

Lalwa, Leader!

Young indigenous rider, Lalwa May, is Northern Territory's star rider for PCA Nationals Mitavite Dressage.

Lalwa May is an impressive figure on her 14.3 hh Connemara cross Thoroughbred mare. Only 14 years old, she is a true Darwin local with Larrakia heritage on her father's side and her young mare, Powderbark Charlotte, was a gift from her grandmother and broken in by her mother.

The young indigenous rider joined Pony Club five years ago and for the last two seasons has been impressing the judges with not only fine dressage skills but also her showjumping results.

Lalwa is the only competitor from the Northern Territory in the Thoroughbred Industry Careers Pony Club Nationals 2021 and shared her story about the importance of being a role model for other young indigenous riders in an interview with Pony Club Australia you can see here.

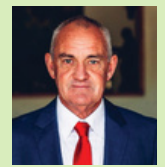
[Lalwa interview](#)



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Leading The Change:



A New Era for Pony Club Education

PCA board member Dr Andrew McLean spoke at the International Society of Equitation Science annual conference last week on "Leading the Change – A new era for Pony Club education."

In his presentation, Andrew reflected on the commitment of the PCA board to modernize the PCA syllabus and the quality of independent, skills-based directors volunteering their time to the progress of Pony Club.

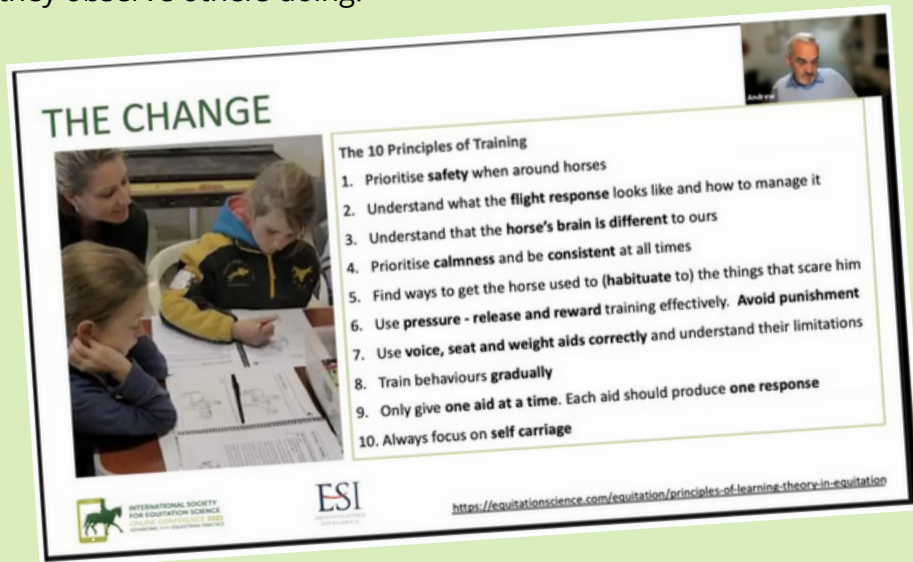
The adaptation of Equitation Science principles for younger and beginner riders was key to success of the implementation, he explained. Andrew showed a short video from Cockatoo Pony Club with riders teaching their horses to 'park'.

The challenges of rolling out the syllabus in the face of COVID restrictions were overcome by recognising the value of gradual change and respecting the experience of Pony Club coaches. Andrew praised the nature of children as rationally autonomous individuals that readily see horses through a scientific lens and become critically analytical of what they do and what they observe others doing.

★ You can read or download the [Pony Club Australia syllabus \(2019 edition\) from the website or click here.](#)

★ Pony Club Members can supplement their certificate studies by using the [Pony Club Academy online learning tool](#)

★ To find out more about Equitation Science and Dr Andrew McLean, visit [esi-education.com/](#) or view Dr McLean's [video explaining the new PCA Syllabus](#)



PONY CLUB AUSTRALIA
NATIONALS 2021

PCA Virtual Nationals 2021 - Coming Soon...



The Thoroughbred Industry Careers Pony Club Australia Virtual Nationals are underway! This landmark event which will be broadcast as a live event, spanning five nights, will premiere on our screens in December.

With state run events in South Australia, Tasmania, Western Australia and the Northern Territory successfully completed, we are set to cheer on New South Wales and Victoria as they storm home as the final two states to compete.

Results will be eagerly anticipated and we would love to know which States are organising watch parties to celebrate their journey.

Everyone involved has worked tirelessly through sunshine, snow and wet weather to get these Nationals filmed and delivered to Pony Club Australia head quarters. It has been a very exciting ride!

