

STATE SHOWJUMPING
"A very competitive group of riders with some great jump offs."
Maree Clark

COACHES CORNER
A riders first lesson for Jumping

HOW TO WRITE A MEDIA RELEASE
Helpful tips for your Club

COMPETITIONS
Prizes to win!



Main Event
Photography

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Main Event
Photography

COVER: 2014 Pony Club NSW State Showjumping Championship. Photography courtesy of Main Event Photography.

CURRENT PAGE: 2014 Pony Club NSW State Showjumping Championship. Photography courtesy of Main Event Photography.

WELCOME

EDITOR'S WELCOME

Welcome to the Pony Club Association of NSW September Spring Newsletter, I hope you have had an enjoyable past few months at Pony Club.

In this issue we feature the recipients from the annual Pony Club NSW Volunteer Awards which were presented at the July PCANSW State Meetings, these awards recognise volunteers who have assisted with the running and development of Pony Club within their Club or Zone. On behalf of the Pony Club Association of NSW, thank you to these volunteers, we greatly appreciate your hard work.

Our volunteers make an extraordinary contribution to Pony Club without being paid. Put simply our Pony Clubs would not exist without our valued volunteers.

In this edition we also feature a 'Riders first Lesson for Jumping' in our Coaches Corner, along with helpful hints for Pony Clubs on 'How to Write a Media Release'.

I hope you enjoy this issue.

Lisa Ferguson, Marketing & Events Co-ordinator

CONTRIBUTORS

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Contributing Writers: Pony Club NSW State Coach (Coaches Corner), Jo Morgan (Around the Grounds), Myfanwy Clark (International Pony Club Quiz Exchange).

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PARTNERS



GET CONNECTED



NEWS

FREE VOLUNTEER WORKSHOPS FOR 2014

Are you a new Club or Zone Secretary or other Office Bearer? Are you unsure about meeting procedures, codes of conduct or just where to find information? Zones are reminded that members of the State Executive are available for Administration Schools.

These schools are booked via the office and will cover a range of issues to help Clubs/Zones including – affiliations, transfers, orders, incorporation, meeting procedure, NCAS, grants, insurance, risk management, conflict resolution and many others.

Please contact Kerren Britton on 02 4229 8977 or email admin@pcansw.org.au for further details.

MITAVITE HALF PRICE FEED OFFER

Mitavite is the official feed partner of The Pony Club Association of NSW. Throughout 2014 Mitavite is offering Clubs and Zones the opportunity to purchase 5 bags of Mitavite Xtra-Cool feed, valued at \$100, for the bargain price of \$50.

Feed will be supplied in the form of a voucher for redemption at your nearest feed store stocking Mitavite before December 2014. Simply complete the Order Form available in this newsletter and fax or post the form to the state office along with payment.

NEWSLETTER ADVERTISING OPPORTUNITIES

Did you know you can advertise in the Pony Club NSW Newsletter for as low as \$60! The Pony Club NSW Newsletter is an online publication distributed electronically to around 7,000 members and subscribers. Visit our website to find out more.

THE AUSTRALIAN NATIONAL MUSEUM EXHIBITION & PONY CLUB COMPETITION

For more than 80 years, young Australians have ridden, cared for and had fun with horses at their local pony club. Share your pony club story before 19th November 2014 as part of our Horses in Australia project for the chance to win one of five double passes to the exhibition Spirited: Australia's Horse Story. The site address is: http://www.nma.gov.au/online_features/horses/my_pony_club

STATE ADMINISTRATION WORKSHOP AND ZONE CHIEF INSTRUCTORS SEMINAR

It was decided at the July meeting that an Administration Workshop be held in conjunction with the ZCI Seminar on the 21-21st February 2015. The ZCI Seminar be open to all ZCI's or their representative and the Administration Workshop be open to a maximum of two (2) representatives from each Zone i.e. Zone delegates, Zone/Club presidents. If necessary a ballot will be conducted for these two (2) positions.

HORSELAND CLUB OF THE MONTH COMPETITION

Pony Clubs are reminded of the opportunity to enter the Horseland Club of the Month competition and have the opportunity to win a fantastic prize pack including:

- Horseland Product pack valued at \$600
- \$100 gift certificate from Australian Show Ribbons
- 2 x Mitavite gift certificates for Xtra Cool Feed from Mitavite
- Club profile published in the Horse Downunder magazine (pending publisher approval and quality of photos)

CURRENT PAGE: Photograph courtesy of Barry McGregor Photography.

barry mcgregor photography



Laminitis Management

Spring can be a challenging time for ponies prone to laminitis

Establishing a feeding and management plan that reduces the risk of Laminitis makes good sense for you and your horse or pony.

Spring grass, with its high fructan (sugar) levels, can upset the delicate balance of gut microbes and before you know it your pony is on its way to foundering.

KEY POINTS FOR LAMINITIS MANAGEMENT

- Restrict access to pasture and if possible graze in the morning when pasture sugars are at lower levels.
- Provide adlib hay/fibre when no access to pasture
- Exercise is important to control weight
- Feed low starch feeds with adequate vitamins and minerals
- Use a good source of super fibres to support gut health.

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Photographs courtesy of Main Event Photography

LOCAL COMPETITORS FINISH ON TOP

The Pony Club NSW State Showjumping Championship was held recently at the Condobolin Showgrounds, Condobolin from the 5-6th July 2014.

Around 160 competitors travelled from Pony Clubs across NSW and also interstate from Queensland and Victoria.

Competitors arrived at Condobolin with the fitness check held on Friday afternoon. Riders were judged on their presentation during the fitness check with Zone 11 winning for the fourth year in a row. Zone 11 was also the overall Zone Team Champions, with NSW the Champion State.

The Championship was hosted by Pony Clubs located in Zone 11 which included Condobolin, Eugowra, Forbes, Parkes, Peak Hill, Trundle, Tullamore and West Wyalong.

"It was a great result for our zone with two age champions and the Zone Team Championship, as well as winning the Fitness Check presentation," commented Zone 11 Chief Instructor Maree Clark.

According to Maree Clark, highlights from the weekend included, "Brad Longhursts courses which were well built and produced some great rounds of jumping and a very competitive group of riders with some great jump offs."

