

PCA News

Pony Club Australia Monthly Newsletter



PONY CLUB
AUSTRALIA

AUGUST, 2022



PCA 2022 Free Webinar Series

August - Inclusive Coaching

Welfare Warrior -
does Your Club
have one?

The recent school holidays saw many Clubs enjoying camps and trying new things, like horse archery. Here Qld coach Brian McCarthy helps a young member at Herbert River safely take the first steps.

Call for State Teams for
2022 Prince Phillip
Mounted Games

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National Integrity
Framework and Pony Club

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Sally Francis, OAM



Inclusive Coaching

Made Easy and Fun



Mary Longden

Join us for the next PCA webinar at 7.30pm AEST on Tuesday August 9th by Zoom

Presenters - Sally Francis and Mary Longden

Sally Francis

Sally was acknowledged with an Order of Australia Medal in 2019 for services to horse sports and to people with a disability. Sally has been a team assistant at five Para-Olympic games, World Para-equestrian Championships and World Equestrian Games. Sally has coaching accreditations with EA, PCA and RDA. She is an RDA integration officer supporting people with disability. Sally is also on the PCV Sports CONNECT panel and reviews Pony Club member's needs to ensure they can compete safely and fairly.

Mary Longden

Mary has a Masters' degree in Special Education and coaching qualifications with the British Horse Society, EA and RDA. Mary has worked all over the world coaching eventing, para-equestrian and RDA riders. Mary has a specific interest in coach education and has run clinics in Australia, Canada, Dubai, England, Hong Kong, Japan, Malaysia, New Zealand, Philippines, Portugal, Singapore, Taiwan, and the US. Mary now reaches coaches across the world via video training and several published books including "Teaching Riders with a Disability".

PCANCAS coaches receive 2 CPD points for attendance at the webinar and completion of the post-webinar, five-minute quiz.



*** Please click the link below to join the webinar:**

<https://us02web.zoom.us/j/89291908655?pwd=bFhYSTMybTFrVVp4dFlyTFJEZ1ZPd09>

A better bit for the horse and rider combination

There's been great feedback from the PCA Bit Webinar in July.

Fiona Dearing from Bit Right - Equine Bit Fitting was very informative and answered everyone's questions. She even divulged her favourite 'go to' bit. Judging by the rattling as she searched for all the different bits to hold up to the audience, her collection is very extensive and her kitchen table huge!

The event was recorded and is now available on the PCA YouTube channel.

<https://tinyurl.com/PCABitWebinar>



Pony Club Australia Prince Phillip Mounted Games 2022

NSW Pony Club will be hosting the Pony Club Australia National Prince Phillip Mounted Games Championships (PPMG) in October 2022.

The Senior event will be held on Saturday October 22 at Hall Polocrosse Grounds, while the Junior event will be held at Bungendore Show on Sunday October 23. This year the event will be run on borrowed ponies, giving all States an equal opportunity to be part of this fantastic event.

State teams will fly into Sydney or Canberra and have a few days of sightseeing and team bonding activities before the competition. There will also be an official team dinner.

Teams will compete in approximately 20 races throughout the day, with rotation of horses for each set of 3-4 races. Riding borrowed ponies can be a game changer as riders will need to be able to adapt quickly to a new pony every set.

Entries for this event come through your state office. Please contact your state office to find out more. Each state is invited to enter both a JUNIOR (Under 16yrs) and SENIOR (16 to Under 26yrs) team.



A NSW team with the Prince Phillip Mounted Games (PPMG) trophy from a previous year.

Ten Pony Club® members from Australia have performed well at the World Teams Championships 2022 for Mounted Games in France this month.

The Australian Junior Team (right) placed 5th in A finals and Senior team placed 4th in B finals on borrowed horses.

While not an official Pony Club® team, all were Pony Club members. Many could also be in their state team for the PPMG in NSW in October. The riders were named in the July newsletter.



