



Spring Newsletter!!!

We have made it through winter and into spring
(well almost as this is sent early)
Yippeeeeeee!!!!!!

I'm hoping as I type this up (in August), that we have had no more snow and everyone is cracking on getting motivated for the season ahead!

Please see inside for updates from your chair, welcome to our new members, rally details for next few months, a thought-provoking rider fitness article from Andrea that she is passionate about, and more....

Just a reminder, shirt orders due by 31st August and we will need volunteers to help at our dressage day and the ribbon day, there will be forms at the dinners and we will be in contact closer to the time via email and FB.

Be mindful that your committee actually puts a lot of hours in behind the scenes pulling these days and the rallies together, so any additional support is greatly welcome!

With your help on the day, this makes these such a fabulous success for the club and funds raised, help go towards subsidising rallies, getting our own equipment etc etc!!!

We hope you enjoy the content but if there is anything you would like to see featured in our newsletters either send us a PM on the FB page or drop a line to:

waimakridingclub@gmail.com

Regards, Nicolette



From the Chair

We've had a delightful few rallies and dinners over the last few months.

As at 25th August our membership is 46

We are delighted that new members continue to find us and give us a chance to learn new things and people.

Our speakers continue to delight. Ginny, from Stable to Stirrup, gave some interesting and surprising information about the role the team are playing in giving standardbreds a new life. Those present had the chance to share their own experiences and fun with these lovely horses.

Robyn, a horse nutritionist, from Boundary Equestrian will do doubt provide useful and valuable information for horse owners.

Your committee have made a few changes. In no particular order....

When the club can subsidise rallies and you cancel, it may still cost the club as we pay coaches on a per rider basis, based on the numbers given prior to rally closing date. Our cancellation policy is that if you are unable to attend you should try and get someone else to fill your place. Cancellation within 48 hours will mean we can't refund you.

We have created a day membership so people can choose to come to a few events and participate. People need to register via FB or by email to the secretary.

Lynne Hodgson is starting to gather items for our on-horse first aid kit and for taking on our Hacknic's. Thanks Coral Huggins for ideas and inspiration.

Kat and Nicolette are refining the accounts for some additional clarity.

My major job in the next month is to get an application for funds to support subsidised coaching further.

Look forward to seeing you all again soon!

Gwen



The Mane Events

August Rally. VDS Poles at Harrs Road

What more can I say? Sunshine in Oxford and fog at Harrs Road. 16 Riders registered for this event and Sarah didn't disappoint.

Check out the photos on FB - I think the photos say it all.

However, a special thanks to several people. Kat Chubb for organising poles, tables and a wheelbarrow for poo picking.

Nicolette and Corinna who also supplied poles.

Thanks to Hess who organised the groups, bought Eli along to get used to his new whanau, and managed to get Lee out and around the poles as well.

I think it is a must do again. Big thanks to John Woodrow for photos

July - Unmounted Rally Sophie Hargreaves (Improving the rider position through physiotherapy) and Coral Huggins (developing your horse first aid kit)

20 members and a few prospective members headed for Sophie Hargreaves place to develop their riding position in preparation for the new riding season.

Not surprisingly it was a fabulous session with Sophie. Sophie found it hard to stop but kept her riders on track and thinking.

Thanks Sophie and Piers for hosting us afterwards for tea and lunch!

Members also had the opportunity to see Coral Huggins horse first aid kit and think about what to include if you are riding out in the country.

Coral was professional, friendly and incredibly informative!

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The Mane Events

Christmas Ribbon Day - 14th December

We are working on updating the schedule, tweaking the classes, sourcing judges. Entries will be available about 6 weeks before the competition, we will also be having a standardbred class available too! - watch this space

Upcoming Rally Details

September

7th September Western Basics with Fliss Grant - Noomarunga Ranch - see FB post \$20.00

25th September - RSA Rangiora - Preparing your horse for CTR and Endurance - Jenny Rouse - \$2 members, \$5 non-members

27th September - Hacknics - Hororata Domain - Free

October

12th October - Dressage Rally with Andrea and Hess - Harrs Road

23rd October - Dinner RSA - Speaker TBC

26th October - Hacknics - The Grange - \$ Grange GF

November

10th November - Dressage Quest & Musical Freestyle

16th November - Poles & Jumping with Belinda Miller - TBC - Mt Grey Downs

29th November - Hacknics - Kirsty Thomson Venue

December

14th December - Ribbon Day

20th December—Christmas Picnic - Time and & venue TBA



The Mane Events

Dressage Quest and Freestyle Musical

We have had super entries so far, with only 4 team spaces remaining and 9 Freestyle spots remaining.

Make sure you get a team together, this can be mixed with members and non-members.