Congratulations to the following age champions. In the Under 13 age group, Alexandra McLaughlin, riding Jimmy McElroy from Nyngan Pony Club, Zone 4 was the age champion. Madeline Sinderberry from Condobolin in Zone 11 on her horse Brekko claimed the 13 and Under 15 year's title. Sophie Fuge from Forbes Pony Club, Zone 11 riding horse Troubled Times placed first in the 15 and under 17 age group. While Kayla Simmonds from Bourke Pony Club, Zone 17, riding horse Wheel of Fire was the 17 and Under 25 age champion.



LOCAL COMPETITORS FINISH ON TOP

CONTINUED...

The next Pony Club NSW State event is the Pony Club NSW State ODE Championship which is to be held at Albury from the 27-28th September 2014.

The Pony Club NSW State Showjumping Championships are supported by major sponsor Ranvet, Global Entries Online, Sport and Recreation a division of Communities NSW, Mitavite official feed partner, as well as other local sponsors.



Top: Age and Reserve Champions.
Below whole group shot of competitors.
Photographs courtesy of Michelle Whiley.



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Pony Club Bandits to compete at State Mounted Games

Teams of riders including the Londonderry Pony Club Bandits are preparing for the Pony Club NSW State Mounted Games Championships to be held at the Londonderry Pony Club grounds, Londonderry from the 20-21st September 2014.

Teams travel from Pony Clubs all over NSW for this state qualifying event, with competitors and their families camping at the venue for the period of the championship.

Competition is expected to be fierce with twenty six teams entered in this year's event, making up a total of 130 competitors. Host Pony Club Zone 19 has six teams entered from local pony clubs in the area. Team names include the Bandits (Londonderry Pony Club), Riders of Rohan (Megalong Valley Pony Club) and the Wild Things (Sun Valley Pony Club).



2013 PCANSW State Mounted Games, Balloon Bursting Race, Barry McGregor photography.

Mounted Games are a series of fast races performed by riders on horses while competing in teams of four riders plus a reserve. Some of the games that are held over the weekend include the Balloon Bursting, Hurdle and Sword Race.

"Mounted Games doesn't just require speed but also the athletic ability of horse and rider to manoeuvre between and around obstacles, pick up and put down equipment, and vault on and off the horse at high speed", says Londonderry Pony Club Secretary Michelle Newham.

The championship will commence Saturday, 20th September from 8:30am and conclude Sunday afternoon with the mounted presentation ceremony.

A canteen will be operational on the grounds from Friday lunchtime offering breakfast, lunch and dinner for those hungry competitors and their supporters.

Entry is free and spectators are most welcome with trade stalls operating across the weekend offering equestrian gear, giftware and more.

Young riders to compete for NSW State Championship

The Pony Club NSW State One Day Event Championship will be held at the Albury Wodonga Equestrian Centre, Albury from the 27-28th September 2014.

"Hosted by Zone 20 Pony Club, preparation for this spectacular event is well underway. In excess of seventy young riders have entered and the local Zone 20 have seven riders ready to participate," commented Zone 20 Event Organiser Kevin McKinnon.

The State One Day Event is a competition that consists of three equestrian disciplines; dressage, showjumping and cross country jumping. It is designed to test the courage, determination and all round ability of the rider, as well as the training and conditioning of the horse. Riders are separated into age groups and compete against riders from Pony Clubs all across NSW.



Zone 20 rider, Georgia Michael riding Zengara Dark Knight.

"Local riders are ready to rival other Zone competitors from all over the State with preparation for the event including participating in a number of Horse Trials, both local and interstate. Recent good results include Kattriya McKinnon winning the Grade 2 Champion Deniliquin Pony Club Horse Trials. Georgia Michael attaining a second place in B Grade at Harden Pony Club Horse Trials and Coriah Keatings also having strong showings at recent events," said Mr McKinnon.

The Championship will commence on Saturday 27th September from 8:30am and conclude on Sunday afternoon with a mounted presentation ceremony.

Host Zone 20 have prepared a Saturday night roast dinner at the Equestrian Centre, however it must be pre booked through the host zone before the 12th September. Price includes roast dinner, dessert, entertainment and special guest speakers Prue Barrett and Teagan Ashby.

Entry is free and spectators are encouraged to come along and "see some young and exciting upcoming riders who are potentially the Australian Equestrian stars of the future who may one day go on to represent Australia at an Olympic Games," said Mr McKinnon.

"We look forward to this event and welcome both those involved in Eventing and those who love equestrian sports to come and watch this spectacular weekend of young riders competing for the NSW State Championship," said Mr McKinnon.

The Pony Club NSW State Mounted Games and State ODE Championships are supported by Sport and Recreation a division of Communities NSW, Mitavite official feed partner, major sponsor Global Entries Online as well as other local sponsors.

International Pony Club Quiz Exchange

By Myfanwy Clark



Four representatives from Australian Pony club were chosen to compete at the International Pony Club Quiz Exchange and Festival held in Lexington, Kentucky July 15-18.

Pony club is an organisation that is founded on the principle that promotes and develops character, leadership, confidence and a sense of community in riders and their families. These principles were strongly evoked from the beginning of our trip.

This was the first time an Australian team has competed in the International Quiz event. All team members were selected on their riding certificate level in Pony Club, at the highest standard for the two ages groups. The team was made up of four riders, two from New South Wales Pony Club, Phoebe Wilkinson and I, Natasha Williams from Western Australia, and Angela Khrae, from Queensland.

Over three days our team competed in horsemanship based events in three different phases; written, oral and practical.

Now quiz is an event that us Australians know very little about, as we have nothing like it here at home. Essentially It is one big knowledge test, testing riders on a variety of levels, from the simple rules of equestrian disciplines to the intricacies of the equine physiology. Not something you can learn overnight, right riders!

The principle of quiz is for riders to demonstrate their knowledge and experience in a different theory based format. It has been developed as a horsemanship essential to ensure that all riders develop a sound understanding of why and how they do the things they do. Something that we already include as part of our riding certificates, but way more regimented and in depth. Many of the teams we competed against had competed for several years, studied, practiced-they ate-drank-slept quiz! Now throw a new format of learning, high level of knowledge base and language barriers into the competition mix, and you have a fun filled event! Although our rough, brash toned Aussie accent was joyfully responded to, it was mostly lost in translation. We often resorted to talking real slow, using sign language, or just giving up and laughing at ourselves.

