

Johnson Equestrian

March 2011 Issue 4

News

Local coach excels



Congratulations to local vaulting coach Lyn Lynch for receiving a prestigious EA Gow Gates award for her contribution to vaulting.

Chrissie was a guest at the evening to help celebrate her achievements. Congratulations Lyn!

Working pupils

Trainee vet Emma Brauer recently joined Team J for a week's work experience as part of her vet science course at Charles Sturt University in Wagga Wagga.

The 19-year-old brought enthusiasm and a passion for learning to Nelson Road and in exchange got valuable hands on experience of working with horses.

She said: "As part of our course we have to do a variety of work placements, focusing on different animals.

"I've already done chickens, stud horses, cows and sheep – so it was good to finally work on a horse property."

Emma, who owns an 11-year-old chestnut thoroughbred, Padre, added: "It has been a valuable experience because we need to know what farmers and horse trainer do and how to approach situations when we get a call out."

Chrissie added: "It was great to have Emma helping out and I hope she took lots from her week with us.

"There's no better way of learning than getting your hands dirty and getting stuck in - and that's exactly what Emma did."

If you would like to enquire about doing work experience with Team J then contact Chrissie on 0412405079.



Emma Brauer & Lin Boettcher

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Campaigning young horses



George is very excited with the young Warmblood mare “Armina”, that he owns in partnership with Janet Walk of Cudgegong Warmblood Stud at Rylestone www.cudgegongwarmbloods.com.au

From two outings this year she has had a win and two placings and is one to look out for in the future.

George is available to train, compete and promote horses for owners and is always interested in partnership deals with promising horses.

If you would love to watch your horse competing at the big shows, give George a call on 0431 212661.

Coach training fun

Rupert doesn't find Coach Training at Team J so exciting, but we all enjoy it!

If you would like to do your EA Horse Management, Riding or Coaching Certificates with us, call Chrissie on 0412 405079. We operate weekly coaching sessions on a Wednesday and coaching is an excellent way to boost both your horse knowledge and confidence.

To watch brief videos on Coach Training go to <http://www.teamj.com.au/coach.htm>



RISING STARS



It's very exciting for George and me as coaches when we discover new talent.

Sarah Wilton of Nelson has been making great progress on her pony Oscar in her lessons at Team J.

Sarah and Oscar had very little experience when they commenced lessons with Chrissie & George but since starting with regular lessons they have shown great improvement.

Well done Sarah!



Have you met?

Have You Met?



Lisa Taran

This month's Have You Met introduces you to Beauty Therapist Lisa Taran

Lisa has been riding for six years and is a regular face at Team Johnson headquarters.

While she used to own her own horse, Scooter, a quarter-horse and ex-barrel racer, she hopes to again own her own horse soon.

This she would juggle between the hectic lifestyle of running her own successful business at the young age of 26.

As well as an enthusiastic riding student, Lisa Taran is also Team J's resident beauty therapist. If you ever see Chrissie looking a bit fresher, chances are you can be sure Lisa has been for a visit.

As well as a range of beauty treatments, Lisa now specialises in remedial massage.

"These treatments are health fund approved and a great opportunity for your body to recover after riding, whether that's from your weekly lesson or an intensive competitive training schedule," Lisa said.

Lisa's company also boasts the benefit of being completely mobile, making it a perfect fit for the busy 'horsey' lifestyle.

You can contact Lisa on 0401 053 654 or 9620 7772 www.pampru.com.au

Naturally Nelson!

Chrissie and her loyal band of avian minded friends are frequently excited by their new and exciting bird sightings. You can often catch a picture or two of them on Facebook amidst the various albums of Rupert.

This new segment will try and share some of the beautiful fauna and flora we are lucky enough to enjoy here at our Nelson property.

Please send through some of your favourite photographs for the March issue and make sure you check out this website to help identify any of your future sightings.

<http://birdsinbackyards.net/species/Falcunculus-frontatus>



Top the Crested Shrike Tit and below the Azure Kingfisher

George Talks Training



This month George explains the important points to remember when turning & riding corners.

1. The most important thing in any turn is the use of your eyes. As simple as it sounds the use of your eyes does at least half of the turn for you.

Practice giving yourself objects or things in the environment to look at. This could be a jump, a rail or a tree on the fence line.

2. Another important thing to consider is that no matter how you get your horse around the turn, you need to remain soft in the elbows.

That softness in your elbows is very important when going through the turn to a fence.

3. Keeping control of the horse's body is essential and the two crucial elements of this are keeping an outside rein and remembering to always feel and monitor that the back legs are following the front legs.

Particularly when turning a horse who feels heavy or labored in the corner, try to feel as though you are turning the shoulder.

4. The most common problem for people riding through the corner is that most want too much neck bend to the inside. Turning the horse and then riding straight out of the turns is made much easier by not having an excess neck bend - this part should remain quite straight.

We should always keep in mind that bending the neck doesn't physically turn the horse and we shouldn't get those two muddled up.

