



Jan/Feb 2020

- 1 Introduction
- 2 Tips for a Successful 2020: Goal Setting
- 3 A Judges Perspective – Heidi Emery
- 4 Feature Article – Equine Pathways
- 5 Helping Hands Mentoring Program

Dressage WA Newsletter

Welcome to 2020! We hope you and your equine friends are well rested after the holiday period and ready to get into a big year of dressage!

This newsletter is all about inspiration. We touch on goal setting and how to ensure you smash your 2020 objectives, we also hear about Equine Pathways and Claire Skerman inspirational journey.

In this edition we hear from Heidi Emery and her experience judging dressage. If you're motivated to pursue about a career in dressage judging check out the flyer for the G/F Level Seminar in March.

Lastly we're always looking for interesting content to provide to the DWA community. If you would like to contribute to the DWA newsletter we would love to hear from you. Roaming reporters at our events and dressage articles from our community will be very warmly received!



Dates for the Diary

February

15th Feb – Riverside Park Dressage Series 1

22nd Feb – Baldivis Equestrian & Pony Club Dressage Series 1

29th Feb – Serpentine Horse and Pony Club Dressage Competition

March

1st Mar – Margaret River Dressage Series 1

8th Mar – Transitions Unofficial Dressage Day Series 2

15th Mar – Open Unofficial Dressage at the SEC – International Arena

*Note: not all upcoming events are listed and this list is subject to change. Please regularly check the EA Events page and other local sources for up to date info.



Tips for a Successful 2020 – Goal Setting!

1. Decide – Think of something you want to do or work towards. Whether it be your first dressage test or to nail those two time tempi changes, it can be a big or small goal as long as it excites you and it is something you want to do for your own sake.

2. Write it down – Writing down goals increases our chances of achieving them. How will you know you've reached your goal? And when would you like to achieve them by? An example could be "I want to take my youngster to a training day by June 2020 and complete a Preparatory training test"

3. Tell someone – Telling someone we know about our goals also seems to increase the likelihood that we will stick with them. Think of someone that will understand dressage chat (your work colleagues may not understand the significance of nailing a round 20m circle instead of your usual "squirle") to keep you motivated.

4. Break your goal down – Think about the smaller goals that are steps on the way to achieving your bigger aim. It's important to have dates and measures for these stepping stones too. Milestones on the way to your goal also provide essential "wins" along the way that will give you that feeling of accomplishment.

5. Plan your first step – Even if you don't know where to start there is no excuse – your first step can even be to research "how to" on the internet. Understanding the foundations required for your goal will not only help you get there but ensure it's sustainable.

6. Keep going and celebrate your success – If you hit a road block, be confident to try something new. Perseverance is key. If you're really stuck, take a break or adjust your goal – just keep moving forward. And most importantly celebrate the small things! Take a moment to enjoy your success, you will have deserved it.

FEI Inter B Test Amendment

Please note that the FEI Inter B has a slight change whereby Movement 10 now goes to V and is a mirror image of Movement 4. The latest test can be found [here](#).



DJT **WA** PRESENTS

NEW DRESSAGE RULES WORKSHOP

with Gill Botten
EA Judge Educator, A Level Judge.

Friday 21 February 2020, SEC.

We encourage anyone who is interested to come along, whether a judge, steward, coach, rider or other interested party.

This course will count towards EA Judge or EA Coach reaccreditation.

Cost: \$20 judges. \$30 non judges.

Registration: 6.00pm for a 6.30pm start. It will finish at approximately 9.30pm.

Contact Elaine Greene elaine_greene@westnet.com.au or
Didy Massey didymassey@inet.net.au to book your place.



A Judges Perspective – Heidi Emery

Tell us a little about the history of your riding?

