

PCA News

Pony Club Australia Monthly Newsletter



PONY CLUB
AUSTRALIA

May 2021



Britt Grovenor

Many Pony Club camps took place during the Easter school holidays, creating lots of great experiences and memories for members, as they also developed their skills.

One event was the Zone 16 NSW 'Mega Camp' - 176 Pony Club members from 28 Pony Clubs across NSW and the ACT gathered to enjoy fun, friendship, games and learning activities for the week - just as Zone 16 riders in the region have enjoyed for more than 35 years.

Photo: Britt Grovenor Photography



Win tickets to
Spirit
Untamed
Details
INSIDE . . .



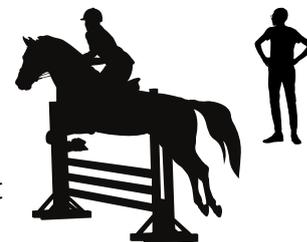
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Coach Update



Thinking of becoming a Pony Club Coach? There is a big demand for coaches and it would give you a nationally-recognised coaching qualification.

The PCANCAS Preliminary Coach Course Outline has been updated, following the 2019 revision of the Pony Club Australia Syllabus of Instruction and to reflect contemporary practices in sports coaching and horse keeping.

The 2021 Course Outline has been structured around the format used by the Australian Skills Quality Authority and has been developed in association with state Pony Club Association representatives working on the Pony Club Australia Coaching Advisory Council.

[You can read more about becoming a Preliminary coach here, on the PCA website.](#)

Contact your State Pony Club Association to register your interest.

The 2021 PCANCAS Preliminary Coach Manual can be purchased from MyPonyClub for \$48 including postage. The period of transition to all training and assessments via the new Course Outline will be completed by December 31st 2021.

MyPonyClub change

When members log into the Member Portal they will now have to copy the CAPTCHA code together with their PC ID and Password before Login.

- The CAPTCHA is not case sensitive
- The CAPTCHA is only being added to logins accessed via a webpage. Members using the App are likely to be using security measures on their device, such as a passcode or fingerprint login
- There is no lockout for users if they enter an incorrect CAPTCHA multiple attempts. Users can repeat the log in process until the CAPTCHA image is matched.
- Users can refresh the screen for a new CAPTCHA image
- Users will only be requested to enter the CAPTCHA image text when logging in – there will be no further requirements when they are in an active session online (such as entering multiple events)

EDC seeking three new members

The PCA Education and Development Committee is a strategic group providing advice to the PCA board. The PCA EDC was formed in 2019 as a think tank to stimulate innovation in the PCA education and participation programs for riders and coaches. Its collective skill set spans:

- Education – design and delivery of secondary and tertiary education programs
- On-line learning and development platforms
- Psychology
- Coaching of diverse horse sports
- Communication and engagement

The PCA board is seeking up to three new members of the EDC, particularly targeting skills above and:

- Change management
- Business transformation and 'agile' project management

The EDC meets regularly on line and ideally one weekend per year face to face.

[Please apply using this application form by 14th May 2021.](#)





National Championships Benalla 2021



The events for the 2021 PCA National Championships have been announced.
The best riders from around Australia will be competing in:

Dressage **Showjumping** **Eventing** **Prince Philip Mounted Games**
Tetrathlon **Quiz** **Ride to Time**

Organisers, including many volunteers, from Pony Club Victoria have been working hard on this event for the past 18 months and are keen to welcome riders and their families to Benalla for the Thoroughbred Industry Careers Pony Club Australia National Championships 2021.

What does Benalla offer?

The Rural City of Benalla is located in northern Victoria just one hours drive south of the NSW border. The beautiful tree lined Benalla Sports and Equestrian Centre and Racecourse are only a five-minute drive from the City Centre. The picturesque Oxley Reserve about half an hour's drive back up the Hume Highway will be the venue for the Cross Country and will provide an exciting and challenging track for riders.

The combined facilities of the Equestrian Reserve and the Racecourse including an undercover arena, riders' dining area, marquee for the Formal Dinner, track for Ride to Time and the vibrant Trade Village will create a 'festival' atmosphere for the enjoyment of both riders and supporters.

There are plans to further develop the site with the intention of it becoming one of the premier equestrian facilities in Victoria.

The City Centre and surrounding area offers a variety of accommodation, restaurants, tourist and cultural attractions. We hope you will take the opportunity to explore everything Benalla has to offer.

