



DRESSAGE
WESTERN AUSTRALIA



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DRESSAGE
WESTERN AUSTRALIA

Pictured right: Riders and team members enjoying the Lilo Fore clinic in February this year.

Dressage WA Newsletter

Welcome to the March 2019 edition of the Dressage WA Newsletter.

This month we have somewhat of a focus on Masterclasses in Western Australia. We go into the rider's point of view, with guest riders at the Lilo Fore Masterclass and riders who attended her clinics sharing their experience.

With the recent news that Carl Hester will be visiting Perth in October 2019, we take a look at what we can expect later this year, based on the 2018 Brisbane Masterclass.

We're also pleased to provide a taste of "A History of Dressage in Western Australia" by Marion Hercock and Zoë Harrison, which will be launched in April 2019.





Dates for the Diary

- ❖ 6 & 7 April: Swan River Dressage with Decorum 1 a/b [Camelia Park]
- ❖ 7 April: Margaret River Dressage Series Round 2 [Gloucester Park]
- ❖ **10-12 April: DWA Development Series [SEC]**
- ❖ 13 April: Murray HPC Dressage Series 3 [Murray Equestrian Centre]
- ❖ 13 April: Jill Stanton Memorial Dressage Day 1 (EA) [Serpentine Equestrian Grounds]
- ❖ 14 April: Jill Stanton Memorial Dressage Day 2(PC) [Serpentine Equestrian Grounds]
- ❖ 14 April: Orange Grove HPC Series 2 [Karinya Equestrian Park]
- ❖ 20 April: Easter Eggstravaganza Dressage Competition [Murray Equestrian Centre]
- ❖ 26 – 28 April: Perth Equine Hospital HP Championship Series 1 [Brookleigh Equestrian Centre]

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

DWA DJTF Judge Education News, Seminars and Workshops

Susie Hoevenaars FEI 5* JE presents D Medium – C Advanced Seminar, Saturday 13th April, 8.30am @ SEC

DWA and DJTF are delighted to be hosting Susie Hoevenaars in WA. Susie will be presenting a series of activities, including the judges' seminar which is open to riders, coaches, supporters and judges.

Susie will be outlining the requirements of Medium level, the introduction of flying changes and half pass. What do we expect to see from the horse? How will this work progress to Advanced level, which is the last of our EA National Levels before moving onto FEI levels. This will be helpful to coaches as well as riders and judges. Susie will explain the test movements and show the progression in training from one level to the next. It is an opportunity not to be missed.

Tea and coffee provided, café open for lunch orders or BYO. D/C Judges no charge, others \$35. Please pre-register for admin purposes. Payment can be made on Nominate.

More info

elaine_greene@westnet.com.au & hanniebyrne@gmail.com

Introduction to EA Dressage G level Judging Workshop Pollyann Huntington JE.

Thursday 18th April 2019, 6.30pm – 9pm @ SEC

Why not come along and find out how to become a judge? We will include judging Eventing Dressage as well as Dressage for EA Pony Club, Interschools and ARC. We will outline any differences to the rules. Your sport needs you... please join us to support our riders and clubs. All welcome. Cost \$10 Tea coffee provided. More info Elaine Greene elaine_greene@westnet.com.au

Upgrading Judges EOI

We are preparing for our 2019 exams. Thank you to those of you who have already been in contact and are well on the way to completing your pre-requisites. Please see the EA Dressage Rule Book and the EA Website for application forms.

Please confirm you are planning to upgrade this year at the SDC in September. Written papers will be set June/July. Sample questions are available on the EA National website under Judge Education resources. Let the DJTF help you prepare for your upgrade. More information

hanniebyrne@gmail.com & wendybarker.ebtc@gmail.com



HOW TO BECOME EA DRESSAGE JUDGE POLLYANN HUNTINGTON WORKSHOP 18 APRIL SEC 6.30 -9PM



HELP YOUR SPORT!

Join us in an introductory workshop for anyone interested in becoming a dressage judge for eventing or dressage events, PCAWA or ARC.

Suitable for riders, coaches & supporters.