Our enthusiasm, leadership and camaraderie gave us a clear distinction above the rest of our competition. As a result we won a very spirited Bronze behind Canada and America.

On behalf of all the members of the team, I would like to thank Helen Wilkinson, our team manager for making it all happen. We would not have arrived safely if it had not been for her efforts. And to Pony club Australia for selecting our team members to represent our country in such a fantastic event! This was an amazing opportunity that highlighted some of our great qualities as riders and perhaps the chance for a new discipline to be invigorated for the future in Australian Pony club.

 *The Heart of Pony Club*

Send in any photographs to; marketing@pcansw.org.au that show the heart of your Pony Club, and your photograph could feature in the next Pony Club Newsletter!



Bonnie Farrell (11yrs) with Trooper—Leeton Pony Club, after a successful ODE. Photography courtesy of Keryn Lamb.



Arcadia Pony Club combined training competition

AROUND THE GROUNDS

Article &
Photographs
courtesy of
Jo Morgan

Combined training sounds simple enough but is just what its name suggests. Similar to a biathlon (for humans), combined training requires the horse and rider to compete in two different competitive areas – dressage and show jumping.

“We use our combined training competition each year as preparation for the Zone One Day Event (ODE), which is a very popular Zone event both within our Club and our neighboring Clubs in the Sydney area” says Leanne Davies, Senior Instructor, Arcadia Pony Club.

“As our pony club grounds don’t have a permanent cross country course, we use the showjumping phase of the combined training discipline to create more of a Derby course with some of the same technical challenges you could be faced with out on the cross country course.

This means adding in our portable x-country fences and spooky fences such as walls, straw bales, water trays, gates, tyres, barrels and pipes to the show jumping. Our riders then need to be accurate, to ride to time and also understand the technical nature of the jumps. This is all excellent practice for the Zone ODE” said Leanne.

“This year our course designer put in the ‘T’ jump which separated the accurate technical rider from the balance of the class”, said Leanne. “Overall, it was jumped well” said Paul Cairns, Course Designer for the event, “and most riders gave it respect it deserved, executing flawlessly, such as Ryan Haste on Chief Bearhawk in B grade.”

“And, we also have a separate combined training competition for the led and ungraded riders. Instead of a jumping course they have an obstacle course where control and execution of various tasks such as bending through poles, trotting over trot poles, moving a flag or a mug are all part of the course. This builds confidence and control whilst they are having fun”, said Leanne.

Arcadia Pony meets the first, third and fifth Sunday every month at the Rural Sports Facility in Galston. To find out more about Arcadia Pony Club please visit <http://www.arcadiaponyclub.org.au>

Photograph captions:

Top Right: Ryan Haste on Chief Bearhawk over the ‘T’ jump

Top Left: Melia Bloch on Domino navigates the obstacle course

2014 Pony Club NSW Volunteer Awards

Volunteers are vital to the successful running of Pony Club and it is important to provide appropriate recognition for such years of service. The annual Pony Club NSW Volunteer Awards recognise volunteers who have assisted with the running and development of Pony Club within their Club or Zone.

On behalf of the Pony Club Association of NSW, thank you to these volunteers, we greatly appreciate your hard work. And remember, our volunteers make an extraordinary contribution to Pony Club without being paid – not because they are worthless, but because they are priceless.

2014 PONY CLUB NSW VOLUNTEER OF THE YEAR RECIPIENTS:

The **Pony Club NSW Volunteer of the Year Award** aims to recognise volunteers whose efforts have significantly assisted with the running and development of Pony Club within their club or their zone.

- **Glenn Sherlock**, Oberon Pony Club, Zone 3, “Glenn is willing to help volunteer in any way he can whether it be working bees, coaching, canteen etc.”
- **Gai Richardson**, Walgett Pony Club, Zone 4, “Gai has not missed a Pony Club day at Walgett since its first camp in 1956 which she attended as a trooper.”
- **Diana Pennell**, Coonamble Pony Club, Zone 4, “Di is at every event she is there setting up, helping run them, and there packing up at the end of the day.”
- **Greta Richardson**, Wee Waa Pony Club, Zone 5, “Greta is a great asset to our club and founding member. Greta is one great lady who truly deserves an award of this stature.”
- **Clive Richardson**, Wee Waa Pony Club, Zone 5, “Clive is a founding member and one grand gentleman who is truly deserving of such an award.”
- **Robin Cameron**, Armidale Pony Club, Zone 13, “Her passion to pony club is evident through the endless hours devoted to the club organising club events including pony camp, gymkhanas and the zone jamboree.”
- **Tom Allen**, Queanbeyan Pony Club, Zone 16, “Tom provides club facilities at his personal residence, mentoring, instruction, course building, judging for zone events and supports zone 16 clubs for showjumping.”
- **Tom Trost**, Blacktown Pony Club, Zone 19, “Tom is at every rally day and organises all games and equipment and sets. He is a strong force in our club.”
- **Colleen Worthington**, Black Range Pony Club, Zone 20, “Colleen has attended over 95% of club rally days in the last 11 years.”
- **Leanne Davies**, Arcadia Pony Club, Zone 23, “Leanne demonstrates genuine passion for developing each members learning and is very committed to delivering the core values of Pony Club.”
- **Ian Charnaud**, Forest Hills Pony Club, Zone 23, “Ian has a passion for all things pony club and has been heavily involved in zone 23, Forest Hills for 25 years.”
- **Garry Temm**, Forest Hills Pony Club, Zone 23, “Garry is always there, quietly just doing the jobs.”
- **Malcolm Stones**, Matcham Valley Pony Club, Zone 24, “Always the first to volunteer and turn up for any job that needs doing and usually the last to leave any events.”

2014 Pony Club NSW Volunteer Awards

- **Justine Smith**, Mangrove Mountain Pony Club, Zone 24, "Justine has been with Mangrove Mountain Pony Club for 11 years and in this time she has greatly contributed to the improvement of the club."
- **Norman Glenn Edwards**, Cessnock Pony Club, Zone 25, "Mr Edwards is extremely dependable for our club if any help is required he is usually the first to volunteer."
- **Colin Bowd**, Cessnock Pony Club, Zone 25, "Mr Bowd is very passionate about Cessnock Pony Club by being a member for 18 years and trying to help our club grow and maintain members."
- **Margaret Wilson**, Gloucester Pony Club, Zone 25, "Margaret has always been there for the Club. She is a great influence to all."
- **Steve Hannan**, Breadalbane Pony Club, Zone 27, "A bloke that couldn't say no, and couldn't do enough to help people in particular children"
- **Brett Hart**, Breadalbane Pony Club, Zone 27, "Brett is an organiser who brings people with him and also a man who can't say no."