There are quite a few attractions close to Benalla:

- The Gourmet Food & Wine Trail
- The Silo Art Trail
- The Benalla Art Gallery which will be hosting a special Equine Art Exhibition.



A family that rides together . .

Pony Club - a family sport! This is Jacqui Doyle and her children Spencer (left) and Florence from Moggill Pony Club. They are pictured competing at the Queensland Metropolitan Zone 1 Dressage Championships in March. Does your Club have (or has it considered) open age membership?



How you commemorated ANZAC Day 2021

Right: Dysart Pony Club Riders took part in their local service, including marching behind veterans in the ANZAC Day parade.



ABOVE: Deloraine District Pony Club commemorated ANZAC Day, proudly marching behind Rocky who is rising 31 this year and has participated in many ANZAC Day marches.



'Lighthorseman' Darcy from Glenlyon and District Pony Club and his kitted out mount visited two nursing homes and two primary schools for Anzac Day to raise awareness.



He does this every year - well done Darcy and family

Moving video tributes



Members from North Dorrigo, Bellingen River and Nambucca combined for an Anzac Memorial Training Day at Macksville.

There was a display with an original Light Horse uniform and discussions about the contribution of animals at war. A minute's silence and The Last Post was observed.



Later, team games had an ANZAC theme.

[You can watch their lovely tribute here.](#)



LEFT: Kootingal Pony Club played an important role in their local ANZAC March. They escorted Mr Vic Underwood who served as a 'tunnel rat', an elite group who dealt with mines, booby traps and tunnels.

[They have made this wonderful video - well done!](#)

From the Manuals

C Manual: Learning to step showjumping distances



Pony Club Australia C Certificate Manual



HANDY HINT

Walking distances requires practice! In the beginning it is useful to teach yourself to walk 90cms strides. You can do this by measuring places where you walk regularly and chalking dots 90cms apart on the ground. Four steps of 90cms each will make one horse sized jumping stride of 3.6m. However, if your horse is smaller than about 16hh or particularly short striding, then you might find he struggles to maintain a 3.6m stride.

Below is a guide to stride lengths.

Below: Keira Pony Club members learn how to step out strides for showjumping, 'duckling style'.



Jumping Strides & Distances (approx.)

Pace	Pony	Horse
Walk	0.83m	0.91m
Trot	1.0-1.4m	1.3-1.5m
Canter	Varies between ponies	2.7-3.6m

Ask your PC Coach - why do I need to know how many strides between a jump double?

Fundraising and Promotion

How do you promote your Pony Club to the community? Promotion is a great way to gain community support, potential sponsors, and attract new members. Martins Gully Pony Club held a sausage sizzle at their local Bunnings - always a high traffic location. Wonder if they took a pony?



So you think you need a bigger horse



Stroller jumped fences like this at Mexico Olympics

On the PCA Facebook page recently we asked the question - do you think you need a bigger horse? And we introduced two incredible ponies, (galloways to us Australians at 14.1hh and 14.1&3/4 respectively) who took on the world.

One is an Olympic Showjumping silver medallist, the other was USA Eventing Horse of the Year. They show that it is not necessarily the size of the horse that will take you to the top, it is a horse with courage, heart and determination, and a rider who recognises their talent and works hard to rise and match it.

[You can watch Olympic Silver showjumping medallist Stroller, of Great Britain, here:](#)

[You can watch Teddy O'Connor, the US Horse of the Year, at the 2007 Rolex Kentucky 3DE here:](#)

When we asked about your great ponies, we were inundated with your stories and photos. Here's three of the best below. [You can see the full Facebook post here.](#)



Jackie Clare:

Lakevale Toyman, is a little pocket rocket 13.2hh Australian Pony. We have competed up to 2* level including Melbourne International 3 day event and have had many placings at this level. We also represented Victoria at the 2017 PCA Nationals and came in the top 10 for grade 1 eventing! He's getting a bit older now but still cruises around 1*/1.05m like it's nothing!

Danni Hampton:

Wynara Bronze Medal, a 14.3hh Welsh X TB who has completed up to 3* pre-Covid. This was the 2* at Lakes & Craters HT last year with a clear on his way to 8th and we have had multiple placings and wins at 2* and we plan to step back up to 3* again soon (I'm currently injured). He won the SA PC Grade 1 Senior State Eventing Champs in 2016 in my last year in Pony Club.



