

PRESIDENT

Michelle Oliver 0418 171 872
yarravalleydc@gmail.com

SECRETARY

Jenny Wall 0488 471 111
yarravalleydc@gmail.com

COMPETITION SECRETARY

Jenny Wall 0488 471 111
yarravalleydc@gmail.com

TREASURER

Janice Herzig 0412 170 566

EV DRESSAGE SUBCOMMITTEE DELEGATE

Christine Smith – 03 5962 3648

NEWSLETTER EDITOR

Catrina Corten 0413845357
yarravalleydc@gmail.com

CATERING

Barbara Geoffrey 5964 3961

GENERAL COMMITTEE

Tracey Gaspari 0409 386 810
Rae Ansell 0438 824 377

ADVERTISING RATES

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Full page \$25

Half page \$15

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Club Members

**Small display advertisements for
Member's selling saddles, horses
etc. are free of charge.**

Hi Riders,

We enjoyed a great day at PCAV park for our Freshman's day. Lots of new faces again which is great to see. Our judges Monica and Catrina did a great job with giving constructive feedback and I am sure all the riders would agree you get something to take home and think about. Thanks to all the helpers on the day and the judges.

Coming up quickly we have our extra training day in April which i have filled. I am happy to take names for a reserve list so send thru an email if you are interested. Members are welcome to come and watch and learn from the riders on the day. The day will run from 9 till 5 and is being held at PCAV park.

Our open competition is also in April on the 9th. We will be needing members for the day to help so please email me with your availability.

See you all in April.

Happy Riding

Michelle

DATES TO REMEMBER.

2017 Club day, Freshmans and Open Competitions.

April 1st Extra Freshmans Style Training Day PCAV Park

April 9th Official EA Dressage Competition PCAV Park

May 14th Freshmans Day .3 Tests PCAV Park

June 11th Club Day .1 Tests PCAV Park

July 9th Freshmans Day .2 Tests PCAV Park

August 13th Club Day .3 Tests PCAV Park

September 10th Freshmans Day .1 Tests PCAV Park

October –Official Competition at Boneo Park

November 12th Club Day .2 Tests PCAV Park

December 3rd - Freshmans Day .3 Tests PCAV Park

Don't Forget to check out further news and updates at our Website or facebook page

www.yvdc.com.au

New Members

The club would like to welcome the following new members:

Lauren Howes.

Alexandra Parra.

Cindy Burgum.

Susie Walker.

Club/Freshmans Day Entries - Please note that **NO LATE ENTRIES** will be accepted after the closing date in the future for our club comps. If you have special requests for times or duties, please put them with the entries at the time so as our event secretary can try to accommodate them if possible and organize the day and draw without having to reschedule everyone several times.

Entries are to be made via the YVDC website, and payment via EFT.

Another forward thinking idea we are going to implement at all of our club days is allowing the use of a snaffle bit at ALL LEVELS including the FEI Tests. Riders will now have the choice to use either a double bridle or a snaffle in Advanced and above tests. This change takes place immediately.

From January 1st 2017, riders will also be able to ride at all levels in a snaffle at EA official competitions other than CDI's or events run under FEI rules.

Arena Familiarization Rides at Club Days

We are now offering arena time on a club day for riders not wanting to ride a formal test. You will be given the same amount of time in the indoor as any other rider riding a test. The cost of this will be \$15 as no judge will be required. Please book your ride at the time of entry as per normal entries, times will be allocated for your arena time according to the entries received. This applies to horses NOT competing on the day. EG young horses etc.

New Dressage Rules come into play on Jan 1 2017 including the new helmet standards. Approved helmets must be worn at club/freshmans days.

Check the EV website for the latest rule changes and information about the new standards.

<http://www.equestrian.org.au/dressage-rules>

Freshmans Day Competition – Sunday 12th March.

NOVICE 2.2	INDOOR	JUDGE : CATRINA CORTEN	Score	%	Place
Susie Walker		Alita	218.0	62.28	1st
Kim Whitting		RHS Titan	214.0	61.14	2nd
Heather Wilson		Bookra Marilyn Monroe	213.5	61.00	3rd
Kirstie Taylor		Hayley	211.5	60.42	4th
Michelle Frey		Hunter	206.0	58.85	5th
Lyn Scott		Made in Tribute	189.0	54.00	6th

