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ADVERTISING RATES

Businesses

Full page \$25

Half page \$15

Quarter page \$10

Club Members

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

SEPTEMBER 2016

Hi Riders,

We had another successful day at PCAV last weekend. Since doing our days there we have had the weather gods shine down on us. Hope it continues forever!!

Big thanks to all our helpers on the day and our judge Catrina Corten. The day was well supported and i think our members will start coming out of hibernation now winter is over.

Coming up very quickly is our Open event to be held down at Boneo Park on the 9th of October. I have had a few offers for help but need lots more, please email me to let me know you can assist. Remember the club is only successful if the members dig in and help, the committee can not do it all.

You should also find in this newsletter the date for our Christmas function so you can book it in early.

See you down at Boneo in October.

Happy Riding.

Michelle Oliver.

DATES TO REMEMBER.

October – 8th & 9th Official Comp – Boneo Park ** Double Crown**

November 6th – Sunday – PCAV Park

December 11th – Sunday – PCAV Park- -including Christmas Dress Up with a special prize for the best dressed horse and rider combination.

Christmas Dinner to be held on Thursday 1st December at Bianchet Winery. Please advise of your attendance.

IMPORTANT YVDC NEWS

****** YVDC HAS A BRAND NEW WEB SITE !!!!******

After much hard work from our committee (Jan Herzig) we are proud to announce that we now have a fantastic new website. All information, newsletters, competition news, competition entry is all on line.

You can now enter events, complete membership renewals, check the leaderboard all in the one site.

Club 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.

Another forward thinking idea we are going to implement at all of our club days (excluding official comps) 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.

Entries are now to be done via the new YVDC website, and payment via EFT.

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.

Results from September Club Day

Prelim 1.3 INDOOR ARENA. Catrina Corten.

1 st	Katie Gray	Kokomo Bravo	65.65%
2 nd	Aengus Wright	Burrowa Glenda	65.22%
3 rd	Christine Smith	Indi	64.56%
4 th	Kate Edgar	Cordyte	64.13%
5 th	Jan Herzig	Kendalee Jarrahman	63.48%
6 th	Melanie Morse	Pablo	61.96%

Novice 2.3 Catrina Corten.

1 st	Viv Axton	Bloomfield Furstin Charm	64.82 %
2 nd	Skye Wright	Kamber Merfyn	63.79 %
3 rd	Fern Wright	Ferrero Red Onyx	61.72 %
4 th	Kathy Minchin	Andrea	59.31 %
5 th	Kirstie Taylor	Hayley	59.14 %
6 th	Melanie Morse	Pablo	58.62%

Elementary 3.3- Catrina Corten.

1 st	Michelle Oliver	Darcy	67.00%
2 nd	Zoe Verones	Medallion Park Aspetto	61.25%
3 rd	Robyn Seidler	Monty	60.88%
4 th	Fern Wright	Ferrero Red Onyx	59.00%

Medium 4.3- Catrina Corten.

1 st	Michelle Oliver	Darcy	63.65%
2 nd	Cara Burns	Piccolo	62.30%

Advanced 5.3-Catrina Corten.

1 st	Cara Burns	Piccolo	59.61%
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PARA.

1st Zoe Veronas Medallion Park Aspetto. 66.19%

GRAND PRIX- Catrina Corten.

1st Fern Wright Kamber Pryderi 58.00%

CLUB LEADER BOARD 2016.

Prelim

Michelle Oliver	Darcy	6
Kate Van Elmpt	Gleneagles Lucas	6
Katie Gray	Kokomo Bravo	6
Skye Wright	Kamber Merfyn	5
Hannah Sharp	Fairy Floss Parade	5
Aengus Wright	Burrowa Glenda	5
Fern Wright	Bella	4
Christine Smith	Indi	4
Chris McDonald	Buddy	3
Kate Edgar	Cordyte	3
Janice Herzig	Kendalee Jarrahman	2
Melanie Morse	Pablo	1

