

Welcome to all our new Members! We are growing fast!

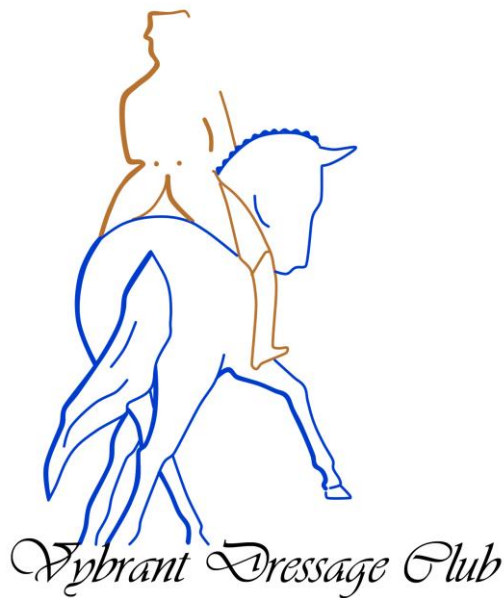
Want to see Previous Newsletters? All on our website!

www.vybrant.co.za

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ANNUAL GENERAL MEETING

The Annual General Meeting of Vybrant Dressage Club was held on Thursday, 26 June 2019.

The current Vybrant Dressage Council members were re-elected for the following year as under:

Suzanne Horne, President

Kim Hobbs, Chairman

John Smith, Coaches Representative

Caroline Potts, Officials Representative

Gill Taylor, Athletes Representative

Judy Vertue, Secretary and Events Manager

Lynette Byrne, Treasurer

The President's Report and the Audited Financial Statements for the year 2018 were accepted and are available for viewing on our website.

VYBRANT EVENTS FOR THE REST OF 2019

19 August – 8 September

Niall Quirk Clinic

Venue: Arina Petit's yard, Bridle Park)

ALL SPECTATORS WELCOME. From 10h30 every day except 5 and 6 September.

Next year's clinic already organized. Niall will be here from 20 February 2020 for 3 weeks. Put these dates in your diary!

Saturday 21 September

Rising Stars : Final Clinic!



Lonely Oak, 186 Chattan Road, Glenferness (by kind permission of Penny van Asche)

Come and support our amazing Rising Stars! Start 09h30 Join us for Bring and Braai from 12h00. **Guest appearance and presentation of prizes by South African Olympic Gold Medallist, Philippa Johnson!**

9 – 23 November

Andy Thomas Courses

Johannesburg & Cape Town

REGISTRATION NOW OPEN on

www.vybrant.co.za

Go to Page 5 for full details!

In this issue

- * News from Aachen CHIO
- * Holiday at Monte Velho in Portugal
- * Vybrant Graded Show 17/18 August
- * Your Education Corner - Tips for Riders and Judges on Freestyles

80% has to be front page news!!

The 80% trend was set earlier in the year with Vybrant member, Janina Rexrodt and her beautiful mare, Rosalie.

Siobhan Records followed this trend, with an 80% score on Patrick Brown's Wow's Black Thorn in Preliminary 3 at the Vybrant All Grades Show on 17 August. Says Siobhan "I only sat on him on the Friday before the show. He is the most kind and generous horse, and although he had a look at things like the flags and the flowers, he said "OK no problem" to everything I asked him.

Says proud owner Patrick "Yet another horse from our favourite place, Kaapsehoop. Wow's Black Thorn is a Warmblood, cross Boerperd and stands at 15.3 hands with a heart of gold. Jane has done all the basic schooling and hopefully he will progress up the grades with as much success as Wow's Forest Elder and the inimitable Woody (Wow's Yellowwood)"



Two most beautifully written reports from Vybrant Members who went to Aachen. Below from Eleni Conostas and on the next page from Catherine Smith who went with Beryl Johnston.

Both paint such wonderful “pictures in words” that we just had to include both articles. Thank you!

