

# Johnson Equestrian

## News

November 2010 Issue

### George outclasses competition at Tamworth



Without a doubt the highlight of the past month here at Team J was George's spectacular victory aboard Wondaree Sprite in the Grand Prix at the

Equestrian Exhibition.

After a stylishly clear first round, George was first from a field of ten to jump off against the clock. Cool under pressure, George and Sprite set a cracking pace coming in at 50 seconds.

The opposition sent out some of its top guns, with Vicki Roycroft, David Robertson and James Mooney trying their hand - but nobody could catch them!

George blitzed the competition, taking out first place by nearly three seconds, with a thousand dollars prize money making the victory all the more sweet.

Watch George's victory [today](#)

### Horse thieves strike Nelson

When George and Jess went to catch Cecil early Thursday for the trip down to Canberra, they found the bay gelding naked and rugless in the dewy Spring morning.

After some investigation, it became apparent Cecil's light cotton rug and Weatherbeta canvas had been taken during the night.

The close-knit horse community soon revealed several other properties in the area had been 'hit' by the thieves, with rugs stolen in Richmond, Oakville and Box Hill.

Chrissie has since created a Facebook group "Stop Horse Rug Thieves" and the social networking phenomenon has revealed similar cases around NSW and Victoria.

If you notice any equipment missing, notify police immediately.

### Thunderbirds are go!

Christine graced the Thunderbirds riding club earlier this month to help out at one of their popular training sessions.

The group, organised by Rachel Smith, covers everything from show jumping to dressage and caters for all standards.

Based at the Northside Riding Club, St Ives, Chrissie heads up every couple of months to help out.

For more information on the sessions contact [Rachel](#) on 0412963893.

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# From the Chaff Bag

With the pressure of school and exams never far away, it's often difficult to get the right balance between studying and riding. **Wanda Snitch** writes in this month's **Chaff Bag Contributor's Column** about how you can ensure that neither is neglected.



**W**hether you are studying for your HSC, School

Certificate or at uni, there comes a time when you (or usually your parents) start to ask whether you should stop doing something you love (i.e. ride) and do more of what you should do (i.e.) study.

As someone who has done the HSC and uni parenting thing (Hi Michael!), taught HSC students and is currently trying to balance the uni/riding dilemma myself, I offer the following profound insights:

If you ride almost every day, compete regularly and spend most of your waking hours on horse management and

preparation, it's probably not a bad idea to give your horse a break.

You can still play with your horse occasionally and they will thank you for the spell time off.

However, If you ride a couple of times a week, and it doesn't absorb huge amounts of time that would actually be spent on study (like, are you really going to study for that two hours on Saturday morning?), you are probably better off continuing with the exercise and mental break.

It's all a matter of knowing you and your horse, and keeping some balance. If you can fit in some rides and still get the same number of 'real' study hours in (i.e. not Facebook and MSN) it is not a bad thing. However, if riding is stressful, with a lot of pressure or a naughty horse or you are at a critical point in training, give yourself a break and brush your horse once a week for a while.

You can also view the time you spend with your horse as a reward for yourself.

Finally, don't kid yourself about how long a ride takes. Time yourself during your next one-hour ride and you will be surprised to find that it probably takes two hours. Also, don't be tempted to attach all sorts of other little tasks to the ride, like sweeping the feed shed. Almost any task is more attractive than school work, so you have to apply a bit of discipline here!

Good luck studying, and remember, your horse really won't complain if you give him a bit of a holiday.

#### A note from Alice

**From the Chaff Bag** is a regular feature for the Team J newsletter. Topics will cover a range of subjects, from equine fitness tips to opinion pieces. Contributors are most welcome so please write in!

# Chrissie's Column

This month Chrissie reflects on the often infuriating process of **finding the right horse** for you!

**T**he right horse can be the making of a rider's career, just as the wrong one can dampen an interest in horses or make for a fearful nervous rider. How do you find the right horse?

I am often asked this, and I have to admit, there is a fair bit of luck involved, however being in the right place at the right time, networking, and being patient are all important factors for success.

As a teenager, my inexperienced, but well-meaning parents bought me a three year old ex racehorse from a dealer, not a good choice, but he went on to be short-listed for the first World Eventing Championships in Lexington in 1978. His name was Cervantes and he was a hero of a horse, but that story is the exception to many stories I see. Several decades, later I would never advise on buying a horse like that for an inexperienced teenager.

Finding a coach or trusted advisor is a good start and matching your experience, goals and budget are priorities



from there on. George and Alice both had some "magic" horses in their early riding days: Khana and Scobie are both horses that set George on a path to success and Alice has fond memories of Susie and Perry who won many ribbons and taught her so much. We got it right in these examples, but it doesn't always go to plan. If a horse and rider don't gel well together, find another one. Finding the horse that is right is never easy, but I would urge you to follow the following guidelines:

1. Always have safety as your first consideration.
2. Consult with your coach throughout any purchase process.
3. Always try for a trial, or at the least multiple trial rides in different environments.
4. Always have a vet check.
5. Do your homework. Research any horses history, ask around.

Good luck.

## Rider Profile

**Name:** Paige Rosekilly.

**Age:** 14

**Favourite riding discipline:** Dressage, show-jumping and vaulting.

**A bit about the horse:** Pixie is an 11-year-old Arab riding pony. The versatile chestnut mare does just about everything and anything.

**Riding achievements:**

The South African born teenager was recently crowned champion in her Closed Pony Club dressage day, her show-jumping day and her first C-grade one-day event.

The promising vaulter also placed fifth, second and third in disciplines at the national vaulting championships.



