

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

Want to see Previous Newsletters? All on our website!

www.vybrant.co.za

Membership, General Enquiries and Show entries:

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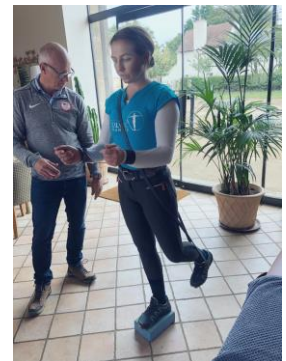
**Andy Thomas
will be here in
7 days!!**



This globe trotting expert has just spent three days in Gladstone, New Jersey, USA as part of the USEF/USDF Emerging Athlete Programme, assessing a group of athletes attending the High Intensity Training Programme. Now he is back in UK, and has a full programme until the day before he departs for South Africa on 7 November! How lucky we are that he will be here for two weeks in Johannesburg and Cape Town!



**DON'T MISS THE OPPORTUNITY
of attending his Lecture Demo
Open to everyone
from all equestrian disciplines!**



“Improving Rider Performance”

Sunday 10 November 16h00

Lipizzaner Hall, Kyalami
Johannesburg



Wednesday 20 November, 18h30

Welgelee Stables, Constantia
Cape Town

Ticket price R200. Bookings only through www.quicket.co.za. Search tag Andy Thomas

Individual Rider Symmetry Assessments, Johannesburg and Cape Town.

Over 90! Full to bursting. Please note that these are private sessions not open to the public but the rider may choose to bring whoever he/she wishes as part of their support team – coach, family, sponsor, owner etc. Programme of times on the Vybrant Website, www.vybrant.co.za, click on Vybrant Events, then Andy Thomas.

Forgot to book for the Coaches Course open to equestrian coaches from every discipline?

Contact Judy Vertue, Vybrant Events Manager, 083 601 2104, email judy@vybrant.co.za.

Andy Thomas, a Chartered Physiotherapist, is currently the High Performance Human Science & Sports Medicine Advisor to the USA Equestrian Teams. Prior to this he was the Lead Practitioner for Human Science & Sports Medicine to the British Equestrian Federation for 10 years. Andy travels the world giving lectures/demos, coaches courses and individual Rider Symmetry Assessments. He has attended 3 Olympic Games, 4 World Championships and numerous European Championships. 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.



The great stuff about SA Champs 2019 at Stokkiesdraai

- ❖ The care that was taken to ensure the welfare of the horse in the scorching weather – temperatures up to 40 degrees. Equestrian retail shops were running out of Electrolites, Safeway fans were sold out! Riders got up when it was barely light to give their horse a short warm up and stretch, while the temperatures were a bit cooler and put them away again until their riding times.
- ❖ The organisers provided a ‘mist spray marquee’ for the horses.
- ❖ Judges were sizzling in judges boxes with plastic windows. No problem, the windows were unscrewed and taken away to make the judges more comfortable.
- ❖ Prize winners and judges were treated to a glass of bubbly at every prize giving (lots of bottles on ice!)
- ❖ Superb organisation by Angie, Owen and Bronwen Meredith and many others behind the scenes. Beautiful rosettes, results out at lightning speed.



Paralympic Gold Medalist, Philippa Johnson-Dwyer, competed on Kuda Insurance's Callaho Ludanos, fondly known as Ludo, and very kindly loaned by Susan Berry of London Lane Stud and his usual rider, Vybrant member, Ian van Schalkwyk. As always such an elegant picture and beautifully ridden tests.

The not so great stuff..... very sad.....

- ❖ The fans that caring riders bought and installed outside their horse's stables were allegedly stolen on Saturday night.

Congratulations to all Vybrant members who won Championships and Special Awards at the Show!



Preliminary Champion Patrick Brown & Wow's Sir Nicholas



Claire Martin and Mark in Time. Winners of the Trophy for the highest percentage for a thoroughbred in the highest grade.



EM Champion, EM Freestyle Champion, EM Victor Ludorum and Winner of the Trophy for the Highest Freestyle Score – Marisa Cetinich and Burberry

Medium Tour Winner and Medium Tour Freestyle Winner, Tamara Hasselberg riding Rita Brink's Frequenz from Botswana, and Anthea Michaletos, SA Medium Tour Champion with Ulivia STV



Becoming a Beach Bum in St Francis Bay

So the WhatsApp conversation goes like this....

Moya: Hi Judy. We took Mugsy (Moya's Small Tour horse, Local Dancer) to the beach today with Flynn, our little carriage driving pony.

Judy: Why didn't you ride him and have a gallop along the sand?

Moya: Are you mad? He is 23 going on 4!

Judy: Sure he would be fine.

Moya: Yup, decided to do it the next day - he was just awesome. So beautiful in St Francis Bay.



The Versatility of your Medium Tour Dressage Horse



The ever adventurous Siobhan Records decided to borrow some "gear" for herself and her horse, put up some practice obstacles in her arena at home, and subsequently won the 2019 SA Derby Working Riding

Championship with Rathmor Caprice (aka the Precious Pony).

Well done, Siobhan.



For all those numerous riders whose constant companion is the Jack Russell.

We welcome two new sponsors for the Andy Thomas Clinics in November 2019. Many thanks for your generosity!



Equestrian Leather Solutions specializes in dust and grease free leather equestrian arena surfaces. Globally recognized equine riding arena surfaces for dressage, show jumping, equitation, lunging rings, horse walkers and race tracks.

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Hi Tech Therapy is a market leader in the supply of rehabilitation, exercise & wellness products to Physiotherapists, Chiropractors, Biokineticists and Occupational Therapists in South Africa



EXCITING INTERNATIONAL NEWS!

South African Team going to the Tokyo Olympics!



The South African Team qualified to ride at the Tokyo Olympics in 2020! They are Tanya Seymour and Ramoneur, Nicole Smith on Chi La Rou, Laurienne Dittman on Don Weltino K, and Gretha Ferreira on Lertevangs Lavinia with Ingeborg Sanne from Dressage South Africa.

South Africa is one of 14 countries who will compete at the Tokyo Olympics in Dressage. The other countries are Australia, Brazil, Canada, Denmark, Germany, Great Britain, Ireland, Japan, Netherlands, Portugal, Spain, Russia and the USA.

