

## Diary dates in brief

### November

- 16th Rally
- 22nd Xmas do
- 27th Getting your horse ready workshop

### December

- 3rd Meeting; 162 Peka Peka Road
- 7th KRC Pleasure Horse show
- 13th and 14th Natalie Page lessons

### Inside this issue:

Opportunity knocks

Events in detail

Local events

Notices

Results

# Kapiti Riding Club



June 2014

<b>President:</b>	Karen Trotter	042983494
<b>Vice President:</b>	Sandra de Ruiter	063643092
<b>Secretary:</b>	Angie Galland	04 2972142
<b>Treasurer:</b>	Val Ballinger	04 2937504
<b>Dressage convener:</b>	Cathy Devenport	04 2981763
<b>Show Jumping convener:</b>	Melda Gibson	06 3640475
<b>Cross Country convener:</b>	Marcella Bates	021 471481
<b>Social Convener:</b>	Lesley McKenzie	04 2936311
<b>Newsletter Editor:</b>	Sam Palmer	06 3643239
<b>Newsletter Distribution:</b>	Sandra de Ruiter	06 3643092
<b>Rally Co-ordinator:</b>	Sandra Ray	027 6486379 or 04 2935505

## Opportunity knocks

It was great catching up with Gail this week, sharing time over a coffee and hearing all about her week away. Her week of intense learning and riding.

Gail is a very lucky individual and I am not just talking about the fact she wins almost every raffle she ever enters!. No I am talking about opportunity.

To own a relatively new horse and to catch a slingshot to the next level of your relationship is an opportunity,

But is it something we can all achieve with a little planning and some commitment?.

What struck me about Gail's opportunity was how a variety of instructors all brought something new to her style of riding. They all had similarities too; most of them talked about the same overall objective to achieve. In Gail's case it was about 'activity', getting her horse moving and taking responsibility for making that happen.

So back to your opportunity; we are fortunate enough to live in a great part of the world. Easy access to beaches, fabulous hills to ride over and a group of committed instructors, all with something different to share.

So if you want a week of intense learning and an opportunity to slingshot your own relationship with your horse, then pick up the phone and book yourself a series of lessons with a range of instructors. Step outside your comfort zone, set your goals, practice and enjoy the challenge.

You can read all about Gail's opportunity too, in this edition of the newsletter. Don't forget next time you need a winning raffle ticket, you need to be talking to Gail!

Happy reading.....Sam,

## KRC Events

Trek at QE Park had a low turnout, the group rode the sand dunes circuit and enjoyed that. During the week prior Sandra R & Val had checked up the Whareroa Farm ride and it is now possible to ride a farm loop...we will be looking at possible dates to organize a ride up there in the near future.

### November

Sun 16 - Rally at Waikanae Park. Flat and jumping. Melda and Penny instructing

27th Nov - Jane's property, Riverbank Road., 6pm evening on getting your hairy horse presentable, turnout tips, plaiting tips, trimming hair etc. A variety of individuals will share their knowledge, helping you get your hairy equine partner ready for showing / competing.se

If you would like to use the arena or jumps before or after it is \$10 per horse. Bring nibbles along if you want to share a cuppa afterwards.

Sat 22 Xmas Party at Karen Trotters The evening will start at 4-4.30pm with a Treasure Hunt starting at about 5.30pm. Please wear appropriate shoes for "cross-country". Anyone wishing to attend is to contact me via Facebook, email malcyles@xtra.co.nz or phone 2936311 to arrange what they can bring to contribute to the meal. This is always a good evening!!! Hope to see you there - Lesley McKenzie

### December

3rd Dec KRC meeting at Angie's 162 PekePeka Rd 8pm. all welcome.

7th - KRC Pleasure Horse Show. This is our main fund raiser of the year, so please come along and support the event. Entries close at 9am, Show starts at 9:30am

13 & 14 Dec 2 day clinic with Natalie Page. 1st day dressage, 2nd day jumping, however if you want 2 dressage, or 2 jumping this will be possible subject to availability. The lessons will be 45 mins long and cost \$45, but KRC will subsidize the 1st lesson by \$10. Cathy Devenport will take the bookings, so please get in touch with Cathy to confirm your place.

