

# PCA News

Pony Club Australia Monthly Newsletter



PONY CLUB  
AUSTRALIA

AUGUST 2021



## Happy Thoroughbred Birthday!

Here is Alpha Tango Sierra who now enjoys Showjumping with his owner Sue.

See inside for some delicious horse-friendly birthday cakes made for August 1 2021.

Nationals go virtual in 2021

Despite COVID, riders can still compete for their state, and everyone can watch the action.

Find out more on p5



Amazing achievements by Pony Club alumni and silver medallists Kevin McNab, Shane Rose and Andrew Hoy of Team Australia at the Tokyo 2020 Olympics



How are you doing with your Pony Club 2021 Goals? p6

Work with PCA p4  
Superstar Jamie Kah p12  
How winter affects hooves p14



WIN Heiniger clippers!

See inside...

**Heiniger**



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# Pony Club Academy Launched!

## A new way to help members learn

The **Pony Club Academy**, a new learning portal for members to assist them through their proficiency certificate learning, has been launched and reached over 100 subscribers in the first week.

CEO Dr Catherine Ainsworth said: "PCA recognises that our members have different learning styles and preferences so the Pony Club Academy has been developed as an extra education tool. It will also enable online exams for the assessment phase of our rider and coach certificates."

Current members and Pony Club coaches are able to login to a members-only section of the PCA website and use digital media activities and tools, including YouTube videos, audio clips, online games, interactive presentations, quizzes and online certificate testing/exams.

"All these will provide additional content and exercises to enhance learning and supplement the PCA manuals and instruction at Pony Club," Dr Ainsworth added.



Each course is split into sections in line with the Certificate Manuals, allowing easy navigation as well as systematic and trackable progress through the sections.

"The PCA proficiency manuals and certificates underwent a major update in 2019, to include more on horse welfare, rider safety and equitation science. They combine past knowledge and tradition with the latest scientific understanding, for present and future generations of riders in Pony Club," Dr Ainsworth said.

"So it is only right we stay on the front foot as a sports organisation by offering digital media learning. Early takeup of this learning tool has been beyond our expectations."

If you are studying towards your E, D, D\* or C Proficiency Certificates with your Pony Club or Centre, you can now enrol to access material designed to support the learning journey you are already experiencing with your coaches and the rider manuals.

Find out more about PCA Academy and download your login instructions at <https://ponyclubaustralia.com.au/members/pca-academy/>

"Awesome."  
(AF)

I'll enrol now...  
job done! (BM)

"My daughter is loving it!  
Perfect mode of learning for her with  
Dyslexia/ADHD and Hearing Imp." (Mrs T)

# How to Market Your Pony Club

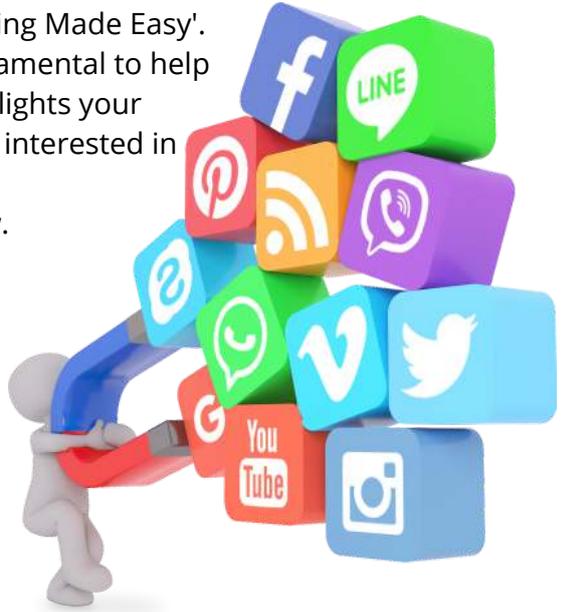
And attract more members, publicity, supporters and sponsors

Pony Club Australia has compiled a variety of videos, marketing tools and how-to guides to help you take your Club to the next level. It is called 'Marketing Made Easy'. Why should Clubs boost their marketing expertise? Because it is fundamental to help build your Club's reputation. It promotes your accomplishments, highlights your community and helps ensure we all spread the word and reach those interested in Pony Club.