PRELIMINARY 1.2	OUTDOOR	JUDGE : MONICA BIRD	Score	%	Place
Sandra Chambers		Mayfield Lustre	170.0	65.38	1st
Jodie Barton		Rockfields Cioccolata	165.5	63.65	2nd
Abby Barton		Accacia Park Happy Daze	164.5	63.27	3rd
Janice Herzig		Kendalee Jarrahman	163.0	62.69	4th
Elisha Laukart		Leroy	161.0	61.92	5th
Kim Anning		Honey	153.5	59.04	6th

ELEMENTARY 3.2	OUTDOOR	JUDGE : MONICA BIRD	Score	%	Place
Jan Kennan		Eddie	232.5	64.58	1st
Devon Rankin		Chiquita Black	230.0	63.89	2nd

MEDIUM 4.2	INDOOR	JUDGE : CATRINA CORTEN	Score	%	Place
Jan Kennan		Eddie	236.5	60.64	1st

ADVANCED 5.2	INDOOR	JUDGE : CATRINA CORTEN	Score	%	Place
Ann Smiley		Lynlea Flashdance	230.5	65.29	1st
Cara Burns		Piccolo	214.0	61.14	2nd

PSG	INDOOR	JUDGE : CATRINA CORTEN	Score	%	Place
Rae Ansell		Sammy	237.0	62.37	1st

INTER A	INDOOR	JUDGE: CATRINA CORTEN	Score	%	Place
Monica Bird		Quinlin	219.0	60.83	1st

YVDC Leaderboard 2016-2017 Summary

Full leaderboard can be viewed at the website.

Prelim

Christine Smith	Indi	12
Katie Gray	Kokomo Bravo	10
Jennifer Ashley	Arnwood Springtime	8
Emma Aldous	Chocolate Charlie	8
Jenny Wall	Toby	7
Michelle Oliver	Darcy	6
Kate Van Elmp	Gleneagles Luca	6
Virginia Fowler	Glenormiston Ronan	6
Kerrie Aumann	Kerron Park Merlin	6
Elisha Laukart	Leroy	6
Sandra Chambers	Mayfield Lustre	6
Jodie Barton	Rockfields Cioccolata	6

Novice

Kirstie Taylor	Hayley	17
Viv Axton	Bloomfield Furstin Charm	16
Kellie Walsh	Conspiracy Theory	11
Zoe Kendall	Flowergum Ferrero	9
Heather Wilson	Bookra Marilyn Monroe	7
Michelle Oliver	Darcy	6
Zoe Vorenas	Medallion Bell Aspetto	6
Susie Walker	Alita	6

Elem

Devon Rankin	Chiquita Black	27
Jan Kennan	Eddie	12
Zoe Vorenas	Medallion Bell Aspetto	11
Michelle Oliver	Darcy	6
Janet Wheeler	Chegal	6
Maureen Howe	Highness McOHL	5
Di Wilkinson	Ebony Lodge Glamorous	5
Kristylee Brilliant	Revelwood Marmaduke	5

Med

Michelle Oliver	Orlando	18
Cara Burns	Piccolo	15
Tracey Gaspari	Coco	11
Jan Kennan	Eddie	11
Jenny Wall	Homecoming	6
Michelle Oliver	Darcy	6
Zoe Vorenas	Medallion Park Aspetto	6

Adv

Cara Burns	Piccolo	33
Ann Smiley	Lynlea Flashdance	33
Meg Klaaysen	Chemistry	16
Madeline Leeden	Mr Shirvington	6
Michelle Oliver	Darcy	5
Louise Just	Everton Weltstar	4
Michelle Oliver	Orlando	4
Jenny Wall	Homecoming	4
Kerry Aumann	Kerron Park Benson	4

Small Tour

Rae Ansell	Longvue Santino	12
Madeline Leeden	Mr Shirvington	6

Medium Tour (Inter A/Inter B)

Monica Bird	Quinlin	18
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GP/Inter II

Fern Wright	Kamber Pyderi	18
Monica Bird	Quinlin	6



Dressage Lessons

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Catrina Corten 0413845357

PCAV PARK –IMPROVED SAND ARENAS.

Work has taken place to provide a better depth of sand to improve the riding surface of the outdoor arena located alongside the indoor arena and also the top warm up arena

The Club would like to thank the following
SPONSORS for the APRIL 9th OFFICIAL COMPETITION AT PCAV
PARK who will be sponsoring classes from Preliminary to FEI.

Jenny Watson- international artist- a work on paper.

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RAFFLE to be drawn on the 9th of April
Competition.

The Club would appreciate any donations to be used for the
purchase of items to be included in the raffle and any items that
members may wish to donate such as unused Christmas gifts.



