. This is an exciting horse to watch.



Samantha Barrage riding Delon Park Odin de Luxe

Primrose Court Dynasty ridden by Beth Rainbow also impressed at Prelim level. Not to be outdone Tyla Schou competed on Dennis DeNiro (Elem) and again displayed suppleness and lightness which was a joy to watch. Royal Remembrance ridden by Lisa Riley and Southern Star Feonix ridden by Elissa Forbes at Elementary were mentioned by Chief judge Lisa Baker as quality horses with great potential. In the Small Tour, Mists of Time ridden by Rachel Brennan showed an impressive level of self-carriage and this combination will go far.



Southern Solstice Dressage Competition continued...

WA State Dressage Squad selector Lisa Baker commented how pleased she was to see such promising partnerships, saying 'the future for WA dressage looks very bright'.

With camping facilities on the ground or more upmarket accommodation nearby, a summer excursion to Albany was a great experience for our visitors and gave the local riders exposure to high level competition.

Southern Solstice Photos Courtesy of Rustic Pics Anne Lasini.



Chloe Moon riding Gesusa Park First Light



Julie Kershaw riding Marglyn Brio

Quotes of the Month

"Part of the reason we have the training scale is because if the trainers and the riders and the judges understand the system, then it is in the best interested of the welfare of the horses. The foundation is always going to be rhythm, suppleness and connection." ~ Susanne Miesner, as published in The Horse Magazine

"No hour of life is wasted spent in the saddle" ~ Winston Churchill

"When you are on a great horse you will have the best seat you will ever have" ~ Winston Churchill



YOUR VOICE MATTERS! Write to your MP now!



#SAVETHESEC

Let's show our federal representatives how important the State Equestrian Centre is to our community!

- Find your electorate – if you are unsure which electorate you are in, you can find out on the Australian Electoral Commission's website: <https://electorate.aec.gov.au>
- Get the contact details for your representative [here](#) . If you live in the Canning, Hasluck or Pearce electorates, the opposition candidate is also listed.
- Email or write to your representative in your own words explaining why the centre is important to you. If you get stuck, click [here](#) for an example draft (however original emails will have more impact).
- Encourage your friends, family, colleagues or members of any groups you may belong to, to also show their support by sending an email or writing a personal letter to their federal member of parliament. If you need assistance or would like more information, please contact the Marketing Coordinator at marketing@equestrianwa.org.au.

We want to hear your voice on what dressage in WA would look like without the SEC – fill out the form [here](#).



Steward Seminar a major success!

By Janet Reid

We were delighted that 28 people took part in the Steward Seminar held on Saturday 2nd February at the SEC.

The Seminar was presented by Cathie Drury-Klein (renowned FEI Steward General Australia for Dressage), with sponsorship kindly provided by Valley Equine Vet Centre, as well as EWA, DWA and the Show Horse WA Committees.

The seminar worked through aspects of being an accredited Equestrian Australia Steward, including topics such as:

- Risk management planning and assessment for an event,
- Working with other officials,
- Control of warm-up and training areas,
- Conflict management,
- Yellow cards; and,
- Gear-checking.

Our trainee stewards will now go through a rigorous schedule of shadow-stewarding, as well as online rule book tests to qualify for accreditation status.

The timing of this seminar was no coincidence, as in the near future it will be compulsory to have EA Accredited Stewards at all Official EA Dressage and Show Horse Events.

Best of luck to our Trainees in their training.





Rider Profile

Meet Astrid Grov and BML Silhouette (Ebony)

1) Tell us about your horse?

I purchased BML Silhouette, known as Ebony as a green broken two year old in 2015. Since then Eb has come along in leaps and bounds (sometimes literally) but I have loved the journey of training my first young horse.

Since Eb's first competition she has always loved the atmosphere and showing off in front of a crowd. Ebony loves her sugar cubes and liquorice before training sessions and also enjoys relaxing on a trail ride and going for a swim at the beach.

Ebony's dressage training is coming along amazingly and I am excited for the 2019 season to begin.

2) What has been the key to training your horse?