With the right marketing activity, our Pony Clubs will continue to grow. We will attract sponsors, build a stronger member base and unlock the key to social media success.

All Club contacts were sent an email on July 14. If your Club missed out, or we didn't have your current Club contact email, please contact [marketing@ponyclubaustralia.com.au](mailto:marketing@ponyclubaustralia.com.au) for details on how to access this free information from the Pony Club Australia website under Members > Club Resources.

The password to log in was in the email to Clubs, or contact PCA



## Read our easy 'How To Guides' for marketing your Club

- Writing media releases
- Instagram posts
- Facebook posts
- YouTube videos
- Promoting an Open Day
- Writing a sponsorship proposal
- ...and much more!

Have any Clubs started using the tools? We'd love to hear from you -  
[marketing@ponyclubaustralia.com.au](mailto:marketing@ponyclubaustralia.com.au)

You can see how to make a promotional video for your Club like [Arcadia Pony Club](#)



# Would you like to work with Pony Club Australia?

## AVAILABLE POSITION:

We are looking for a dynamic **Participation and Development Manager**. Full time, location flexible.

Find out more by [clicking on this link](#)  
**Applications close August 6 2021.**



## Women on Boards

Want to join a sports board? Pony Club Australia Chair, Heather Disher shares some key tips on how to get involved and states the importance of Pony Club being "the pathway to high performance equestrian events like the Olympics".

[CLICK HERE](#) to find out more!



# Extended until August 31!

# WIN 1 OF 3 SAPHIR CLIPPERS WITH 10WF BLADE

Heiniger

Purchase any Equine Collection product between June 15 & August 31 for a chance to win 1 of 3 Saphir Clippers & 10WF blade combos worth \$588.89 RRP!

- 1 Purchase any Equine Collection product
- 2 Click here and **complete the form**



**CLICK HERE TO ENTER** >>>

**Terms & Conditions:** Entries close 11:59pm AWST on 31/08/2021. Entries submitted and received after this time will not be accepted. Winner will be drawn on Wednesday, 01/09/2021. Competition is open to all Australian residents aged 16 and over. All required questions and fields (contact details, proof of purchase, images and written testimonial) must be completed in the online form to be eligible for the draw. By entering this competition, you agree to all reasonable marketing and editorial activities related to Heiniger, ProGroom and the Equine Collection range of products, including (but not limited to) the use of your photos, images and testimonials in future sales and marketing material on print and digital channels. Eligible products limited to 1L and 5L sizes of Equine Collection Cleanse, Enhance, Maintain and Restore; and the new Equine Collection Trial Pack. Promo does not include the Dilution bottle.

# Pony Club Nationals Goes Virtual

Given the travel and operational limitations imposed by COVID-19, the PCA Board has resolved to pivot and move the PCA National Championships to a virtual competition.

We know how proud all our members are to have been selected for their State teams and compete they will. With the chances of some borders being closed and some States not able to attend, even if postponed for a few months, this is also the fairest way to allow each State to compete.

The program of competition will include all planned classes with one major change - Eventing will now be replaced with Combined Training. We know this is a blow for our eventers, but the alternative was no competition at all, given the uncertainty of lockdowns at short notice. Another advantage will be interested people can watch the events unfold in special presentations on YouTube over several nights, or view later - with winners announced at the end of the broadcast. Although it is not the same as all meeting up together, never has coverage been this good!

The PCA National Championships will follow successful models of national and international equestrian virtual competitions, and will provide a great viewing experience for everyone to enjoy.

We thank the many volunteers and state associations assisting PCA to deliver this important event for Pony Club. Further details to follow. PCA hopes to run the next Nationals in 2022.



