

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:
Brittany Harrison admin@vybrant.co.za
Newsletter Editor and Events: Judy Vertue judy@vybrant.co.za

ANNUAL GENERAL MEETING

VYBRANT DRESSAGE CLUB

Wednesday 19 June 2019

18h00 for 18h30 Kyalami Equestrian Park Club House

We'd love to see as many of you as possible!! We do need a required Quorum for the meeting to take place. So we really hope you will join us, learn all about what we have been up to in the last year (if you have recently joined us) and our plans for the future. Chat over drinks at the bar afterwards!

On our website, www.vybrant.co.za, you will find

- Notice of Meeting and President's Report
- Nomination Form for appointment of Council Members
- PROXY FORM (do please fill in ASAP if you can't come and send to judy@vybrant.co.za)

To follow:

- Annual Financial Statements
- Report from Portfolio Holders

UPCOMING VYBRANT EVENTS 2019

Saturday 8 June

Development Clinic . Test riding and feedback, coaches sit in, practice judging, and Rising Stars. Fourways Riding Centre

Wednesday 19 June 2019

Vybrant Annual General Meeting
18h00 for 18h30, Kyalami Equestrian Park Clubhouse.

Saturday 17 and Sunday 18 August

All Grades Dressage Show.
Fourways Riding Centre

19 August – 8 September, Niall Quirk Clinic
Venue: Arina Petit's yard, Bridle Park

Saturday 12 October

Development Clinic . Test riding and feedback, coaches sit in, practice judging, and Rising Stars. Fourways Riding Centre

9 – 23 November

Andy Thomas Courses,
Johannesburg and Cape Town. Venues to be advised.

Put these dates in your diary & keep an eye on our website for upcoming schedules and entry forms!

Welcome to new Sponsor Member,
Rene van Son , Instruct Audio!

See Page 5 for Instruct Audio offerings and specials for Vybrant members!

Andy Thomas (UK) returns!!

With rave reviews from the Africa Dressage Forum presented by Vybrant Dressage Club in November 2018, we received many requests to bring Andy back again!



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.

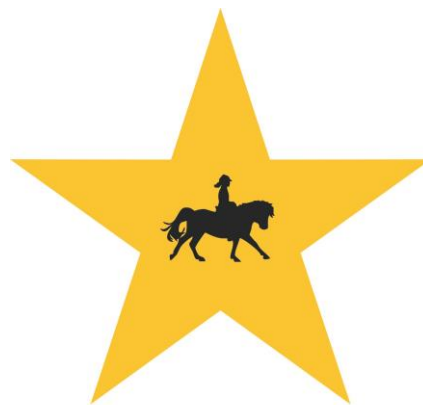
Andy will be coming to South Africa in November 2019 and running course: in Johannesburg and Cape Town.

See page 4 for lots more information



★ *The Stars are getting brighter and a kind of 'Magic' is developing...*

The atmosphere at our second **Rising Stars Development Clinic** held at Fourways Riding Centre on 30 March was magical. (See Newsletter No 2 on our website for report on our first clinic). The children were attentive, the ponies were just too beautiful, and everyone – parents, children, friends and volunteer helpers, had a smile on their face. This initiative has truly developed into something very special.



Rising Stars



This would not have been possible without the support of our wonderful sponsors, Instruct Audio, Western Shoppe, Midfeeds/Tack'n Togs, Equus, Spar, Horsemans Haven and a new sponsor, Citicrop, organized by Caryn Pappalardo who supplied groomers' bags with fresh fruit and veg.

THANK YOU for your generosity in supporting this special programme.



Pic above: Level 2 winner, Shonah Stanley and Zensummi Desert Dream



Pic left. Level 1 winner, Ellah Jackson and Forsyth Bo Peep

The clinic opened with the usual introductory presentation by Clinic Leader, Gill Taylor, to parents, children, supporters and friends.

Before the prize giving, all the children dismounted and received some further education from Gill.



Gill explained the dimensions of the arena and the importance of riding circles correctly.

The children were asked to name various parts of the ponies and various parts of the saddle and bridle as well as the colour of the ponies. ★



Readers will remember the special story about the pony called McDreamy, who competed in our first Rising Stars Clinic (and indeed this one). Well, we have another story to tell you about another very special pony and that's Lucy Lockett, owned and much loved by Taya Andrews..... see next page for full story!

Piaffe/Passage Clinic: 30 March 2019

“The culmination of the training of the competition dressage horse is the piaffe and passage and the transitions between the two”

Whilst the Rising Stars Clinic was going on in the Milton International Arena at Fourways, a Passage Piaffe Clinic was being run in the Lapa and the Rose Arena at Fourways Riding Centre.

A Powerpoint presentation was conducted by FEI 2* Judge, Suzanne Horne, and DSA National A Panel Judge, Caroline Potts, highlighting both what the judges are looking for and when to begin the training.

This theory session was followed by a practical session in the Rose Arena with John Smith showing practical examples of training the Piaffe and Passage.

Three riders were given a Schoolmaster Experience to get the “feel” of the Piaffe/Passage on experienced horses. Thanks to Suzanne Horne who lent her Big Tour horse, Cellehof Tadoo (ridden by Robyn Andrews); John Smith who lent his Big Tour Horse, Willem Elite Sport (ridden by junior Mila De Meulenaere) and Ashley Berndt who rode Shelly de Beer’s Pandan Elsu.

Says Mila “I would like to thank Vybrant Dressage from the bottom of my heart, for being allowed to participate in this event. The horse that I rode on, as well as the coaching was fabulous – I learnt SO much. What a privilege”

Lots of positive feedback from participants and riders alike!



(The Editor apologises for the lack of lots of pictures as she has not yet mastered the art of taking pictures in two arenas at the same time and confesses to being mesmerized by the little kids!)