I believe that all horses are different and training exercises need to change depending on what the horse's weakness is. The key to training my horse is a lot of bending and suppleness exercises. Using cones and poles to really bend her and getting her to stretch over her back. Shoulder in is also a big factor in training my horse. Shoulder in helps engage the hind quarters while also getting them to bend around the inside leg. Especially with young horses, shoulder in also helps you get out of sticky situations and helps control your horse when they are nervous. Going into the indoor or into a big atmosphere I will always put my horse into shoulder in.



3) What are your riding goals?

My riding goals for 2019, are to compete Elementary and Medium with BML Silhouette.

She is yet to compete her first Medium test but her half pass and changes are coming along well. A riding goal of mine is to compete in the FEI classes at Boneo Classic and I hope to one day represent my country.



4) How did you start out riding and dressage?

My mum always had horses on our property and so I have had horses in my life forever. I didn't start riding until I was seven, then I was enrolled at Baldvis Pony Club where I spent five years enjoying jumping and games. I began Dressage lessons with Colin Chantler and from then on loved the training and had so much determination to move up the levels.

5) Who is your greatest influence?

My greatest influence would be my Mum. She is always supporting me and encouraging me to do better. Although she may not be a high level dressage rider, her passion, dedication and love for horses is what made me fall in love with the sport. She is always there to support me mentally, physically and financially and without her I would not be able to achieve my goals.



La Noir Saddleworld Dressage Squad Announced!!

Congratulations to the following Riders, Horses, and Owners:

La Noir Saddleworld Equestrian Western Australia Dressage State Squad 2019

Wendy Cumming & Joshua Brook Jamison, owned by Wendy Cumming

Melanie Nixon & Matavia Fisher King, owned by Melanie Nixon

Elizabeth Tollarzo & Everton Park Jet Blauw, owned by Pam Page

Teagan Sutton & Amberville Rosenstein, owned by Teagan Sutton

Judith Weber & Bello Gallico, owned by Judith Weber

Alinta Veenvliet & D'Esperanza, owned by Alinta Veenvliet

Kjersti Grov & Kinnordy Rheingold, owned by Kjersti Grov

Kristy Zabaznow & Heatherton Park Ma Cherie, owned by Kristy Zabaznow

Stephanie Spencer & Redskin R, owned by Stephanie Spencer

Rachel Brennen & Mists of Time, owned by Rachel Brennen

On Hold List - Rebecca Tsouris & Santus, owned by Rebecca Tsouris



La Noir Saddleworld Equestrian Western Australia Dressage Recognition Squad 2019

India Levene & Jaybee Alaria, owned by India Levene

Astrid Grov & BML Silhouette, owned by Astrid Grov

Emma Hayward & Penny Hill Park Sophia ,owned by Michelle James

Emma Hayward & Quatermain, owned by Julie Inglis

Tyla Schou & Dyrring Park Stanmore & Dennis Deniro, owned by Tyla Schou

Bec Sellick & Fiderhal, owned by Bec Sellick

Victoria Hamilton & Danzio VH, owned by Victoria Hamilton

Terrina Fairbrother & Abisha, owned by Terrina Fairbrother

Kaitlin Hull & Sunday Morning KDH, owned by Katlin Hull

Rachel Brennen & Mists of Time, owned by Rachel Brennen

On Hold List - Rebecca Tsouris & Santus, owned by Rebecca Tsouris



La Noir Saddleworld Equestrian Western Australia Dressage Youth Squad 2019

Jessica Bartlett Phantom Database owned by Jessica Bartlett Jun 19

Eliza Hebiton & Revelwood Olivia, owned by Eliza Hebiton

Chloe Moon & Donnington, owned by Chloe Moon & Aseduction, owned by Alison Davis

Isobel Reeve & Kenwyn Uno-Who, owned by Isobel Reeve

Taylah Welsh & San Rubin II, owned by Taylah Welsh

Shanae Hill & Revelwood First Klass, owned by Shanae Hill

Lauren Rowe & Charisma Royal Emblem, owned by Lauren Rowe

Chelsea De Jonge & Savio H, owned by Terrina Fairbrother



Lilo Fore Visits Perth

by Wendy Barker

West Australian riders were very lucky to have former FEI 5* Dressage Judge Lilo Fore sharing her pearls of wisdom and injecting her boundless energy into a week of training & education at the beginning of February at the State Equestrian Centre in Brigadoon this year.