In Jan a clinic with Linda Brown is planned, dates & cost to be finalised. Info about Linda below...

a month or so ago I went to a **Ride With Your Mind** Clinic in Wanganui. This was taken by Linda Brown, one of 2 RWYM coaches in NZ, (and also a list 2 judge). Ride with your Mind is the title of a fantastic book and teaching approach, the brain child of **Mary Wanless** who I know I am not the only person to describe as 'the best coach I have ever had – and I have never met her'. It really explores horse and rider biomechanics and sets out to 'unwrap' what it is that talented riders actually are doing with their bodies when they say things like 'inside leg to outside hand', rather than what most of us imagine they mean!!!

## Events

### New routine!

Recent rallies have brought great numbers of club members along, which is fantastic to see. An increase in numbers also provides the need for more structure, to ensure that everyone gets the most from the day.

Firstly the club is responding to the increase in participation and ensuring that future rallies will have an increase in the number of instructors available.

9:30am Rally set up. New faces are desperately needed to help support the events.

Let the Rally organiser you are there for the event. They will be wearing a hi-vis vest. See if you are needed to help out before tacking up!

Listen out for the bell which will indicate the start of the event. This will happen promptly at 10am

The end time for the rally will be 12 noon.

### What's on...

Other dates:

23 November	Battle Hill ODE
29 & 30 November	Showjumping Foxton
30 November	XC training Battle Hill

**Battle Hill Eventing's dates for the 2014-15 season have been confirmed. For your diaries:**

**Spring ODE - Sunday 23 November 2014**

- Training Day - Sunday 30 November
- Training Day - Saturday 27 December
- Training Day - Sunday 11 January 2015
- Training Day - Sunday 22 February

**Autumn ODE - Sunday 29 March**

### Using Waikanae Cross Country course

KRC members can use Waikanae Cross Country course for schooling their **own** horses. It cannot be used to school other people's horses, or to take non-members over the course.

If you would like to use the course, please phone Heather McCaffrey on 022 152 1775 and let her know your preferred time and day.

## **What a week of learning**

I sat down with Gail over a cup of tea and thought I would find out all about her fabulous series of lessons, courtesy of being one of six winners in the Kapiti Vaulting Club prize draw.

## **Gail's journey of learning;**

I have to start by recognizing the unbelievable prize that Lyn and Glen McIntyre put together. All the prize winners were completely blown away by the attention to detail and how good the week was.

I would describe the three days as a mix between Adult pony club and horsey boot camp. We were fortunate that it was a lovely group of people who got along and socialized well together. Our journey started at Little Valley Farm. An impressive facility with an indoor arena 60x35m as well as three paddocks containing between 70-80 cross country jumps. This was our base, where the horses stayed and we travelled back and forth from. Every participant was given a car to use throughout the time, so we were mobile.

On the first morning we trucked our horses to Jeff McVean's arena. He was generous with his time and gave us a tour of the facilities. As we went to the arena to have our lessons, we caught glimpses of Katie was working in the background. Everything about being here was special. Seeing her riding, being in a lesson with him, it was all real privilege, even more so as he doesn't give lessons anymore.

I had a fabulous lesson with him. To be able to spend time with such an icon was amazing. He was very clear as an instructor and had key objectives he wanted to work towards and kept his focus on those.

I learnt that I need to ride more positively. His mantra was that you need to know where your horses feet are. Don't let your horse do the jump himself, take responsibility. Look at the ground line so you know where you need to be. This is important as you go up the grades. He encouraged me to be more positive in my riding rather than trying to hold onto a horse, push him forward.

That afternoon returned to Little Valley Farm for a lesson with Clarke Johnson, over the cross country jumps. That where I found out my horse doesn't like ditches!. Ditches and trekahners were a problem for me, but ungracefully I got over them by the end of the day. Clarke is a NZ eventing rider. He is quite young, and had a different perspective as an instructor.

Next morning was Bill Noble. I hadn't had a lesson with him previously. He talked about riding being simple; bending, rounding a horse and getting your horse moving. When you are on a horse you are training the horse, get onto working and riding your horse, make it work and get activity from your horse, and don't settle for anything else.