Narelle McFee:

Spectacular Oke. 14.3 of unknown breeding. Competed Grade 1 Dressage State Champs 2000, won B grade SJ State 2002, placed Grade 1 Eventing State 2002 and Reserve for Junior Vic Eventing Nationals 1999. Winner of 5+ Grade 1 horse trials. Winner Inter-Pacific Rally with US rider 2004. Played games, chased cows. Took three riders to their first state level event. She even placed 6th in a long format 3DE at Lakes & Craters in 1999.



Spirit Untamed - 10 Double Passes per City to Win !

Pony Club Australia has double passes to give away to the preview screening of Spirit Untamed in each capital city.

Just email your name, city and PCA member ID to competitions@ponyclubaustralia.com.au by 23rd May 2021. Use SPIRIT UNTAMED in the subject line.

The preview screenings are in Sydney, Melbourne, Brisbane, Adelaide and Perth on the weekend of 29th/30th May, so please consider the date and place before entering.

The competition is open to riding members of Pony Club Australia. Winners will be drawn at random.

'Spirit Untamed is an epic adventure about a headstrong girl longing for a place to belong who discovers a kindred spirit when her life intersects with a wild horse.'



Lucky Prescott never really knew her late mother, Milagro Navarro, a fearless horse-riding stunt performer from Miradero, a small town on the edge of the wide-open frontier.

Like her mother, Lucky isn't exactly a fan of rules and restrictions, which has caused her Aunt Cora (Academy Award® winner Julianne Moore) no small amount of worry. Lucky has grown up in an East Coast city under Cora's watchful eye, but when Lucky presses her own luck with one too many risky escapades, Cora picks up stakes and moves them both back with Lucky's father, Jim (Oscar® nominee Jake Gyllenhaal), in Miradero.

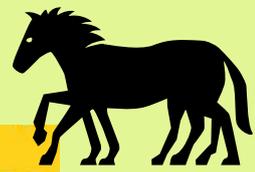
Lucky is decidedly unimpressed with the sleepy little town. She has a change of heart when she meets Spirit, a wild mustang who shares her independent streak, and befriends two local horse riders, Abigail Stone and Pru Granger.

When a heartless horse wrangler and his team plan to capture Spirit and his herd and auction them off to a life of captivity and hard labor, Lucky enlists her new friends and bravely embarks on the adventure of a lifetime to rescue the horse who has given her freedom and a sense of purpose, and has helped Lucky discover a connection to her mother's legacy and to her Mexican heritage that she never expected.

Spirit Untamed is the next chapter in DreamWorks Animation's beloved franchise that began with the 2002 Oscar-nominated film Spirit: Stallion of Cimarron and includes an Emmy-winning TV series.



Walk, Ride or Run - Who Won ? 10,000 Steps Challenge



Our teams have until the end of this week to get the last of their April steps in, so we will bring you the winners of the amazing Polymaster products next month, and sooner on our Facebook page.



Colour Co-ordinated Camp!



Bundarra Pony Club, a small club in Zone 13 in Northern NSW, sent us some photos of their camp - and we noticed something a bit spooky. Almost everything matches in these photos, including cattle and horses. Riders received instruction in all disciplines, however the highlight for this annual mini camp was the camp-drafting. The final day was a competition day with all children doing very well and showing a marked improvement. The Club had 33 riders for the four days.



China Pony Club coaches learn online

There are over 1200 members of China Pony Club. Horse ownership is very different in China as there is very little space. China Pony Club members, therefore, ride at horse riding centres called member clubs.

China Pony Club uses the Pony Club Australia system of coach and rider accreditation. We are proud to be able to share our knowledge about rider safety and horse welfare developed over the past 80 years, with a country where modern horse riding is a very new sport.

In early April, PCA Participation and Development Manager Dr Kirrilly Thompson presented a three hour webinar that was attended by over 200 coaches from over 27 different member clubs in China. We were thrilled with the level of interest and engagement and received some excellent feedback from coaches.

The aim of the webinar was to help Chinese coaches learn about the requirements for E through to C Certificates. It involved the presentation of information with images as well as discussion of video footage of Chinese riders. Coaches were particularly interested in the identification, cause, prevention and treatment of horse illnesses.

There was some lengthy discussion of why riders should always walk around the front of the horse, never in between the horse and something it is tied to.