Arranged by Dressage Judges Taskforce, with support from the Dressage Development Fund from Dressage WA, the week of workshops, lessons, protocol and masterclass gave riders, judges and coaches a really good insight into Lilo's philosophy.



Lilo has a very positive approach to training – she says 'I always look at every horse thinking it will become a Grand Prix horse.' Her focus was always on the basics, and on developing the quality of the paces, rather than on the 'tricks.' She wanted the higher level horses to 'rock onto their hind legs' so 'the hindlegs carried the horse forward', she wanted very clear separation of the hind legs in canter, and she wanted horses 'not to land on the shoulders for too long'.



Her background as a highly successful rider, trainer, breeder and judge has given her a keen eye for detail, with a consistent emphasis on improving the basics in the training. Lilo was particularly interested in developing better and better adjustability in all the paces. She asked many riders to make transitions forward and back, sometimes over very short distances. Some of the benefits of these frequent transitions were more activity in the horses training at lower levels, and more engagement in the horses training at higher levels.

Lilo wanted the horses to 'feel confident, show their natural gaits, then improve them with gymnastic exercises.' She asked the riders to think of corners not as 'stoppers' but as 'engagers', and to ride their horses from their hind legs to the front, this would help the horses to be 'like a plane taking off and landing, on its back wheels, not on its nose.' To support this idea, she often asked riders to allow their horse's nose a little more out in front, and reminded a number of riders not to put their horse's poll too low, saying 'let his nose come up and out in front of you'. She warned a rider, 'Don't put them in a box that has no door, they always have to feel there is an open door, and a place to go.' She explained that she was very 'picky' about the contact, she wanted each horse to learn from the beginning to go in a good contact, and that the bit is not 'his enemy.'

In the stretch circle in trot, she reminded riders, 'Don't drop the connection, I want the horse to give you a polite and comfortable "pull", with the horse in the middle of the 2 reins.'



Lilo was able to help many of the riders to improve the contact and balance in their horses. Born and raised in Germany, Lilo brought some very familiar phrases to the lessons, 'ride him from your inside leg to your outside rein', but she also brought fresh phrases such as 'the reins must be even in front of you,' and 'keep your fist closed and the connection always in front of you'.

She sometimes brought a counter intuitive solution to a training issue. When a horse was rather long and balancing too much on his shoulders, she asked the rider to ride the horse deep and low, while when a horse was a little distracted by the audience, she said, 'Horses are allowed to look, I don't want them to be slaves, let them be up and out in front.'

Lilo has had the benefit of training with many top Olympians. She described an exercise Dr Reine Klimke had asked riders to perform in a clinic, where the horse was asked to do medium canter down the long side, then halt! She cited Charlotte Dujardin's famous quote – 'Short reins win gold medals!' Lilo also referred to a valuable lesson she had learned at a clinic she had attended with Kyra Kyrklund, when riding the half passes in a zig zag – just before the change of direction in the zig zag, the rider should put the horse into a slight renvers position – this ensures that the horse's shoulders are positioned slightly ahead for each half pass, as is required.



Suppleness was another point Lilo worked on with many horses, she wanted the horses very bendable, 'so all the joints become more oiled'. She reminded her audience that 'a bending rein is not a backwards rein', and she used many variations of leg yield, shoulder fore, shoulder in, travers and renvers, with many changes from one lateral movement to another (eg shoulder fore then travers, then shoulder fore then travers on one long side in trot and in canter) to 'make the horse more bendable,' and to improve horses' suppleness so they were better able to 'lift their forearms up in front of their bodies', and so 'the inside front leg had lots of room to go up and out.'

Working on the turn on the haunches in walk, she emphasised that 'the walk was the most important part', she helped riders with comments like, 'make his haunches stay under you, not travers,' and 'the outside hind leg must step towards the connection.'

In improving half passes, she reminded us that 'sideways is secondary' and frequently used shoulder in, saying 'every half pass has a component of shoulder in', & 'the shoulder in makes the half pass'. Lilo used frequent changes from half pass to leg yield to half pass to develop the suppleness when horses were tight behind. She also asked riders to ride just to the 5 metre line and back to the wall to improve the half passes in the zig zags. This gave riders more opportunity to keep the shoulders ahead in each zig and zag.