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CWS Dressage Training Update

Starting Early – Canter Pirouette - part one

IMPRESSION

The ULTIMATE in collection the canter pirouette is the antithesis of straightforward dressage training and is a multifaceted mix of training building blocks and basics that culminates into a very beautiful graceful movement with fluidity and is light in its posture appearing to execute the pirouette with ease and synchronization.

With a soft submissive bend into the direction of the turn, whilst remaining on the bit with light contact able to maintain very good cadence showing a clear three beat highly collected elevated canter that turns on the hindquarters more or less on the place.

The poll stays the highest point during the entire movement always moving forward in a slow motion like state more or less at a your walking pace around 3 km and hours pace. There must not be any deviation sideways of the haunches.

There is a visible ability for the horse to sit (*lower haunches*) and carry most of the body weight on the hindquarters with that should be between 6 and 8 strides for the full pirouette, and 3 or 4 for the half pirouette.

The canter pirouette is a multipart movement that is composed of many basic elements and movements in one movement. Should one of these prerequisites be wanting such as: *flexion then the whole movement is in jeopardy?* Should the canter only get a “5” then that is what your score for the whole movement will be. Hence we have to get onto these elements which are the basics as quickly possible, efficiently, and in a stress free way. Otherwise the scramble to get the finished product for the next levels is fraught with dangers of overriding, trying too hard and or long. Alarming this can condition the horse into thinking that “this is too hard,” and then you have a significant problem. If your horse thinks it’s too hard, then it is too hard!

Remember, horses like people are what we think we are? Whether it is too hard or not it matter little, if they think it is too hard then, for them it is too hard.



Image 1. The canter pirouette is the end result of many years of gymnastic and collection training seen here as a light slow motion very collected cadence elevated canter that turn on the hindquarters in a clear three beat striding.

FEI Definition Fundamentals of the Pirouette

The pirouette is a turn of 180 degrees (half pirouette) or 360 (full pirouette) deployed on two tracks in canter, with a radius equal to the length to the horses forehand moving around its haunches. The inside hindleg describes a circle as small as possible... The horse is slightly bent in the direction of the turn whilst remaining “on the bit,” with a light contact, turning smoothly whilst maintaining the exact sequence and timing of footfalls. The poll remains the highest point for the entire movement. —*Fédération Equestre Internationale (FEI)* FEI.org

FEI Guidelines

Execution: Executed in the correct place with a **straight approach and depart**. Correct number of strides – single pirouette 6-8 strides, half pirouette at least 3-4 strides. The outside hind foot should engage and track forward under the body of the horse without any deviation to the outside. The inside hind leg and outside front leg are not touching the ground simultaneously - **The pirouette should** be centred and the horse should not step out or sideways and not be on a small circle.

Points Deducted

The approach should be **straight or with a slight shoulder in position**. At least **1 point** should be deducted when the approach is **quarters in**, (*this is the most common of all mistakes is to ride haunches-in at the start and ending.*, Trevor Ibborsøn-Woodward)

If, on the approach, the horse loses the canter for one stride but then regains it immediately **deduct 1 point**.

Where there is much resistance for example clearly against the bit during the approach or many strides are lost **deduct 2/3 points**.

If the pirouette or the half pirouette is not quite completed and the departure is therefore crooked the mark would **not be higher than 6**.

When the horse overturns (spins) and the control is lost the score would **never be higher than 4**.

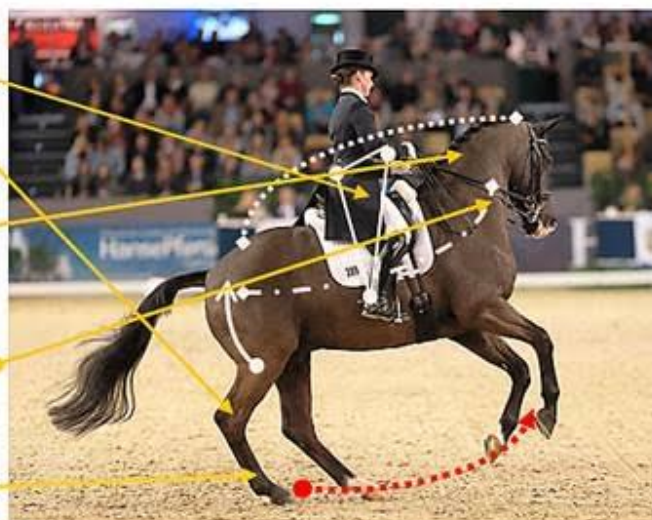
The horse should be clearly collected and prepared before the pirouette but not for too long – only **2-3 strides (max 4 strides)** – and always in a clear quality three beat canter.