PONY CLUB AUSTRALIA  
NATIONALS 2021

*"PCA would not want to single out the eventers and run a national competition for every other discipline yet cancel theirs."*

## Working Together

**4Mile Farm** is a PCA Accredited Riding Centre who also include riders with a disability. They are based in Queensland. 4Mile Farm's riders attended their first ever event organised by **Balmoral Pony Club** and had "a heap of fun".

4Mile Farm told us, "There were five riders and school horses who all won a ribbon when we attended the Pony Club event and the kids looked fantastic in their new uniforms. Well done to the organisers and volunteers for delivering such an enjoyable event on a beautiful day."

**BELOW AND RIGHT:** Balmoral Pony Club and 4Mile Farm worked together to deliver a great event. This was 4Mile Farm's members first ever event their kids attended, and they loved it!

*"Thanks so much to the Balmoral Pony Club for running a great event today and being so supportive of our kids for our 1st ever event. Days like today mean more to our centre kids than people will ever understand."*

4Mile Farm





**We love reward training at Pony Club Australia!  
Scientists call it positive reinforcement.**

When should you use reward training? Whenever your horse does something that you'd like him to do again!

More on this post can be found on our [Facebook Page](#)

PCA Board Member Dr Andrew McLean explains why [HERE](#)

## Pony Club 2021 Goals

Remember when PCA shared a table for riders to set their 2021 Pony Club goals? Jillian filled out and shared her goals, and is well on her way to achieving them!

Jillian is having a great year at Pony Club. She has won an official dressage competition for under 11 prelim and has set a new PB with a 68%. She is getting more confident and exposure out on the cross country course due to some amazing instructors. She tells us she had a great time at Pony Club camp and tried some new things like campdrafting and horse ball (see photos below). Most importantly she's having lots of fun with her amazing pony and making lots of friends.

Are you achieving the goals you set for 2021, at this half way point? Maybe you can set some goals for the second half of 2021.



**ABOVE:** Jillian winner of under 11 official prelim and her idol and pony's previous owner Ruby Cran, winner of 11 and under 13 prelim.



# Pony Club Australia – International Success

Lockdowns and restrictions have not stopped Pony Clubs in Australia and around the world from continuing international competition.

The Pony Club International Alliance held a virtual Dressage competition in July, in which Australia had 18 riders competing with some excellent results.

The standout was Darcey Eyb, 16, from Cudal Pony Club NSW. Riding her horse Sir Versace, she placed first in the USDF\* Level 1 test and first in the Prix Caprilli test (which combines dressage and jumping), making her a dual International Champion.

The young Australians competed against riders from the UK, Hong Kong, USA, Canada, New Zealand and South Africa, by sending in a video of a set USDF dressage test. The tests were all judged by the same group of international judges.

*"There were strict conditions about filming the dressage test,"* CEO Dr Catherine Ainsworth said. *"It was great for all riders to be able to ride their own horses. In the past when we have sent teams overseas, horses have been supplied by the host country using a ballot process."* Pony Club Australia teams compete regularly overseas in Mounted Games, Tetrathlon, Quiz and Showjumping.



*Darcey Eyb and her lovely horse are international champions.*



## In other results for Australia:

- **Morgan Cockerell**, Leighdale Pony Club, Victoria, on Monteith Brunton – FIFTH in Class 1
- **Arabella Eagles**, Samford Golden Valley Pony Club, Queensland, on Chance –SECOND in Class 2a
- **Paris Fiedler**, Horsham Pony Club, Victoria, on Talingka Park Matthias –SECOND in Class 2b
- **Kirra-Lee Ayala**, Rosewood Pony Club, Queensland, on Moosimus Maximus –SECOND in Class 3
- **Petra Schuecker**, Monmouth PC Tas, on ESB Golden Officer -THIRD in Class 3
- The mixed team of **Darcey Eyb, Tiffany Peters and Arabella Eagles**, along with Canadian rider Trinity Sachau, won the Class 2a team competition.