Welcoming New Coaches

Pony Club Victoria has welcomed a qualified horse dentist to their accredited coaches list. Jai Rajaram is a current adult riding member of Hallam Valley Pony Club in West Gippsland Zone, an active Pony Club coach and proud Pony Club parent. He was accredited at a PCV Coach Day at Berwick Pony Club recently.

Jai is a qualified Equine Dentist and active polocrosse player, passionate about sharing his knowledge with Pony Club members.

Jai utilised his knowledge and skills by giving the demonstration riders the chance to learn polocrosse as part of his PCA Level 1 riding assessment and also provided riders with a theory lesson on equine dentistry and show jumping to complete his Level 1 teaching requirements.

Congratulations Jai on achieving the Pony Club Australia Level 1 qualification.

Does your Club have a coach whose skills you want to recognise? Let us know by message or email marketing@ponyclubaustralia.com.au



Above: – Dentistry theory lesson. Jai aligned his theory lesson with the PCA Syllabus of Instruction by educating riders on equine dental care and how to tell a horse's age by looking at their teeth, which is a C* requirement. BELOW: Jai's polocrosse lesson.



HYGAIN® is supporting Pony Club® in a BIG way

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<https://hygain.com.au/pages/win4yourclub>

(See Hygain's website for T&Cs)

**** Runs until September 30.**

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Welfare Warrior winner

Congratulations to Lexi Mingin from Gin Gin Pony Club Queensland, recipient of a PCA Welfare Warrior award.

Lexi has been a member of the club since 2020 and recently acquired her horse Spider through the Racing Queensland Off-the-Track program.

Spider found the horse float very frightening, so Lexi worked for many weeks at home to habituate him to the experience without the use of force or punishment. Lexi focused on simply walking him partially up and then off the float tail-gate, gradually increasing the distance, thus ensuring he became accustomed to loading/unloading over a period of time. Lexi overcame soundness and safety issues with her previous horses Rabbit and Tarragon, using the same patience and care.

Lexi is currently working towards her junior coaching certificate and is looking forward to riding in dressage, jumping and other activities, now that she and Spider are mobile. PCA is pleased to award Lexi for her application of training processes aligned with our syllabus and values.



We welcome nominations for all three PCA Values awards



Community Captain – They have the ability to make others feel safe, valued and included. They are ambassadors for the community spirit that unites the international Pony Club movement. The PCA Community Captain recognition award is based on a specific project, activity or innovation. Recipients will show an extraordinary effort above and beyond what would ordinarily be expected of a Pony Club Australia member.



Sustainability Champion - Pony Club Australia is the longest running equestrian organisation in Australia. Sustainability Champions undertake projects which ensure the long-term environmental and/or social sustainability of Pony Club. The Sustainability Champion award recognises a Pony Club Australia member who has advanced the sustainability of Pony Club in particular and equestrian activities more generally. Their impact and achievements will be demonstrated in a specific project, activity or innovation.



Welfare Warrior - This recognition award is awarded to PCA members who put the horse's health and wellbeing needs before their own on a notable occasion, or delivered a project that addresses the mental and physical aspects of horse welfare and wellbeing across one or more of the following areas: nutrition, health, environment, behaviour and human interaction.

These can be awarded at any time. Apply here:
<https://form.jotform.com/PonyClubAust/pony-club-values-awards-nomination->



Meet the Coach

Tina Dixon

Tina Dixon, Phoenix Acres, Queensland

Tina has had a love of horses since she was young, but with a busy working Mum, Tina didn't get the opportunity to ride. Every Saturday morning, Tina would grab the newspaper and go through all the horses for sale ads in the classified, followed by the agistment ads to find somewhere to keep the potential horse. It's taken a few more years to realise her dream.