When horses were bracing in the hindlegs, she asked riders to make many short transitions back and forth from medium canter to collected canter, this also improved flying changes in horses who were tight behind in the change.



Lilo used travers in canter on the wall to improve the separation in the hind legs, reinforcing the need for the horse to have not just a clear angle, but also bend, while keeping his shoulders parallel to the wall. This gave the inside front leg more room to go up and out. She also reminded riders they needed to really sit on the horse's hind legs to develop more separation in the hind legs.

In the canter pirouette, she stressed that 'it was not how small the pirouette was, but the quality of the canter, so it becomes second nature for the horse to collect the canter.' She often used half pass on the approach to the pirouette, but she did demand a couple of straight steps just before the actual pirouette!

When working on half steps for the piaffe & passage, she wanted the horses to be able to produce a very collected trot first. Lilo used tried and true exercises that many riders who have worked on half steps will be familiar with – walk – halt – walk then half steps; a large turn on the haunches from the wall then half steps on the wall; transitions from a forward trot and back again; shoulder in – small trot – walk – small trot – walk – 'so the horse learns to trot small'; walk - leg yield, tickle with whip on croup so he does a couple of steps; 'think you are riding medium trot but in passage' and so forth.

When helping riders with the tempi changes, she commented, 'the quality of the canter is number one, the numbers are secondary in the tempis – apart from in a test!'

Lilo summed up by saying 'Correctness and quality come before doing particular movements', 'use transitions, simple lateral movements and good corners to improve the evenness of the contact so you fell horses step into the connection', and most importantly, 'Never forget to keep the love of fun in your riding.'

We can only hope Lilo comes back to Perth again soon!





EWA Awards Night 2019

Over 300 people settled in at the Westin Hotel at the beginning of February to celebrate the achievements of equestrians from the past year. The drinks flowed freely and the meal was delightful with a yummy dessert at the end. Several dressage awards were awarded on the night.



Congratulations to all award winners, but a special mention to our dressage enthusiast with the following awards:

Uwe Spenlen Award- Dressage Horse of the Year 2018.

~Penny Hill Park Sophia~

Owned By Michelle James and ridden by Emma Hayward





Uwe Spenlen Dressage Horse of the Year Runner Up
~BML Silhouette~
Ridden by Astrid Grov



Dressage Horse, Owner of the Year
Pam Page
~Everton Park Jet D Blauw~
~Everton Park Georgian Oak~





Uwe Spenlen FEI Horse of the Year
~Kinnordy Rheingold~
Ridden By Kjersty Grov

Dressage Young Athlete of the Year
Kjersty Grov



Dressage Official of the Year
Janet Reid
FEI Steward





Dressage Volunteer of the Year
Suzanne Simons
Chair DWA





Dressage Rising Star Award
Lauren Rowe



Patron's Award
Jackie Lancaster



Para Equestrian of the Year
Chelsea de Jonge





Club of the Year Brookleigh Dressage Club



Congratulations to all award winners!!

DWA Dressage Rules Quiz

We've collated the most challenging questions from our 2017 and 2018 Dressage Rule Quizzes. We've already had 86 people complete the quiz with an average of 65% correct - test your knowledge [here!](#)

Expressions of interest

DWA are looking to turn the WA State Dressage Championships digital in 2019!

If this is a project that you would like to be involved in and would like more information, please get in touch via the form below.

This is an opportunity for you to become part of a team working towards the future of dressage. You will also learn valuable skills and technical knowledge.

We are also looking for pencillers who would be interested in providing half or a full day of time at the States in return for compensation. Please also fill out this form if you are interested.

<https://goo.gl/forms/YMW3Lga15j4Dk0oe2>



Thank you to all of our contributors for January/February 2019. 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 – Natalie Sakich

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/committee

Minutes, Agendas, incoming and outgoing correspondence.

Business/Strategic Planning - Committee

Events – Working Parties

Club Liaison – Leanne Pitcher

Pony Representative – Leanne Pitcher

Participant Representative – TBA

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 – TBA

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, Jamie Bawden

The January Dressage Western Australia Newsletter was compiled by Jamie Bawden and edited by Jamie Bawden and Tracey Strommer