We have teams coming from the West Coast and North Otago, we are very excited about this. If putting a team together seems a little daunting just come along and have a go a dancing to music, this isn't usually available to some of us riders who ride below novice, so it is a great chance to have a go and experience it.

Because we are running this under the NZRC Rules, we feel we are attracting like minded clubs and people to come along, it gives us the flexibility to be able to offer a little more, such as competing bitless (Nicolette is very happy about this!) and to have a go at freestyle below novice, and hopefully with a little less stress involved.

We we are also getting a fab reputation at being super friendly and encouraging, and all because it is part of WRC DNA.

Just remember the day is focused as a training day and to encourage us into the sport, and for some of the fancy pants to practice their freestyles for the upcoming season.

We have some beautiful rosettes and sashes for teams, (they are so pretty) kindly sponsored by our super dooper Treasuer Kat and her husband Bruce Chubb.

The freestyle rosettes, sashes and the trophy (for the highest artistic score) are sponsored by Andrea and Chris Marsden, wait to you see that trophy!

If you would like to be part of a team, but not sure how to get one together, drop us a line, we may be able to place you into a team and/or help find other people to make one up for you!



Rider Fitness

Are you physically ready to ride?

It goes without saying that as riders and horse owners we have a shared interest in the health and welfare of our horses and want to set them up to perform at their best.

None of us would dream of taking our horse to an ODE or out on a long trek without knowing they were fit enough for the job but how often do we consider the impact of our own fitness on our horses?

Riding is a physical sport and to that end, the fitter and stronger we are as riders, the more we will excel because our fitness influences the horse's performance and physical well-being in so many ways.

A matter of balance

To sit beautifully balanced in the saddle, a rider needs core strength. Without it, your bodyweight will constantly be in and out of balance meaning your horse has to work hard physically to adapt to the constant shift in the rider's seat. Think of giving a small child a piggyback and the strain on your body if that child is moving around too much.

But there is another equally important reason to strengthen your core and that is to protect your own back. Most riders will have suffered lower back pain at some time, or like me have suffered slipped or torn discs. Protecting your back requires a strong core, in particular the transverse abdominals that wrap around you like a girdle. Having toned abdominals will help support your spine against injury by absorbing the impact of the horse's movement, will help you stay better balanced in the saddle and will go a long way to improving your riding posture too.

Tip: Effective core exercises don't need to be hugely strenuous. There are so many great workouts online like dressageridertraining.com and they need only take up 10 mins of your daily routine. Start small and like with your horse you can build your stamina slowly.

Stretch yourself!



Rider Fitness

How often do we hear riders say their horse is stiff one way, or unbalanced on one rein? And so, we set out to make them equally supple on both reins to iron out that stiffness through a series of stretches and exercises. Like our horses, riders have the same issue with one-sidedness.

Riders tend to have a dominant side, and this is especially evident in the rider's hips and pelvis. The muscles that move and stabilize our hips play an important role in the saddle as they govern how the leg sits against the horse's side from our thigh all the way down to our toes.

One set of hip muscles is usually weaker or tighter than the other causing an imbalance in our seat bones and therefore a crookedness. Nobody is perfectly symmetrical, and every rider has different tendencies, but the important thing is to recognize this and work on improving your own symmetry as well as that of your horse.

Tip: Get your instructor or a friend to video you riding on a circle from the back, the front, and the side to give you a good indication of how well balanced you are on both seat bones. Consider how you stand when you are talking to someone. Do you drop one hip to the side? Or do you sit with one hip further forward or to the side when you are driving the car? Knowledge is the first step to understanding how you sit on and influence the horse. Then look online or YouTube for suitable stretches that you can do to open and strengthen the hip muscles to enable you to use your seat more effectively.

New season, new goals!

Decision making is an important part of the rider's role. We decide what exercise regime our horse has daily so why not decide this spring and summer to improve your own strength and fitness for riding this season. Set yourself some goals and be realistic about the time you can commit to them and then follow it up with a diary to document your progress. Or set up a stretching and core regime with a riding friend to make it more enjoyable and keep you focused. Your horse will thank you for it and you will be taking a step towards becoming a more balanced and effective rider.

Happy riding!
Andrea



Members Enclosure

Welcome to our new Members

**Tracey Bayer - Phillipa Gill - Megan Nancarrow - Ceciel Hughes - Kirsty Thomson -
Monica Rietveld - Carla Moore - Charlotte Buchholz - Belinda Thomas -
Sandy Houston - Wendy Price - Anna Ellis - Jane Jackson - Helen Egan**

Club Shirt Orders

Just a reminder these are due in by 31st August, please see FB post for details or email us your sizes etc, these range from Men's S - 5XXL and Woman's 6-24 \$55 each
Get your order in quick as we won't be doing regular runs to start with

Survey Monkey Results

There were overwhelmingly positive responses to our survey.