Topics covered include:

- How to judge paces
- How to read a test sheet
- The training scale
- Risk management
- Differences in the rules between Eventing and Dressage
- The Judges eye
- Pathway to becoming an EA judge

Cost \$10

For more information contact Elaine Greene or Pollyann Huntington



Contact:
Elaine
elaine_greene@westnet.com
Polly
delamerie85@gmail.com





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.



Lilo Fore Masterclass – A Rider’s Perspective

In early February Dressage Western Australia hosted Lilo Fore. Lilo began riding in Germany before emigrating to the United States, where she continued to develop as a rider, coach and international 5* Olympic dressage judge.

During her stay Lilo provided coaching to some of our up-coming and current dressage squad riders. Her humour, kindness, vast love and knowledge for the horse showed as she worked on creating harmony, lightness and beauty with each combination.

On the Friday of her visit, Lilo held an E level judge seminar attended by over 20 judges. The morning began with theory and in the afternoon some of the riders from the coaching sessions were lucky enough to show off their skills to the judges, with several judges upgrading that day.

Saturday evening was the big Masterclass session titled "Stepping Stones to Collection". This event was open to the wider equestrian community and was well attended.

During the Masterclass, we were fortunate to see a broad range of combinations; from up and coming riders and young horses, to our top riders and seasoned Grand Prix horses. Lilo explained at each stage what she was looking for in each horse, comparing their differences and then working on one theme with each horse to improve the horse's outlook. Lilo worked on a multitude of gymnastic exercises, explaining the reason for each exercise and then showing an improvement in the horse's way of going.

Here are some of the rider's own words on their time with Lilo:

Melanie Nixon and Matavia Fisher King

What was the highlight of your ride?

Riding at the Masterclass -being able to share the arena with Steph and Redskin!

What do you feel you achieved over the weekend with your horse?

We identified how important it is to have body awareness, and how changing one small thing (in this case seat/position) can result in significant changes in the response/reaction from the horse.



What is an exercise you can share with us?

Develop a 'passagey' trot and take that feeling into the extended trot to get more cadence and air time. Corners require equal if not more preparation, riding and focus than the actual movements following them.

What was your take home message?

Riding in a straight line (with straightness) is possibly the hardest thing to do in dressage, but once achieved allows the rest to fall into place. A canter pirouette is just a turn – don't overthink it!



Steph Spencer and Redskin

What was the highlight of your ride?

Getting Redskin truly in front of the leg and taking me around the arena waiting for the next question. All achieved by very calm and simple exercises.

What do you feel you achieved over the weekend with your horse?

Believing we can both do it, now I just have to make it happen...all the time!!

What is an exercise you can share with us?

Leg yield in passage to improve engagement of hind legs

What was your take home message?

Expect more, work on the quality of the paces not just the movements!

Kristy Zabaznow and Heatherton Park Ma Cherie

What was the highlight of your ride?

To be honest, the night was somewhat of a blur for me as I was quite unwell throughout the few days. However, the positivity Lilo gave each rider and each horse was wonderful. She was firm but fair and the overall improvement showed in the pureness of the basic paces.

What do you feel you achieved over the weekend with your horse?

It was nice to be able to ride with someone who was able to focus on the basics of each movement and help get the most out of us, from both a coaching and judging perspective. I am new to riding at the FEI level and it's such a wonderful journey, always learning and strengthening as a team with my horse and to know we are on the right track is always good to hear.

Lilo provided so many exercises to help strengthen a weakness in my horse, which is a late flying change, and progressed in improving it quickly. I now have a little tool kit to hopefully keep that progression going and one day I hope to say it will no longer be an issue!

What is an exercise you can share with us?

One of my favourite exercises over the weekend was strengthening the canter pirouette. I am lucky that Crystal already is quite strong in this movement, however she can get quite cheeky and try to take over and "overachieve" with too much sit and collect resulting in losing the ability to control the actual strides.

We rode the exercise of riding a rectangle utilising the wall and $\frac{3}{4}$ line at canter, focusing on the collect of the canter into each corner, bringing the shoulders around riding the collected pirouette canter no more than 5m in diameter.

