

Johnson Equestrian

May 2011 Issue 5

News

Coaching success



Congratulations to our latest coach trainee graduates. Sherryn McPherson and Jamie Tham both acquired their Intro Coach Certificate and Belinda Lloyd gained her Introductory and Level 1 Certificate while living and training at our Nelson property.

Work placement opportunities are a great way to accelerate the coach training process. If you're interested contact Chrissie on 0412405079.

Great work girls!

[Check out more coaching photos here.](#)

Local show wrap-up

Team J members have been competing a range of local shows with great success. George and Sprite had a good run at [local agricultural show, Castle Hill](#) with a 3rd in the Mini Prix and a win in the 1.35m.

Brandon Beneke had a strong round at the [Sydney Royal Easter](#)

[Show](#), with a win in the Team of 4, 5th in the Area Team Showjumping and third in the Open Senior boy rider. Brandon was also Champion at Zone 23 Equitation and younger sister Renee ran a close 3rd.

Vale Corey



It is with great regret that we announce the death of one of the most familiar faces here at Team J, 'Corromandel' The 17 hh gelding was eight-years-old when he was put down in April after being diagnosed with an inoperable Ethmoid tumor of the nose. Corey came to Nelson as an unbroken stallion after he escaped from his Wilberforce paddock to visit a neighbouring mare. George broke him in and competed up to D grade and was successful at various Dressage outings with Chrissie. He was good mates with his paddock neighbours Ozzy and Sprite and one of Chrissie's favourites due to his inarguable talent and potential. From all at Team J, rest in peace Corey.

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Easter Holiday Camps

This Easter saw a series of holiday camps at Team J. The turnout was great and there were plenty of smiles in the autumn sunshine. It was great to see so many old faces back as well as a few new ones – well done everybody! [Check out more photos on the web album.](#) To learn more about about camps check out [the Team J website.](#)

RIDER PROFILE

This month's Rider Profile is Team J's resident mechanic **Mark Atkins**

Mark in his "other life" owns and runs a successful tyre and mechanic workshop in Seven Hills, but it is his horse life that is his passion. Mark and partner Sue have 3 dogs and 3 horses and live on idyllic acreage at Maraylya. Sue is also a competent rider and a very talented small animal emergency veterinary nurse. Both work tirelessly for the Sydney Showjumping Club Committee, where

Mark is the Vice President.

An interest in the technical side of the sport of showjumping led Mark to become an accredited Course Designer (Level 3 EA & Level 1 International) and he is now much sort after to build and design at events all

over Australia.

This sometimes gets in the way of Mark's first priority of competing on his own horse, and it can be a juggling act between competing and course designing.

Mark is currently enjoying great success with his latest horse "Yandoo Barnaby", a rising eight year old black warmblood gelding by Close Encounters, that we were instrumental in helping him to find three years ago. Mark and Sue are rightfully proud of "Barney" as their consistent training and good management have seen him perform successfully in many competitions with Mark now well up on the leader board for the Amateur Champions Title. Congratulations on the great job they both do for showjumping in our area, and good luck for coming events with their rising star; "Yandoo Barnaby"



The Coaching Corner With...

Belinda Lloyd

EA NCAS L1G

Belinda Lloyd has ten years of experience coaching and training in the States and Europe. She offers her advice for training in the Coaching Corner.



HOW DID YOU GET STARTED IN RIDING?

Both my parents were riders and our family bred ponies. It was the natural thing that we all started riding and while my two brothers gave it up, I kept going. We grew up in Coonamble until I was 12 before moving to Dubbo, so of course Pony Club was a big deal for us.

WHAT HAVE BEEN YOUR GREATEST SUCCESSES?

An early high was when I came third in the Wentworth Saddles Futurity in 1995 – that was huge. Russell Johnson won it with Southern Contrast, Chris Chugg came second and I came third on a \$500 thoroughbred. I've also had ten World Cup starts and represented Australia in 1997 at the Inter-Pacific Rally in Hong



Kong – my first overseas trip.