Watch our social media pages for updates as we bring you updates on the launch date for the Thoroughbred Industry Careers Nationals Presentations 2021.

Boy oh Boy, Look at Stratford!



Bucking the trend, almost half the members of Stratford Pony Club are boys! This photo from a recent rally shows they also come in all ages and sizes.

Secretary Kalinda says, "Our high numbers (12) are often a talking point and might be interesting to other clubs. This was our boy riders enjoying our rally." The Club is in Gippsland, VIC.

L-R back row : Jack Gilbert, Harry Gault, Jack Eastley and Hudson Wallis

Front row - Archie Gault, Cohen Wade, Mitch Black, Darcy Wade and Lachy Black.

Absent - Beau Cottrell, Darcy Mackay and Kane Fletcher.

And they are talented! One of Stratford's boys, Cohen Wade (above and right) was a finalist in the PCA Rider of the Year Awards in 2020.

He has represented Stratford at Club, Zone, State and National level in Tetrathlon, Showjumping and Mounted Games.

He was a member of the winning Junior Tetrathlon team and in the 3rd place Junior Showjumping team at the PCA Nationals in 2019.

In 2019 Cohen also won the State Tetrathlon for the 3rd consecutive year.

The Club says his participation and experience have developed his leadership skills as well.

Darcy Wade won the 2016 PCA Award for junior rider of the year in 2016





PCA Award Winners



[Watch the Awards video unfold here](#)

Best achievement Rider Under 13 Years



Tehani Badke, Coffs Harbour PC NSW

Best achievement Rider 13-17 Years



Zoe Addinsall
Dunkeld Pony Club VIC

Best achievement Rider 18 - 25 years

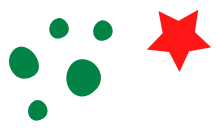


J'Aime Mallon
Riddells Creek Pony Club VIC



Thanks to our 2021 PCA Awards sponsors





PCA Award Winners



[Watch the Awards video unfold here](#)

National Volunteer of the Year



Belinda North

Mudgeeraba Pony and Hack Club Qld

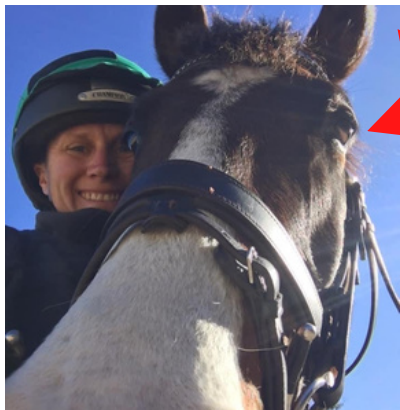


National Accredited Centre of the Year



Claremont Therapeutic Riding Centre, WA

Miss Kay Irving National Coach of the Year



Meaghan Sutherland
Riddells Creek Pony Club



National Pony Club of the Year



Londonderry Pony Club

Thanks to our 2021 PCA Awards sponsors



PCA Award Winners

Gillian Rolton Alumni of the Year

Making a return after a few years' break is the Gillian Rolton Memorial Alumni award, for past members who have gone on to have successful careers in the equestrian field. Gill was a dual Olympic three day event gold medallist, famously remounting and finishing the Atlanta cross country course after falling and breaking her collarbone. She passed away in 2018 from cancer, aged 61. The calibre of nominations this year was extremely high, and PCA has decided to award Alumni status to three outstanding individuals:



Clare Lindop
- Racing

Clare was a member of Warrnambool Pony Club and became a very successful jockey. In 2004 she rode a record breaking 111 wins for a female jockey in a racing season. In 2008 Clare became the first Australian female to ride in the Melbourne Cup and she has been inducted into the Racing SA Hall of Fame.

She has joined the Racing SA team as the Industry and Development Training Manager, working closely with Pony Clubs to identify talent and create pathways in to racing.

Clare has responded to her win with the following comments:

"Firstly I would like to pay my respects to the incredible athlete that Gillian Rolton was. Her Olympic performances aboard Peppermint Grove were simply outstanding, and to see it still celebrated and recognised by Pony Club is important and sends encouragement to us all as we face our own individual battles.

It's very special to be remembered as an Alumni of Pony Club. The few years I spent at Warrnambool Pony club as a young rider were a time of great fun and learning, and helped my development in both horsemanship and sportsmanship. Pony Clubs give you a community to enjoy and share the love of horses, help educate you in animal welfare, and drive you to be the best rider you can be.