Bill is an extremely quiet instructor. Very kind his focus is purely on the horse. Unless your position needs correction he doesn't talk about it. I found him to be very encouraging.

In the afternoon we had a lesson with Nicole Fyfe an event rider. I managed to get an individual lesson with her as the rest of my group were taking a break.. We worked on ditches and trekahners again. This time my horse went well.

She was able to break down techniques around cross country jumping and make it easy to focus on the technique bit by bit, building up success and progressively moving forward.

On the final day our first lesson was with Shaun Cubitt. He was a funny and engaging man. He endeared himself to his clients and he makes light of issues to work on. This was my favorite lesson... except for being in the presence of Jeff!. His belief was that if you feed your horse it should be doing what you want it to do.

At this lesson I jumped a full course of jumps and jumped up to 95cm. This was a real achievement and was a real challenge which gave me great satisfaction.

I learnt to be firm with my horse, stopped being 'nice' and told him what I wanted him to do. Again he placed more focus on activity with your horse.

In the afternoon I had another Bill Noble lesson and did shoulder in with great success; another achievement for me.

That afternoon we went to Vaughan Jeffries arena. Two groups but all the horses were tired by this stage. I put together everything I had learnt, which made a huge difference. The jumps there were wide, which was another challenge. We were working on increasing and decreasing the strides. A great lesson, but I made the decision to stop part way through to give my horse a break. It has been a very intensive week.

As part of our experience we had a trip out on the second morning to Graham Rogerson's stables. A race horse trainer, working with his wife Debbie. They train around 120 race horse. What struck me was their passion and commitment to hard work. Just listening to their typical day was exhausting. They hosted a wonderful breakfast, organised by Denise, who works alongside them.

They had a heated pool for the horses to use after their training sessions. Taking around 6/8 horses they swam around in the warm water. It looked like bliss for a horse.

Graham also trains trotters and we got to have a trip in the sulky, even taking a turn to drive. Another great opportunity.

It was at this event the draw was done for the horse, won by one of the younger participants a 14 year old girl.

What an intense three days. I learnt heaps, built up a fabulous relationship with my horse and thoroughly enjoyed the opportunity.

It was fabulous having Nikki as groom, her support and help took the pressure off. So a huge thank you to her.

I wouldn't hesitate to recommend the opportunity.

By the end of the event, every man, woman and horse was shattered!

**Reminders.**

Don't forget to phone **0223 104788** if you are worried that an event will be cancelled due to weather conditions. The latest there will be a message is 8.30am on the day.

At the rallies can ALL members take part in helping put out and put away. We understand that some people have genuine reasons for not being able to help and members understand, but it would be nice to have other members help out at other times.

Please clean up all horse poo, hay and rubbish from around your float/truck and pathways as well as from all weather arena and surrounding area. Please take it home with you until a better solution is sorted out  
We welcome members bringing new people along. They can come to 3 rallies but then they must decide if they want to join.

**CLASSIFIEDS**

**For Sale**

Black Jacket size 14

3 back protectors – about sizes S/M

3 mens/boys jods – sizes range ? to 38

Black velvet hat size 56

OFFERS Ring Sandra 06 3643092 or

**For Sale**

Set of harrows 1mx1m

No spikes so great for arena

Doesn't rip up sand paddocks.

\$250 ono ph 02102372786 or 04 2931144

**Welcome**

KRC extends a warm welcome to our new members;

Erin Tandy  
Daryll Fraser  
Justina Hart-Scott.

**Last but not least ... HELP!**

Hi everyone, as you know we have our Pleasure Show coming up next month, and we need volunteers to help it be a raging success!

Any help for the following will be hugely appreciated, for any amount of time you can spare...  
Several Ring stewards, a photographer, entries secretary, and helpers for Saturdays working bee at 3pm.

There has also been mention of having a raffle?? That would be great if someone would care to organise

Many hands make light work and all that. Many thanks!

If you can help, please contact Karen Walker, Nikki Hines-McCaughey, Emily Thompson, Marcella Bates or Kirsty Clyma.