

Johnson Equestrian

News

October 2010 Issue 1

Team J News: The Headlines

As September marches on into October, we have experienced a soggy few weeks here at Team J. Cancelled jump club days were spent crowded around computer monitors, eagerly watching grainy You-Tube updates from The World Equestrian Games, and the stylish victory of Belgium's Pier Le Juene winning gold in the Showjumping.

Meanwhile, at our school holiday camps, seemingly endless hordes of happy children have been vaulting off horses to hug and adore an even happier Rupert. Here are the top stories from (given it is our first issue) the past few months at Johnson Equestrian Services.

George and Ozbred Contest First World Cup.

With Ozbred, Sprite and Jess' Cecil on board, George's outstanding performances made the 900km journey to Toowoomba more than worth the while. Kate Wallace's performance bred mare Wondaree Sprite, was quick



against the clock with places in three out of five classes 1.30m classes.

Meanwhile ex race-horse Ozbred showed off his scopey technique over some formidably sized tracks, including course designer Graeme Watts' 1.5m World Cup course.

Whilst George was away competing in Toowoomba, we also received news that he had successfully been appointed to the Pony Club Paid Instructor's Panel. This is a great compliment and means he is now available to conduct clinics at Pony Clubs throughout NSW.

Email [George](#) to arrange a booking.

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HOLIDAY CAMP FUN

The school holidays have been and gone yet again with four camps here at Johnson Equestrian. We had some great riding from everyone who attended. Vaulting practice was again a firm favourite, with students mastering the box, mill & flag positions.

Vintage Vaulters

Returns

Are you interested in improving your balance and sense of rhythm? Do you enjoy learning new skills in a warm and supportive environment?

Then Vintage Vaulters is for you!



Join Chrissie and Level II Vaulting Coach Educator Lynn Lynch at Nelson from 12-2 on Fridays for a vaulting session and lunch. These fantastic training sessions will challenge you to discover new skills in a safe and controlled environment.

Contact [Chrissie](#) for more details

Jody Sloper Clinic

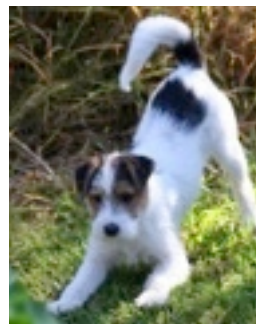


We are happy to confirm Canadian coach Jody Sloper will be travelling back to Sydney for the 27th, 28th and 29th of November. The Saturday and Sunday sessions will be a rider clinic at SSJC, while the Monday will be a Coach Training Clinic at Horseworld, Maralyla.

Contact [Chrissie](#) to confirm your booking today.

Welcome Rupert

If you haven't yet seen him you obviously haven't been on Facebook recently.

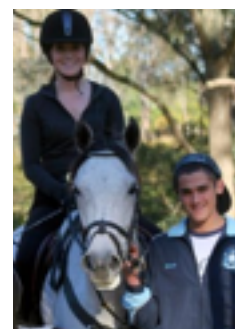


This much photographed pooch is the latest addition to the Team Johnson family. Mr Rupert Johnson is a Jack Russell mix who Chrissie met at a Pony Club clinic at Woollondilly and was 'persuaded' to bring home.

Puppy training is an ongoing pursuit so next time you see him, don't hesitate to practice his burgeoning 'sit' and 'drop' skills.

Farewell Nathan

It was with great sadness that we said farewell to one of our longest serving, hardest working Team J workers, Nathan Borg. Nathan had been helping out after school and on weekends for about 4 years, and his cheerful friendly nature and admirable work ethic endeared him to everyone that met him. Nathan, along with many other Team J students will be sitting for his HSC shortly and we wish them all the best of luck. Nathan has already been approved a carpentry apprenticeship and we are sure he will do very well!



Chrissie's Column

Every month **Chrissie's Column** shares the musings of the Team J matriarch



We are lucky enough to meet plenty of new faces and make some amazing friends through the people who come to Team J, often from all over Sydney. For those from remote areas, there are opportunities to come and experience

intensive training in several blocks. Some of our favourites faces recently include Hannah Daniels from Kuala Lumpur. An english expat living there with her partner, Hannah came to live and train with us for six weeks. She was involved in coach training, had personal lessons, attended shows with George and Jess and, of course, plenty of vaulting.

Sarah Gillet was here from West Wyalong and over two intensive training blocks was able to complete her Introductory Coaching Certificate. Suan Gaik Lee from Sabah, who has been a regular annual visitor for training, was successful at completing her Level I exam in September.



Sarah Gillett, centre, pictures with Team J regulars Sandra and Miranda

There are also opportunities for working pupil arrangements for those of you seeking to complete your coach training or further your competition experience. If you are interested in doing any block training, either staying with us or in local accommodation, please get in [contact](#).

Rider Profile

He may be diminutive in stature but don't underestimate this pocket rocket rider. At just fifteen years of age, this month's rider profile is the stylish Mr Brandon Beneke.



Name: Brandon Beneke

Age: 15

Favourite riding discipline:

Showjumping but a lot of experience in dressage and hacking

A bit about the horse:

Berry is a black Arabian mare. She unfortunately had a year off with Ross River Virus but has come back better than ever.

Riding Achievements:

While Brandon has a long list of successes to his name, his most recent include at the Gunnedah PC Camp in October, being named B Grade SJ Champion in the Under 17s Division.