WHAT ARE THE MAIN DIFFERENCES BETWEEN TRAINING AND COMPETITION METHODS BETWEEN AUSTRALIA AND THE STATES?

Australians are a lot more gritty and resourceful. But in the States they are perfectionists and very rarely sloppy. Everything is well organised and very meticulous.

Everyone in America has a trainer and people train more regularly. So in general, Australian riders are a lot braver at an amateur level but technically you will come across a lot more polished riders in the States.

HOW WOULD YOU DESCRIBE YOUR TRAINING THEORIES AND WHAT'S IMPORTANT TO YOU AS A TRAINER?

I like to impart upon my pupils the importance of being able to think for themselves and to think about why they do things, not just because I told them to.

I like them to develop feeling for their horses and their riding and to appreciate the difference between learning from theory and practice. This can only be done by spending time with your horse, instead of just a groom preparing your horse for you.

WHAT ADVICE WOULD YOU GIVE TO YOUNG RIDERS TODAY?

Never give up - I lost three horses in 18-months in 2001 and it was heartbreaking. It ripped my heart out and I quit riding for a while. So I went to England to find a job and within three months I went and found the nearest horse and rode it.

Even if you think it's too hard or that there are too many obstacles, there's always a way and if you're passionate about it you can make it work.

Belinda gained her Level 1 coaching certificate by doing a residential training program at Team J Belinda is available for coaching and clinics in the Western NSW region. Contact her on 0478030135

Have you met?

Have You Met?



The Elbieds

This month's Have You Met introduces you to Team J's resident chefs!

Think succulent figs wrapped in salty prosciutto finished with a creamy gorgonzola cheese sauce. Or perhaps the rich smoked salmon and brie salad to complement the smoky aromas of the Moroccan Lamb pizza complete with fetta and a touch of chilli to warm the soul?

While it might not be the average sandwich Chrissie and George tuck into on a Saturday, we were lucky enough to sample the delicious flavours at Il Puntino in Norwest. Run by Gabbie and Max Elbied, a culinary couple who are regular faces at Team J headquarters with their daughter Zena taking weekly lessons and regularly attending holiday camps.

The duo opened the small cafe style restaurant in the business park in 2008, enjoying the office style hours to spend more time with their children Zena, and young son Jamal. Popular demand meant Il Puntino is now open for business on a Friday and Saturday night.

"I come from a Czech background while Max is Italian Moroccan and spent holidays in Spain. You won't find this sort of a mix very often, let alone in the Hills District," Gabbie said.

