



Welcome to the third edition of our monthly Northern Zone of Dressage Tasmania's newsletter, which is intended to inform members of what's happening in the Northern Zone, news, articles, stories and updates.

### **NORTHERN ZONE MEETINGS**

Northern Zone committee meets at the Jailhouse Grill, corner York and Wellington Streets Launceston on the first Wednesday in the month at 6.30pm. HOWEVER, in April it will meet on **Tuesday, 3<sup>rd</sup> April**.

You are invited and encouraged to attend, especially the April meeting, because the committee values your input and discussion is planned around the consultation letter which has been distributed to members (see info below). If you have any suggestions, want to see how the committee operates, or better still want to have input in how it operates, please consider attending – we'd love to see you.

### **CONSULTATION**

A letter seeking members' feedback is being distributed about planning venue usage, particularly following October this year when the current 12 month agreement for usage of the Thirlstane Grounds expires.

Your constructive feedback would be greatly appreciated as per the letter's instructions. Your input will be used to form a practical grounds' usage plan for the future for the Northern Zone, and is vital to decision making.

### **PUT YOUR HAND UP!**

Competitions are run monthly at Thirlstane. Members are strongly encouraged to volunteer to coordinate, and assist with tasks associated with events. You can flag how you want to help in Nominate when entering, or contact a committee member to volunteer your much-valued help. Might just mean getting a bit of extra exercise collecting test sheets, or doing a bit of pencilling between tests – it all helps.

Members are rostered on for each competition. If you are rostered, please make contact with the coordinator prior to the event. Phone numbers are included in the event information.

### **Competition Coordinator Roles**

Competition organisers/coordinators are sorely needed. Even if you think you wouldn't be able to do the tasks involved with this role, there are many who have done it before and would be willing to share their experiences and provide advice. There is a detailed list of tasks is available, and the aim is to have two undertaking the role at each competition, to share and support each other. Please consider the role.

Coordinator Guidelines are sent to those who choose to organise a competition, making it easier and outlining exactly what to do.

### **EVENT UPDATE and NEXT EVENT**

**CONGRATULATIONS** to Northern riders/owners for travelling to, and riding and helping at the Horshware Australia State Dressage Championships, and for the many successes and PB's. The culmination of a year's work for many members – big satisfied sighs all round following another exceptional event – so many should be very proud. Hopefully we can get a story to include in the next newsletter.

Championship results can be accessed on Nominate at <https://www.nominate.com.au/equestdn/Results.aspx>

Due to the Championships there will be no March competition for the Northern Zone. Refunds have been sent – but please contact Megan Whalley [dressagenorth@gmail.com](mailto:dressagenorth@gmail.com) if you have not received your refund.

The April competition is now accessible on Nominate (see flyer further down). **Big** thanks to sponsors The Feed Shed, Allan's Garden Centre, Prospect and Woodend Equestrian Centre.

## **INTERSCHOOL, JUNIOR AND PONY**

Just a reminder that you can flag in Nominate when entering these categories of competition.

### **RULES AND GUIDELINES**

The Dressage Tasmania web site: <http://www.tas.equestrian.org.au/dressage/content/dressage-tas-forms-and-documents> provides some information around the subject of scratching and refunds.

#### **EA Rules January 2017**

##### 1.9 Entry of horses and riders

After the close of entries:

- a) any change of rider must be notified, in writing, to the OC no later than 40 minutes prior to the start of the competition. However, a rider of a horse may not be changed if another rider has ridden the horse on the day, either in warm-up or in a competition
- b) after the close of entries a competitor may only substitute a horse with the approval of the OC and no later than 48 hours before the start of an event

##### 1.10 Scratchings/Withdrawals

In regards to any scratching or withdrawing from a test or competition:

- a) a competitor may withdraw any or all of the horses that he/she has entered, subject to the Conditions of Entry
- b) a refund may only be made if documented proof (i.e. veterinary or medical certificate) is produced within 24 hours of the completion of the event to the Event Secretary a refund shall be a minimum of at least 50% of the entry fee should be refunded.

If you find the need to scratch, please don't forget to advise the competition organiser. Contact information will be in the newsletter for each competition.

You'll find the Equestrian Australia National Dressage Rules here:

[http://www.equestrian.org.au/sites/default/files/EA\\_National\\_Dressage\\_Rules\\_CLEANversion\\_01012018\\_3.pdf](http://www.equestrian.org.au/sites/default/files/EA_National_Dressage_Rules_CLEANversion_01012018_3.pdf) which are up to date as of 1 January 2018, and include subject areas such as Dress, saddlery and equipment, Roles of officials, Young horse and pony, Paces and movements and Conditions of entry. Worth a look so that there's no confusion.

### **CONTACT DETAILS**

It's important that members receive the latest news and are informed in a timely manner. If you've change your email address, or have a new one, please let [dressagenorth@gmail.com](mailto:dressagenorth@gmail.com) know so contact details can be maintained and up to date.

### **MEANING OF FORWARDNESS NOT RUNNING**

*by Trevor Woodward*

A horse can go forward and be running on his forehead or he can go forward by putting weight on his hind legs and then pushing off and carrying his body forward. The latter is what we want. When you use your legs spurs or whip, your horse must carry himself by covering more ground with his hind legs... not pulling himself forward with his front legs!

#### **Simple Exercise – Activate the Hind Legs**

The turn on the forehead teaches a horse – young or old – to move his hind legs without running through the bridle. The horse begins by coming to a halt.

The rider keeps the horse's neck lined up with the middle of his chest and asks him to step away from the leg. The front legs remain in place but step up and down – without wandering – with the inside front leg acting as the pivot leg.