THE L1 COACH TRAINING CORNER

It was 100% success for Team J trainee Coaches at the EA NCAS Final Assessment at SIEC on the 7th & 8th of September. Congratulations to Suan, Natasha, Lara, Rachelle and Wanda who out performed all expectations and were a credit to their training. Described by some as "the most stressful thing they have ever had to do",

these newly qualified Level 1 coaches should be very proud of their achievement.

More congratulations go out to Deb Harte who worked through her RCC Application to have her BHSI recognised with the EA (in other words, Australia recognised her English credentials). Deb is pictured above, with Ben Harris, the newly appointed NCAS National Education Manager, who recently visited one of our regular Wednesday coach training days. Colleen Brook L3 CE (pictured) also regularly assists me with coach training.



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.

Kyla Morris

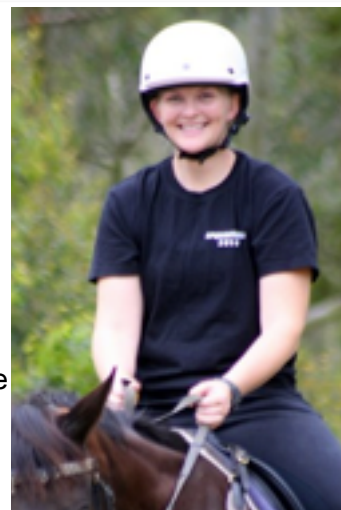
Age: 30

Occupation: Geo-spatial Technician/ Soldier

Riding History: Before coming to Team J, Kyla had done some stock riding and at one point owned her own horse. She joined us nearly a year ago, but her training progress was interrupted by her six months service of duty in Afghanistan.

Kyla spent six and a half months in Tarin Kowt in the Oruzgan Province, at the Tarin Kowt Multinational base. There she was one of eight women amidst over 200 male soldiers. She arrived in a Hercules, noticed the heat and the dust and thought, "what the hell have I got myself into?" Extremely homesick for two months, Kyla said Afghanistan differed from her first service abroad in Timor, mainly because of the constant feeling of fear. Despite this, she is happy to report she made some excellent friends and even managed to lose six kilos abroad!

Now back in Sydney, Kyla's first point of call was to book a riding lesson and is on the hunt for a horse of her own. Welcome back Kyla!



George Talks Training



For the October issue of **George Talks Training**, George shares a few of the exercises he has been working on with his students and horses.

1. Eye Exercises

Looking to a point

This can be done going across the diagonal (or anywhere on the arena) by picking an object as you come out of the corner, such as a tree, and riding straight towards it.

This can then be extended to jumps. Do this by looking with a soft focus to the entire jump as you make your way through the turn. As you come to the jump, change to a hard focus on the centre of the jump. When the top rail drops away from your line of vision, you then transfer your point of focus to an object in the distance where you need to head. It is important you keep your focus on that point, in the air and on landing, to give your horse direction and to maintain your balance.

Following this, set up three rails, three strides apart and practice this technique. As you cross the first pole, set your vision to the second, etc.

2. Mental time out for the horse

When training a horse to calmly stand at the halt, you should practice collecting your reins, taking a deep

breath and releasing the contact with an exhalation of breath. In any session you should practice this just as many times as you collect the reins to walk on. While the horse is standing on a loose rein, it is their mental time out. The only conditions are that they stand still and don't grab at the rings.

3. Transitions within the pace

As well as doing regular upward and downward transitions, a rider should also practice transitions within the pace. Increasing and decreasing the pace improves the horse's balance and adjustability, which are vital on course, while also helping the rider's coordination of the aids.

One way of practicing this is by setting two poles approximately 6-8 strides apart. Ride through this set-up by practicing first removing and later adding an extra stride.

With young or green horses with little adjustability, the use of circles at various places on the arena can be very useful for rebalancing and compressing the horse, without pulling too much or making the neck short.

GEORGE JOHNSON

EA NCAS L1 COACH • SHOWJUMPING SPECIALIST

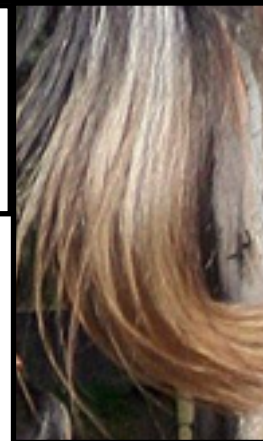


Available to travel for lessons around Sydney including the Hawksbury and Terry Hills areas, for private and group lessons. Fully accredited, experienced & sympathetic.

For bookings call **George Johnson on 0431 212 661**

The Tail End

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



Sick of wet weather spoiling competitions?

Ever wonder how the sand arena at Johnson Equestrian stays usable even in the most horrendous July weather? Interested in having your own arena built or repaired? Contact Doug Stoneman, who built and maintains our arena, at AXCAN on 0409344071



Christmas Party Approaches

All Team J supporters and students are invited to attend the Team Johnson Christmas Party here at Nelson. Come over on the 19th of December from 1pm- 3pm for a friendly get together to celebrate the end of another fantastic year.



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

TEAM JOHNSON
EQUESTRIAN COACHES



Lessons on your horse or one of our well trained school horses, from beginner to advanced.

Mention this flyer to receive \$10 OFF your first lesson!

For bookings call George on 0431 212 661 or Chrissie 0412 405 079

Riding centre located at 44 Nelson Rd Nelson NSW 2765

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