My first pony informed my love of the dressage discipline and gave me many wonderful riding experiences - he was four and I was eight years old when we met and 30 years later I buried him in a shady spot behind my stables with countless miles of fun and success behind us from the bush, to pony club, to Royal Show level. With him, I learned the delight of executing difficult movements just by 'thinking' them and feeling him respond to the lightest of aids - heady stuff!

Warmbloods came into my life in the mid 1990's and opened up another world of training, riding and competing. Some I trained myself such as Northern Hermes, Sienna, Rare Fortune, KC Papillon but several (as my professional life grew more demanding) such as Brookwood Park Lortina and the legendary



Rhodes had enjoyed great success with other riders and were able to offer me magical learning experiences of the work required to achieve the training to Grand Prix level.

Why did you become a judge?

I believe it is important to support our sport and its participants and I have endeavored to do so over the years, where possible, by sitting on the Dressage WA committee, volunteering at and organising competitions, organising clinics with visiting trainers, supporting other riders either financially or with access to rides on my own horses as well as sponsoring various innovations such as the State Squad and the Uwe Spellen Award.

I'm excited to see how the sport has expanded and improved over the years in WA. More volunteers have successfully stepped into roles where I had previously contributed so I felt judging was a great way to expand my own dressage education and is a positive and long term way to be part of the sport and encourage riders.

What do you look for when judging?

As a judge and also as a rider myself, I keep the elements of the 'training scale' firmly in my mind and I feel very lucky to have had the practical experience of riding horses to the pinnacle of the scale i.e.



collection. However, at all levels, it gives me joy to judge and reward a harmonious partnership where rhythm and relaxation has been successfully established.

What is your greatest dislike when judging?

Whilst every horse and rider can have their 'bad' days and I encourage all to try, I'm disappointed when a combination presents itself in a way that makes it obvious that they have not done their 'homework' before riding down the centre line and that the rider has not mastered or perhaps even understood the early elements of the training scale. I often feel sorry for the horse in these circumstances and encourage riders to seek further education and assistance going forward.

Any funny or unusual moments while judging?

Judging is just awesome and fun in general and horses keep us guessing that's for sure! Those little moments when a pony calmly and with great determination took its little rider out of the arena unexpectedly....the pony club teams competition where team after team made an error of course just like at the European Dressage Champs several years ago I've even had a goat in the ring keeping a young horse company at its first training day - it's never dull!

What is one thing would say to encourage more judges?


Simply this - have a go!!!! Judging is not for everyone and not all judges will wish to advance through the levels. However, in WA (and indeed Australia) we are blessed to have some of the most educated and talented judges around and they are incredibly supportive and willing to share their knowledge and experience with others. Take advantage of the incredible opportunity to further your knowledge by working with these people even if your only ambition is to reach F level.

~ Thinking of becoming a dressage judge? Attend the next G/F level Seminar with Wendy Barker – details in the flyer overleaf! ~

~ Quotes of the Month ~

"You know, they don't just hand you passage and piaffe on a silver platter" – Hilda C. Gurney.

"Just as ballroom dancing and pair skating command partners to work together seamlessly, in the sport of dressage, the rider performs an intricate pas de deux with his partner – a twelve hundred pound four footed beast" – Elizabeth Letts



DJTFWA PRESENTS

G/F Seminar

with Wendy Barker

NOAS A level Judge, JE

Sunday 29 March 2020
Ocean Room SEC

Seminar is open to all dressage judges, F judges needing reaccreditation, coaches, stewards, riders or any interested parties.

Wendy has extensive experience of judging and presenting seminars across Australia. She has also officiated in many countries around the world including the UK.

Cost: Free to EA F level judges. \$20 judges. \$30 non judges.

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

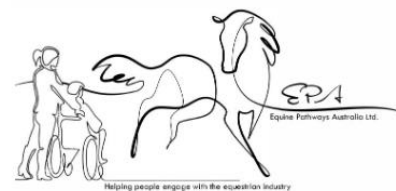
Registration: 8.30 and Start time: 9am

Contact Elaine Greene elaine_greene@westnet.com.au or
Didy Massey didymassey@iinet.net.au to book your place.