It had a strong focus of turning the shoulder and then get out, ensuring there is no separation of the hind leg whilst maintaining the straightness on the depart of the movement and energy of the jump of the canter stride.

What was your take home message?

Crystal is somewhat of a lazy horse and I need to ensure she is the one doing the work rather than me continually helping her along. Remember to go back to basics focusing on straightness and remaining in front of

“Remember to go back to basics focusing on straightness and remaining in front of the leg for all movements...”



the leg for all movements. It's the connection of the movements to sit more onto the hind leg. The second light bulb moment for me involved my inability to keep the connection through rein contact, always being told to shorten the reins only for them to get long again, to be told to shorten again – and repeat! I'm now on a journey to sort this out - so bring on later this year to ride properly with feel!

Katlin Hull and Sunday Morning KDH

What was the highlight of your ride?

Everything! I really enjoyed my ride in the Masterclass and it was such a good starter to prepare for my lesson with Lilo, later that week. Working on the collection and keeping the collection in the movements has been a work in progress for SM and I. It was such a proud moment to be able to achieve the whole package in all paces especially for the canter pirouette and half pass movements.

What do you feel you achieved over the weekend with your horse?

An even closer working partnership and a much more confident and stronger training approach to the work where I can certainly challenge myself and SM without the feeling of being overwhelmed and the perfectionist pressure. Lilo really confirmed to me that we are on the path for FEI so that is where our challenge focus needs to be. Keeping the purity, relaxation, suppleness and correctness always as the number one priority but making it exciting and fun and with simple solutions.



Katlin Hull and Sunday Morning KDH

What is an exercise you can share with us?

My favourite of all was the beginning work Lilo had SM and I doing for the piaffe, with basic quick trot, walk, trot transitions. This then led into eliminating the walk, by closing the trot, only for a few strides and then forward and uphill into the collected trot again. The energy and thoroughness was always the top priority with the purity of the trot never being compromised.

Tyla Schou and Denis Deniro

What was the highlight of your ride?

The highlight of riding with Lilo was being able to really get the connection with my horse. It was great to be able to get out in front of a crowd and feel that my horse was totally with me and I loved the positivity and encouragement coming from Lilo.

What do you feel you achieved over the weekend with your horse?

Over the few days with Lilo I was able to find a way to overcome both my and my horse's tension to get the best possible out of us both.

What is an exercise you can share with us?

Shoulder in down the long side into medium, back into shoulder in – in both trot & canter.

What was your take home message?

My take home message was always ride your horse forward to the bit. If you don't ride them forward to the bit, then it is impossible to get the connection and thoroughness.



What was your take home message?

It is always a simple solution to a complication (never a problem). Always encourage, never discourage. Correctness of the paces is the highest priority above anything else. Pushing the boundaries can only make us better when it is done correctly and confidently.

Judy Weber and Bello Gallico

Bello and I were fortunate to have two lessons with Lilo. In the first lesson Lilo worked on thoroughness, collection and connection within the movements, particularly the canter pirouette work.

The second lesson was on the Monday with coaches being part of the observation and discussion process. Lilo was happy with the progress of the training and told me his training was correct, so I chose to work on basic transitions within the paces and accuracy within the circle.

I found this to be especially helpful, as working on the movements themselves doesn't really help your basic way of going. During the lesson we achieved a better degree of collection through many, many transitions.

The exercises below were very helpful which I would like to share with you.

Trot shoulder-in down the long side, making sure you start from a really good corner. Choose your marker and walk a few strides in shoulder-in then back to trot, repeating the exercise several times until you can achieve softer, more engaged and uphill trot. The proof of this exercise is when you then come from shoulder-in to half-pass and can maintain a parallel and smooth collection across the arena. The exercises were interspersed with breaks for Bello and discussion with Lilo.