2014 PONY CLUB NSW JUNIOR SERVICE AWARD RECIPIENTS:

The **Junior Service Award** may be made to a junior member aged 13 years and under 17 years old who is a member of a pony club who has given practical assistance and outstanding service to his/her club.

- **Jessica Trost**, Blacktown Pony Club, Zone 19, "Jessica is very helpful to young riders, demonstrating to them different aspects of riding and caring for the horse."
- **Tiarna Davies**, Arcadia Pony Club, Zone 23, "Tiarna is a key member of our Junior Committee, always encouraging new members to come along and joining."
- **Riley Mackillop**, Forest Hills Pony Club, Zone 23, "Riley has always been highly involved with set up, pack up and working bees."
- **Tamieka Lupinski**, Cessnock Pony Club, Zone 25, "Tamieka attends our club meetings and often has an input into this from a Junior Member point of view."
- **Jodie Harris**, Gloucester Pony Club, Zone 25, "Jodie very rarely misses a day at the club. She always helps on each of our days and always has a smile on her face."

2014 PONY CLUB NSW KEITH LOWE AWARD RECIPIENTS:

The **Keith Lowe Associate Award** may be made to an associate member of a pony club affiliated with the association who has given practical assistance and outstanding service to his/her club during their associate years.

- **Karla Wicks**, Denman Pony Club, Zone 7, "Karla is a wonderful, positive role model for any new members thinking of embarking on Pony Club."
- **Blaine Newberry**, Glen Innes Pony Club, Zone 13, "Blaine makes learning fun and teaches riders respect and responsibility."
- **Stacey Drew**, Bundarra Pony Club, Zone 13, "Stacey runs monthly rally days and plays a major role in the organisation of camp and gymkhanas."

2014 Pony Club NSW Volunteer Awards

- **Kristen McWhirter**, Blacktown Pony Club, Zone 19, "When competing as a rider, Kristen always encourages her team members and other competitors to be good sportsmen and women."
- **Victoria Temm**, Forest Hills Pony Club, Zone 23, "Victoria is an active and delightful associate who assists with instruction at Forest Hills on rally days and if not competing, always volunteers her assistance in the running of event."
- **Stephanie O'Connor**, Forest Hills Pony Club, Zone 23, "Stephanie has blossomed into a wonderfully calm and considerate young adult who spends days assisting our younger members in the art of showriding."
- **Hayley Best**, Mangrove Mountain Pony Club, Zone 24, "Hayley regularly takes the time to instruct younger riders in a positive and encouraging way."
- **Samantha Harris**, Gloucester Pony Club, Zone 25, "Sam is often seen helping young riders on any day, whether instruction days or competition days."
- **Kyrraley Lupinski**, Cessnock Pony Club, Zone 25, "As a probationary instructor and an associate rider, Kyrraley as always to the best of her ability helped and encouraged our younger members."

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CAREERS

Kate O'Brien, Trackrider.

"I love horses so riding trackwork and working in the stables isn't like going to work."

Describe a typical day at work?

I ride trackwork six mornings a week starting at 4.30am, I'm finished by 7.30am.

Some of my Trackrider friends have a second job and don't work in the stables, but I prefer to work with horses in the afternoon and sometimes take a horse to the races too.

What skills and qualifications would you need to be successful in your job?

You don't need any skills or qualifications when you start working in the stables as a Trainee Trackrider. You complete qualification on the job and the qualifications are recognised worldwide.

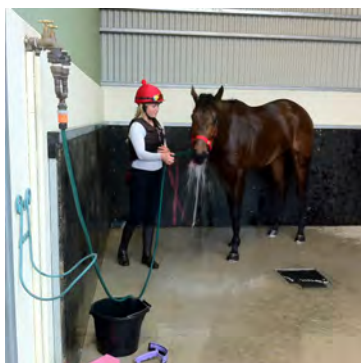
What do you enjoy most about your job?

I love horses so riding trackwork and working in the stables isn't like going to work.

I get paid to ride horses and sometimes I get to travel interstate or overseas with the horses I ride and care for.

What advice do you have for young Pony Club members hoping to follow in your footsteps?

Contact the Racing NSW Training Department on 02 9551 7500 and they will help to develop a career pathway for you.



How to write a Media Release

Media releases are the standard way of providing information to the media. This article provides helpful tips on writing media releases, which can be beneficial for your club in providing free promotion. However keep in mind that you have no control over what form the publicity may ultimately take.

THE MEDIA

- ◇ Identify the media you are targeting.
- ◇ Get to know the local journalists who write the sports sections for the free newspapers or report for the radio stations. Find out what they're interested in covering and how you can give them the information.
- ◇ Take time to find out how they prefer to receive information (email/phone/fax) and what their deadlines are.
- ◇ Don't be pushy, instead willingly provide information and be prepared to assist the journalist in their pursuit of a story.
- ◇ Invite local media to attend a special event or pony club day.

HOW TO WRITE A MEDIA RELEASE

Presentation

- ◇ Typed on letterhead.
- ◇ Identify it as a media release on the top left.
- ◇ Date it top right.
- ◇ Use a catchy headline.
- ◇ Provide your contact details should they wish to contact you for more information .
- ◇ Use one side of the paper only and keep to one page when possible.
- ◇ Check for spelling and typos.