Well done to everyone who entered, you did Australia proud.

# The Centre Page

## Celebrations All Round

12 Pony Club riders at [Claremont Therapeutic Riding Centre](#) in Western Australia, received their PCA 'D' Certificates at their Horses Birthday training day on August 1. Well done everyone!



## Yara Balba Stables Success!

#NoPonyNoProblem



Congratulations to Tilley who passed her 'E Certificate' (left) and to Eva for 'Taking the Reins' (below) at [Yara Balba Stables](#)!

Have your riders recently passed their PCA Proficiency Certificate? We'd love to recognise their hard work here! Please email: [info@ponyclubaustralia.com.au](mailto:info@ponyclubaustralia.com.au)



# Farewell to Dr Kirrilly Thompson

Dr Kirrilly Thompson leaves PCA after two years as Participation and Development Manager. Kirrilly has made an enormous contribution to Pony Club in a short time. Kirrilly has been instrumental in delivering major initiatives that have moved Pony Club forward, making horse riding accessible to more people and increasing the quality of our education program for riders and coaches. PCA will continue with Kirrilly's initiatives such as the Values awards, annual 10,000 steps challenge and Welfare Wednesday. We value and celebrate the legacy she has left for Pony Club. On a personal note, I will miss her vibrancy, benevolence and intellect.

Kirrilly reflects on her time at Pony Club Australia below.

Dr Catherine Ainsworth, PCA CEO

I joined PCA because I think horse riding is a wonderful sport that provides so many benefits to individuals and communities. If it was not for Pony Club, I'm not sure if I would have become a rider myself.

I joined PCA to lead the implementation of the Centre Program which had been secured under the vision of the Board (especially Michelle Harper) and CEO Catherine Ainsworth. This role was particularly rewarding because it meant that Pony Club could be extended to people who do not have a horse of their own. There are now 29 Accredited Centres across six states, but Centre Membership is not just about the growth of Pony Club - it's about the horses. The horse world is very mysterious for people who like horses but just don't know where to start. There is a risk that 'newbies' to the horse world purchase an unsuitable horse, engage in unsafe practices, don't know how to meet their horse's needs or simply overlook horse riding for another sport altogether.



Pony Club is so special because it doesn't just teach people how to ride. Pony Club people know how to care for themselves and their horse. Pony Club in Australia has always been a force for welfare and safety. The introduction of Equitation Science means that safety and welfare are directed by the latest scientific findings about people, horses and equipment. Change can be hard, but our behaviour must keep up with the latest horse knowledge and sports participation trends.

In addition to embedding the Centre Program in the Pony Club landscape, I am proud of the following achievements: Revising and updating the PCANCAS Preliminary Course Outline, starting and running the 10K Steps Challenge, initiating three PCA Values Awards (Sustainability Champion, Community Captain, Welfare Warrior) and helping Pony Club China work through a period where Australian coaches and assessors have been unable to visit. I have also been involved in some amazing innovations by PCA over the past two years, including the Pony Club Academy on the Moodle Platform, the National Gear Rules, the Coaching Advisory Council, and the National Dressage Committee. I look forward to seeing other ideas come to fruition over the next year or two, including the National Participation Plan and some exciting new innovations for riders and coaches. All of this is the result of team work and I would like to thank Catherine Ainsworth, Bronwyn Wheatley, Kathryn Butler, Monil Shah, Ann Nouza and a supportive PCA Board.

I have most enjoyed creating online messaging for PCA socials, especially Welfare Wednesday. Some of the most simple messages are the most important and I would like to thank everyone who liked and shared information about horse welfare and training. These messages will improve the lives of horses throughout Australia and beyond. No matter how happy we are with our practices, there is always room for improvement.

I have met some wonderful people who are passionate about horse riding and Pony Club and made some new friends. I wish them, and all PCA Members all the best for the future.