## Canadian Coaching Sensation Returns

On the 27th, 28th and 29th of November, Canadian coaching stalwart Jody Sloper will be returning to Sydney to continue her long affiliation with the Sydney riding community.

“In the end it’s the ability to communicate clearly with the horse that provides one with the success to ride well,” Jody said.

Jody will be catering for all standards, running schooling sessions from 80cm to a 1.2m at the Sydney Showjumping Club grounds.



# THE COACH TRAINING CORNER

On the 29th Jody will be hosting a Coaches Clinic at Horsecworld, Maraylya, which offers an invaluable opportunity to learn new techniques and exercises.

Chrissie has been involved with Jody’s coaching visits to Australia for over a decade after Jody featured as a guest instructor at Marcus Oldham College in Victoria.

Since then Jody has continued to be a regular and welcomed addition to George and Christine’s coaching regime.

“Regular exposure to different coaching techniques is one of the most important parts of any coaches’ personal development”, Chrissie explained.

**Interested in becoming a coach? Chrissie holds coach training sessions every Wednesday at our Nelson property. Introductory, LI & LII training available, as well as regular Coach Updating Clinics.**

## HAVE YOU MET...?

**One of the best parts of working at Team Johnson is the fascinating array of people you meet.**

**So we thought you might like to learn a bit more about them.**



## Lee Ebeling

**Age:** 51

**Occupation:** Small-animal vet surgeon.

**Riding History:** After training as an animal surgeon at The University of Sydney, Lee gained her MA in science biotechnology.

She then worked in clinics in Dural, Epping and North Richmond, before deciding on a change of career.

The keen sailor trained and worked as a morgue attendant where her roles included searching bodies for valuables and preparing corpses for pathology examinations.

Lee is now back working as a small-animal vet in West Blacktown and lives with her husband Rob and step-daughter Jacqui.

The adventurous 51-year-old likes to give everything a go once and has tried her hand at ballroom dancing, rock climbing and even ice skating! She is due to visit her step-daughter who is on a study trip in Germany - but be sure to say hi to Lee next time you’re at Team J.

# George Talks Training



For the November issue of **George Talks Training**, George shares his ideas on the best way to prepare in the practice ring before a show.

## 1. The basics

Most warm-ups consist of starting over small cross-rails before moving onto a small vertical then bigger verticals before approaching your oxers.

With the oxer, it's good to start with one that is slightly rising, so make sure the back rail is higher than the front rail. It's important then that you adjust the size of the oxer so that it is a similar size to the one in the ring.

Finally, finish your warm-up to suit the first fence. For example, if the first fence is an oxer then finish your last warm up fence with an oxer. Creating the right degree of impulsion in your canter is essential - if the small sized warm up ring doesn't accommodate this then finding a larger area to work on your flat work is a good idea.

## 2. Knowing your horse

One of the benefits of spending lots of time with your horse is that you get to know their preferences and behaviour at shows. Some horses need one bigger fence to get their

attention before entering the competition ring, whereas other horses are different.

It's very important to get the right warm-up to suit you and your horse and it can often make the difference .

## 3. Rules and etiquette

In the practice ring, the red flags are on the right side and the white flags on the left. If you are due to enter the competition ring ahead of another competitor, then you will always get priority on the practice fences. However, the most important thing to remember is courtesy and respect for all your fellow competitors.

## 4. Helping hands

It's always useful to have help on the ground during the warm-up. It's essential to have someone who can help with coaching in the warm-up.

This is where a good working relationship with your coach can be very helpful - but someone who can adjust the rails for you is a must.

# GEORGE JOHNSON

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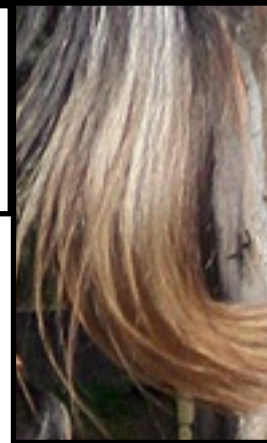


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# The Tail End

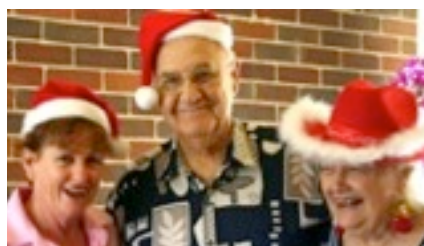
Final bits and pieces from [Team J](#)



## Peppi to the Rescue!

Struggling for those last minute stocking fillers?

Well fear no more, as this loveable children's book is the perfect present for any horse enthusiast. Doreen Slinkard's Peppi The Polo Pony is an ugly duckling story perfect for all ages. The Wilberforce-based author's book is available online from Amazon and Alibris.



## Christmas Party Approaches

December 19 sees the second annual Team J Christmas Party.

Head down to 44 Nelson Road at around 1pm for plenty of festive fun and maybe even a dip in the pool!

Bring a plate of food and plenty of Christmas cheer and we will see you there



## Kohnke's Own Products

Johnson Equestrian uses and happily recommends Kohnke's Own Horse Care Products. Over the last 30 years, Dr John Kohnke has become the most well known Australian veterinarian as an adviser on the nutrition and practical health care of horses. For more information take a look at their [website](#)

This Newsletter was produced by Alice Johnson of **AJ's Equine Promotions**. To enquire about what services Alice could provide for your business or club, or to be a part of the next Johnson Equestrian News, email her on [ajoh7993@usyd.edu.au](mailto:ajoh7993@usyd.edu.au)

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