

Soo's Nag Letter ...

a newsletter for agisters & riders at

U ARDIS EQUESTRIAN CENTRE

Student of the Month - KAY COATES



KAY



Well, deciding this month who the worthy winner would be has been TOUGH! So many of you doing fantastic things with your riding.

At the end of the day though it all comes down to **Kay** who competed in her first ever dressage comp on July 22nd. Not only did she ride with a smile on her face & a very relaxed demeanour but she was rewarded with 3rd & 4th ribbons. What a fantastic achievement!

Kay is always very, very focussed when riding. She has always listened intently to all advice and has practiced with quiet determination. It seems she is now reaping the benefits of many months of very hard work. Well done Kay. The yard would not be the same without your happy, smiling face & stable fairy hands! Thank you.

EQUISSAGE TREATMENTS

Equissage horse physiotherapy incorporates a unique three-way cycloidal action that stimulates circulation, lymphatic drainage, relaxation of muscle and increased joint mobility. It is safe, non-aggressive, non-invasive, free from side effects, totally drug free and has been proven effective on local blood circulation, venous drainage, lymphatic drainage, swollen joints, joint mobility, respiratory conditions, build-up of tension and sore & cold backs.

Although I've only had it a short while, I have been extremely impressed particularly with the improvement in Dom's back / ability to now engage, but also the apparent assistance it has provided in healing a few other injuries my horses have suffered. I also like that it works on issues one is not yet aware of!

Your horse will thank you if offer him/her treatment, whether it be remedial or for a specific injury. Treatments are now available and cost \$50. Please contact Soo if you would like to book your horse in.

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RESULTS - ARDIS RIDERS 1ST, 2ND, 3RD & 4TH !!

Nothing makes me more proud as an instructor to announce the **fantastic** success of two of our riders, Eve & Kay, at the Frenchs Forest dressage day on 22 July.

Eve has only competed a couple of times before and finished 1st & 2nd. At her first ever dressage competition, Kay finished 3rd & a 4th in her tests. Wow!

CONGRATULATIONS again girls.

Congratulations also to Tamsin who rode her first Novice dressage test with Pops at Central Coast Dressage Assoc recently & won the junior division as well as placing 4th in the Open 1.3 class. Soo & PJ had a successful day with 2nd in PJ's first official Novice test & 1st in the Open 1.3. The highlight of the day though was when Dom actually managed to breath in one of his tests!!! These small things can mean so much! Dom, Pops & PJ also enjoyed success at the July NRC show jumping day.

Certificate achievements



CONGRATULATIONS to all who've completed a certificate this month.

Certificate 1: Georgina
 Holly

Sponsorship?

The recent success of several of the riders from Ardis prompts me to ask whether anyone would be interested in sponsoring Ardis riders at comps, or may know of anyone who would be? Initially we're thinking of saddle cloths & polo shirts with both the Ardis & sponsor's logos on ... and then there's the truck. Sponsorship is an area not before explored here; if anyone can offer any words of wisdom, they'd be gratefully received! Please call Soo on 0411 623 479 or email on sbroster@tpg.com.au if you can help in any way.

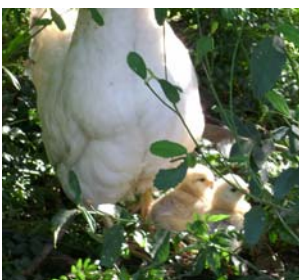
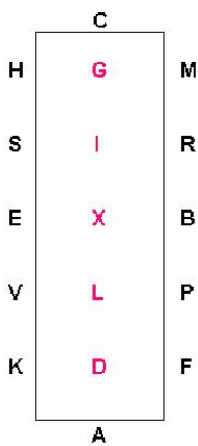
Happy Birthday to ...

Nipper, Bucc, Thunder,
Tas, Sansi, Maverick,
Jaffa, Ande, Buddy
Pops
Natasha Gordon

1 August
3 August
6 August

Judith Roos 9 August
Georgina Craig 19 August
Sam Bunt 21 August

Will .. the eternal optimist!



Quick quiz

1. Name 5 different parts of the bridle
2. Name 10 parts of the horse
3. Name & describe 5 different markings on a horse
4. Define & explain bend & flexion
5. Why do ground work with your horse?
6. How do we measure a horse & in what measurement?
7. Where would you find an ermine spot?
8. Where is the nuchal ligament?
9. Describe the following colours of horses: black, bay, chestnut, palomino, grey
10. Can you name all parts of the saddle?
11. Name 10 different breeds of horse/pony.

Spanische Hofreitschule [Spanish Riding School] ... by *Amelia Coates*

Gruß Got!