Il Puntino is open Friday and Saturday nights (02) 866 57045

www.ilpuntinoespresso.com.au



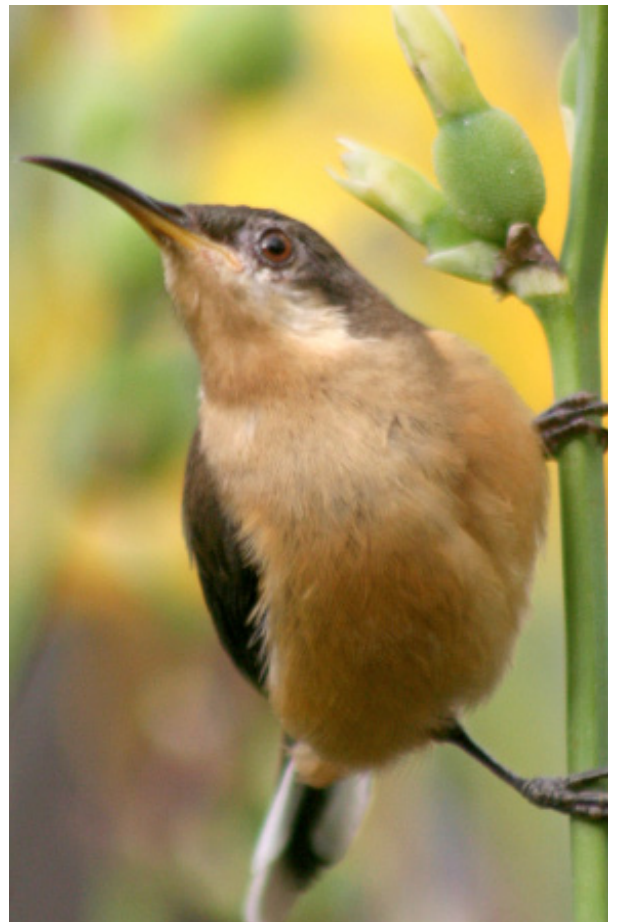
The Swamp Hen

Naturally Nelson!

Right: The Eastern Spinebill

Below: The Firetail

Left: The Crimson Rosella



George Talks Training



This month George tells us a bit about the history of his top competition horse, Wondaree Sprite, and the art of riding the 'hot horse'

She may be small in stature measuring in at only 15.3hh, but Wondaree Sprite is one of the most competitive showjumping horses against the clock in NSW.

The 11 year-old-mare was bred in Victoria by Kate Wallace, one of the most established breeders down south. By Dreamtime (who is by Dusky Hunter), Sprite was the third and final foal born to the thoroughbred mare Miss Andrill.



Surprisingly, the other two were 17hh.

Owner Kate Wallace

said, while she didn't get her siblings' height, Sprite certainly made up for it in jumping technique.

It wasn't an easy road to success, with Sprite having a rare blood condition called RH factor. A blood transfusion kept her alive as a foal, but she also wasn't allowed to feed from her mother.

Kate, 84, has 30 horses on her Geelong property and did a lot of Sprite's early education and flat work.

Her stable hand at the time started competing her in D grades, before Fiona John took her on up to B grade. She joined the Team J stable in August 2008.

Her successes with George to date have included the Tamworth Grand Prix 2010, a 2nd in both the Queensland and NSW State Championships 2nd in the 130 in summer championships 2010 and a win the Castle Hill 1.35m.

George's top tips for riding the 'hot horse'

While many horses are referred to as 'hot', in reality a lot of them are either sensitive, undertrained, overfed or underworked. Certain breeds of horses are more likely to be in the 'hot' group than others, these include thoroughbreds and other warm blooded horses.

These horses are still very ride-able and trainable but need tact and sensitivity in your training approach, particularly with the rider's aids and seat. You go by the same principles as when training a cold blooded horse, but the application is different, ideally much lighter, more subtle and less of it.

The most important thing with a sensitive horse is not to let them trick you into using no leg or taking your leg off. Hot horses always prefer the forward seat style of riding, or riders who go 'with the movement' as it promotes lightness to the horse's sensitive back and the use of the leg.

Pointers for riding a hot horse

Diet: high roughage with not too much grain. Also supplements such as Kohnke's Own Mag E.

Lunging/Working: slow and relaxing. Any subtle work that moves the horse off and around the leg ie. leg yielding, shoulder fore 2-point – lots of it both on the flat and over rails. the use of circles/ turns or barriers to slow the horse down, while still allowing you to stay light (and keep the hand brake off).

Reins: Always remember take & give with your rein aid. If you hold on they get stronger and stronger. Instead: Get the horse back (get a reaction) and in return relax the pressure by softening off.

Bits: Some horses prefer nylon bits that are sensitive to the mouth.

Routine: lunging or working horse, then hosing, then working again later in the day.

FOR SALE **ARMINA GC**

“Talent & Temperament”



16.3hh, 7yo, bay warmblood mare by Gladiator (Gengis Khan) out of a Holsteiner mare. Armina CG is the full package.

She is brave, scopey and careful jumping, with smooth, flowing movement as well as being quiet and easygoing both at home and out. She has been training and competing with a professional showjumper for the past 12 months and is confidently jumping 1.10m with ability to go higher.

