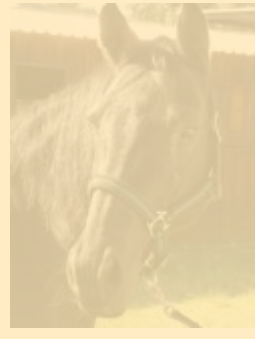


Para-Dressage Newsletter

May/June 2011



Dear Riders, Coaches, Parents and Judges

CPDEI 3* Deauville France (15-17 April 2011) By Nicole Sanders (Grade 1B)

I was met at the airport by a lovely lady with one problem – she spoke nearly no English! I was now in a van with a person who could understand nothing I said and heading to who knows where (I had been given no detail of this and just told someone would meet me at the airport. I had also said that I was totally on my own in numerous emails and that no one from South Africa would be coming with me which no one there could believe.) We arrived at the competition venue and I was sent to the show secretaries office. I then received all necessary details regarding the show but I still had no idea what I was meant to be doing had not seen my horse and nobody could give me any information no matter how much I asked.

I woke up early the next morning as I still had no idea what I was meant to be doing. I decided I would get some breakfast. I had also figured out that drawing pictures and rudimentary signage and pointing would eventually get me what I needed. They also arranged me a lift to the venue and at last my actual adventure had started. I was scheduled for classification that morning and was looking forward to the adventure. Kathy was also very worried about me being completely alone and as such literally tracked down Philippa and asked her to take me under her wing for the show.. At this stage I had still not met the coach I had been promised.

After finding Philippa and having a chat with her I calmed down even more and at least I now had someone who could understand what I was saying! Eventually a little while before the trot up I was finally introduced to my coach Alain Ponst. I was told by the French he spoke fluent English and boy was I glad he did. I then went with him to meet Kemal and to say I was intimidated is an understatement of note. Alain managed to arrange some arena time for me in the arena that I was going to compete in which was great as we could then both adjust to each other in this arena and I was grateful it was indoor as my dark glasses had been broken on the plane☺.I found him lovely and comfortable and he was just so sweet. It took a while for me to get used to him but after our allotted 20 minutes was up (and after a lot of chatting and help from Alain) I felt that at least we would be ok. I had nothing to lose and was now relaxed and was just going to do the best I could with the means and opportunity I had been given.

Competition day 1: Team Test 1B -15 April 2011:I was very relaxed about today. Alan fetched me nice and early and was able to sort out Kemal and just go and relax before competing. We had 2 lovely ladies helping out and they luckily had sorted almost everything out soon. Alain rode Kemal 20min before and I decided on 10 minutes in order not to be too tired before competing. (it was a massive effort for me as I had never ridden anything that big and found it a bit off a challenge to keep him going). Once I went into the arena I can't really tell you much as I tend to zone out and concentrate on the task at hand. I relaxed and enjoyed my ride and as such was very happy with my result as it was a first time experience with minimal help and 20minutes on a gentle but

giant horse. I made no errors of course and since this was my first international show and I had not competed since last year at any stage due to the outbreaks I was very chuffed with myself.

Competition day 2 Individual Championship test 16 April 2011. The day started very relaxed as my class was only due to start in the afternoon. I was a little worried about this one the night before but decided that I was here now and might as well go ahead and have fun with it. We also had a new groom who couldn't understand a word I was saying. We managed to get in a bit of a training session the night before but my legs were really pathetic and decided not to do as they were told so had to cut that one a bit short. Today I was a little more aware of what was going on outside the arena and was stunned to find that I seemed to have made a name for myself. I had another fun ride but knew that I had made some very silly mistakes. .

Competition day 3 Music Freestyle 17 April 2011 I arrived in the arena to really nice welcome and must admit to smiling a rather broad smile when I entered. I mean seriously who doesn't enjoy it once in a while ☺ It was my 15 minutes after all! I was feeling really calm about this day. My class was once again in the afternoon and I had managed to watch the Formula One that morning which had giving me some extra motivation. I once again zoned out the moment after the announcement and was able to focus Kemal. I liked my music and hand listened to it so many times before I left that if someone played it to me backwards I would know it immediately. I had such fun with this one that I must admit was sad it had to end. I also managed to bring a few tears to some eyes but still don't understand why.

A few thanks I must put in:

Philippa: Pips, thanks so much for the help, support, understanding and fun we had over those four days. I have learnt so much from you and treasure the experience. I know you thought I was crazy coming alone but it was an amazing learning curve for me. Please also thank your amazing dad and coach for me.

Kathy Amos Jacob: Kathy, thank you so much for all you did for me. From the start of all the emails to the support and help you gave me while I was there. I am so grateful for all you did and I really appreciate all the special effort you went to. You have been a blessing to me.

Alan Pons: Alan, what can I say... you are such a special person to me and I am so grateful for the bond and friendship we have made. Thank you a thousand times for being such a great surrogate coach and for all the "checking double checking and double double checking" and all the help... I could definitely not have done this without you.