If, in the Prix St Georges, the horse changes before the corner marker the fault should be considered in the mark for the counter canter and not the one for the pirouette.

This is fairer to the rider as the pirouette has a co-efficient and may have been shown well, and so on. —*Fédération Equestre Internationale (FEI)* FEI.org

FEI Canter Pirouette Elements

1. Maintain lightness to the aids
2. Accentuating ultra collection
3. Hindquarters engaged and lowered
4. Amplifies good flexion of the joints
5. The Horse, slightly flexed and bent in the direction in which it is turning,
6. Poll the highest point the entire movement
7. Remains “on the bit” with light contact
8. Turning smoothly around hindlegs
9. Maintaining sequence and timing of footfalls



Early Starting

By way of starting earlier on the essential rudiments that make up the canter pirouette in the modified or baby form you introduce your horse to these rudiments in a playful stress free way.

Accordingly when the time comes for you as in this the canter pirouette or any other upper level movement it is not deployed in a rushed stressful ever so tiring event for you and most importantly your horse. Horse's clearly learn quicker step-by-step the same for the pirouette, therefore let's begin the processes of starting early.



Otherwise it is just too late

To develop movements especially as you go up the levels as when it appears in the sequence of the EA and or FEI tests it is just too late to deploy in that progression in a harmonious stress free way.

All upper level movements have elements that are directly related to the basics and or lower level movements. One that comes to mind is the simple yet the much needed lateral bend, which indeed includes flexion and bending as the early elements even for this basic movement? You cannot bend the horse in the direction of the turn unless you can firstly flex or bend your horse efficiently and smoothly.

It is a must in dressage to get the higher marks is for riders and trainers to be aware of these elements and applying them early in small doses makes life a lot easier for the horse and rider to evolve and develop.

I have also included some simple exercises plus more training tips for you to work with concerning canter and pre-emptive early starter exercise for canter pirouette.

Developing the Pirouette

Firstly it is important to understand in developing the canter pirouette can take 18 months to 2 years.

Just as it takes a ballerina many years to develop enough leg and torso strength to perform a pirouette so it is the same for the horse it takes many years to do full canter pirouette by developing little steps first as does the ballerina.

Subsequently the pirouette is in the greatest degrees of self-carriage, plus has to be being even lighter in the hand than a collected canter.

He or she is carrying amazing amounts of weight on the hindlegs, as does the ballerina utilizing developed strength of the legs, back and torso.

Along with the Piaffe these are the most extreme amounts of physical, mental energy required from a horse where they almost deploy the movement on the spot.

Where to Start

Before we start our horse must pass the flexion and bend test by being able to flex, bend left and right equally and smoothly, as smooth as a hand over silk.



This allows myself, and student riders to be able to collect the horses on the outside rein whilst at the same time being light on the inside rein building the quality of the throughness (*the state in which your aids/influence go freely through all parts of the body, from back to front, and front to back being engaged over the back, and light to the aids*) test.

If there is too much inside rein contact the inside leg engagement is diminished and there is the real danger that inside leg stays firmly in place and or a worsening case were the horse spins. This and the ability to go forward instantaneously especially the first stride are all part of the "early starting" for a pirouette as well as all other movements.

The second dynamic that separates early starter work to the more advanced work is when any horse can easily; *deploy the walk-canter-walk transitions that are as seamless as possible*. This quality of the transitions must be very high otherwise the pirouette canter will suffer. Conversely the horse ought to be in shoulder fore from the walk to canter and back to walk for straightness and extra engagement. Being light in the hand and not becoming heavy otherwise you will lose the rhythm and suppleness over the back and subsequent throughness.

Don't overdo it!

Even if a youngster as in a five year old horse can easily do these transitions it is not a sign to start the upper level work. We do as many others sensibly do, progressively start more advanced canter pirouette work around the 6 towards the 7 years old marker depending upon the physical and mental conditions of individual horses.

Essentially this type of work is seriously hard on the horse's hocks and for that reason and of course it takes a lengthy period to develop the overall fitness and strength to do canter pirouette work. Which incidentally we never ever deploy this on a daily basis it is just too strenuous for the horses. We always start about 8 to 6 months in advance of when they are to begin in competitions in the form of the half pirouette.

Basics

Another aspect we take into consideration is when the horses understands how and when to flow, bend, and be sideways in the direction of the bend as in the canter half pass which give us an idea into how the horse reacts under these circumstances. If they have a problem with the half pass then problems will occur with the canter pirouette. It's like the canary in the cage/mine scenario that gives insight into potential problems.