Beautifully educated on the flat with 3 correct and expressive paces. Established flying changes and lateral work. Has also been x-country schooled showing great potential. Snaffle mouth. EA registered with showjumping and dressage cards. She has a superb temperament and is a delight to have around. More photos and video available on request. \$25,000. Phone George 0431212661 or Janet

TEAM J LIKES:



BELOW: LAUREN PIKE SHOWS GREAT FORM.

LEFT: SMALLER BUT STILL IMPRESSIVE, SARAH WILTON ON HER PONY OSCAR



**1. GREAT JUMPING TECHNIQUE:
WHATEVER
YOUR SIZE**



**2. RIDING FUN:
FOR THE WHOLE
FAMILY**

LEFT: LAUREN AND WENDY PIKE ARE A GREAT MOTHER DAUGHTER RIDING DUO

TOP: TODD AND MOTHER MARY DEWBERRY OFTEN SHARE LESSONS

Enjoy your next holiday escape

At the Glenhuntly Retreat

Team J regulars Clive and Tracey Fraser-Swatton share their secluded BnB getaway with you, just in time for Mother's Day.

Private, secluded accommodation nestled amongst a large and natural garden in our unique rural setting. Our tranquil surrounds will calm your soul and bring you back to that peaceful essence you had thought you'd lost.

Set 1km off the main road, Glenhuntly is close enough for easy access yet far enough to hide yourself away. Our large self contained cottage, Clyde, sleeps 4 to 5 conveniently sized for families or friends looking to escape together and is exclusively yours.

First class appointments await you along with a delicious breakfast hamper to indulge yourself. Murrah, with a beautiful spa bathroom overlooking a bush setting is perfect for that romantic interlude with the special someone in your life. Both cottages are very private with decks, fires, fine linen and quality throughout. Glenhuntly is set on 20 acres (1km off the main road) and backs onto Blue Mountains and Wol-



lemi National Parks, both offering easy bushwalks. We are 10 minutes from Kurrajong Village with its new coffee shop and art gallery, Sassafras Creek, together with antique and gift shops and we are just 3 minutes drive from the newly renovated Kurrajong Heights Hotel offering excellent variety and quality meals at pub prices.

There's also an excellent bottle shop. Mt.Vic Classic Flicks showing art movies and recent releases is a 50 minute drive while Lochiel Café, recently featured in Gourmet Traveller magazine and winner of one hat in the SMH Good Food awards is just 3 minutes drive from our front gate. BYO.

For the Equine aficionados we are 30 minutes from Clarendon, Hawkesbury showground, Hawkesbury Riding Club and Sydney Showjumping Club. While at the moment we do not have the facilities to look after your horse while you are here that is in the forward planning stages.

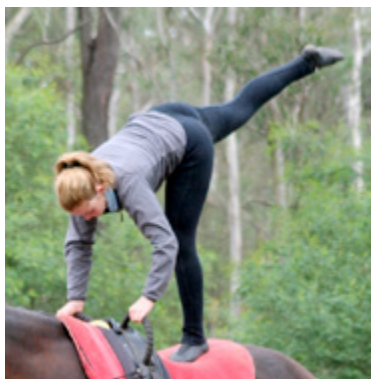
Your hosts are Tracey Fraser-Swatton and Clive Swatton

<http://glenhuntlycottage.com.au/>

02 4567 7757/ 0428 648453

Team J Diary

May



6th HRC Horse Management
Lecture- saddle fitting

7- 8th George competing
at weekend of World Cups



8th Chrissie coaching at PC
Equitation Clinic at Kiama

13th George competing at
Hawkesbury Show

14 - 15th George com-
peting at Coppabella Classic

22nd Chrissie & George
coaching at HRC

29th May SSJC & HRC
Combined Training Day



30th Team J coach training
10am-2pm

June

4 & 5 Chrissie Coach-
ing at Wagga PCA NCAS
Coaches Clinic

11 & 12 George
competing at Camden
Winter Show



19 George competing at
SSJC Winter Championships

25- 27 Jody Sloper
Clinic



July

2 & 3 Chrissie Coaching
at Willarwarren PCA Regional
Showjumping Clinic

16 & 17 George compet-
ing at Tamworth Showjumping
Festival.