The other exercise I thought was very good was for the pirouettes. Firstly, at walk making the half-pirouette off the long side and proceeding straight, not deviating back to the wall. Then in canter, through a perfect corner, turn on quarter line, straight, canter straight then turn a quarter pirouette back to the long side, in other words riding a very long rectangle. Being accurate and turning on the quarter line meant being able to have Bello more engaged and making sure the collection followed through.

Lilo commented on what a beautiful horse Bello is, how clean his changes are and his great ability for collection as we aim higher. Lilo reinforced everything I strive for when training Bello and I finished the lesson feeling more confident with some great tools to use.

I am very lucky to have been able to enjoy this memorable experience and cannot recommend her highly enough. A huge thanks to Dressage WA and all the people who worked so hard to bring her.

“During the lesson we achieved a better degree of collection through many, many transitions...”



Rider Profile

Meet Jessica Bartlett with Phantom Database (Data)

1) Tell us about your horse?

Phantom Database, known as "Data," is a 13 year old gelding Warmblood and I have owned him for 6 years. I brought him from Matt & Jan Godwin where Matt competed him in Show Jumping. He was a talented show jumper but also had potential for the dressage arena.

He is a big goofy and playful horse that likes all the attention on him. He loves his treats and going for swims!

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

I found one of the keys to training Data was to have patience. Taking everything slowly and breaking it down into small parts to help him understand more easily. I also take him out for hacks and try to change things up to keep things interesting for him.

3) What are your riding goals?

My riding goals would be to get Data to Grand Prix one day! While keeping him happy, sound and healthy.



4) How did you start out riding and dressage?

After continually begging my Mum for riding lessons I had my first riding lesson when I was 4 years old and loved it (although she was just thinking it would be a "phase"). I started off competing in the Official Hack ring for a few years where I qualified to go to the Grand Nationals multiple times. I was then lucky enough that my parents brought me my very special pony Rex (Penley Geometric). After going out and doing lots of different disciplines on Rex I found a great interest in dressage. Rex and I started our dressage journey going up the levels making it to Prix St George with the guidance of Jan Godwin who has been a very supportive instructor over the years.



5) Who is your greatest influence?

My greatest influence would have to be my Mum, she has no horsey background but is always committed to helping me anyway possible and has learnt with me what it takes to look after horses.



Quotes of the Month

"I believe that horses bring out the best in us. They judge us not by how we look, what we're wearing or how powerful or rich we are, they judge us in terms of sensitivity, consistency, and patience. They demand standards of behavior and levels of kindness that we, as humans, then strive to maintain."

Clare Balding

"When something is done well, give a reward and a little breather. Don't be greedy."

Charlotte Dujardin



Sneak Peek! Carl Hester Masterclass

The Western Australian Dressage community is buzzing with excitement with the news that five times Olympian and multi-medal winning rider, coach and ultimate Master of Dressage Carl Hester MBE is coming to our corner of the world!

To whet our appetites between now and October, we've contacted Kristen McAuslan of Brisbane who attended the 2018 Brisbane Masterclass with Carl Hester. The following are some excerpts from her summary that was posted on social media at the time:

Young Horse – 4 Year Old

- Just because your 4YO doesn't win a young horse class, it doesn't mean it won't be successful. A lot of horses that win at young horse events don't necessarily get to Grand Prix, for varying reasons.
- Work ethic with good paces is most important.
- Ride the corners like half circles, don't go deep, help the young horse stay upright.
- Stretching in the trot is very important in training. What is a good stretch? In front of the saddle, the neck should lower and there should be no wrinkles at the base of the neck.

Young Horse – 5 Year Old

- At this age the horse doesn't understand the half halt, break it down, don't use leg and hand at the same time. Use seat and hand to bring the horse back, leg to go on.
- Transitions within the pace are useful.
- The plait at the top of the neck is the plait you want to see, the plait closest to the ears, keep it up.
- If your horse falls through the shoulder, leg yield in a few strides and ride straight then leg yield in again.