Stepping off the train platform in Aachen, Germany, I was immediately immersed in the electric atmosphere of the CHIO Aachen 2019 World Equestrian Festival. Banners floating in the wind and giant pergolas of brightly coloured flowers shaped in the symbolic Aachen logo stood proudly in the city centre, surrounded by eager tourists looking for photo opportunities. It was my first time in the historical city, which is home to amongst other things one of the world’s greatest equestrian festivals, and I managed to drag along my mom and brother both of whom suffice it to say are not well versed in horse.

After settling in, we headed straight for the show. My heart pounding as we arrived at the grounds, the massive main stadium rising up above as you walk in, with hundreds of tented structures surrounding it. I had dreamed of coming to the famous “Aachen” for years and here I was, walking past stables housing some of the world’s most famous horses, breathing the same air as the world’s most incredible riders. Just when I thought it couldn’t get any better, we entered the CHIO village which boasts over 200 stalls filled with the top equestrian brands, horse wellness products, customised goods and food stands. I was in heaven. If not for the dressage still to come, I would have been content with just the shopping!

The festivities began with the Opening Ceremony, an incredible display. Acrobats floated in the air and riders paraded in front of the cheering crowds. A true highlight was being able to witness the incredible Jean-Francois Pignon with his group of liberty horses. Never will I doubt the connection between horse and human after seeing this spectacle. Pignon had his group of greys twirling around him and performing tricks that had the crowd cheering. His telepathic connection with his horses is almost palpable.

When I did venture down to the warm up, I unashamedly pushed and shoved my way to the front of the crowd to catch an up-close glimpse of the superstars warming up their steeds. Only a hedge separated me from the likes of Charlotte Dujardin floating across the arena, receiving instructions in her ear from the one and only Carl Hester; Dorothee Schneider and the impressive Show Time; Ingrid Klimke and her magnificent Fidertanz stallion, the star child, adored by the crowds; Sonke Rothenberger and Cosmo, one of the most powerful creatures I have ever seen! These are just some of the names of my role models, the people that make me want to ride better, to be better. Need I say more? The atmosphere was electric but the expertly skilled riders remained quiet and calm for, after all, this was just another show for them. The horses intently listening to their pilots, patiently waiting for their next instruction, and the riders leading their mounts by grace, willingness and positivity, no force. Each horse giving one hundred percent of their very best to their respective partners



What can I say about the dressage at Aachen without being cliché? It was everything I had dreamt of and more, truly spectacular. From Glamourdale and his flashy, massive paces in the Prix St Georges to Cathrine Dufour and her immaculate riding, it was a barrage of top-class riders in every sense of the word, with piaffe and passage work absolutely fierce between competitors, each one better than the last. Upon first arriving at the show, my mom could not tell the difference between piaffe and passage, but after watching Isabell Werth and her remarkable Bella Rose and how incredibly accurate and precise they are together, she became an expert judge of the movements herself! We were lucky enough that our seats were placed strategically so that we could see both the competition ring and the warm up. If I got weary from watching test after test of perfect rides I could just swivel my head and have a look at the warm up where a frenzy of bandages were being removed, final touches being made and riders receiving their final words from coaches. It was strangely similar to what our final moments look like before entering the ring, except in Aachen and in front of thousands of people!

We, as the crowd, were invited to engage in spectator judging – inputting the scores we gave each horse into an app and allowing it to be compared to the actual scores – in fact the spectators were incredibly strict judges if I may say. I personally would be very nervous to be judged by these expert onlookers! Of course, when in Aachen one must indulge in all disciplines and I made sure to watch the eventing, show jumping and driving! All top class and what fun it was.

Finally, heart-happy, luggage bursting at the seams, we made our way home, my mind full of visions and ideas. That was my favourite part of the show, the fact that I will probably never get to ride at CHIO Aachen, but that I have a little piece of Aachen standing at home, eating grass in her paddock and making me proud every day when she gives me a piaffe step or a few enthusiastic tempi changes, as if she had won that Grand Prix Freestyle herself. That’s what it’s all about!