Readiness Test

Whether it is an early starter or grand prix horse we always use somewhere in the early stages of the exercise to do a working pirouette (*20 metre circle and transitions in the gait/pace*) to test how the horses responsiveness to the aids are? We can source out a problem and address it there before we go too far up the training scale. I can make the horse more active in the hindleg department or lower the neck a little to raise the neck and get more hindleg engagement or conversely slow him/her down sufficiently, or improve the balance in order to deploy the smaller pirouettes.

Early Starting

Play and Fun Starting Early

We work on making the mindset of the horse to think what they are doing is fun not “oh this is too hard.” When you ask for an early starter element it has to be only a brief exposure in a non stressful way.

We know that over time little-by-little and step-by-step they will get better and better at what you are slowly introducing to them. It matters little if they make mistakes as we know they will make mistakes. The real question is how you handle the mistakes.

If you start early for your upper level movements the horses always see it as fun.

Especially in the early stages the younger horses make lots of mistakes it may display some resistance or throw its head up this is not a time to be upset they will all make these types of entry level mistakes.

We and you know now they will do it in the end so be patient praise them for their efforts and relieve the

stress of the movement with a rein release and or stretch.

The quickest way to make a horse an unwilling partner is to overdo it or be harsh with your hands? For example if your horse increases tempo or throws its head. It is far better to ride forward and then make a downward correct as much as possible transition for the will also make mistakes. It is up to the rider/trainer to preserve and develop confidence and willingness to work for you not against. Willingness is assets in your training bank account; *don't throw it away by overdoing it or being too quick or harsh to correct a mistake.* If I'm working lightly on early starters say piaffe for a 5-6 year old, you don't need to do much. Just a little few like piaffe steps in a forward motion don't restrict them as this can freak them out always moving forward (*1-2 or 3 that's all*) here and there that can be further fully developed overtime. By the time the horse is 8, he/she thinks it's still fun.

The No. 1 cause of stress and discomfort for the horse is when trainer or riders ask for an upper level movement in the sequence of when it is required in the test, it is just too late. That's when frustration, pressure and stress take over! Remember horses physically age quicker than their mental comfort levels so don't try to be perfect or it will come and bite you later on in the upper level classes. No matter what the horse is it will never do an exercise perfect straight of the bat. I learned a long time ago from someone many won't have heard off in a conversation and a coffee was the late and great Reiner Klimke offered the advice that horses learn by little stesp. What takes a human a day to learn may take a horse 3 or 4 days to learn.



Listen to your horse

Too many riders work their horse too hard and long. This as, recently seen can be absolutely cruel causing pain (*lactic acid build up*) and if not addressed correctly you can tie up causing sometime irreparable muscle damage. This is what we refer to as drilling a horse and is a definite no, no!

The great Carl Hester is always asking his riders to use walk rest breaks never the other way around and never ever drills a horse.

In any early starter or full exercises we have to be cognisant of what we thought was easy the day before may not be so for your horse the next day.

This is where when riding your horse(s) every day you start to feel how your horse in your hands and in the overall contact you start to listen from the feel as if everything is OK?



Be Sensitive – Be Smart

Should your horse start to feel a little heavier in the hand or not so good through the back then it is time to think and react becoming proactive towards the cautionary thinking, maybe today I have to do some easy work as this guy is not as free as he/she is normally. He/she might be giving you signals that they worked too hard the previous day and or are sore from playing too hard in their paddock or being cramped up in the stable? Tomorrow we can work a bit more so normally and or push he/she a little but not today.

When this happens or you suspect something is not quite right, you might be advised to ride them deep and low making them more comfortable and to keep the willingness to work for you. Then the next day he/she might be able to come up a little in the back more so and work up to their training levels. Should the problem still persist rest them for a day or two and if the problem still persists then call a vet.

If you're riding/training a horse that has become or is naturally more sensitive, hotter than usual then you have to look at ways of making that particular day more relaxing and less stress. Every day is a new day for horses and it is up to us to work out what exercises suit the mental and physical state of our horses in order to be successful safe and injury free.

Sorry that is all for this month we have run out of time and space look forward to next month's for part 2 of starting early pirouettes, with early aspects of the relationship of walk pirouettes to the canter pirouette.

Talk soon.

61 429 638 511 or 61 2 6344 81191

trevor@cwsperformancehorses.com

www.cwsperformancehorses.com