One of my favourite sayings taught to me by one of my first horse teachers which I would like to share with everyone is the saying:

"A horse will become a better horse, when a rider becomes a better rider."



Sally Francis, OAM

Sally was a member of Mornington Pony Club. She 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 Paralympic Games, World Para-Equestrian Championships and World Equestrian Games.

Sally has coaching accreditations with PCA, EA and RDA. Sally is also on the PCV Sports CONNECT panel and often gives her time to review Pony Club members' needs to ensure they can compete on a fair playing level as other members. In 2007 Sally started Equine Facilitated Learning in Australia. She says:

"To be awarded the Gill Rolton Alumni Award for 2021 is an amazing honour. This an extraordinary thrill and in such amazing company. I have known Sharon Jarvis for many years having assisted her as chef d'equipe or Assistant Coach in four international para equestrian competitions with her from Hong to Rio. And, from afar, I have admired Clare Lindrop's illustrious racing career.

I deeply appreciate the Pony Club movement and the legacy of all I have learnt and experienced throughout my years as a member, coach and official during almost six decades. All of this is even closer to my heart as I grew up with my mother Judy Francis being one of the early founders of the Pony Club movement in Victoria, serving tirelessly from the 1950s through the 2000s.

I knew Gill Rolton well, particularly from the Atlanta Olympics where the team won gold. I know how devoted she was to helping Pony Club riders and coaches and so it is doubly rewarding to win this award that bears her name.

I would like to thank Pony Club Victoria for nominating me and Pony Club Australia for recognising my work in this way.

PCA Award Winners

Gillian Rolton Alumni of the Year
and our third 2021 recipient is:



Sharon Jarvis
- three time
Paralympian

Sharon was a member of Donnybrook Horse and Pony Club and then Capel Horse and Pony Club, in WA. She was unable to ride between the ages of 5 and 13 years due to her cancer diagnosis but resumed and went on to great heights. She is the first Australian to be selected to the Australian Paralympic Team for three Paralympic Games in equestrian (Beijing, Rio and Tokyo). Best performances include placing 4th, 6th and 7th in Beijing, and two bronze medals at the World Equestrian Games in Kentucky in 2010. In 2010 she was awarded the Domestic Rider of the Year by Equestrian Australia and the next year, the Western Australian Institute of Sport Athlete with a Disability of the Year.

Sharon is now a Level 2 NCAS Coach and works as Pathways Co-ordinator for Para Equestrian Australia. She regularly gives motivational/inspirational talks to Pony Club riders at rallies and camps. Sharon said:

"It is an honour to be awarded the Gill Rolton Alumni Award, named after such an incredible person who provided me with a lot of inspiration with her amazing equestrian feats. This is an award not just for me - it is also for all those who helped forge me into who I am today. Especially those who helped in those early years of mine at Pony Club. I am forever grateful to the coaches who guided my non-horsey family. Pony Club played such a pivotal place in my teenage years after recovering from illness, it provided me with a safe haven where I relished in the friendships forged and the opportunities of learning, camping and competition of varied types. Pony Club continued to provide opportunities by having a great impact on developing my coaching skills and I have loved helping the next generation of riders as a chief coach for some years.

There is no greater feeling than putting on your country's uniform with the Australian Flag. For me it creates that same feeling of when I used to put on my Pony Club uniform and compete for my club; the honour of representing your people. I would have never imagined that many years later I would create Australian history to be the first Aussie Rider to compete at three Paralympics. If my story can inspire any of the young riders at Pony Club now to dream big and never give up, then that would make me very happy because you never know what can happen, it did happen for this kid from the south west of WA."



Gillian Rolton (right and far right) on the podium at the Atlanta Olympics in 1996, winning team gold despite a broken collarbone.

[Watch the Awards video unfold here](#)



What's the fuzz? Trimming of facial hairs in horses

Do you compete in horse sports?
You can help research!
Online survey:

<https://www.surveymonkey.com/r/BVSQCVV>



Have your say

As you know, the PCA syllabus educates riders about the importance of whiskers to horses. Researchers from the University of Adelaide are surveying horse owners to find out more about trimming of horse facial hairs. If you are at least 18 years of age and participate in horse sports at any level you are eligible to take part. Please complete this online survey:

<https://www.surveymonkey.com/r/BVSQCVV>

What's happened on and ?

Holly Mills from Mitavite did a 'Tuesday Take Over' on the Pony Club Australia Instagram Feed to answer all of members' equine related questions.