After seeing a Facebook Post from Sue, owner of Phoenix Acres, advertising riding opportunities, Tina started riding in 2019. Wanting to be more involved with the horses, and with COVID giving her more time from her work, school teaching, Tina took the opportunity to get involved with coaching. Tina started helping Phoenix Acres with their admin and Sue invited Tina to start coaching training - the rest they say, is history!

In May 2021, Tina started working her way through the NCAS Preliminary Manual, working at Phoenix Acres rally days for their riders, with owners and accredited coach assessor, Sue and John Golchert as her mentors for the year. In November, with complete manual in hand, Tina attended the zone assessment day and was signed off by her Zone Coaching official.

Her tip for those working through the manual is to ask as many questions from your mentor as you can. By working through the year with your manual, it makes the retention of knowledge and assessment day much easier.

One of her proudest moments was watching 12 riders attend their first gymkhana last weekend, after Gin Gin Pony Club welcomed the Phoenix Acres riders, who had a ball. Most riders came home with at least one ribbon, and some even came home with age champion ribbons. They held a mass horse washing session the prior day for all horses and plaited up, which saw them win the Pony Club® March Past. Tina was so proud to see their students compete for the first time, especially with such great results.



Tina and her new horse, Redwin



Phoenix Acres Riding Ranch's Gymkhana competitors
(Tina 3rd from left)



Tina (left) and her first horse, Cobalt (right)

The Centre Page

Firefly Park Student's First Competition Journey

Firefly Park Equestrian Centre in Jimboomba is one of 8 riding centres in Queensland accredited to teach the Pony Club syllabus to Pony Club members without horses. It offers inclusive coaching for all types of riders.



Amelia van Leent, a pupil of Pony Club Australia Accredited Centre Firefly Park, has ridden in her very first dressage competition.

Victoria Sloane, owner and head coach of Firefly Park in Queensland, has an inclusive approach to coaching and helped coach Amelia for her first competition.

How did you help Amelia train?

To help train for her first competition, Victoria took multiple approaches to help Amelia remember the test. Amelia first called the dressage test while Victoria rode, so that she could see the direction and pattern that would be required of her. Then Victoria called the test while Amelia rode.

To help Amelia with directions of left and right, which can often be confused, Victoria coached Amelia to ride with her whip in her right hand. Then when she called "at X track right", it was easier for Amelia to distinguish by her whip which way to turn.

Victoria also helps overcome the disorientation that shapes like 20m circles and serpentines can have on a rider who learns differently, by putting markers out in the arena.

These helped show the shape and the distance that was required for the test and helped the rider to remember which point she needed to touch during the test, when the shapes were removed. Because letters can be hard to remember, Victoria rode the test with Amelia following on her horse and hence could explain them by saying, "this is D, it's in line with K and H and from here we're going to trot", so that Amelia was prepared in advance for when she needed to ride a new element.

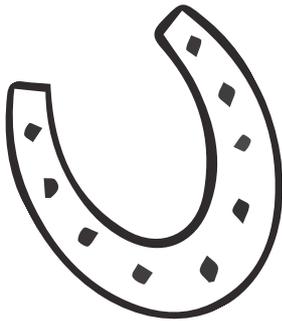
To help with memory retention, practising close to the day and ensuring the last lesson is as close as possible to the competition day was imperative. To help with competition nerves, Victoria's advice to Amelia was to pretend that she was going on a trail ride, but there would be letters along the way. They kept busy by watching other horses and called the tests as these riders rode to themselves. Victoria explained to Amelia that she was going to do the same thing that they are, so that Amelia knew what to expect. She helped plan the day by being very descriptive with saying "You're going to walk in there, give the judge a big smile". Keeping her busy before her competition by getting her to walk her horse around, and watching others etc, helped keep away game day nerves and Amelia was over the moon when she won her first ever competition ribbon - a 6th. Great work Amelia and super coach Victoria.



Amelia van Leent and school horse Charlie at their first dressage competition.

★ What's happened on socials?