Working Towards Collection and Flying Changes – 6 Year Old


- How good are your walk/canter/walk transitions? This will tell you how your flying change will be.
- A great big canter is a little more difficult to train a flying change.
- Anticipation is not a bad thing, we just have to develop a little more relaxation into it.
- Discipline – if the transition is not 100% to the horses ability, repeat it

The More Advanced Horse – 8 Year Old

- Think of the horse going forward into passage, not back into passage.
- The horse should be able to canter at a speed at which we can walk beside it.
- In the half pass, keep the letter you are heading towards between the horses ears.
- When the head goes up and down in the pirouette it tells you there is a lack of impulsion, we need to sit, but still with a level of impulsion.

Dressage Western Australia invites you to an intimate "Through the Levels" masterclass with the ultimate Master of Dressage

Carl Hester MBE



Dardream Equine Art


3.00pm Gates open
4.30pm Masterclass starts
6.45-7.45pm Dinner break
9.15pm Autograph signing
10.00pm close

For one night only... Don't miss this unique opportunity

Monday 14 October 2019

State Equestrian Centre, 303 Cathedral Avenue
Brigadoon WESTERN AUSTRALIA

Tickets on sale from TryBooking in April 2019
Balcony VIP event, including 4 course dinner: \$255 pp
General admission: EWA members \$120, non-EWA members \$135





Big Tour 1

- Keeping a horse sound of body and mind all the way to Grand Prix is difficult.
- If you don't take the risk to better the work in your training at home, you definitely aren't going to do it in a test.
- How many strides do you do on a short side? Improve that short stride by going a little bigger to fit less strides in.
- Know what your strengths are and use them to your best advantage, don't ride your highlights tentatively.

Big Tour 2

- Start small and get bigger in the pirouettes, a golden rule.
- In the flying change, think of landing uphill.
- Horses find coming in from the passage to piaffe easier than going out help your horse lift up a little as he comes out of the piaffe.

Thank you, Kristen McAuslan, for sharing your notes on the 2018 Brisbane Carl Hester Masterclass with the WA Dressage community.

La Noir Saddleworld Equestrian Western Australia Para Equestrian Dressage Squad Announced!!

Congratulations to the following combinations on their acceptance into their State Squads:

La Noir Saddleworld Equestrian Western Australia Para Equestrian Dressage State Squad 2019

Chelsea De Jonge & Savio H
Shannon Brookes and Regazaire
Sharon Jarvis and Lord Lamarque
Kate Eiszele & Wedgewood Cherish
Claire McNaughton & Blue Blood Aravis
Fleur Litster & Penroban Augustus





La Noir Saddleworld Equestrian Western Australia Para Equestrian Dressage Recognition Squad 2019

Rosa-Lee Principe & Balgownie Bathilde

Shannon Brookes & Santana VH

Mary-Anne Wallace & Madame Lash

Mercedes Prtaro & Flash

And new to the team Suzin Wells & Kendall Park Odyssey

Book Club - A History of Dressage in Western Australia

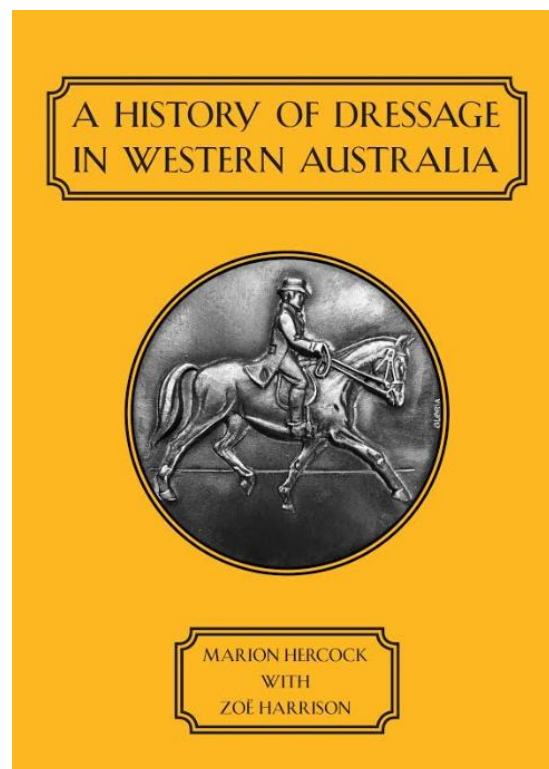
Marion Hercock and Zoë Harrison are the authors of *A History of Dressage in Western Australia*, which has been described by Chris Hector as "a fascinating survey of the development of horse sport, horse breeding, and rider education in Australia."