Information

- ◇ Who, what, when, why, where and how?
- ◇ Short paragraphs. Clear sentences.
- ◇ Your first paragraph is short and punchy. It is the story in a nutshell.
- ◇ Make sure you send out a pre event media release around two weeks before the event
- ◇ Try to send out a post event media release as soon as possible after the event. Ideally within a day or two of the event.
- ◇ Include important facts and statistics but don't overload.
- ◇ Use quotes from relevant people to support your release, such as the event organiser, club officials or winners on the day.
- ◇ The media is more likely to publish stories that will appeal to their audience. Check the local papers and listen to the radio to find out what types of articles interest the editors, readers and listeners. Work out ways to make your information more interesting.
- ◇ Famous people get more coverage just because they are famous, if you have a famous rider visiting your club and they are happy for you to promote this you can tell the local media.
- ◇ If a member of your club has won a State Pony Club Championship the media is likely to be interested in this and run a story due to the scale of the event.
- ◇ Remember stories that happen near to us have more significance. Therefore you already have a newsworthy story for your local area newspapers.
- ◇ Human interest stories are quite popular, stories that appeal to emotions such as happiness at a competition win.
- ◇ Have someone proof read your release.

Photographs

- ◇ Provide 2-3 photographs. Make sure you have the appropriate permission to publish the photo's and provide photographer recognition if necessary.
- ◇ Provide large file sizes for images and make sure you caption each person pictured in the image. Photographs need to be at least 1MB in size or larger to be of a good quality to print in a newspaper or magazine.
- ◇ Journalists often prefer pictures of individuals rather than large group shots. If your featuring a competition, send through some action photographs of riders competing and some photographs of the presentation.



Contacts

- ◇ Keep contact details of local newspapers and a 'Media Release' distribution list in your email contacts.

Example of a Media Release

- ◇ An example of a Media Release can be seen on the following page.



The Pony Club Association of N.S.W.

7/25 Victoria Street, Wollongong NSW 2500

Postal Address: PO Box 2085 Wollongong 2500

Phone: 02 4229 8977 Fax: 02 4229 8966

Email: admin@pcansw.org.au Website: www.pcansw.org.au

MEDIA RELEASE

For immediate release

9 July 2013

A wonderful weekend of jumping high

It takes a lot of hard work to run a Pony Club NSW State Showjumping Championship, but event organisers and volunteers can rest easy after a wonderful weekend of jumping high at Bathurst Showgrounds on the 6 to the 7 July 2013.

Around 170 competitors travelled from Pony Clubs across NSW and also interstate from Queensland and Victoria. According to Bathurst Pony Club, "there were nine Queensland competitors braving the cold all with a smile on their face."

Competitors arrived at Bathurst on Friday to participate in the fitness check in preparation for the championship. Riders were also judged on their presentation during the fitness check with Zone 11 winning for the third year in a row.

According to Bathurst Pony Club, "the standard of Showjumping was outstanding, and over and above expectations with jump-offs up to 1.25m."

In the Under 13 age group, Alexander Ryan, riding horse Tucker from Lake Albert Pony Club was the age champion. Angus Graham from Queensland on his horse Kia Creek claimed the 13 and Under 15 year's title. Gemma Tinney from Arcadia Pony Club riding horse Murrabong Kinganui placed first in the 15 and under 17 age group. Ryan Towns from Moree Pony Club, riding Noble Eros, was the 17 and Under 25 age champion. All of the age champions took home prizes from major event sponsor Ranvet and also rugs from State Championship rug sponsor Flametree Inc.

According to Bathurst Pony Club, a standout highlight from the weekend included a visit from "Mr Wyatt (Bunty) Thompson, one of the first Australian Eventing team members at the 1956 Olympic Games held in Stockholm and a Bathurst local, joined us for the presentation on Sunday afternoon."

Bathurst Pony Club would like to thank the Bathurst Pony Club volunteers, Bathurst Showground Trust and the Bathurst Harness Club who ensured the smooth running of the event.

The next Pony Club NSW State event is the Pony Club NSW State Mounted Games Championship which is to be held at Holbrook Equestrian Centre from the 14-15th September 2013.

The Pony Club NSW State Showjumping Championships are supported by major sponsor Ranvet, State Championship rug sponsor Flametree Inc, Sport and Recreation a division of Communities NSW, Mitavite official feed partner, as well as other local sponsors. To find a Pony Club near you visit the state website on www.pcansw.org.au

For more information:

The Pony Club Association of NSW

Contact: Lisa Ferguson

Phone: 02 4229 8977



Ammie Cleal, Warialda Pony Club, 13 & Under 15 age group on horse Dixie Chick. Brittany Iliffe Photography.



Ryan Towns, Moree Pony Club, 17 & Under 25 age Champion on horse Noble Eros. Brittany Iliffe Photography.

Who we are

Global Entries Online is the premium online portal for the management and registration of events and competitions across a range of sports.

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 30,000+ users / month

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www.globalentriesonline.com.au



Coaches Corner

This information has been written by one of the Associations State Coaches, as a guide for Pony Club Instructors. More resources can also be purchased from our online store.

A Riders First Lesson for Jumping

The Lesson Topic: Teach a group of riders that have never jumped before, the Forward Seat and 2 point seat.

It is of utmost importance to teach riders the Forward Seat/Two Point seat to any riders if they wish to jump. Riders and horses cannot jump safely and harmoniously together if the rider doesn't have a good secure 2 point seat. As with all lessons there should be progression. Firstly teach and establish the rider in the Forward Seat then move onto the 2 Point Seat.

The Structure of the lesson

Set Up: Your set up can be as simple as using witches hats to define an area. A circle or a rectangular area is suitable. Have this set up beforehand so it doesn't take time from your lesson.

Time: This lesson could be from 20mins to 30mins in duration.

Introduction: Introduce yourself and find out the names of the riders.

Horse & Rider information: Find out information that will be helpful for you as the instructor for this lesson. Here are some relevant questions you can ask.

- Have the riders ever ridden in the 2pt seat
- How old are the horses
- How old are the riders
- How much work have the horses had in the last week leading up to the rally day
- Is your horse used to being ridden with other horses in a group situation
- Does the horse have any vices you should be aware

Gear Check: The gear check can be done while asking the rider about their horse and themselves. Also this might be a good time to shorten the rider's stirrups. (Particularly the younger riders who may need help.)

Explanation of the Lesson: Explain what the Forward

Seat and 2 point seats are, why we use them and when they are appropriate to use.

Initially you can teach the Forward Seat: The stirrups should be shortened around 2 holes from their flat riding length.

- The Forward Seat the rider leans forward with the upper body from the hip creating an angle that increases or decreases depending on what the situation requires.
- The reins are shortened as the riders hands move forward up the horses crest.
- The eyes are up looking to where they are going.
- The heel is deep and there is a closing of the angle of the knee.
- The knee is soft and the lower leg and heel take more of the riders weight (no gripping with the leg).
- There should be a light contact with the rider's seat.