Follow Pony Club Australia for handy tips and advice ★



Why do we prioritise calmness and alertness in horses? Because when horses are stressed or shutdown, they are unable to learn.

Fight, flight and freeze are involuntary emotional states that horses can't control because they are biologically 'hardwired'. It's like they take the horse 'offline'. That's why scratching a scared or anxious horse does not reinforce his fear but is a great way to help him come back 'online' into the calm and alert state that he needs to process information.

Helping your horse to stay calm and alert is important for horse training, rider safety and horse-rider communication. Being calm and alert is also important for your horse's mental and emotional state – which impact on his health. So, do your horse a favour and put calmness first!

The flight response is described in increasing detail from the very first of our Certificate Manuals.

For more information about the 'shutdown' horse and learned helplessness, see <https://tinyurl.com/horsesslipperslope>



One of the new additions to the 2019 Syllabus was 'park'. This is a groundwork activity where you teach your horse to stand still until you give him a cue to move by applying some gentle pressure in the direction you want him to go.

Park is not a 'trick'. It's really important for keeping your horse calm and keeping you safe. Teaching your horse to park means NOT teaching him to follow you (something you might not even know you did!).

Park makes it much easier for your horse to be calm when you walk away or move around him. This includes after tying him up or loading him in a float, when you want to alter your jumps, position your mounting block, or when you need to move around your horse to adjust his rugs/tack, check his feet, give him a brush, etc.

Watch park in action at <https://youtu.be/TWo31eu-CUA>

When would you find park most handy?

Teach your horse to 'park'
for calmness and safety.



Could Your Horse Benefit From a Massage?

Part 3 of 4



Natalie Axford

**Willow Tree
Equine Therapies**

**Member,
Warragul Pony Club**

Last month Natalie talked about palpation; palpating is a technique that massage therapists use to identify muscles that we need to work on. Using our fingertips, we circle and zig-zag over certain muscles, looking for the 4 T's: Tension, Temperature, Texture and, Tenderness.

Last month Natalie looked at three areas to palpate - now she looks at three more.

4. Triceps

The triceps is the big muscle over the bottom half of the shoulder. As you may have guessed, it is made up of three muscles so have a feel around and see if you can find all three when you are palpating. To test for any potential soreness in this muscle, I draw a line with my thumb straight down from the top of the muscle to the bottom, and then another line from one side of the muscle to the other to make a cross.

5. Latissimus/Longissimus Dorsi

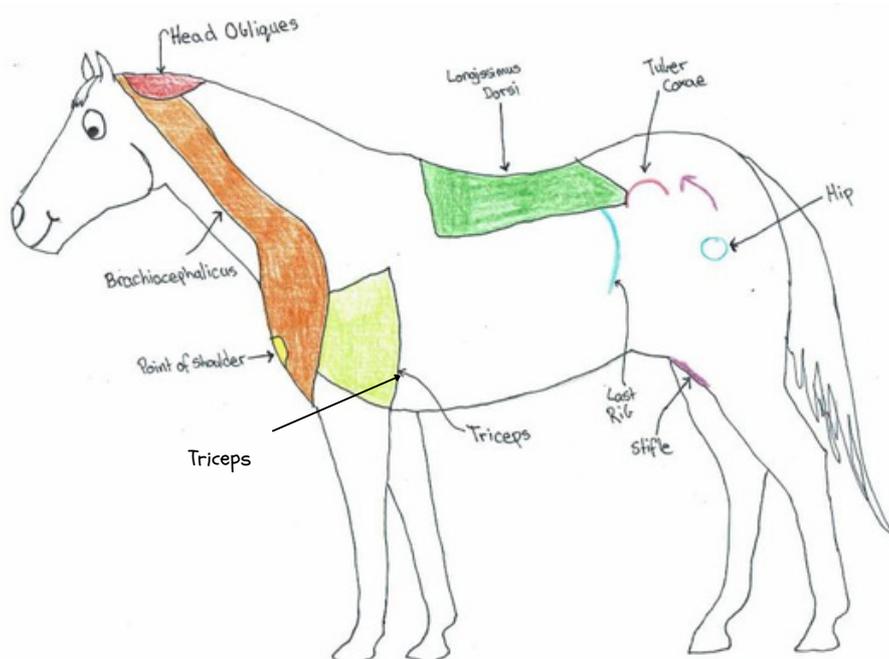
These are the big muscles along the back and so are arguably the most important muscles for massage, as they are the ones that carry us. To test this muscle, you'll first need to find the shelf of ribs. Run your fingers from the top of the spine down towards the stomach and you should feel a hard line where the ribs start. Once you have found that, use it as a guide to do two rows of zig-zags, starting at the wither and ending just before the flank, at the last rib. Keep a close eye on the muscles for this one, as they will often twitch or move under pressure, which could suggest a pinched nerve.