To all those back home thank you so much for the encouragement help and support
You guys are amazing and are too numerous to mention but you know who you are.
One in particular though: Teri Smith. My "other mom" and the best coach in the entire world. I know you hate this but you are the best and I am so grateful for all you did. Thanks in particular for saving the all crisis that seemed to come my way... I love you to bits!

I am so grateful for the opportunity which for me was one in a million. I cut this very short as there were so many things that happened but this was it in a nutshell. Thank you to all the amazing people I met and learned from and to Deauville for hosting so well. I agree with you that an athlete should not be thrown into something with no assistance but I have taken this as a big learning curve. Hopefully everyone at home can learn from this.

Nicky.

SASCOC ANNOUNCEMENT REGARDING PARADRESSAGE QUALIFICATION FOR LONDON 2012

The SAEC have informed SANEF that SASCOC have informed them that the qualification criteria for Paradressage to be included as a team in the London 2012 TEAM SA squad is that the team members must have achieved a minimum score of 65% in a Team test or Individual Championship test at a recognized CPEDI3* event between 01 January 2010 and 17 June 2012. The Para National Technical committee have written to the SAEC requesting that this be modified to 65% score at CPEDI3* in SA and 63% score at CPEDI3* outside of SA. We will notify you of the outcome in the next newsletter. See the FEI website for a list of recognized events.

In the meantime congratulations to the following riders who have achieved at least one minimum score of 65% as per the SASCOC requirements to date:

Anthony Dawson
Marion Milne
Philippa Johnson
Wendy Moller

Shows & Show results:

Results: Well done to you all!

(If you want your scores included in the newsletter then you must send them to me - it's your responsibility)

CPEDI3* Mannheim (Ger) 06 - 10 May 2011

Philippa Johnson: Grade 4 Team Test 70.94% Individual Championship Test 67.74%

SANEF Qualifier (KZN) 8 May 2011

Anthony Dawson : Grade 2 69.05%, 69.05% - Ardmore Ceramics Remus B
Anthony Dawson: Grade 2 63.91% - Flaming Gun
Anthony Dawson: Prelim 2 64.46% - 4th - Flaming Gun

SANEF Competition (WP) 15 May 2011

Nicole Sanders: Grade 1B 63.63%, 63.91% - Nooitjie

SANEF Competition (GHS) 20 May 2011

Theo Van Rensburg Grade1A 64.50%, 66.75% - Trapeze
Marion Milne : Grade 1B 76.31%, 73.48% - Baron
Wendy Moller: Grade 2 70.00%, 70.00% - Willows Rafiki
Sarah Hughes Grade 2 64.29%, 65.00% - Rival
Cathy Lloyd: Grade 4 62.74%, 62.90% - Tokoziza
Gary Allpass: Grade4 61.61%, 63.87% - Runaway Warrior

Show Results for Gary Allpass:

27/02/2011 GHS Grade 4 57.03%, 59.04% - Runaway Warrior
01/05/2011 Equestrian Int Elem/Med 58.4% - 1st, 60.3% - 1st Runaway Warrior

Picture of the month:

This month we have a picture of Grade 1B Nicky Sanders riding Kemal in Deauville France. *Due to the file size I can only include one picture of a rider at a show, therefore I will select a new one every month.*



TID Training Camp 13-15 May 2011

The Paradressage TID riders joined dressage and vaulting at the HPC for a TID training camp. The camp was focused on feedback from the assessments done in February as well as on assisting the athletes in developing their own gym programmes. Sessions also included a presentation from the dietician, who gave everyone their own meal plan, and much humour surrounded the feedback; was there a need to gain or lose weight and how many teaspoons of sugar are in a can of coke. Do you know the answer? Well the TID athletes can tell you that the answer is 8. A very informative sport psychology session dealt with the importance of mindfulness in training and performance. In order to remain mindful we need to acknowledge that thoughts and feelings happen all the time and that they can negatively impact on our performance if we are not careful. The challenge is to realize when they are not relevant, to let them go and to bring our attention back to what is relevant. Incredible to some was the realization that "What you think is NOT reality" - our brain is not able to distinguish between a thought and reality. Everyone is looking forward to the next camp which will hopefully include the horses.

FEI CPEDI 3*/ SA National Championships 2011

The CPEDI3* including the SA Paradressage Championship and Interprovincial will be hosted by Kwa-Zulu Natal at the Shongweni Club over the period 5 – 7 August 2011. This competition will be a qualifier for London 2012 and the selectors will be watching so ensure you are entered if you intend being considered for London 2012. **Please take note that as of 2011 it is compulsory for all riders to ride the musical freestyle at the SA Champs.**

This event will be judged by 3 international judges and Kathy Amos Jacobs will be presenting training clinics for both paradressage and able bodied dressage athletes after the competition. Watch this space for more info

Until next time happy riding!!

Wendy

PS. Feel free to contact me if you have any tips, funny horsy stories or anything you would like to add.