Holly is an Equine Nutrition advisor at Mitavite, with a Bachelor of Animal Science and equine nutrition is her passion, but members' questions could be related to behavioral, training, feed, you name it!

Holly loves absolutely everything about her job and one of her favourite things is being able to interact with hundreds of horse owners. Holly has a special love for Pony Club and attended Macclesfield Pony Club. She has just recently purchased her current horse Archie.



You can catch up on the discussion on our Instagram page @ponyclubaust Mitavite @ponyclubaust @hollybrooke.eq

That smells Interesting!

Horses can identify other horses by smell



There is a genetic basis so a horse may recognise its relatives



The smell of predator urine causes a fright response in horses



Strong and unfamiliar smells like eucalyptus oil can cause this reaction.



People that are scared or stressed emit specific odours. Rather than stress horses, horses may react more calmly.

This goes to explain the value of equine-assisted therapy for anxiety disorders in humans.



The Flehmen response is when a horse raises its head, curls its lip and inhales.



Aggression or warning?

The horse behaviour we label as aggressive is usually all about *avoiding* conflict.



From The Experts

Help! My horse rubbed his tail out! - Itchy scratchy skin in Spring

There's little we love more than seeing our horses with a smooth, fine, glossy coat. We brush and currycomb our way through spring and imagine how great they'll look after we finished grooming out that winter hair coat.

Grooming, along with feeding, are two of the many things that affect how healthy and beautiful our horses look. The degree of shiny-ness depends what we feed, how well we groom and the time of year.

Allergies

Spring can be a time for allergies. Luckily very few horses have true allergies, but many have sensitive skin. Itchiness (you may hear it called "pruritus") can occur for lots of reasons and at any time during a horse's life. Feed allergies are really, really rare in horses – but can occur with wheat, oats, barley, bran and potatoes (who feeds potatoes in Australia - not a common horse feed!). In spring and summer pollens and insects are the most common cause of sensitive skin and itching. With spring come lots of tiny bugs and insects that can cause itchy skin. Some of these little critters are so small we can't even see them! Not all horses are sensitive to insect bites, just like not all dogs are sensitive to flea bites. But if your horse is one of the unlucky that is allergic to the saliva of insects and midges, life can be hard.

Most of the little midges that cause tail and mane scratching and hair loss fly around and feed on horses between 4pm and 7am. It's hard to protect your horse from something you can't see – but stabling from 4pm till 7am can help. For really itchy, sensitive horses, using fly rugs or masks sprayed with permethrin repellent and having fans in stables can give them some relief. Medicated shampoos and washes can help so ask your vet for a recommendation.

Manure control

Other biting insects like flies, we can easily see, hear and feel. Horse and house flies like dark-coloured horses best and they love the smell of horses and manure. One manure pile can produce 27,000 immature flies per day, one horse produces around 12 tonnes of manure a year – and two adult flies can produce 191,010,000,000,000,000 maggots a year, which would cover the entire earth to a depth of nearly 3 metres. To protect your horse and reduce fly numbers, manure control is a must!

Continued next page

Dr Jennifer Stewart
BVSc BSc PhD
MRCVS Dip BEP,
Equine Veterinarian
and Consulting
Nutritionist
and Jenquine CEO



Lack of Sleep

A very important side effect of itching is loss of sleep! For some horses, itching is so intense that they can't sleep. After weeks of no proper sleep, horses get very tired. They won't be their best for you and they can zone-out and nearly fall over in the paddock. Like us, horses must sleep in order to maintain proper brain function. And the stress of lack of sleep can lead to stomach ulcers. Horses that are very itchy and scratchy really do suffer.

Dealing with Flies

Common house flies fly at the same speed a horse walks but rarely travel more than around 400 metres - unless no food is available, in which case house flies can travel up to 32 km and horse flies up to 130km. All this makes flies very hard to eliminate! To reduce exposure to flies, keep your horses away from standing water, manure piles, compost and cattle if possible.

Continued next page

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From previous page

Use fly masks with ears – but make sure they fit snugly – lots of horses, and especially ponies, love tugging on each other's masks! Nose and ear flaps are good, too and also protect white face markings from sunburn. Tail flaps, neck rugs and wide belly bands on rugs can stop flies from reaching the skin.

Sweat and dirt can also irritate sensitive skin. Hosing a hot, sweaty horse soothes the skin and removes things that irritate it. Gentle shampoo made for horses cleans the skin without stripping the natural fats and oils that help protect the skin on the outside. For the inside, add some linseed oil to the diet. Linseed oil is very good at soothing inflamed areas from inside the horse's body and this can reduce itching and scratching.