Novice

Michelle Oliver	Darcy	6
Viv Axton	Bloomfield Furstin Charm	6
Zoe Verones	Medallion Bell Aspetto	6
Skye Wright	Kamber Merfyn	5
Kelly Walsh	Conspiracy Theory	5
Kate Van Elmpt	Gleneagles Lucas	5
Hannah Sharp	Fairy Floss Parade	5
Fern Wright	Ferraro Red Onyx	4
Chris McDonald	Buddy	4
Kathy Minchin	Andrea	3
Zoe Kendall	Flowergum Ferrero	3
Kirsty Taylor	Hayley	3
Melanie Morse	Pablo	1

Elementary

Devon Rankin	Chiquita Black	11
Zoe Verones	Medallion Bell Aspetto	11
Michelle Oliver	Darcy	6
Maureen Howe	Higness McOhl	5
Robyn Seidler	Monty	4

Fern Wright	Ferrero Red Onyx	3
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Medium

Cara Burns	Piccolo	9
Jenny Wall	Homecoming	6
Michelle Oliver	Darcy	6
Michelle Oliver	Orlando	6
Tracey Gaspari	Coco	5

Advanced

Cara Burns	Piccolo	12
Madeline Leeden	Mr Shirvington	6
Meg Klaaysen	Chemistry	5
Jenny Wall	Homecoming	4

PSG

Madeline Leeden	Mr Shirvington	6
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Grand Prix

Fern Wright	Kamber Pryderi	12
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It is again time for **Membership Renewal** if you haven't already renewed your membership. This is now all to be done **ONLINE** at our new YVDC website. You will find the renewal form, waiver and an extra page for Emergency Contact numbers for our records. This is a one off form and only needs to be resubmitted or updated if your details change. www.yvdc.com.au

Our club is adapting a best practice procedure and a database of all contact details in case of an emergency to horse or rider will enable us to contact relevant help if required

Welcome to new Club Members.

A warm welcome to the following new club members.

Hope to see you at our club and open competitions.

. Lauren Florence.

. Olivia Costello.

. Jen Jardine.

. Aengus Wright.

The club would like to welcome back Kerry Aumann as one of our members.

Help YVDC Member Sharon Gorton raise funds for an amazing program. If you can donate items for auction or donations please contact Michelle Oliver or Jenny Wall at yarravalleydc@gmail.com. We will be drawing this raffle at the Double Crown event at Boneo on the 9th/10th October.

Sharon Gorton is currently participating in the Australian Volunteer for International Development program and is training staff to enhance their skills at the Vientiane Autism Centre in Laos.

The Association for Autism (AfA) is currently seeking funds to develop a toy and resource library

Buying good quality toys that encourage learning and development is difficult and expensive for many families with autistic children. In Laos this is compounded by poverty and also access to quality toys.

Research shows that well designed toys support a child's skill development and imagination as they learn through playing. Toys also encourage families to spend time together 'playing' which further reinforces social engagement for autistic children.

Quality toys promote "good" play by aiding in the development, education and imaginative capacity of the child, and form in the child the ability to share and co-operate with other children.

Our toy library will make available a diverse range of quality toys for children to take home and continue their development and reinforce their learning.

Thank you for your support

The centre line from the view of a judge.

I would like to focus on the riding of centre lines particularly when you consider it is the first and last movement as seen by a judge. The first one can set the tone for the entire test and making a habit of riding a good centreline is a great way to have already picked up a good score and start the test on a positive note. It has the ability to set a certain standard for the rest of the test.

It is easy to become focused on the more difficult aspects in other movements, such as flying changes and loose marks due to the manner in which the centre lines are ridden. Always keep in mind the dimensions of the arena, as dressage is a very exacting sport where optimum marks are achieved from not only a well performed movement but the accuracy of the movement as prescribed within the arena. The arena being 20 x60 metres means a centre line should be ridden as straight as possible from A to C exactly 10 metres in from either sideline.

It is great to see a horse and rider coming in to start their test and ride the centreline as straight as possible in an active and uphill way of going, especially if they also perform a balanced square halt at the prescribed marker such as X.