17 Chrissie coaching at a
Showjumping Clinic at Calm-
wood Equestrian

23 & 24 Chrissie Coach-
ing at Kiama PCA NCAS Coach-
es Clinic

Chrissie's column



This issue Chrissie talks about riding's health benefits - both for the inside and out.

Is horse riding good for you?

Sir Winston Churchill is quoted as saying, "There is something about the outside of a horse that is good for the inside of a man." (And a woman).

Working with horses is hard work, but it's good work, and it's work that is good for you, just as Winston Churchill said. Whether you are on the ground or on their backs, working with horses has many health and psychological benefits.

Working with horses is outdoors work and the benefits of air and sunlight instead of artificial lighting, air-conditioning and sedentary work in front of computer screens is self evident.

Preparing your horse for riding, grooming and saddling, are strength and stretching activities, as well as a bonding exercise for horse and rider.

But it is the actual riding that has so many benefits for us across many levels, for horse riding is not only a sport, it is a partnership with countless health benefits.

It combines a physical workout with a mental challenge. It can increase self confidence, balance, focus, coordination, social and motor skills.

Horse riding is a cardiovascular workout, conditioning the heart lungs and associated blood vessels. It is most effective in working the major muscle groups in the body, developing leg muscles, core body strength, deep postural control muscles, and strengthening arm and hand muscles.

The psychological benefits can include increased self

esteem, lowering of stress levels, and has been proven to combat depression.

Horse riding is invaluable for young people to learn responsibility and accountability for another creature. Getting to know a horse, both on and off the horse, requires a sense of empathy and good observational skills. Being around horses sharpens your wits and makes you more aware of your own safety. Reading the subtle body language of a horse can not only prevent an accident but can make for a better understanding of unspoken cues and the energy of interpersonal interactions.

'Getting to know a horse... requires empathy and good observational skills'

A clever employer once told me that he would always hire a horse owner over another similarly qualified applicant, because the horse owner would know about hard work, routine and handling the unexpected.

Horse riders have to be good time managers and budgeters, they become networkers and researchers and they are passionate.

Rebecca Carrol said, "a pony is a childhood dream; a horse is an adulthood treasure".

When I see young people who love their ponies and adults who treasure their horses, and I see that they are passionate about their sport, I know that horse riding IS good for you!

The *tail* end

Final bits and pieces from Team J

Welcome Pumpkin

Many of you will already have met one of the new horses on the property, Pumpkin.

But not many perhaps know the story behind the grey mare. Pumpkin belongs to Chrissie's cousin from Queensland, Wendy. Having recently undergone surgery to remove a brain tumour, Wendy decided to let Pumpkin travel south and spend some time in Nelson.

The mare has been settling in well and Wendy has begun on her road to recovery.

A huge get well soon from all of us here at Team J!

Terry Hills Lessons

George is available for lessons in the Terry Hills area on Thursdays every week. He has a regular group of students in the area who he enjoys coaching. If you are unable to travel to our Nelson property or prefer to train in your own environment, George is available to travel. Contact him on 0431212661

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/>

Welcome Susie & Moo



Susie Kearns is the new owner of Moo and has left him here for some continuing training and instruction. Moo and Susie are making great progress together!

Well Done Todd



Fourth year vet student Todd Dewberry is doing well in lessons with his horse Yarraman.

Virus Warning

We urge you all to stay vigilant for symptoms of a mosquito born virus which has been affecting horses in NSW since February.

Symptoms include nervous signs, including an initial elevated temperature, lack of coordination and a staggering gait, muscle twitching, hypersensitivity to touch and sound, depression and bouts of colic.

A number of horses from the Hawkesbury area have been affected since early February and there have been 164 cases reported in NSW, with 16 deaths.

Contacts List:

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

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

Website: www.teamj.com.au

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

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

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