

POUNY EXPRESS



Bendigo Pony Club Inc. P.O. Box 2577,
Bendigo Mail Centre 3554
October Newsletter 2008

Happy Birthday to you

Up Coming Events

October

- 5th - Bendigo PC Navigation Ride @ Malone Park
- 12th - Neangar Park - Annual Navigation Ride
- 12th - Castlemaine PC - Show Jumping and Dressage Series
- 18th-19th - Neangar Park PC - Show Jumping and Dressage Series @ Malone Park
- 24th-26th - Annual Bendigo Agriculture Show

November

- 2nd - Bendigo PC Combined Rally at Mandurang PC
- 9th - Maryborough PC - Show Jumping & Dressage Day
- 23rd - Mandurang South PC - Gymkhana



Bronte Monaghan - 6th
Georgia Welsh - 12th
Samuel Neilson - 17th

Congratulations to Georgia & Samuel on their 18th birthdays



Sammie & Montana helping with pack up.
Go girls!!!

AVOID DISQUALIFICATION

ATTENTION RIDERS

Any Pony club member who does not present an accurate PCAV club member card or lodge a fully completed verification form that proves the PCAV eligibility requirements will be disqualified.

PCAV Club Member Cards - It is your responsibility to ensure that your PCAV club member card is accurate and presented to the organizing committee on the day. Note that D.C's may not alter or correct grading at the competition. If you are not sure on how a PCAV club member card must be completed, please read the Club Member Cards Guidelines in the 'publications, rules and regulations' section of the PCAV web site www.ponyclubvic.org.au

Verification forms - if you have lost or damaged card, you may present a fully completed verification form to the completion in accordance with the PCAV Handbook of By-Laws. The organizing committee will not supply verification forms. Verifications forms may not be used as an attempt to over-ride membership card inaccuracies.

Helmets - all riders must have correct standards numbers'. In accordance with PCAV Gear Rules, spot checks may be conducted at the competition. An incorrect helmet will result in disqualification from the entire competition.

Medical Armbands - all riders, including non-PCAV members are required to wear medical armbands whilst mounted, Please ensure your name and an emergency contact on phone number are correctly completed on the card.

Cross-County and Your hair - when riding cross-county you are required to have your

hair tied up so that it does not obscure any part of the back number. If a fence judge cannot read your back number, you may be eliminated.

CHECK THIS OUT

Two chimps and a blonde

A blonde lady motorist was about two hours from the Gold Coast when she was flagged down by a man whose truck had broken down. The man walked up to the car and asked, "Are you going to the Gold Coast?"

"Sure," answered the blonde, "do you need a lift?"

"Not for me. I'll be spending the next three hours fixing my truck. My problem is I've got two chimpanzees in the back that have to be taken to the Gold Coast Zoo. They're a bit stressed already so I don't want to keep them on the road all day. Could you possibly take them to the zoo for me? I'll give you \$100 for your trouble".

"I'd be happy to", said the blonde.

So the two chimpanzees were ushered into the back seat of the blonde's car and carefully strapped into their seat belts. Off they went. Five hours later, the truck driver was driving through the heart of the Gold Coast when suddenly he was horrified!! There was the blonde walking down the street and holding hands with the two chimps, much to the amusement of a big crowd.

With a screech of brakes he pulled off the road and ran over to the blonde. "What the heck are you doing here? He demanded. "I gave you \$100 to take these chimpanzees to the zoo".

"Yes, I know you did," said the blonde, "but we had money left over - so now we're going to SeaWorld



TO THE STABLE

It's important to understand exactly how a horse jumps. For this reason the jump is divided into five phases:

1. The Approach
2. The Take-Off
3. The Moment of Suspension
4. The Landing
5. The Get Away and Recovery

Phase 1 - The Approach

The horse must be going forward in balance, with impulsion and rhythm.



The quality of the jump is closely related to the quality of the pace during the approach.

The jump itself depends largely on a correct approach.