The history discusses the influence of visitors Tom Roberts, Karl Jurenak (also known as Kalman de Jurenak), Franz Mairinger and Nuno Oliveira, as well as the TAFE courses, Edgar Lichtwark and Harry Boldt, plus reference to the Mendez brothers and Ramon Guerrero. The local WA masters of dressage are included – among whom are Nadine Merewether, Roz Tippett, Sally-Leigh Woods and others.

This new book blends personal memories with historical detail to take readers into the long gone past, as well as down memory lane for some people. *A History of Dressage in Western Australia* follows the progression of horse and rider training in WA from 1829 to 2000 as well as competition dressage. Yet there is much more to the story, which includes the development of horse sport and horse breeding in Australia. There is also the horses and the riders, from the hackies and eventers to the FEI masters of dressage.

Five years of research went into the book by Marion Hercock and Zoë Harrison, who have brought their different perspectives to the history. Zoë as the professional Dressage coach, judge and competitor; and Marion as the amateur pleasure rider.

The book launch for *A History of Dressage in Western Australia* will be held by Ron Fleming Chair, EWA Board at the State Equestrian Centre on Friday 12th April 2019, at 6.00pm.



Book cover featuring the medal from the 1984 National Dressage Championships – the first to be held in WA.



RSVP by Tuesday 9 April 2019 via email majoe10@bigpond.com or phone 0404 036 109, 9298 8520.



A History of Dressage in Western Australia is illustrated and fully indexed. ISBN 978-0-85905-750-9, published by Hesperian Press, www.hesperianpress.com Copies can be purchased directly from the publisher \$49.00 plus postage.

Email: books@hesperian.com Telephone: 9362 5955 Tues and Fri 1–5pm

Or from Zoë Harrison www.zoeharrison.com.au

Email: info@zoeharrison.com.au Telephone: 9298 8520

Marion Hercock is a geographer with a PhD from the University of Western Australia, where she is an adjunct research fellow in the School of Agriculture and Environment. Her publications include works on environmental policy and management, natural resources, and 19th century geographers and exploration. She ran a remote area tour company with her husband. An editor with the Western Australian Explorers' Diaries Project, Marion also edits outback memoirs. She rides for pleasure.





Luckily for the reader, the authors have set their sights wide, and instead of narrowly concentrating on dressage as dressage in WA and only WA, they have provided a fascinating survey of the development of horse sport, and horse breeding, and rider education in Australia.

Chris Hector, *The Horse Magazine*


A HISTORY OF DRESSAGE
IN WESTERN AUSTRALIA





A HISTORY OF DRESSAGE
IN WESTERN AUSTRALIA




MARION HERCOCK
WITH
ZOE HARRISON

HERCOCK & HARRISON







The progress of horse and rider training underlies the story of the development of the specialist sport of dressage in Western Australia. This history covers the years from 1829 to 2000. It includes the mounted police and the first riding schools, the hunt club, the pony clubs and the original Dressage Club of Western Australia. It looks at the horses and the riders, from the hackies and eventers to the FEI masters of dressage. Historical detail is blended with personal memories to create an informative and lively ride into the past, and for some readers, a trip down memory lane.



Zoë Harrison and Wilpower 1985.
Photo by Heman.

Zoë Harrison, BHSAL EA L2 (General and Dressage), Coach Educator, Judge B level, Judge Mentor, is an Australian dressage rider and instructor who has ridden and competed since her childhood in England. She is an accredited coach and has written articles for magazines and journals. Zoë's passion for horses and riding has led her to recognise the value of preserving the memories of those who contributed to the development of Dressage in Western Australia.

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Thank you to all of our contributors for March/April 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 – 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 Jamie Bawden and Tracey Strommer