It was a great way to talk about rider safety as well as horse behaviour, and a good reminder to everyone that:

- In this position, the rider cannot watch the body language of the horse.
- If the horse gets scared and runs forward, the rider could be crushed, knocked to the ground and trampled or trapped between the horse and any rail that the horse might be tied to.
- The horse could bite the rider on their back/shoulder as they go underneath.
- Horses can't see the rider underneath their neck. The rider 'reappearing' on the other side of the horse can scare the horse.
- Horses can move their neck down after the rider has judged how far to 'duck' underneath. Anyone who has had their head bumped by a horse's head knows how much it can hurt.

Another webinar will take place soon to discuss the requirements of C*/C through to A Certificates with Chinese coaches. This will be led by PCANCAS Level 1 coach Carol Hobson, of Tasmania.

For more information about

[China Pony Club, see our website:](#)



Photos from top: A Pony Club China coach and students; a theory lesson; CPC members mostly ride indoors; PCA Participation Manager Kirrilly Thompson;

Older Horses Can Do it All

Dr Jennifer Stewart
BVSc PhD
Dip BEP,
Equine Veterinarian
and Consultant
Nutritionist
and Jenquine CEO



OLDER HORSES CAN DO IT ALL!©

The oldest horse recorded in the Guinness Book of Records was 'Old Billy' who pulled boats along English canals until he was 59yo and died at the age of 62. The oldest Thoroughbred was a 42 year old gelding named 'Tango Duke' The greatest age reliably recorded for a pony is 54 years and a part-Arab named 'Elmer Bandit', competed successfully in trail rides until he was 38.

Peak performance often occurs in the mid to late teens and many horses continue to be ridden and compete well into their 30s. If you are concerned about the appropriate level of exercise for your horse, seeking veterinary advice can help when developing training programs.

AGEING CHECK LIST

With adequate worming and dental care, older horses can easily maintain good body condition well into their 20s and even 30s on a normal balanced diets, without the need for special 'senior' or 'geriatric' feeds.

Protein: The % protein of a feed tells you nothing about whether the horse is getting enough protein. If a feed is 10% protein and a horse eats 1kg of the feed – the horse receives 100g of protein. If another feed is 20% protein and a horse eats ½ kg, it still receives 100g of protein. But, if the protein is not good 'quality' your horse won't be able to use it to build muscle.

Building topline and muscle is a bit like making cup cakes - if you want chocolate cup cakes you need cocoa. Once that runs out, you can't make anymore chocolate cup cakes! If the diet doesn't have enough protein your horse can't build muscle, bone or red blood cells. Lucerne and soymeal are excellent sources of good quality protein. As a rule of thumb, if a horse is eating grass and you are also feeding it, all the hay and chaff should be lucerne to make sure your horse is getting enough protein. Adding 50-200g of soymeal is especially helpful for older horses that need to build more muscle and less fat.

Oils such as linseed and canola are high in Omega 3 and help keep joints healthy and the immune system strong. Oil provides a cool and steady supply of energy. Horses fed 1-2 cups of linseed/canola/omega oil each day have calmer temperaments and behaviour. Introduce the oil gradually over 3-4 weeks. Corn, sunflower, rice-bran oils are high in Omega 6 and can increase inflammation.

Soaking hay washes out most of the sugar. If you need to soak hay to reduce the sugar causes a significant loss of magnesium.

Starch/sugar feeds: Oats, barley, corn, bran and pollard are high in sugar. But muscle building and strength requires protein and this is especially important as horses get older.

Sweet feeds and extruded/micronized feeds often have high sugar/starch and molasses levels. They are not recommended for horses and ponies that are easy-keepers, too fat or have Cushings and EMS. A high fibre diet and adding oil and a nutrient balancer removes the need for supplements. It is a much safer way to feed.

Regular foot trimming and dental care, a flat paddock free from pot holes and ruts PLUS regular veterinary checks can help reduce many age-related conditions. And always choose companions carefully to avoid bullying!

DISCLAIMER All content provided in this article is for general use and information only and does not constitute advice or a veterinary opinion. It is not intended as specific medical advice or opinion and should not be relied on in place of consultation with your veterinarian.

The Centre Page

Centre Membership started in 2019 with a Move It Aus Participation Grant from Sport Australia. The aim is to make Pony Club widely accessible to riders who do not own or have exclusive use of a horse, so would not otherwise be able to join a Pony Club. We started accrediting riding schools in 2019 to deliver the PCA Syllabus to riders who join PCA as Centre Members. Now in 2020, we have nine Pony Club Accredited Centres in New South Wales, eight in Queensland, four in South Australia, two in Tasmania, five in Victoria and two in Western Australia.