Weltfest des Pferdesports
CHIO Aachen
12. bis 21. Juli 2019

*Report from Catherine Smith
who went to Aachen with
Beryl Johnston*

“Beryl Johnston and I were lucky to be able to make a “bucket list” trip to this year’s CHIO Aachen in Germany.

If you have ambitions to witness a world class horse event, Aachen has to be up there on your list along with the Olympics, WEG, and some of the top indoor shows such as Olympia and the FEI world cup finals. The Aachen horse show was first held in 1924 so the Germans have had plenty of time to perfect the staging of a spectacular event and it is indeed a spectacular event, reputedly the most prestigious horse show in Europe and host of the German FEI Nations Cup in Show-jumping, Dressage, Eventing and four in Hand Driving.

Perhaps not a destination for claustrophobics, the venue is packed to capacity for the entire duration of the show, so if you fancy going, book your tickets well in advance.

In order to secure tickets for the Nations Cup freestyle, we had to buy season tickets for the dressage and so didn’t get a chance to witness any of the other disciplines, but we certainly saw plenty of dressage and it was amazing. It is important to remember that what is being witnessed is the world’s best and to compare the show standard to local standards is inappropriate, rather just marvel at the performance and be inspired at what is possible from freakishly talented horses and riders.

Without exception the horses are ridden extremely “in front of the leg” and precisely “on the aid” from the moment they enter the arena. All movements are approached with impulsion, enhancing the expression of the movements. The tests are not performed without error and the odd missed tempi draws an “ooh” from what is obviously an informed audience.

If the GP and GPS were astounding, the Musical Freestyles were on another level altogether. Again, it is important to remember that the resources required for the musical compilation alone are far outside the reaches of the average Joe, but witnessing what can be achieved is a special privilege.

Results wise, it was very much Isabell Werth’s show. She won all of the Nations Cup classes with Dorothy Schneider barking at her heels. In the CDI 4* both the GP and the GPS were won by Sonke Rothenberger with Isabell in second place. Surprisingly neither of them featured in the line-up for the CDI 4* Freestyle, which was won by Cathrine Dufort of Denmark with Ingrid Klimke in second place.

So it should be a tick on the bucket list, but I think I’ll leave it on the list so I have an excuse to go again.”



Vybrant Graded Dressage Show : 17/18 August 2019 at Fourways Riding Centre

The “Dream Team” was in attendance at our All Grades Dressage Show at Fourways Riding Centre – Jonathan Harrison and Megan Duncan providing continuity and humour on the microphone, Brittany and Bernard ensuring lightning fast “live” results on three big screens (the competitors loved it!) and Kerry, Kim and Alexis getting fit collecting tests! Everything ran like clockwork!



Symbiosis

*Beautiful Rosettes
kindly sponsored
by Symbiosis*

Bodytec
generously
sponsored a
voucher for a
free session
for every
competitor in
the placings .

BODYTEC®



Thank you to Marion
for the use of her
wonderful facilities!

Thank you to our hard
working judges and
scribes:

Elizabeth Hickman
Justin O'Reilly
Clare Bailes
Susen Human
Judy Vertue
Cheryl Kempin
Claire Nadin
Janine Viljoen

Ashley Botha
Sam Jackson
Marisa Cetinich
Tracey Bergstedt
Hilary Dredge

Happy Birthday to
Justin O'Reilly who
celebrated his
birthday on Sunday
18 August!

All riders in the
placings also received
a Vybrant T Shirt for
their grooms.

The Vybrant 70% Club!

All competitors who achieved scores of 70% and over received a special gift from Vybrant – a blue fleece scarf with our logo.



Adult Stars!

Siobhan Records & Patrick Brown's Wows Black Thorn: 80% in Prelim 3! WOW!!

Kayleigh Gordon & Just in Time: 76%, Prelim 3

Lilian Möller & Milwari Waikiki: 72.5% Prelim 3

Michelle Harten & Jonker Van Mooikloof: 72.5%, Prelim 3

Sabine Klehe & Navarro: 71.4%, Elementary 5

Philippa Terblanche & Trish Coe's Heliodoros Vom Niehaus: 71%, Elementary 5

Pony Rider Stars!