Feature Article: Equine Pathways

The principal purpose for Equine Pathways Australia Ltd. (EPA) is to relieve the disadvantage suffered by people with disabilities by:



- providing access to equine pursuits in order to empower and inspire people with disabilities to access full participation in activities traditionally only open to non-disabled people;
- liaising with health, allied health, disability and recreation specialists to promote the health and other benefits to people with disabilities through their participation in equine pursuits and;
- providing opportunities for people with disabilities to interact with other people who have similar life experiences and who have an interest in participating in equine pursuits.

EPA was founded by Julia Battams from a need for a structured program for people recovering from illness or injury to engage with or return to involvement in equine sport. Julia, now EPA's Executive Program Manager, along with her team have been involved in Equestrian sport for many years, not only in able-bodied sport, but also in Riding for the Disabled, High Performance and Paralympic sport. Between them, they have coached riders at all levels and have been in head coach or management roles at 10 Paralympic Games, 15 World Championships and countless other international events. The following article featuring Claire Skerman has been reproduced from racing.com.

"Horses don't discriminate and neither does Equine Pathways Australia (EPA), where everyone is welcome to achieve their equine dreams. For some, their abilities may stretch far enough to ride around the indoor arena, while others aim for nobler goals, such as riding in Paralympic Games. In the eyes of Equine Pathways, both are equally important.

EPA was founded by Julia Battams, whose career took her to university and teaching but ultimately back to her first love, horses. Battams devised a structured program for people recovering from illness or injury to engage with or return to involvement in equine sport.



Claire Skerman back in the saddle riding Henry

One current participant is young rider Claire Skerman who, while lying in hospital barely able to move, posed the question to doctors, "When can I ride again?" "I'm here because two years ago, I had a really bad fall off a horse and I had a burst fracture in L3 of my spine," Skerman said. "It was so badly damaged that the only way they could repair it was to fuse it and they actually had to take out one of my ribs, to put in my spine because the bone was so badly damaged. It was a really long recovery and I spent a lot of time in a



wheelchair and had to learn to walk again. It took a full 12 months before I could ride again and it was the longest 12 months of my life but I worked really hard all the way through my recovery and all my physio and everything just to get back on a horse."

Throughout her journey back to emotional and physical wellbeing, Skerman was supported by Equine Pathways and in partnership they prepared her for riding again, but also in setting herself some far loftier ambitions. "During my recovery it's not just been the physical riding that Equine Pathways has helped me through, it's mainly been the mental side of things, having a really bad accident like breaking your back, it's overcoming the mental challenges of being scared and being able to get back on a horse," she said. "And I mean having the support at Equine Pathways is just incredible and I think I'd be really lost without them. At the moment I'm in the process of applying for the para-equestrian and obviously as that goes forward I would like to one day compete at the Paralympics. It's obviously a big goal and I'm just taking it slow the moment, but yeah I just basically want to be the best rider I can possibly be and produce the best out of the horses I ride, so whichever direction that takes whether it's Olympics or not, I just want to do my best."

Article reproduced from racing.com and equinepathwaysaustralia.com



Helping Hands Mentoring Program



OUR AIM

The aim of this program in 2020 is to empower riders through mentoring partnerships with supportive and motivating role models to develop focused goals and directions and to strive for higher levels of performance. The program is also a great experience for mentors, many of whom appreciate the chance to give something meaningful back to the industry.

WHAT IS MENTORING?

Mentoring encourages and supports riders to manage their own learning, maximise their potential and develop their skills and performance. Mentoring can be defined as a two-way partnership which may encompass role modelling, supporting and appraising, or being a buddy depending on the needs of the mentee and the capabilities of the mentor.

DEFINE ROLES AND EXPECTATIONS

Helping Hands Mentoring Program will be more successful if both the mentor and mentee understand what is expected of them from the beginning. Mentors should be staff with good communication and leadership skills. A mentee needs to be comfortable raising a range of issues with their mentor without worrying about judgement.