All too often the line ridden is not on the centreline of the arena as things don't always go to plan even at the highest levels and many variations are seen. A centreline may for instance start fairly straight at A and then drift off the line several metres by the time the rider is passing X before vaguely arriving somewhere near C to make the turn to the left or right. This can affect the straightness of the halt. Frequently it may start off fairly straight and drift after the halt or the entire centre line may drift off line to return to the line before drifting again. It is common to see a reasonably straight first part of the line including the halt to then see the horse and rider combination drift out to perform the turn at C, for instance if the test requires a turn to the right the horse drifts out often many metres to the left before making the turn to the right. Some riders may feel they need to give their horse more room to do the turn at C but this tends to reflect on the level of suppleness of the horse. Within the first movement the judge is already focusing on the level of straightness, quality of the pace/s, transitions into and out of the halt as well as the halt itself and the manner in which the turn at C is performed. The judge also has a clear view of how straight the rider is sitting in the saddle.

When thinking about which direction to turn into the centre line on entering the arena give yourself a bonus by entering from the horse's good side. Keeping in mind that most horses are somewhat stiff to one side, you should finish your final warmup around the arena on your horse's good side, so he can make a smoother and more balanced entrance.

Considering the majority of the weight of both horse and rider is naturally on the shoulders during the early training of the younger horse it can be to your advantage in the lower level tests to use the option of riding into the halt from trot with a few walk steps. This can result in a more balanced smooth halt, which may be less abrupt than if ridden directly from the trot, with less tendency to see unsteadiness in the horse's head. I would rather see a few walk steps and see the horse stay in balance in the halt than a direct halt from the trot which causes the horse to toss his head up. Since the judge sitting at C directly in front of you has clear view of the position of the horse's head, the steadier it stays the better. During the halt when the rider places both reins in one hand in order to salute with the other, is often when a judge will see the horse toss his head up or move the head around to the side or start to fidget. The judge on the sideline has

a clear view of the preparation of and balance into the halt, for high marks particularly at the higher level tests a horse should lower the hindquarters into the halt and be under from behind, stand immobile, square and remain through to the bridle, with the rider's body in line with the marker.

Riding a centreline could become part of the training at home and the practice doesn't have to be done on the centre line of the arena. Riding up the quarter line and halting at any marker, not necessarily and often good not to be done always at X, can at home in training, allows you to feel the straightness of the line, how the balance is maintained in the halt and remains when the reins are taken in one hand for a salute. I have seen riders transition to a halt, take the reins in one hand and practice making a salute during their final warmup and use it to their advantage when they have ridden their centreline upon entering the arena. There are times when a judge may see the same rider/horse combination perform the centrelines in a very similar manner in two different tests and in some cases when these tests are performed on two different horses. Reading the test directives and judge's test comments can also be helpful when used in a constructive manner.

A judge wants to see the halt transition with at least the front legs square at the lower levels but not step back with one or both hindlegs as this is a serious fault. At the levels above training level the judge is expecting to see more exactness from trot or canter or passage to the halt with the rider preparing well for the transition, using half-halts before approaching the marker, using back and seat and not just hand to come into the halt. They will also be wanting to see that the rider is keeping the leg on the horse's side to create the immobility that is required and without using too much heel to address any lack of straightness- afterall, a competitor is performing a test ride and not training at home.

After the halt, seat and legs urge the horse promptly into an active trot which is straight on the centre line and continues until the balanced turn at C with the same bend for a ten metre circle without turning too early or without any falling in around the turn. Generally if this is performed well the following corner of the arena will be of a better quality. Riding the centrelines correctly allows the judge to see the obedience and precision you have installed in your training.

Catrina.

Limiting Beliefs.

As a coach, I see many people who say that they want a certain thing but then behave in a manner that absolutely WON'T get them the results they say they desperately want. There are many reasons for this but one of them is their limiting beliefs and I would like to cover that today.

Firstly I want to talk about why some people succeed and some don't.

It shocks and saddens me that so many people don't back themselves 100%. Excuses like: "I'm not good enough", "that could never happen to me", "it's easy for them", "there is something wrong with me", and it goes on and on. The FACT is - **EVERY** single person on the planet is the same. Yes I will concede some people are born with a certain natural ability, but natural ability is such a small part of the puzzle compared to the 4 D's: *Dedication*, *Determination*, *Desire* and *Discipline*.