6. The Last Rib

Did you know that the back of your saddle shouldn't sit past the last rib? After that point is the lumbar section of a horse's spine, and it is not as strong as the thoracic section and therefore cannot properly hold the weight of the saddle and rider.

To test this area, simply run your fingers up the rib, starting at the end of the rib and working your way up to the spine.

This area is also suggested to be an ulcer point, and so a reaction in this area could be an indication of ulcers, though I would suggest checking other ulcer points and checking with your vet before jumping to conclusions.



'Penny the Palpation Pony'

This series concludes next month.

National Integrity Framework: Why is Pony Club Australia doing this?

All recognised sports in Australia now have integrity policies that set out the same consistent standards around unacceptable behavior in sport.

This includes things such as:

- abuse,
- bullying,
- harassment,
- child safety,
- competition manipulation and
- illicit drugs.

On the next two pages, welcome to the first edition of the PCA's NIF News, with Suanne Waugh, PCA Integrity Manager.

Need more information? Please visit the PCA website

<https://ponyclubaustralia.com.au/about-us/resources/national-integrity-framework/>



Committed to
protecting our
sport



NATIONAL INTEGRITY FRAMEWORK NEWS



... to be known as NIF News!

**WELCOME TO
NIF NEWS!**

Hi there, my name is Suanne and I am the Integrity Manager for Pony Club Australia. Welcome to the NIF News where we will talk all things integrity and Pony Club!

As an early adopter of the National Integrity Framework, Pony Club has demonstrated its commitment to ensuring a fair, safe and healthy environment for everyone to enjoy learning to ride and manage horses.

All Pony Club members are important to the success of our organisation however keeping children and young people safe in our clubs and activities is paramount. Our focus for this NIF News is Child Safeguarding.

I'm sure you will agree we want all our Pony Club children and young people to enjoy a fun, fair, safe and healthy environment to learn how to ride and care for their horses.

CHILD SAFEGUARDING

Click the box to find the resource!

What is Child Safeguarding?

Safeguarding is about taking steps to create and promote a safe environment for children and young people. In practice it is a series of strategies to ensure our clubs and activities protect children from abuse and support child friendly environments.

Prohibited Conduct

... what does this mean?

Prohibited conduct defines unwanted or unlawful behaviours; these can be found within the Child Safeguarding policy. Any of these behaviours is a breach of the Child Safeguarding policy, which may lead to disciplinary actions or criminal proceedings.

**CHILD SAFEGUARDING
POLICY**

**CHILD PROTECTION &
SAFEGUARDING COURSE**

**CHILD SAFEGUARDING
POLICY VIDEO**

GOT A QUESTION?

Ask me at integrity@ponyclubaustralia.com.au
Q. Is asking a child to keep a secret a prohibited conduct under the Child Safeguarding policy?

NIF NEWS

CHILD SAFE PRACTICES DO'S & DON'TS

DO'S & DON'TS
RESOURCE

Click here!



**SPORT INTEGRITY
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