WHO CAN BE A MENTOR?

Mentors should have a broad range of equestrian experiences and display a strong understanding of dressage. It is vital that mentors are committed to the development of their mentee and are prepared to be involved in all aspects of the program. The main role of a mentor is to provide their mentee an alternate source of support and development expertise other than that which is offered by their coach, family, friends or club. Mentoring has a unique role to play in rider development. It gives riders special access to someone with varied experience and background. Mentors are required to abide by the EA Code of Practice at all times.



BENEFITS FOR MENTORS?

- Sharing experience and knowledge and watching the protégé develop
- Improving communication with other riders and people in the dressage community
- Renewed enthusiasm in a long-term profession or goal
- Opportunity for discussion with people who have fresh perspectives and who are not already part of the established thinking

WHO CAN BE A MENTEE?

Mentees are riders already competing in dressage at any level. For the mentoring process to succeed, mentees need to:

- Take responsibility for their own learning and development
- Be open to different perspectives
- Take on the challenges and tasks set as part of the program
- Be able to accept appropriate feedback





BENEFITS FOR MENTEES

- Development of self confidence
- Recognition and satisfaction
- Development of a support network
- Opportunity to develop a broader understanding of one's role in the (dressage) community
- An insight into the culture, rules and unwritten rules existing within the (dressage) community
- Access to a "safe" environment where success and failures can be evaluated
- A smoother transition from newbie to seasoned competitor
- Increased networking opportunities

PROGRAMME STRUCTURE

- Minimum of one 15 minute phone call monthly (February-November)
- Attendance to the DWA Riders Forum
- Attendance to the DWA Helping Hands Mentoring Workshop

HOW ARE THE MENTORS & MENTEES MATCHED

DWA will review all applications submitted by both potential mentors and mentees. They will be matched according to participants' objectives and backgrounds. The committee will attempt to match participants where there is no obvious potential conflict of interest. As an additional safeguard the mentee and mentor will be contacted and their consent is required before the program commences.





CAN I WITHDRAW AT ANY TIME?

The mentor or mentee can withdraw from the program at any time. Please providing notice in writing.
However, we expect you complete the program in good faith.

HOW TO PARTICIPATE IN THE PROGRAM

Please send and Expression of Interest to suzanne.simons@hotmail.com
Be sure to advise on if you wish to be a mentor or mentee.

Your Expression of Interest should include a short statement on:

- What you would like to get out of a mentoring relationship; and
- The main things that you can offer as a mentor; or
- The main areas you would like to grow or develop as a mentee.

IT'S TIME TO STEP UP AND APPLY!

suzanne.simons@hotmail.com
www.dressagewa.org
www.dressagewa.org





Hosted by DWA & DJTF

EA Young Horse and Pony

Seminar & Workshop

presented by

Mary Seefried

FEI 5* Judge, EA Young Horse Judge & JE, JE Examiner

28th March 2020. Venue SEC.

We invite Young Horse & Pony breeders, owners and riders to get involved. There will be an allocated discussion time and Q&A session.

The day will include:

- practical information for the Young Horse & Pony owner, rider.
- explanation of how the Young Horse is judged
- training and test levels for each age group

- rules
- demonstration horses
- practise judging listening to Mary's comments and feedback

Unravel the mysteries of Young Horse & Pony competition.

We value your input.

Cost: EA YH Judges no charge, other judges \$20 non judges \$30.

Registration: 8.30 and Start time: 9am.



Register via Nominate. Enquiries contact Elaine: elaine_greene@westnet.com.au



Thank you to all of our contributors for this edition of the DWA Newsletter. 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 – Melissa Sullivan

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 – Jamie Bawden.
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

This Dressage Western Australia Newsletter was compiled by Tracey Strommer and Jamie Bawden