If you notice your horse rubbing up against fences, gates, stable walls, yards, trees or licking, biting and scratching itself with its teeth or feet, have a look at the skin. Sometimes horses scratch so much that they damage their skin and get splinters. Germs can enter the broken skin and, if left untreated, the skin can become permanently thickened and scaly.

Always talk to your vet if you have any concerns or questions. They know what's happening in your area and will be a wealth of help and advice.



Still time to win!

Cheer for your State in the Nationals



Join in now and support your State at the PCA Nationals

[Find out more here](#) or go to ponyclubaustralia.com.au/News/Events/National_Championships

Show us your "State team spirit" by sharing on Facebook or Instagram with the #ticpcanationalsshowdown and tagging Pony Club Australia. Entries can also be sent via email to yac@ponyclubaustralia.com.au

Entries can be photo(s) or video. Examples may include showing off a team cheer, or decorating your own stable/horse float /etc in your State colours. Entries close in late November due to entry extensions for lockdown States.

Brought to you by the PCA Youth Advisory Council

ENQ: yac@ponyclubaustralia.com.au



MITAVITE®

Pony Club Australia is proud to announce **MITAVITE®** as the official sponsor of the **dressage and showjumping** competitions at the Thoroughbred Industry Careers Pony Club Australia Nationals 2021. MITAVITE® is committed to supporting our equestrians of the future through Pony Club initiatives.

The MITAVITE® team is so incredibly excited to see equestrians back in action across Australia and we wish all competitors the best for this fantastic event. MITAVITE® - MIGHTY GOOD

As a leading equine feed manufacturer in Australia, MITAVITE® aims to provide the best possible feeds for all types of horses and ponies in all equestrian pursuits.

Modern Pentathlon Victoria

Pony Club Australia is proud to announce **Modern Pentathlon Victoria** as the official sponsor of the **Tetrathlon** competition at the Thoroughbred Industry Careers Pony Club Australia Nationals 2021.

Pony Club Australia would like to thank Modern Pentathlon Victoria for their sponsorship of this event.

Modern Pentathlon Australia is the peak body for the Olympic sport of Modern Pentathlon in Australia and is recognised by the world governing body, the UIPM.



TuffRock

Pony Club Australia is proud to announce **TuffRock Australia** as the official sponsor of the **Mounted Games** competition at the Thoroughbred Industry Careers Pony Club Australia Nationals 2021.

Pony Club Australia would like to thank Tuff Rock Australia for their sponsorship of this event and @taliciabeardsmore for managing this partnership. Tuff Rock is the world's first energised ancient volcanic minerals bio-available for collagen, joint and stress support. Made in Australia .. exported to 11 countries.

#teamtuffrock @tuffrockaustralia

Explore New Things

The Discipline of the Month is a PCA initiative to introduce new activities for Clubs to try, and demonstrating how to go about it.

The Discipline of the Month for October was sidesaddle. Previous DOTMs have included tentpegging, musical rides, navigation rides, vaulting, polocrosse, tetrathlon and many more!

To check it out, or any of the other Disciplines of the Month, visit the [PCA website](http://ponyclubaustralia.com.au/sports/discipline-of-the-month/) or go to: ponyclubaustralia.com.au/sports/discipline-of-the-month/



Polo Tops for Summer

Pony Club Australia polo tops are available to order online. These eye-catching tops are in lightweight, breathable fabric (like basketball tops), sun smart and and Australian-made by DMAC Apparel in Victoria. You can order by logging in to MyPonyClub and going to the member store, where you select National products. The tops are \$65 each (all sizes) including postage.

SIZE CHART

PONY CLUB AUSTRALIA - Long Sleeve Micromesh Polo

CHILD'S SIZE	2	4	6	8	10	12	14	16
WIDTH (W) cm	35.5	37.5	40.5	42.0	43.0	44.5	46.5	48.5
LENGTH (L) cm	45.5	52.0	58.5	60.0	61.5	64.0	66.5	68.0
SLEEVE (L) cm	57.5	58.0	58.5	59.0	59.5	60.0	60.5	61.0
ADULT SIZE	XS	S	M	L	XL	2XL	3XL	4XL
WIDTH (W) cm	50.5	52.0	54.5	57.0	59.5	62.5	65.0	67.5
LENGTH (L) cm	69.5	71.5	73.5	75.0	76.5	78.5	80.0	82.0
SLEEVE (L) cm	61.0	61.5	61.5	62.0	62.5	63.0	64.0	64.5

\$65