If the front legs stay still, the horse is on the forehead. This exercise can be done with flexion toward of the rider's active (driving) leg or with counter flexion, which is a little more difficult.

## **DRESSAGE MOVEMENTS**

(From *Equestrian Australia*: <http://www.equestrian.org.au/dressage/movements>)

### **The Passage**

This is a measured, very collected trot, elevated and cadenced. It is characterised by a pronounced engagement of the quarters, a more accentuated flexion of the knees and hocks and the graceful elasticity of the movement. Each diagonal pair of feet is raised and returned to the ground alternatively, with cadence and a prolonged suspension.

### **The Piaffe**

A highly collected trot, cadenced, elevated and giving the impression of being in place. The horse's back is supple and elastic. The quarters are slightly lowered, the haunches with active hocks are well engaged, giving great freedom, lightness and mobility to the shoulders and forehand. Each diagonal pair of feet is raised and returned to the ground alternatively, with even cadence.

### **The Pirouette**

A highly developed form of lateral movement executed on a very small circle with a radius approximately equal to the length of the horse. It can be performed in walk, piaffe or canter. The most important aspect of a good pirouette is that the rhythm and tempo of the gait in which it is performed should be exactly maintained before, during and in the departure from the movement. This can only be satisfactorily achieved if a high degree of collection and impulsion is held.

In the canter pirouette, the hindquarters will be noticeably lowered, through there should be no apparent lifting of the horse's head or forehand which would imply a loss of collection and a consequent flattening of the back. The horse should remain slightly flexed in the direction of the turn throughout, the quarters remaining well controlled to form the true pivot of the movement. He must never show the smallest tendency to drift backwards. Between 6 and 8 strides are desirable in a well-controlled canter pirouette, the quality of the movement being judged according to the suppleness, lightness, cadence and regularity.

### **Flying Change of Leg**

In order to make a flying change from canter-left to canter-right, or vice versa, the horse has to reorganise the sequence in which his legs operate in the asymmetrical beat of the gait. This primarily involves the quick adjustment of the hind legs in exactly the same way a child changes its legs while skipping along the pavement. This adjustment can only be made in the very brief moment following the third beat when all four legs are off the ground. A good flying change should flow smoothly through into the first stride of the new lead without any sign of hesitation or of a shortening of a stride, and with no loss of balance. The horse should appear to make the change with pride and elegance. It is only a matter of acquiring sufficient balance and gymnastic freedom of action in order to master the flying changes every four, three, two and one stride.

### **Lateral Movements**

Lateral movements, comprising all movements in a direction other than that on which the horse is aligned, are of four main varieties and all can be used in various forms in all three basic gaits of walk, trot and canter. The standard variations are leg yielding, shoulder-in, traverse (or quarters-in) and half-pass. Leg yielding is not in advanced dressage. All lateral movements share the same purpose of making the horse attentive and obedient to the aids of improving his balance, suppleness and powers of collection. In all of them it is expected that the rhythm of the stride will not be hurried or short.

### **The Half-pass**

The half-pass is widely used in all advanced dressage, and when well performed, is a very elegant and impressive movement. When performed from one side of the arena to the other it is often referred to as 'traversal'. The half-pass is also shown in the form of a zig-zag or counter change of hand, requiring flying changes of leg when done in canter. The horse should be slightly bent in the direction in which he is moving.



## THIRLSTANE VENUE RULES

- ✦ Horses, riders & spectators are not allowed on any of the golf fairways, bunkers or greens.
- ✦ Park as close to the seats as possible so we can have 3 rows of parking.
- ✦ No parking is allowed on the left-hand side of the yards.
- ✦ Limit parking to within 20m of right hand side of yards.
- ✦ Speed limit is 5km/h once inside the golf course gates.
- ✦ See attached map for parking, lunging, warm up area, etc.
- ✦ Clean up any mess your horse makes including holes and hay.
- ✦ Horses are to be tied up if in a yard.
- ✦ Ensure all manure is removed from the venue.
- ✦ Strictly no dogs allowed.



## PHOTO GALLERY - HORSEWARE AUSTRALIA STATE DRESSAGE CHAMPIONSHIPS











# NORTHERN ZONE ALLAN'S GARDEN CENTRE NEWCOMER COMPETITION



## Incorporating The Feed Shed's Elementary Challenge

Sunday 15 April 2018 – Allan's Garden Centre Newcomer Competition - Thirlstane

**Newcomer** MUST NOT have won either an unofficial or official Preliminary test. Newcomer test is the Unofficial Preliminary 1.2.

Prizes for 1<sup>st</sup> -3<sup>rd</sup> place, Sashes for 1<sup>st</sup> -6<sup>th</sup> places

**Elementary challenge** will be conducted over Official 3.1 and Official 3.2 classes, with highest aggregate score winning, in case of a tie the highest points will decide. Prizes for 1<sup>st</sup> -3<sup>rd</sup> place, Sashes for 1<sup>st</sup> -6<sup>th</sup> places

Unofficial Prep A & C, 1.1, 1.2, 2.1, 2.2      Official 1.1, 1.2, 2.1, 2.2, 3.1, 3.2, 4.1, 4.2, 5.1, 5.2, FEI

**High Point Award** sponsored By Woodend Equestrian Centre for the Highest official percentage at this competition which will be a \$50 cash prize.

Entries via [www.nominate.com.au](http://www.nominate.com.au). Closing date: 30/03/2018

**Coordinators:** Philippa Cassidy 0409 567 755 and Lily Stephenson 0427 759 076

**Helpers:** Heather Cambridge, Sam McCarthy, Claire Deavin, Katelin Adams

Please support our generous sponsors



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## **DRESSAGE TASMANIA NORTHERN ZONE COMMITTEE MEMBERS**

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