The forward seat is the first stage of learning how to ride in a 2 point seat. The riders should be secure and in control in the Forward Seat before using the 2 point seat. Forward seat can be used for pole work.

Two Point Seat: Once the riders are secure and comfortable and in control in the Forward seat you can progress onto teaching the 2 Point Seat.

The Two Point Seat is used when we are jumping, travelling faster eg. Riding Cross Country. It is a very useful position and even if riders are not going to jump there are times they may be required to use this position. It makes riders more versatile, helps to strengthen their position and improve their balance.

The Two Point Seat is basically the same as the Forward seat but in the 2 Point Seat the rider's seat now comes off the saddle and above the movement of the horse. Also the upper body may tend to be more inclined forward. The reason it is called the Two Point Seat is that there are only two points of contact with the rider to the horse, those being the rider's two legs.

In Showjumping the Two Point Seat is mainly used when Jumping over the jump and if travelling a bit faster between fences.

In Cross Country the Two Point Seat is used when galloping between jumps and over the jumps.

Demonstration: One of the most effective demonstrations for this lesson is to bring a rider from the troop line out in front of the group. Stand them side on to the group and have the rider go into the position of the For-

Coaches Corner

ward Seat and then the 2 Point seat. Point out to the riders each part of the demonstration riders position and explain why we ride in this position.

Teach the Lesson

Make sure all the riders know about the emergency stop.

10 minute **warm up** in walk and trot. (Circles, bending, transitions etc.)

The lesson can be taught on a circle or rectangle, firstly in walk in forward seat then walk in 2 Point seat.

Then progress to trot in forward seat rising, and then 2 point seat.

If you feel the riders and horses are at the appropriate level to be able to do this exercise in good control and the horses are working well you can then proceed in canter. You may wish to do one horse and rider at a time at first to see how they cope.

Cool down: Allow the horses to walk on a loose rein before bringing them into the line up.

Summary: At the end of the lesson you need to go over the definitions of the forward and 2 point seat. Ask the group a few questions about the positions.

Also give each rider some helpful information as to how they can work on their positions and also a positive aspect of their lesson.

Aim: To improve the security of the rider's position. Introduce them to the forward seat so they are then able to use this position to improve their general riding and versatility. Then to move on to being secure enough to do poles and then to be able to jump a small jump. This may happen over a period of time, probably not all in the first lesson.

This information along with other coaching lesson plans can be found under the 'Coaching Resources' section on the web-site.



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- \$600 Horseland Prize Pack from Horseland
- \$100 gift certificate from Australian Show Ribbons
- 2 x gift certificates for an Xtra-Cool feed bag from Mitavite
- Club profile published in the Horse Downunder magazine (pending publisher approval and quality of photos)

June Horseland Club of the Month, Dural Pony Club

Dural Pony Club in Zone 23 meets every first and third Sunday of the month. Dural Pony Club celebrated its 50th anniversary in 2013 and currently has 70 riding members ranging in age from 3 to 23 Years and 24 non riding members who are our valued volunteers.

The club offers instruction in the following disciplines: dressage, show jumping, jumping equitation, show riding, sporting, cross country, mounted games, polocrosse and horsemanship as well as lessons in proper horse care and safety. A typical rally day involves kicking off the day with a troop line and then riders are broken up into groups depending on age and ability. Dural Pony Club has a well-planned calendar based on upcoming events and members are provided with instruction in different disciplines to ensure they are well prepared. We have a wonderful canteen run by our hard-working parents and it provides a perfect place to meet and catch up with one another.

Other events include an annual weekend camp at Sydney International Equestrian Centre. This weekend is a wonderful experience for all of our riders who get to use the world-class facilities including the racetrack and cross-country course. The horses get pampered, staying overnight in the stables, and the parents and kids enjoy the chance to socialize and enjoy dinner together.

The best thing about being a Dural Pony Club member is the wonderful, friendly, family oriented atmosphere where the children can learn and improve their skills in a wide range of riding disciplines.



Photo Caption; Lots of ribbons at our Closed Sporting competition November 2013.

**ENTER NOW
TO WIN**

HOW TO ENTER: Email the below to marketing@pcansw.org.au with the subject heading 'Club of the Month'.

1. Write a Club Profile by filling in the blanks - indicates as () - in the below paragraphs.

() Pony Club, Zone () meets every () at (). The club currently has approximately () riding members ranging in age from () to () and () non-riding members who are our valued volunteers.

The club offers instruction in the following disciplines () as well as lessons in proper horse care and safety. A typical rally day involves (). Other fundraising, or social, events run at () Pony club include ().

The best thing about being a member of () Pony Club is ().

2. Attach up to 4 high quality images with a photo caption detailing who is featured in the photos.

1 CLUB PER MONTH RECEIVES: A fantastic prize pack including:

- Horseland Product pack valued at \$600
- \$100 gift certificate from Australian Show Ribbons
- 2 x Gift Certificates for an Xtra-Cool feed bag from Mitavite
- Club profile published in the Horse Downunder magazine (pending publisher approval and quality of photos)

ENTRIES CLOSE: Last day of every month.





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Winter 2014

GIDDYUPGIRL PROFILE OF THE MONTH

ENTER NOW
TO WIN

Congratulations to all of the recent Pony Club Profile of the month competition winners! Each winner received;

- 1 x Giddyupgirl Saddle Bag courtesy of Giddyupgirl Australia
- Profile published in the Horse Downunder magazine (pending publisher approval and quality of photos)

June Profile of the month: Cody Lucas

My name is Cody Lucas and I am 2 years old and a member of Rankin Springs Pony Club.

My ponies name is Tiny and she loves to jump and play games.

I love Pony Club because I get to ride all day and kiss lots of horses. When I am not riding my pony I love to give her kisses and cuddles.

If I had three wishes I would love mummy to have more time so I can ride my pony more often, have a paddock full of ponies and an arena full of coloured jumps.

Photo Caption; Cody and Tiny enjoying a game of hoofball.



July Profile of the month: Esther Black

Hi, my name is Esther Black, I am 14 years old and a member of Cobargo Pony Club.

My horses name is Max, he loves to do eventing and show jumping and always tries his hardest to please me.

