

Para-Dressage Newsletter

November/December 2010



Dear Riders, Coaches, Parents and Judges

Another year has come and gone. With Christmas knocking on our door, we can all be very proud of what we have achieved this year. We hosted an FEI 3 * show at GHS, we sent a team to WEG and we also managed to host the SA championships even though most of our riders did not attend the event. Well done to everyone who put para dressage on the map this year. May 2011 be filled with more wonderful opportunities for our riders.

Now is the time to be finalizing your plans for the future whether it is to enter your first graded competition, represent your province at Interprovincials or compete as a member of TEAM SA at London 2012.

I would also like to wish everybody a blessed Christmas, and enjoyable holiday season. May you all have long hours filled with amazing horsy memories!

A Fond Farewell to Liz Day

Liz Day was exceptionally influential and important in assisting SA Paradressage to develop to being integrated and accepted as a bona fide member of SA equestrian sport. She whole heartedly believed that our para riders had the ability and the right to compete on the world stage and in order to assist them she qualified as an FEI Paradressage judge in addition to being an FEI Dressage judge, a dream which she achieved before her death. Liz was instrumental in gaining the confidence and approval of the FEI to consider awarding South Africa an international competition where the riders could qualify for major international championships without having to travel. In her judging she was known for rewarding correctness and harmony in the horse's way of going. Her much needed common sense and passion for horses and dressage will be missed by all of us. Our heartfelt condolences go out to Frank and her family.

Clive Milkens – Clinic December 2010

Clive Milkens is the coach for the British team grade 1 and grade 2 riders. He will be on holiday in South Africa in December and has agreed to teach our riders. He will only be in Natal from December 6th - December 12th. Lessons will cost R800.00 per hour; if two people share it will be R450.00 per rider. I would encourage our riders to make the effort if at all possible. It's a holiday for him but he is willing to give up one or two days to teach while he is here.

Lessons will be arranged by Anthony Dawson - antdawson23@gmail.com

Kathy Amos-Jacob – Clinic February 2011

Kathy has indicated that she would be available to conduct a training clinic in dressage and paradressage in SA during February 2011. Please contact Cheryl Kempin at kempinc@aforbes.co.za to express your interest in attending this clinic. It will only be finalized should there be sufficient interest expressed by both dressage and paradressage riders. Cost will be dependent on the numbers of participants.

Picture of the month: (Please send me your show pictures)

Due to the file size I can only include one picture of a rider at a show, therefore I will select a new one every month. This month we have our WEG team on their borrowed horses in Kentucky:



Philippa and Verdi



Marion and Santosha



Wendy & Windy



Anthony & Gitano



Cathy & Majestic

CPEDI3* and SA National Championships 2011

Kwa-Zulu Natal will host this event at Shongweni during July 2011; the exact date is still to be confirmed. This competition will be a qualifier for London 2012 and will have international judges. The National Technical Committee hopes to be able to host a judges, coaches and riders training course both during and after the competition. So watch this space for the exact date and keep your diary open. We are all looking forward to a great show.

Paradressage International Calendar 2011

For those of you interested in gaining more international experience and qualification for London 2012 herewith are the dates of competitions you might be interested in attending:

Venue Complement	NF	Start Date	End Date	Events
Arruda Dos Vinhos (A)	POR	10/12/2010	12/12/2010	CDI3* (A), CDIJ (A), CDIY (A), CDIYH (A), CPEDI3* (A,D)
Del Mar CA	USA	11/03/2011	13/03/2011	CDI3*, CDIJ, CDIY, CPEDI3*
Deauville	FRA	15/04/2011	17/04/2011	CPEDI3*
Mannheim	GER	06/05/2011	10/05/2011	CDI3*, CPEDI3* (M), CSI3*, CSIAm-A, CSIAm-B
Mulhouse	FRA	17/06/2011	19/06/2011	CPEDI3*
Slagelse (A)	DEN	24/06/2011	26/06/2011	CPEDI3* (A), CPEDI4* (A)
Casorate Sempione	ITA	30/06/2011	03/07/2011	CPEDI3*, CPEDIYJ
Hartpury	GBR	12/07/2011	17/07/2011	CDI3* (14/07 - 17/07), CPEDI3* (12/07 - 15/07)
Bishop Burton	GBR	22/07/2011	24/07/2011	CPEDI1*, CPEDI2*, CPEDIYJ
Moorsele	BEL	01/09/2011	04/09/2011	CH-EU-PED
Oslo	NOR	12/10/2011	16/10/2011	CDI3*, CPEDI3* (12/10 - 13/10), [CSI5*-W]
Praha	CZE	14/10/2011	16/10/2011	CPEDI1*
Arruda Dos Vinhos	POR	02/12/2011	04/12/2011	CDI3*, CDIJ, CDIY, CDIYH, CPEDI3*
Arruda Dos Vinhos	POR	09/12/2011	11/12/2011	CDI3*, CDIJ, CDIY, CDIYH, CPEDI3*
Mannheim	GER	03/05/2012	08/05/2012	CDI3*, CPEDI2*, CSI3*, CSIAm-A, CSIAm-B
London	GBR	30/08/2012	04/09/2012	PG-PED

The following is an extract on Winning from Wayne Goldsmith's Sports Coaching Brain blog 11 October 2010.

"Winning. To come **first.** To be **the best.** To be **better than your competition.** To be **the leader.**

All these things sound really positive and are worth striving for but why have they become so difficult to talk about and so rare to find?

Because talking "winning" means putting yourself "**on the line**".

It means making a clear statement that your intention is to win and that coming second is unacceptable. Making a statement like "*I am here to win*" means you have made a commitment that nothing except the Gold Medal or the Premiership Cup matters.

It is absolute – it is finite – there is no misunderstanding: **you thirst to be first!** You want to go for the gold and leave the silverware for someone making a dinner setting.

And that's why it is so scary and so intimidating for so many people.

There is no "out" clause, no excuses, no alternatives – **it's win or it's lose.** When you declare "*I am going for the win*" there is no ambiguity, no confusion...**winning means winning.**

The best in the world made a **decision** that they would out-train, out-stretch, out-strengthen, out-work, out-believe, out-recover and out-prepare any athlete in their sport in the world and that's why they **will** win.

They had a dream – they spoke it – they believed it – they put it into action and...**they will win.**

So, my question to you is this..."*if **you** know what it will take to be the best in the world in your sport...why aren't you doing it now?*"

You've got the **dream.**

You know the **words.**

You know what **actions** you have to take....so do it!

You **can** do it.

Your winning **thoughts** and winning **words** are supported by winning **actions.** "

Until next time happy riding!!

Wendy

PS. Feel free to contact me if you have any tips, funny horsy stories or anything you would like to add.