Pic left: Suzanne Horne with her own Cellehof Tadoo, ridden by Robyn Andrews, and Vybrant Coach’s Rep, John Smith

And the magic goes on...



The story of our Level 2 winner at the first Rising Stars Clinic in February.

Lucy Lockett & Taya Andrews

Very proud mommy moment!

Taya and Lucky Locket winning the first level 2 Vybrant Rising Stars this year.

Says mommy, Robyn “Lucy has only been under saddle for about 2 ½ years after being rescued as a 2 year old, emaciated and with foal at foot.



The love and trust these two precious girls share is worth way more than the rosettes. Watching them grow up together warms my heart.



Rescued from Tembisa where she was a coal pony, Lucy still has the scars on her chest from the harness digging into her”.

All of us at Vybrant wish you continuing joy, Taya, with your special pony.

**Niall
Quirk
Returns!**



**Clinic
19 August
to
8 September
2019**

Bridle Park, Johannesburg, Courtesy Arina Petit

Everyone who has ridden for Niall is already on the waiting list! We start with his very loyal clients from nearly three years ago and work down the list!

Anyone who is ‘new’ and who has not ridden with Niall before and would like to be put on the waiting list should email Judy Vertue, judy@vybrant.co.za or WhatsApp her on 083 601 2104.

Andy Thomas returns! (continued from Page 1)

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. Andy has attended 3 Olympic Games, 4 World Championships and 12 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. Andy has a particular interest working closely with coaches to help improve symmetry in competition athletes to maximise performance



Pictures Courtesy Hilary O'Leary. Callaho Gabriella and Advanced Rider, Eleni Conostas, at the Africa Dressage Forum 2018

Andy will be in South Africa from 9 to 24 November. Put these dates in your diary!

Courses will be held in Johannesburg and Cape Town. At the moment, we are working on a detailed programme and all associated costs. Anyone interested in sponsorship should please contact Judy Vertue on judy@vybrant.co.za or 083 601 2104

Final programme and registration forms with pricing and dates will only be available on the Vybrant website, www.vybrant.co.za at the beginning of August.

Course Title : The Coach's Role - creating rider symmetry to improve performance

For: Equestrian Coaches

Duration: One day

Course material: Work book and certificate of attendance. CPD Points
This coach education programme is aimed at developing the knowledge of asymmetries and imbalances commonly seen in riders: what they are, how they occur, what they affect and fundamentally where to seek help in dealing with them.

Many coaches find that they reach a point with a rider where they cannot progress due to the physical ability of the rider which occurs at all levels. Commonly this "progression block" is caused by developing or long standing asymmetries weaknesses and imbalances.

During the course Andy will explain the theories behind how asymmetries and imbalances develop, what they look like whilst riding and also what you can see off a horse. He will also discuss the role of exercise off the horse and what coaches can do on the horse to help create a more symmetrical rider. This will be a lecture demo type session where riders are assessed on and off horse observing flat work.

Course Title: Management, treatment and rehabilitation of the human equestrian athlete (managing the imbalanced rider)

For: Chartered Physiotherapists, Osteopaths, Chiropractors, Biokineticists, Degree Level Sports Therapists (all with equine experience)

Duration: One day

Course material: Work book and certificate of attendance . CPD points.

Over 150 professional therapists have now attended this course

At the most recent World Equestrian Games, there were 8 physios in attendance who had completed this CPD course

This day provides the opportunity for education which includes theory and practical aspects of learning

Course Title: Individual Rider Symmetry Assessments

Option 1 Mounted

60 minute assessment on and off the horse where Andy utilises the TESTT process to evaluate which type of symmetry you have.

Option 2: Unmounted

45 minute assessment off horse where Andy utilises the TESTT process to evaluate which type of symmetry you have.

Andy will provide a rehabilitation plan that is related to your symmetry pattern which is supported by an app for your phone/tablet device with videos to continue the plan at home.

An evening with Andy Taylor

This will be a presentation similar to that given at the Africa Dressage Forum in 2018 and **open to all!**

Your Education Corner



Time to think about your Freestyle for Gauteng Champs in July and SA Champs in October!!

*Don't forget to make sure you look at the **NEW 2019 Freestyles** and check the timing and the required movements!*

Note for Judges, Riders and Coaches.

Want to know more about how the Freestyles are judged? Refer to the latest FEI Directives which anyone can access by putting into Google **Useful Documents FEI**, and there you will find:

Directives for Judges Freestyle Tests (updated 20 March 2019)

Also refer to previous Directives concerning Marking of Omission and Incorrect execution in Freestyle Tests, and Directives for Assessing the Degree of Difficulty.



Creating a freestyle is a Team effort

A warm welcome to new Sponsor Member

René van Son, Instruct Audio !



instructaudio.co.za

Instruct Audio offers portable PA and coaching systems, especially the Connector Range, used by many coaches in South Africa and by Niall Quirk on his clinics here.

Vybrant members would be entitled to a 10% discount on the purchase of a system, except on systems that are already discounted.

Huge thanks to Rene for his involvement in our Rising Stars Clinics.

Go to www.instructaudio.co.za for more information on all offerings

Contact René on 072 578 5241
or email him on
rene@instructaudio.co.za

Interested in becoming a Sponsor Member?

Be part of the only equestrian club in South Africa focussed solely on dressage!

Exposure on our Vybrant Website and on our Facebook page. Display promotional material at various events.

Annual membership fee: R500

For more information, contact Judy Vertue, 083 601 2104, judy@vybrant.co.za

To all Members!

We'd love to hear more from you!

Special stories about you and your horse, special achievements, maybe you've been overseas recently and been to an international show?

Send us your stories!