I love Pony Club because of all the different disciplines you can try, I can make friends and spend time with my horsey friends, learn safety around horses, get good instruction, ride and compete with a very encouraging environment, and most of all being able to share experiences with my horse!

When I am not horse riding I like to spend time with my friends and family, play with my dog Sarah or spend time with my horses.

If I had three wishes I would end animal abuse, stop horse slaughter and horses and ponies never hurt themselves (and/or went lame).

Photo Caption; Max and I at the recent Bungendore ODE in Zone 16.



Profile of the month competition

HOW TO ENTER: Email the below to marketing@pcansw.org.au with the subject heading 'Profile of the Month'. Please include your preference of Saddle Bag colour either black/purple, black/pink or black/aqua and include a couriers address in the email. A Couriers address is a residential address were someone is present to sign for the parcel when it arrives.

1. Tell us a little bit about yourself by filling in the blank spaces as indicated by this symbol ().

My name is (), I am () years old and a member of () Pony Club. My horses name is (), he/she loves to (). I love Pony Club because (). When I am not horse riding I like to (). If I had three wishes I would ().

2. Attach up to 2 high quality images of yourself with a photo caption detailing who is featured in the photos.

1 MEMBER EACH MONTH RECEIVES:

- 1 x Giddyup girl luggage set comprising 420D rip stop hard wearing nylon saddle bag which can fit a 17" saddle. With a bridle bag that can hold up to 3 bridles.
- Profile published in the Horse Downunder magazine (pending publisher approval and quality of photos)



ENTRIES CLOSE: the last day of the month. Winners will be published on our website under the 'Latest News' section on the homepage.

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COMPETITIONS

Email or post

HOW TO ENTER: Simply email marketing@pcansw.org.au with 'Macs Equine' in the subject line and your contact details in the body of the email. Or fill in your contact details in the competition entry form and post to PO Box 2085, Wollongong NSW 2500. Entries close on the 24 October 2014.

2 WINNERS EACH RECEIVES: 1 x Macs Equine Tear Mender valued at RRP \$25. For more information please visit www.macsequine.com.au



Email or post

HOW TO ENTER: Simply email marketing@pcansw.org.au with 'Macs Equine' in the subject line and your contact details in the body of the email. Or fill in your contact details in the competition entry form and post to PO Box 2085, Wollongong NSW 2500. Entries close on the 24 October 2014.



2 WINNERS EACH RECEIVE: 1 x Macs Equine Pee Wee Bit valued at RRP \$65. For more information please visit www.macsequine.com.au

Email or post

HOW TO ENTER: Simply email marketing@pcansw.org.au with 'Mitavite' in the subject line and your contact details in the body of the email. Or fill in your contact details in the competition entry form and post to PO Box 2085, Wollongong NSW 2500. Entries close on the 24 October 2014.



5 WINNERS EACH RECEIVE: 1 x Mitavite Xtra Cool feed bag voucher. For more information please visit www.mitavite.com.au

In what book does the horse Ginger appear?

HOW TO ENTER: Simply email marketing@pcansw.org.au with 'Horsewyse' in the subject line and your contact details in the body of the email along with your answer to this question. Or fill in your contact details and answer in the competition entry form and post to PO Box 2085, Wollongong NSW 2500. Entries close on the 24 October 2014.

2 WINNERS EACH RECEIVE: 1 x HorseWyse magazine subscription for 1 year (four issues). For more information please visit this website www.horsewyse.com.au



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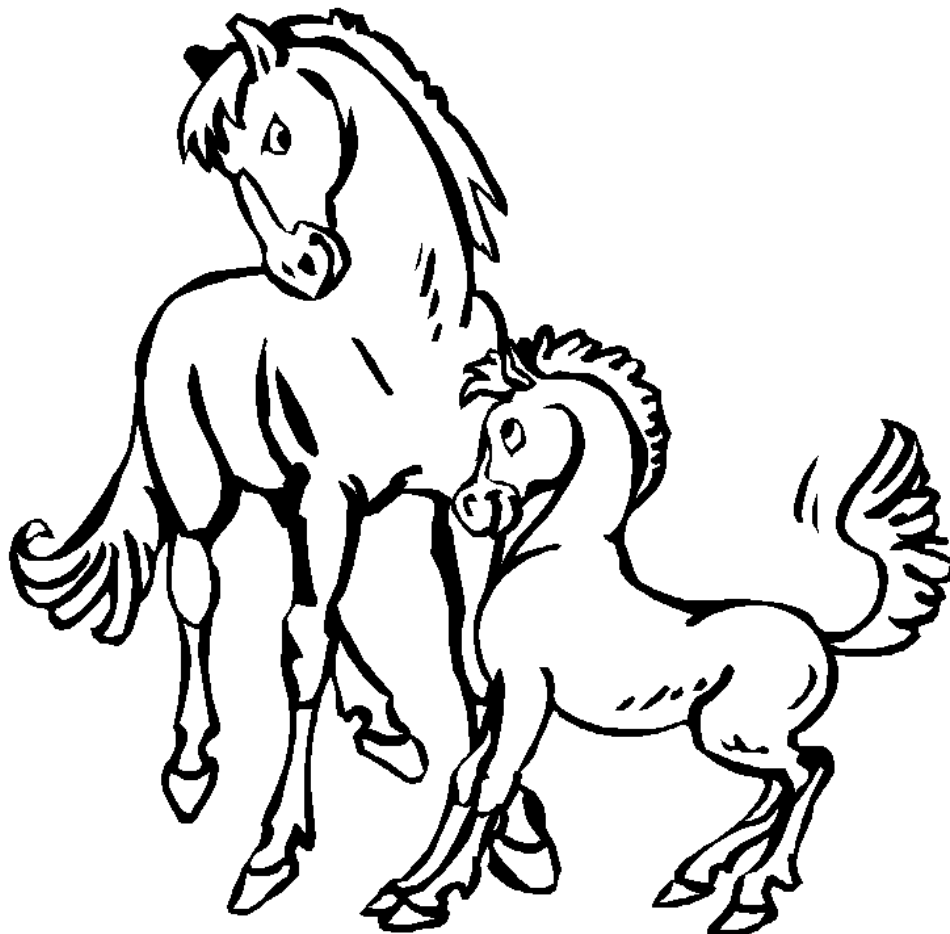
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COLOURING

HOW TO ENTER: Simply colour in the picture below and either email your picture to marketing@pcansw.org.au with 'Whinny Lane' in the subject line and your contact details in the body of the email. Or fill in your contact details in the competition entry form and post your entry to PO Box 2085, Wollongong NSW 2500. Entries close 24 October 2014.