- Dr Kirrilly Thompson

# From The Manuals

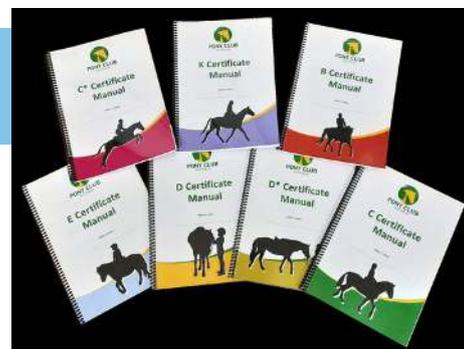
## From the C certificate manual - riding without stirrups

Riding without stirrups is a great way to improve your seat. It allows you to practise following the movement of the horse and improves your balance too.

If you have never ridden your horse with crossed stirrups it is important that you approach the task slowly and carefully. Some horses can be startled by the feel of stirrups in an unaccustomed place. Take your time and be patient and you will eventually achieve your goals.

Refer to your PCA C Manual to help guide you through the process of introducing and riding with no stirrups.

**TOP TIPS:** Have a read through [17 TIPS TO IMPROVE YOUR RIDING WITHOUT STIRRUPS](#)



**BELOW:** Riding without stirrups



## Tokyo Olympics 2020 - Schedule & Results

**Keep up-to-date** on all things equestrian at the Equestrian - Olympic Schedule & Results page [HERE](#)

**Learn** more about the Tokyo Olympics 2020 Eventing Cross Country course [HERE](#)

**Missed out** on any of the LIVE action at the Tokyo 2020 Olympics? Watch all the replays [HERE](#). (You may need to create a **free** 7Plus account)



**ABOVE:** Andrew Hoy riding Vassily De Lassos in Tokyo



## From Pony Club To Paralympian

**Amelia White** (left), has Pony Club roots from [Orange Pony Club](#), a friendly small club, focused on children learning and loving to be around their equine and human friends, in New South Wales.

Amelia will be competing in the Dressage for the Tokyo 2020 Paralympic Games.



## Brisbane Claims 2032 Olympics!

The International Olympic Committee has announced Brisbane will host the 2032 Olympic and Paralympic Games.

Read more [HERE](#)



# What's happened on **facebook** ?

## The Gillian Rolton Award (Pony Club alumnus) - nominate someone today!

In honour of dual Olympic eventing gold medallist the late Gill Rolton, a Pony Club graduate, at the annual PCA Awards we honour other senior Pony Club or ex-Pony Club members who have gone on to make a difference and be a great ambassador for Pony Club and equestrian sport.

This award is for a current or ex-Pony Club member over 25 years old who has gone on to be an active participant in the horse industry as a rider, leader or professional serving the horse industry (eg coach, educator, journalist, vet). The nominee has taken inspiration from their time at Pony Club and been an ambassador for the organisation.

### Selection criteria is based on:

1. Career achievements and profile
2. Contribution to the horse industry
3. Links to Pony Club, past and present.

### Nominations close Sunday August 9 2021.

You can nominate someone online [HERE](#)

**Enquiries:** info@ponyclubaustralia.com.au

**BELOW:** The late Olympic Gold Medallist Gillian Rolton (right) with Pony Club coach Carol Peterson in 2015.



## Happy Thoroughbred Birthday!

All thoroughbreds have the same birthday so that their ages can be standardised for comparison because of the historical lack of records of actual birthdays.

All thoroughbred horses celebrate their birthday on the same date, January 1 in the Northern hemisphere and August 1 in the Southern hemisphere, which includes Australia.

Many of our wonderful Pony Club mounts are ex-race horses who have been given a second chance after racing. Thank you to everyone who sent in their wonderful photos.

**Rochester Pony Club** held their rally at Elmore Equestrian Centre, shared a birthday cake for horse's birthdays, and then all made one for their own ponies.