Around 90 Proficiency certificates have now been issued to Centre Member riders, up to C level. In the past month, ten Centre Member riders achieved their D Certificates and at Yara Balba Stables in NSW, ten passed their E at Phoenix Acres in QLD, one passed E at Horsetalk Riding Farm in NSW, one passed E at Nan's Riding School in Tas and two achieved their D* at Oakwood Riding Academy in SA.

Did you know we have a whole page about centres that you can find under the 'I don't have a horse' tab at ponyclubaustralia.com.au There, you will find information about current centres, benefits for riders, what Centre Membership means for Pony Clubs and how to become a Pony Club Australia Accredited Riding Centre.

[You can read about PCA accredited centres here.](#)



Phoenix Acres Equine Centre in Queensland held their first Pony Club certificate presentation day. How proud do these riders look!



These riders had a ball at the Pony Club School Holiday Program run over the Easter weekend at Jolong Park Riding School in Victoria, one of our Foundation Pony Club Accredited Centres. We love seeing riders who don't have their own horses being able to experience the Pony Club program of horse riding, care and knowledge.



Lily's Passion

Lily has been an active member of Nan's Riding School for a few years. Nan has watched her progress and competence develop as her passion for all things horse developed.

"Towards the end of last year I suggested to her and family that she might like to become a Pony Club Member and put all her learning to a good gain; Lily is home schooled so her horse riding was part of her sport, as well as a passion," Nan said. "I was really excited to see her join up in January and we began working towards her E certificate. Lily nailed all areas competently and confidently and gained her accreditation in April. It makes me very proud to see her achieve this certificate. (The pony is Gumnut, a well loved member of the Nan's Riding School Team)

More older riders setting records at Pony Club

When we asked in March if 70yo Pentii Puro from Two Wills Pony Club in SA was our oldest riding member, we opened a can of worms. There are several riders in their 70s at Clubs which have open age membership!

Les Limpus (right) will be 75 this year. He is an active rider at Jupiter Creek Pony Club in SA, as well as a committee member, instructor, judge, and coursebuilder for the club and wider equestrian community. In February, Les competed for JCPC in the Southern Zone Tetrathlon, completing all four phases - shooting, running, swimming and jumping.

Currently three generations of the family are full riding members at JCPC - Les, his daughter Carol, and granddaughter Nikita.



Annette McCormack,

Noonamah Horse & Pony Club in the NT has a new member this year - 71 year old Annette McCormack.

At just 71 years young Annette has just started her first year riding at the club showing that there is no age limit to start being a Pony Club rider. Annette was District Commissioner at Colac Pony Club and spent many years as the Barwon Zone Treasurer, while her daughter was in Pony Club.

When she moved to Darwin she began helping out at

Noonamah where her daughter Stacey is chief instructor - and now she is riding for the first time, she is part of three generations riding at the Noonamah Horse and Pony Club.

TOP: Annette McCormack, her daughter Stacey Murrhiy and grand daughters Kiya and Marli.

**GROUP BOOKING TICKETS PROVIDE GREAT SAVINGS
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10 - 14 June 2021 Werribee Park
National Equestrian Centre

'Ride the Excitement'

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We have had a great response to our call for teams to compete at Equitana in a two-phase championship - Mounted Games and Stockman's Challenge. Also several teams have shown interest in demonstrating Musical Rides on the main arena. PCA will be back in touch by email later this month with the details on formally applying. We need four games teams and two musical ride teams, with each rider eligible to compete for sahes in the Stockman's Challenge as well.

More about Equitana

Spectators - Tickets have now gone on sale for Equitana. Get in early if you want to see some of the special sessions.

If you are coming along, make sure you visit the Pony Club Australia stand!



Victorian coach Kathleen Kindler (far left) and Victorian Pony Club Coach of the Year 2020 Rachael Edwards (right) will jointly present an education session during Equitana, demonstrating the Pony Club equitation science coaching technique now included in the Pony Club syllabus (2019)

Seeking - the longest serving Pony Club Mount (update)

We turned up some wonderful long-serving Pony Club mounts when we asked you about this too last month, with entries closing April 20.

So much so, we are working through all the submissions and are looking at acknowledging these amazing, patient creatures.

Hygain horse feeds are so impressed with the numbers of long serving mounts, they are donating 100 packs of Smoochies, perfect treats for older horses and ponies. Smoochies have a low sugar profile so won't impact older horses' metabolic health.

Winners announced in the June 2021 newsletter; prizes will be posted out.



Mini from Londonderry Pony Club is up there with the best.