Phase 2 - The Take-Off

Before the moment of take-off the horse lowers his head and stretches his neck, measuring up the fence and preparing for the spring. At the



moment of take-off he shortens his neck slightly, raises his head and lifts his forehead off the ground, immediately bending

his knees and folding up his forelegs. He then brings his hocks underneath him and, as his hind feet touch the ground, he stretches his head and neck and uses the power of his hindquarters to spring forward and upward.

Phase 3 - The Moment of Suspension

While in the air, the horse stretches his head and neck forward and downwards to their



fullest extent. He rounds his back. The forelegs are tucked up. The hind legs, having left the ground, follow the parabola of the body.

If the horse fails to lower his head and neck and hollows or flattens his back, the jump will be inefficient and he will need to make more effort to clear the fence.

Phase 4 - The Landing

The horse straightens his forelegs and prepares to meet the ground. He momentarily raises his head to balance himself. His forelegs



touch down one after the others, followed by the hind legs.

His back should remain supple so that his hind legs can move well

under him before they touch the ground.

Phase 5 - The Get-Away or Recovery



The get-away stride should be fluent, with the horse's hocks coming well underneath him, so that the balance, rhythm and impulsion of the pace are re-established as soon as possible. This is important

because the approach to the next fence may have already begun.

RIDER PROFILE

NAME: Emma Lea

AGE: 12

HORSE/S:

Mr. Chips (Mitty) and Creedence

MY HORSE IS SPECIAL BECAUSE:

Mitty because he was past down through the family

WHAT I LIKE MOST ABOUT PONY CLUB:

Jumping and novelties

WHAT I DISLIKE MOST ABOUT PONY CLUB:

Waking up early when it's cold

WHEN I'M NOT RIDING I LIKE TO:

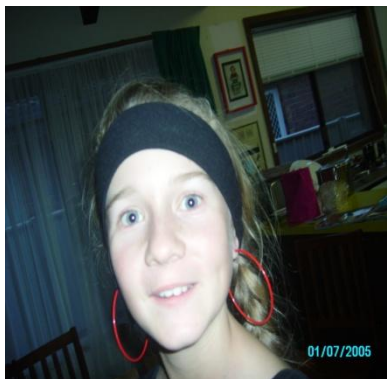
Play netball and mix with friends

THIS YEAR I REALLY WANT TO:

Reach Grade 3 Dressage

IF I COULD HAVE ONE WISH IT WOULD BE:

To compete in the Olympics



D.C's message October 2008

Hello all,

The Spring Dressage and show Jumping day at our grounds on September 14th was a success with riders from 10 different pony clubs and many open riders competing. It is always so rewarding to see our riders put in to practice in competition what they learn at Pony Club and as this was an open competition some riders took the opportunity to try a higher grade dressage test and jump a higher grade in the training ring.

It was also fantastic to see one of our instructors Deb Browell in action on Josie Rae. Our club is very lucky to have a rider of Deb's skill level committed to our club and our kids. I've mentioned already in an email how grateful those of us who had worked all day, were to those fantastic parents who turned up to help pack up at the days end, but it is worth mentioning again! Thank you so much for your thoughtfulness, especially those of you whose kids weren't even competing. Many hand made light work, especially at the end of a cold, windy day!

The committee has put in a submission to the Bendigo City Council which includes a 'wish list' of what we hope to do (with the councils help) to improve our grounds and infrastructure. The first improvement will be 26 10ft x 10ft steel yards and the construction of the yards will require a working bee. (or 5!!!!) Stay tuned!! The club is funding the cost of the yards with the profit from our Interschool's competition.

Our November rally is a combined rally with Mandurang Pony club at their grounds. Allan Mitchell will be instruction show jumping and Bendigo Pony club riders will have the opportunity to train over the cross country course, including the water jump! Please let me know ASAP if you will be attending this rally so that the groups and instructions can be worked out well in advance.

Till next month

Happy Horsing, Sue