Tavia Jade Wilson & Panache Penny: 77% in Prelim 3 and 70% in Prelim 4.

Rhys Abraham & CDE Olaf: 76% in Prelim 3

Zara Laird & KEC Mittens, 74% in Novice 3

Jaime Bennett & KEC Pinotage: 73%.4% in Novice 3



*"Live"
results
for
riders on
big
screens.*

Lovely to have positive feedback from our members: Thank you for writing to us, Gerbie Lombard.

"Just wanted to say a huge thank you for a show that was superbly organized and well run! The rosettes are stunning, and my groom was hugely impressed with his t-shirt! I'm most proud to be a member of the Vybrant Club. Kind regards, Gerbie Lombard"



Andy Thomas returns!



9-25 November 2019

Johannesburg and Cape Town

Following rave reviews at the Africa Dressage Forum staged by Vybrant Dressage Club in November 2018, we are very excited to bring Andy back this year!

Andy Thomas, a Chartered Physiotherapist, is currently the High Performance Human Science and Sports Medicine Advisor to the USA Equestrian Teams and Director of Eventphysio Ltd.

Prior to this he was the Lead Practitioner for Human Science & Sports Medicine to the British Equestrian Federation for 10 years. He is the developer of TESTT (Thomas Equestrian Symmetry Types and Tests) a system of assessing imbalances and weaknesses in equestrian riders. He provides a unique insight into the management of the human equestrian athlete. Andy has a particular interest working closely with coaches to help improve symmetry in the developing rider and in competition athletes to maximise performance.

REGISTRATION NOW OPEN!

Go to our website, www.vybrant.co.za, click on Vybrant Events & then Andy Thomas and you will find full details of venues, dates and fees:
Andy has stressed that **ALL DISCIPLINES** are welcome!

- ❖ Andy Thomas Biography
- ❖ Andy Thomas. Details and Content of All Courses
- ❖ **For Riders:** Application for Individual Rider Symmetry Assessments (**Deadline for application for selection 20 September 2019**)
- ❖ **For Coaches** Registration Form Coaches Course (**Deadline 15 October 2019**)
- ❖ **For Physios, Chiropractors, Biokineticists and Degree Level Sports Therapists, all with equine experience. This means that you are familiar with what riding a horse is all about and can recognize walk, trot, canter and lateral work.** This is all about the 'human being', i.e. the rider, not about physio for the horse! Registration Form (**Deadline 15 October 2019**)
- ❖ **For everyone!** Lecture/Demo open to all.

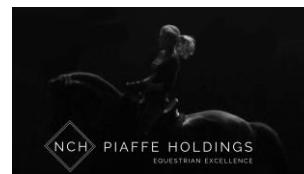
Comment from Niall Quirk, currently running a clinic in Johannesburg
"I have recently been on Andy Thomas's Coaches Course. This is an absolute MUST for all equestrian coaches. The man is brilliant. All riders will also benefit hugely from the individual Rider Symmetry Assessments"

Our wonderful Sponsors so far!



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THANK YOU FOR YOUR GENEROSITY!



Welgeleë Stables

Vybrant Members Debbie and Mark Holden had a wonderful equestrian holiday in Portugal

Article by Debbie Holden

Mark and I stayed at the **Monte Velho Equo Resort** in Portugal in the second week of July this year. I read about the resort in a dressage magazine and decided to book and go

This resort offers dressage lessons on experienced dressage horses with experienced instructors. The resort caters for all levels of riders and offers Grand Prix trained horses as well as schoolmasters. All the horses are Lusitanos. These horses were originally bred for bull fighting and carriage driving.

The Monte Velho stud farm has been dedicated to the breeding of purebred Lusitano horses since 1994. The original stock was from 5 Alter Real mares. The objective was to breed horses with good conformation and movement as well as excellent character.