### Cranbourne Pony Club's Safe Cake Bake Off



# Superstar Jamie Kah

**Jamie Kah, Pony Club Alumna**, has become one of the best jockeys in Australia.

Jamie Kah has made history as the first jockey - male or female - to have ridden 100 Victorian Metropolitan winners in a season. Sitting on 99 for several days, her win in the second race on July 10th at Caulfield clinched the record. Jamie finished the season on a record-breaking 105 wins.



**ABOVE:** Jamie Kah, Pony Club graduate, has set a new record as the first jockey, male or female, to win 100 races in one season.



**ABOVE:** Where it starts for many - Jamie Kah at Pony Club. She represented PCA internationally in Mounted Games.

A member of One Tree Hill Pony Club and then Mount Pleasant Pony Club, Jamie is now paving the way for women in sports. Her rise to fame came in the 2012-2013 season, when she achieved the Adelaide jockey's premiership and won the John Letts medal for excellent riding — all while still an apprentice. Since then, she has been nothing shy of impressive. She has earned titles such as Metropolitan Jockey of the Year and Provincial Jockey of the Year in South Australia, and currently leads the Victorian Jockey Premiership, and cannot be caught with three weeks to go.

Jamie Kah did not become one of the best jockeys in Australia overnight. She has put in a lifetime of hard work and devotion to horse riding, and she attributes some of her success to her time in Pony Club. She enjoyed the skill and pace of mounted games in particular, which helped her balance and control, and represented Australia internationally in a mounted games teams event.

[Click here to read her story...](#)

**BELOW:** Jamie Kah doing what she does best. Pony Club taught her many useful skills that she says helped with her riding.



**BELOW:** Jamie Kah showjumping at Pony Club



# What's happened on **facebook** ?

## Safety First!

What a fantastic role model Charlotte is! She was part of the movement that normalised wearing protective hats over the traditional top hats in international level dressage. Now we can see her trotting up her Olympic contender wearing a hat and gloves. No matter how experienced an equestrian you are and no matter how well behaved your horse, there is always the risk that the horse will make a fight or flight reaction to something in its environment. Be like Charlotte - wear a hat!



**ABOVE:** Charlotte Dujardin at the Tokyo 2020 Olympics



[CLICK HERE](#) to submit your success story!



## What works well at your Club or Centre?

To develop a successful 2022-2024 Participation Plan, we are looking for best practice examples and case studies from Clubs & Centres for attracting, welcoming, and retaining people in/to horse riding & Pony Club.



Please share your participation success stories, innovations & ideas so that more people can experience the benefits of a life with horses.

Share your participation success story by 22 August to be in a random draw to win a PCA long sleeve polo.



## How a Pony Club Girl and her Horse Made it to the Olympics - and a Gold Medal



Our Pony Club members today could be in line to ride for Australia at Brisbane in 11 years' time. And if you are half as lucky, and work as hard, as **Wendy Schaeffer** from South Australia, you could do it riding your Pony Club horse.

In Atlanta in 1996, recovering from a broken leg, she was the highest placed rider and would have won the individual eventing gold medal like Matt Ryan at Barcelona 1992, if they were still being awarded. We pay tribute to this Pony Club graduate, who is still competing and coaching at a high level.



Read more [HERE](#)

## HOW WINTER WEATHER AFFECTS HOOVES

– and some tips on how you can help

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



Horses are amazing the way they adapt to wherever we put them – yards, stables, paddocks, wet, dry, soft or hard ground. To keep the hooves strong, we need to be aware of and to prepare for changes in weather and season. Climate and weather vary depending on where in Australia you live, and the 'normal' moisture content of your horse's hooves varies too. The hoof is a bit like a 'sponge', when it gets wet it increases in size and becomes softer and weaker. This means it is more fragile and if it stays wet it is more prone to cracks, breaks, infections and flares. Your vet and farrier will be able to see the visible changes and advise straight away.