4 WINNERS EACH RECEIVE: 1 x Whinny Lane \$50 Gift Voucher www.whinnylane.com.au



Competition entry form

Fill in your answers, and contact details, below and post to:

"Newsletter Competition", **Pony Club NSW**, PO Box 2085, Wollongong NSW 2500

Name: Age: (for research purposes only)

Address:

Email: Club:

Question: In what book does the horse Ginger appear?

.....

Enter by FAX

Fill in your answers, and contact details, above and fax to:

02 4229 8966

Enter by E-MAIL

Email your answers, and contact details, to marketing@pcansw.org.au with the subject heading 'Newsletter Competition'

Entries Close: 24 October 2014

Terms & Conditions: You do not have to leave an answer for every competition, only the ones you wish to enter. Competition is only open to current financial Pony Club NSW members. You can only enter each competition once. Winners will be drawn on 27/10/14 at the PCANSW State office.

COMPETITIONS

Competition winners & answers:

JUNE 2014 ISSUE

QUESTION: 2 winners each receive 1 years HorseWyse Magazine subscription.

www.horseywyse.com.au

Winner: Mikaela McKinnon, Kiara Radke

MAIL OR POST: 2 winners each received 1 Macs Equine Tear Mender. www.macsequine.com.au

Winners: Jessica Swanton, Katelyn Staples

EMAIL OR POST: 2 winners each received 1 Macs Equine Pee Wee Bit.

www.macsequine.com.au

Winners: Isabelle Jordon (pictured right), Jasmine Boyland



Dot to Dot: 4 winners each received 1 \$50 Whinney Lane gift voucher.

www.horreland.com.au

Winners: Lisa Haylock (pictured right), Sarah Goshi



EMAIL OR POST: 5 winners each received 1 Mitavite Xtra Cool feed bag.

www.mitavite.com.au

Winners: Chloe Swanton, Marney Jefferies, Cody Lucas, Karli Stephens-Hodder, Clare Martin.

Social Media Competitions

The Pony Club Association of NSW runs Social Media competitions providing our members with the opportunity to win some fantastic prizes, with thanks from our valued sponsors. Make sure you are following our Facebook and Twitter accounts to stay informed and to enter these competitions.

RB Sellars will be providing six opportunities throughout 2014 to win a \$50 Gift Voucher. Congratulations to the winners so far including;

- * Caitlyn Hiskins, Corowa Pony Club, Zone 20. (pictured top right)
- * Kaitlin McCloghry, Manilla Pony Club, Zone 5. (pictured bottom right)



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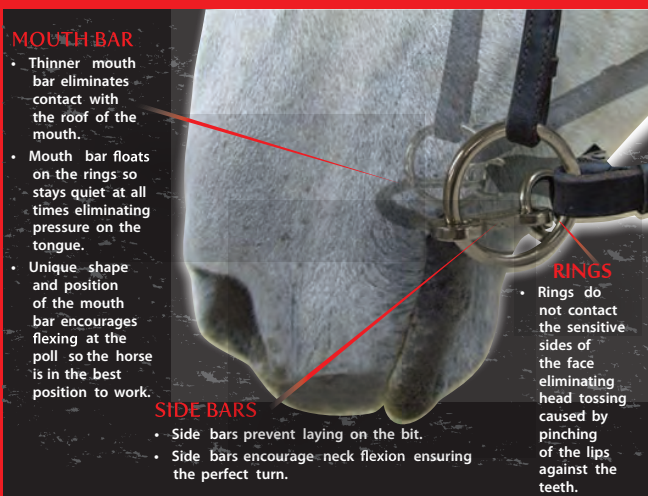
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WHAT'S HAPPENING AT PONY CLUB IN 2014

For more events visit the state website, www.pcansw.org.au

2014 STATE CHAMPIONSHIPS

20-21st September 2014: Pony Club NSW State Mounted Games Championships, Londonderry, (Zone 19)

27-28th September 2014: Pony Club NSW State One Day Event Championships, Albury, (Zone 20)

6-7th December 2014: Pony Club NSW State Showriding Championships, White Park, Scone (Zone 7)

2015 STATE CHAMPIONSHIPS

11-12th April 2015: Pony Club NSW State Sporting & Campdraft Championships, Host Zone needed

18-19th April 2015: Pony Club NSW State Dressage Championships, Host Zone needed

16-17th May 2015: Pony Club NSW State Jumping Equitation Championships, Hawkesbury Showgrounds, Clarendon, (Zone 26)

4-5th July 2015: Pony Club NSW State Showjumping Championships, Warialda Showgrounds, Warialda, (Zone 8)

10-12th July 2015: Pony Club NSW State Polocrosse Championships, Host Zone needed

12-13th September 2015: Pony

Club NSW State ODE Championships, Host Zone needed

10-11th October 2015: Pony Club NSW State Mounted Games Championships, Host Zone needed

5-6th December 2015: Pony Club NSW State Showriding Championships, Host Zone needed

SCHOOLS

13-14th September 2014: Regional Dressage School, Zone 9, Taree

13-14th September 2014: NCAS Assessment School, Zone 8, Warialda

11-12th October 2014: Regional Dressage School, Zone 26, TBC

18-19th September 2014: NCAS Assessment School, Zone 11, Parkes

25-26th October 2014: Regional Dressage School, Zone 6, Gulgong

1-2nd November 2014: Regional Dressage School, Zone 11, West Wyalong

1-2nd November 2014: Regional Showjumping School, Zone 18, Jindabyne

1-2nd November 2014: Regional Showjumping School, Zone 12, Wagga Wagga

8-9th November 2014: Showjumping Course Design School, Zone 22, Kiama

8-9th November 2014: NCAS Instructors School, Zone 22, Kiama

15-16th November 2014: Showjumping Judges School, Zone 5, Tamworth

29-30th November 2014: Regional Showjumping School, Zone 14, Cobargo

STATE MEETINGS

30th November — 2nd December 2014

GET CONNECTED