One of their home bred horses is Equador MVL ridden by Joao Torrao, who has done exceptionally well internationally and is now training with Carl Hester in the UK.

The resort also offers trail rides daily and there are 250 hectares of property adjacent to a national ecological reserve. The horses for the trail rides are excellent and they only ride walk and canter on all the trails. There are usually 6 horses on a trail ride which are "mornings only" as the afternoons are really hot.

The lessons are one hour long and usually only 2 in a lesson. There are 2 arenas, an outdoor arena with mirrors and an indoor one which is used when it is very hot outside.



I rode about 6 horses in total, the last 3 were stunning. I did passage and piaffe finally and absolutely loved it. The horses have amazing temperaments and are really co-operative with all types of riders.

The accommodation is a boutique hotel and included 3 meals a day. It is located 7 minutes from Arriolos. Each room has a furnished balcony with views of the countryside and dam. It has a rooftop pool as well as gym, sauna and jacuzzi. There is a wonderful lounge which offers an honesty bar as well as snacks. The food was included in our package and was fantastic. Lunches and dinners were cooked by a Portuguese chef and included their local dishes. There were a variety of wines served with lunch and dinner and desserts were always new and appetising. Monte Velho also offers beautiful walks and bicycles are available for cycling around the resort. We hired a car and so travelled to Evora and Arriolas to sightsee.

The Monte Velho winery is nearby and offers wine tasting and tours.

We had an amazing time there and met wonderful like-minded horsey people from all around the world telling our tales late into the night, coming from Australia, Sweden, France, UK, N. Ireland and Italy. Also, very special was being able to meet and pet the Monte Velho foals and their mothers all growing up together in the fields.

Website

www.montevelho.pt

Freestyles : Some Notes for Judges and Riders



As per the Rules/Directives and as stated at the top of the Freestyle Test Sheets, **if a competitor deliberately shows movements of a higher class not mentioned in the test sheet**, no mark for the technical execution of that movement is possible. The scores for both choreography and degree of difficulty cannot be higher than max 5.5. It is up to the judge to go further down with these two marks if more than one movement of a higher class has been shown.

Recently it has come to our notice that some competitors are including movements not mentioned on the test sheet but of a **lower class**. We believe that maybe it is probably the competitors' intention to make their choreography more interesting?

For example, in a medium test, in addition to the required flying change on each rein, the competitor chose to do a simple change as well. Again no mark for the technical execution of that movement is possible BUT there should be NO penalty in the choreography or degree or difficulty as above when deliberately performing a movement of a higher class. We have also seen competitors at medium level choosing to do a rein back (first introduced in Elementary) or a turn on the haunches in the walk (first introduced in Elementary).

Verdict from several Vybrant National Judges? These movements (simple change, rein back, turn on the haunches) are not the easiest of movements to perform beautifully anyway, so it is recommended that you don't do these unless they are required movements, as this could affect the harmony of the performance, even if not marked, if done in a marginal or insufficient manner.



Congratulations to Vybrant Coach's Representative, John Smith, on his marriage to Lisa Penzhorn on 21 August in KZN.

Other queries that have come to our notice.

Where a full canter pirouette is a required movement, this can now be performed from half pass to half pass, whereas previously it was only to be performed from straight line to straight line.

Sharon Rhode kindly provided us with some history as under:

"The old freestyle directives used to state from straight line to straight line for Pirouettes – at least 3 straight strides. The thinking behind this was that it made the pirouettes easier to ride. The penalties for doing this were extremely harsh – 0 for the pirouette and max of 5 for choreography and degree of difficulty.

This was changed in the latest FEI directive to exclude the straight line thematic because they look better and ride better from the half pass and the FEI judges, especially Katrina Wust, fought for the removal of these penalties which we all felt were very harsh. They may be shown into and out of half pass."

Note: This does not mean that you cannot continue to do them from straight line to straight line, should you so wish, but now you have the choice of doing them as above.

Congratulations

to **Claire Nadin** on her promotion to Provincial A Panel (Medium).