People like Tiger Woods, Oprah Winfrey, Anky van Grunsven, insert title of your hero here, are no different to you or me! They simply aren't! All of them were not born, at birth knowing how to play golf, how to be a success or how to ride! They weren't! They *learned* it! They also practiced and they were 200% dedicated, determined, disciplined and their desire for it to be true outweighed all the hardships, frustrations and hard times until they had reached the success they knew they would achieve. When I look at my 'heroes' or people I admire and want to have the same success as, I don't say "Wow that could never be me", or "I wish that was me" All I ask is; "How do they DO that" As in what decisions did they make, what did they have to believe about themselves and others, how many times did they fall down and get up again before they reached the pinnacle of that success" And then when I know that, I know how to create the success they did. I trust I am making it clear to you that the people that succeed are the people that get up more times than they fall down.

So if there is NO difference between the people that have success and the people that don't. The only thing separating the two is the actions they take. If you take the same actions as them you will have the same results! Now what is interesting here is understanding what determines our actions. Our thinking does this and part of the way we think is made up of our belief system.

So if we have limiting beliefs such as "I am never good enough", "I can never get it right", "I always get it wrong", "I can't get it", "I'm hopeless", etc. That filters our experience of reality and thus affects the decisions we make which affects the actions we take which then affects the results. So this is why it is so important to address these beliefs as they are the foundations of everything else.

It's like with coaching, if someone comes to me saying - "I need to have better time management", I can coach them around having a diary and a watch, etc, or I can address their limiting belief. For example it could be that they believed "there is never enough time in the day" Someone who has that as a belief will experience pain and rushing trying to get everything done compared to someone with the belief "there is plenty of time in the day and all the things that are important are always done". Do you see the difference in energy with the two beliefs? So in riding someone with a belief of "I can never 'get' dressage and I could never ride at the Olympics", would have a much different riding experience compared to someone with the belief "Dressage is easy and simple, everything I need is within me right now to understand". That doesn't mean rider 2 won't experience frustration and find dressage 'hard' but with the *belief* in place of it being easy and simple and everything they need is within them now, the frustration and the hardness disappear rather quickly leaving the belief to ring true.

So how do you change your limiting beliefs? The first thing is you need to become aware of them! 95% is awareness. Once you are aware you can then create change. So any time you have a belief you have to ask yourself - 1. Is this belief serving me to being the best version of me and helping me go in the direction I want? If the answer is Yes - Fantastic keep it. If the answer is No, you must stop right there and then say, this belief is false and misleading and create for yourself a true and empowering belief to say to yourself in its place. For instance I used to have a limiting belief of "I cant do flying changes" or "I'm not good at flying changes" I now have an honest belief of "I am the *queen* of flying changes, I have had more practice than anyone else and know how to do them so much more in depth than anyone else from all my practices"

Enjoy going on the hunt for your limiting beliefs, if you have any of course and enjoy the

results you achieve once you have ensured supporting empowering beliefs are the foundations of your riding! I personally guarantee you will love the ride! :)

To your success,
Natasha Althoff

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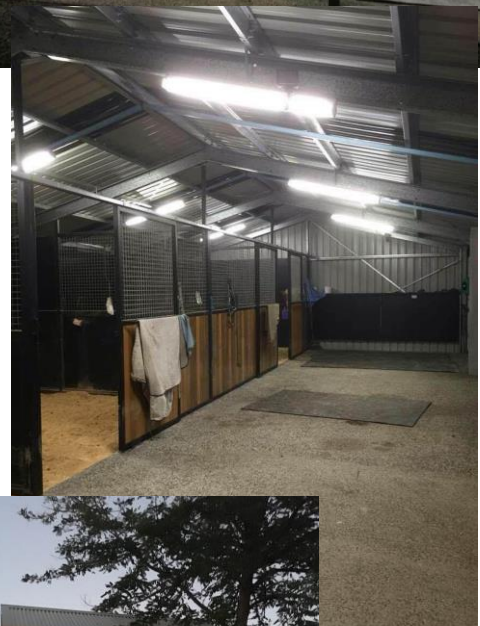
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