

Para Equestrian Newsletter

January 2011

Editor: Wendy Moller

Dear Riders, Coaches, Parents and Judges

Another year has come and gone. 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 last 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 Inter-Regionals or compete as a member of TEAM SA at London 2012.

A Fond Farewell to Liz Day

Liz Day was exceptionally influential and important in assisting SA Para Dressage 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 Para Dressage 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.

Kathy Amos-Jacob - Clinic February 2011

Kathy has indicated that she would be available to conduct a training clinic in dressage and Para Dressage 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 Para Dressage riders. Cost will be dependent on the numbers of participants.

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.

Para Dressage 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)

CasorateSempioneITA 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.