Hello all, I write this after my third week in Austria, just half an hour from Vienna, home of the Spanische Hofreitschule! After hunting round local riding schools, I had my first ride on a horse today and (apparently) managed a very spectacular fall. A rodeo style buck followed by a front flip over the horses head. But that's not the important stuff!... My first week here I managed to fish out the 12 euros to go watch a training session for two hours at the Spanish Riding School.

"The Spanish Riding School of Vienna is the only riding academy in the world where the Renaissance tradition of classical horsemanship is preserved and cultivated to this day. The unique harmony of horse and rider achieved here is famous all over the world.

The world famous Lipizzaner horses take their name from the village of Lipica in modern day Slovenia which was the home of the original royal stud. These animals are characterised by a perfect and noble physique, graceful movements, the ability to learn, liveliness, good nature, courage, toughness and stamina. In appearance they resemble in every respect the typical baroque show and parade horses. The unique white horses are the result of centuries of breeding from Spanish, Italian and Arab-Oriental stock.

The history of the School dates back 430 years to the revival of the 'Haute Ecole d'Equitation' at the end of the 15th and beginning of the 16th centuries, as the Renaissance was sweeping through the royal courts of Europe. Horses of Spanish origin were chosen over other breeds for characteristics they possessed which made them especially suitable for classical training. Archduke Maximilian started to breed Spanish horses in Austria in around 1562.

The date of the foundation of the Riding School in Vienna is taken from documents written in 1572, but the wars against Turkey in the 17th century took their toll on a part of the Riding School, and reconstruction work began in 1685. Charles VI began building work afresh and the building we know today was completed in 1735. Since that year, only horses from the Karst Stud in Lipica have been used at the Spanish Riding School. The Riding School remained untouched during many years of turbulence and continued to be at the private disposal of the Emperor and his illustrious guests.

After the First World War, the Riding School was placed under the jurisdiction of the Ministry of Agriculture of the Austrian Republic. The first public performance took place a year and a half after the end of the war. During the Second World War, the Lipizzaner horses were evacuated to St. Martin in upper Austria. In 1955 the stallions returned to their home in Vienna.

At the beginning of 2001, the Spanish Riding School was privatised." [Taken from www.spanishridingschool.co.uk]

While some may see the horses perform and think movements unnatural and cruel, it's quite in fact the opposite. All the movements, including the leaps of the High School are based on natural movements that can be seen by horses playing in the paddock. Trainers and riders then work with the horses to exaggerate these moves and perfect them into the awe-inspiring leaps we see today.

Riders enter the school one at a time, and there tends to be no more than five ridden horses in the arena at one time, with each group riding for half an hour. When entering, each rider crosses the centre line and salutes the audience before starting their workout. For the first and last five minutes, the riders allow their horses to stretch out in a relaxed free walk before getting into the technical stuff. Riders on the younger stallions (easy to spot because they are not yet "white" and still have some dark dapples on their legs and rump) will also start their trot work in a rising trot before moving to sitting.



6 Bibbenluke Avenue
Duffys Forest NSW 2084

Postal: PO Box 446
Terrey Hills NSW 2084

Contact: Soo Broster
Phone: 0411 623 479
Email: sbroster@tpg.com.au

Eve Allen: 0416 002 710



Coming up

25 July	Night time SJ at SIEC
29 July	WDA
4 August	NRC Thunderbirds (dressage with Deirdre Stock)
5 August	Hawkesbury dressage
	NRC Combined training
11 August	Mirrabooka ODE
12 August	NRC SJ
15 August	Night time SJ at SIEC
18 August	Wagga ODE
	NRC dressage



NRC = Northside Riding Club

www.northsideridingclub.org.au

SIEC = Sydney International Equestrian Centre, Horsley Park

www.sydneyeventingatsiec.bigpondhosting.com

WDA = Warringah Dressage Association

www.warringahdressage.org

MHT = Macarthur Horse Trials

www.mht.com.au

CCDA = Central Coast Dressage Association

www.ccdressage.org.au

SJ = Show Jumping

xc = cross country

ODE = One Day Event

Spanische Hofreitschule/cont

For all those people who mock me and my bamboo pole, you should note that riders cut branches from the young trees in the Vienna Woods and shape them to make their whips. Some spend time carving intricate designs into the "handle". (I wonder if Pete knew about this when he suggested wooden sticks to me! Give it a shot, you never know what might work with your horse!)

Each stallion has his own personal groom who waits just outside the arena, ready to pick up any poo (sounds like my mum!) and take the horse at the end of the workout. After dismounting, riders give their horse a titbit from their jacket pocket, and a well deserved "thank you" pat on the bottom before handing them to the groom. The horses are led in Cavessons put over the bridle, so not to interfere with the horses mouth any more than necessary.

It was amazing to see these beautiful horses performing (and even saw one rider fall off! Happens to the best of us you see!) and it's a shame they're now on holiday until the end of August.

Happy and safe riding!