5. As a general rule, most people need to have the horse more bent and elastic around the inside leg.

Bending the rib cage around the inside leg is ideal, not over bending the neck as most people do.

6. There are many books and references on rein aids.

I highly recommend you read George Morris' book on rein aids. As a master of the discipline his explanations are excellent and concise.

Two common rein aids & their uses

Open Rein

On any horse, particularly a green horse, you use an opening rein where you show and guide the horse where to go.

Direct Rein.

A direct rein is where the rein pressure comes directly back, this can be used for steering with one rein and stopping with two reins.

Always remember

Any rein aids - particularly the direct rein - requires knowledge of how much to give or restrain with the outside rein in order to keep control of the neck.

These are of course just two in an extensive list of rein aids you need to become comfortable and confident in using. Once you feel comfortable with them you can begin to merge different varieties and use them in conjunction.

For instance you might begin with an opening rein but bring the outside rein to the neck as well which is the beginning of a neck rein (another type of rein aid).

Team J Diary

March



2nd Team J coach training
10am-2pm

6th SSJC training day
www.globalentriesonline.com.au

9th Team J coach training
10am-2pm



16th Team J coach training
10am-2pm

20th SSJC training day
<http://www.globalentriesonline.com.au>

23rd Team J coach training
10am-2pm

27th Hawkesbury Equestrian Club SJ Competition



30th Team J coach training
10am-2pm

April

1-3rd Castle hill show



3rd George will be conducting a showjumping clinic for the Dural Pony Club



9-10 Showjumping at the Windsor Polo Grounds

14- 27th Sydney Royal Easter Show



12th 14th 19th 21st

26th Easter holiday camp dates - book early!

June

25th - 27th Jody Sloper clinic

Chrissie's column



How old is too old? Chrissie explains why riding is right for the mature aged student

How old is too old? When it comes to trying something new, some sports make it easier to answer this question than others.

On a professional level, gymnasts rarely make it into their thirties. The wear and tear of high intensity sports, such as basketball and swimming, are also deemed the domain of the younger generation.

Horse riding however can be quite a different story, particularly at an elite level. No one under thirty has ever won a gold medal in showjumping at the Olympic Games. The Beijing Games are a great example of this. On the Australian team Laurie Lever competed well into his sixties, Canada's Ian Miller was 61, while Japan's Hiroshi Hoketsu at 67 gained over 70% in the dressage.

Ina Knospe from Canberra broke her horse in at 69 and competed on the same horse at 75 at Prix St George. Klaus Balkenhol won team dressage gold at the Atlanta Olympics at 58 and still rides and trains every day at Grand Prix level at 72. Our highest placed performer at the recent World Championships, Chris Chugg was 53, while George Sanna, our current Australian Champion is 59.

As well as attracting an older demographic, competitive riding is also the only sport that places men and women on an equal playing field. Abroad Meredith Michaels Beerbaum is just as competitive as her hugely successful brother-in-law, while on our home soil Vicki Roycroft,

now 58, has represented Australia in three Olympic Games and four World Championships.

So when considering taking up a new sport in your later years, Equestrian is a rewarding and fulfilling option for both men and women.

In our own student ranks, we have several older inspirational riders. Sandra McClean is 64 and actively competing in showjumping and dressage. Murray Robertson at 65 still has regular weekly lessons and newcomer Bill Gibson at 70 is embracing a life's ambitions to ride horses with weekly lessons.

“No one under thirty has ever won a gold medal in showjumping at the Olympic Games”

If well-mounted and well-managed, the older student can safely take part in lessons or competition according to their capabilities. From a health perspective, riding is an aerobic exercise, promoting core strength, balance and flexibility. Additionally, horse riding can be an incredibly social sport and provide you with a network of likeminded and passionate enthusiasts.

So for any older students who are interested in learning to ride in a safe and encouraging environment, contact Chrissie on 0412405079

The *tail* end



Final bits and pieces from Team J



Equine Masterclass

The Hawkesbury Riding Club is hosting an Equine Masterclass on April 11th. Come to the Clarendon grounds from 10-4 for a day full of learning from equestrian professionals. Contact Greg Allardice: 0412 533 050 email: greg@mediafutures.com.au Bookings are essential.



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 today <http://www.kohnkesown.com/>



Happy Birthday Zena

Junior Team J star Zena Elbiad turned 11-years-old on Saturday 19th, February. A big happy birthday to Zena. If there are any other Team J birthdays you would like to have included, swing us an email!

Keep in touch!

If you're a fan of Johnson Equestrian, make sure you let people know it! Like our [Facebook page](#), follow us on [Twitter](#) and add our [website](#) to your favourites. Take a look at the Contacts List below to make sure you have all of our details on hand.

Contacts List:

Chrissie: (p) 0412405079 [Chrissie email](#)

George: (p) 0431212661 [George email](#)

Website: www.teamj.com.au

Previous newsletters: [January](#) [November](#), [October](#)

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