That is, all noted either 9 or 10 (being absolutely fabulous), responses. Perhaps some comments will illuminate those numbers.

The unmounted rally responses included "loved the unmounted rally. Love the friendliness of club members at unmounted rallies" and "Loved it and excellent instructors".

All recommended VDS again and we will schedule as one of our new members wanted to join in the fun! Thanks, Hess for organizing.

Given the numbers who attended rallies and those who responded this is a fairly reliable measure of our progress to date. If there is anything you think we can do to improve let us know.

Thanks to those who responded. I have closed the link now. I used to use survey monkey to do research! Remarkably, and it was quite a nice tool. Now however, not having my university login and advances in other survey tools I will use a different application next time!



Meet Your Committee

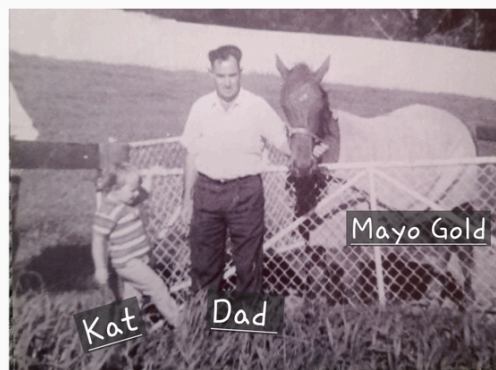
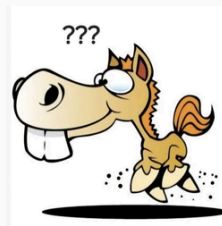
Kat Chubb
Money Magician (Treasurer)

Hi all, I'm Kat and horses have been a big part of my life since from a young age. My father breed/raced thoroughbreds and I would tag along with him at any opportunity attending trackwork/visiting trainers/studs and race meetings.

He was very supportive of myself wanting to ride/& own a horse, so this journey for me started at an early age. Moving forward a few decades, and after a few challenges, I continue to build my resilience putting me back on track to enjoy my passion "for the love of Horses".

I am very blessed to have retired in our paddocks: Lawrence (Arab Quarter horse x) & Reno (TB Quarter horse x) and then there's Nigel our 10.3hh appaloosa aka Mr. Attitude..

However, we do have available real estate for a new addition to continue my dream..





Meet Your Committee

Hess Vertogen - Head Coach & Social Media Guru

Hi, I'm Hess and I am head coach for WRC. I am so passionate about the club and providing access to high quality coaching for our members, as well as creating a community we can look to for advice and support.

I'm not from a horsey background, but I was very fortunate to have an after school nanny who taught at a riding school. So once a month she would take my sister and I for a lesson and a trek.. if only she knew what she had started!

I then began taking lessons at an incredible riding school, headed by Marie Morgan and found my love for dressage, my instructor had a strong background in classical dressage and as I was too much of a wimp for jumping she really fostered my interest. Over time I began teaching lessons in exchange for more riding opportunities at the school. We got to ride such an array of horses and she would often have very green or problem horses come through the school that we would ride, alongside some phenomenal school horses. I always envied the kids who went off and got their own horses but in hindsight it was such a blessing to get to ride so many different characters and quirks!

At 19 upon leaving school I bought my first horse, Bean, an unbroken 3 year old! I had her backed and trained her from there. She is a sassy lady and taught me a lot about managing tension! We competed in everything, with our career highlights being a 73% at Puhinui Horse Trial and 69% in our Level 4 Musical Freestyle at which point I retired her and she still lives with me today.

I have two current competition mounts, Amaethon Bassanio (Nio) a very quirky, very cool Welsh Cob x TB who is working toward Advanced and Vollrath Latte (Lee) a gorgeous Clydesdale x Hanovarian who will go out an elementary this season. Both of these horses have given me so much with Nio winning the Amateur Novice Award for the Auckland region and Lee winning multiple Champion and Reserve sashes in her first season competing.

Outside of horses I have two wonderful little boys with my husband Rob who is my biggest supporter.

I look forward to seeing everyone at our upcoming rallies, hacknixe and dinners!

(Pic's on Last Page)



Members Enclosure Cont....

Hess & Nio



Hess, Lee & family



YOUR COMMITTEE

CHAIR - Gwen Gilmore
VICE CHAIR/HEAD COACH - Hess Vertogen
SECREATRY - Nicolette Buchanan
TREASUER - Kat Chubb
SOCIAL MEDIA - Hess Vertogen
RIDER REPRASENTATIVES - Deb Woodrow & Lynn Hodgson
SPONSORSHIP/FUNDRAISING - EVERYONE IN THE CLUB