Hooves can adapt well over time to conditions that are consistently dry or consistently damp. It's when the environment fluctuates between wet and dry that hooves suffer the most. This is especially important for horses that are in a dry stable overnight then venture off into the dewy wet grass in the morning – going back and forth many times a day. With repetition of this cycle, horseshoe nails loosen as their holes through the hoof wall enlarge slightly. The constant switching from wet to dry and back again over days and weeks can eventually lead to loss of hoof strength and then to thin soles.



**ABOVE:** Sometimes you cannot avoid your horse standing on mud

*"The constant switching from wet to dry and back again over days and weeks can eventually lead to loss of hoof strength and then to thin soles."*

**Poor hoof quality** can be due to multiple factors: poor nutrition, lack of trimming and shoeing, excess moisture and genetics. One of the more common causes of hoof problems is too much moisture in the hoof. Horses that live in wet, humid environments, those that are bathed repeatedly, and horses that are kept on damp bedding or stand in the mud for long periods of time are at the greatest risk.

**Winter:** Feet are healthier when they are not constantly wet and for horses living in a moist area, feet become too soft. Having an area in their paddock that's higher and drier lets them get out of the mud and enables the foot to dry a little.

All content provided in this editorial 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 equine veterinarian.

# From The Experts

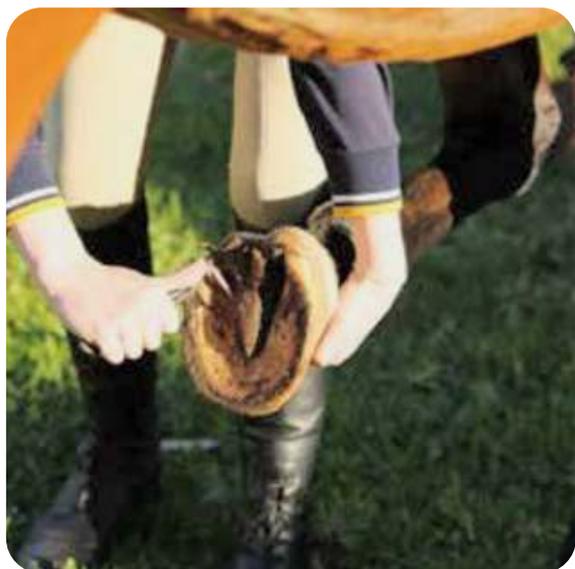
## HOW WINTER WEATHER AFFECTS HOOVES

– and some tips on how you can help  
*continued . . . .*

### Hygiene and Hoof Dressings

Check your horses' feet frequently to make sure they are not packed with rocks or mud, which can also exacerbate the wet-dry cycle. If you have to bathe a horse a lot or his feet are starting to dry out and crack from the wet/dry cycle ask your farrier or vet to recommend a non-drying hoof dressing. Understanding the environment the horse lives in and the different ground surfaces they encounter through the day guides us on when to apply hoof sealants or water repellents. Your vet or farrier can again advise on your individual horse. They can also guide you during extended weather conditions, when a more permanent solution - such as sole pads to reduce excess moisture in the soles - can help.

- [Inspect your horse's hoofs and pick out daily](#) – ideally twice a day
- Avoid your horse standing in wet and muddy conditions for long periods – make sure they have somewhere dry to stand for at least part of the day
- Put drainage where horses gather, such as gateways and water troughs. Fence off any particularly muddy areas
- Maintain good stable hygiene with clean dry bedding



**Feed the feet** Hoof health depends on a balanced diet and a steady stream of nutrients – however, overfeeding and overlap is not uncommon when several different supplements are used to try and address individual nutrients. Before you reach for a hoof-oriented supplement, talk to a veterinary nutritionist or farrier about its nutrient content.

As winter continues for a few more months, expect to see changes in the environment and hooves. With proper hoof care and keeping an eye on the wetness of the ground, we can help hooves can stay strong.

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



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