











Ontario Horse Trials Association

The *EVENTER*

Newsletter

April 2010

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President's Message

Every year directors of the OHTA address the matter of “The Eventer”. The transition from a tangible newsletter to an online version has been consistently explored, with the major drawback being the effort and time it would take to transform the layout and content into a user-friendly, readily assessable resource that will be utilized by the membership. The time has come. Thanks to the tireless efforts of one of our newest directors, Katie Holman, “The Eventer” has finally joined the contemporary era and will now be available by the click of your mouse.

Change is a difficult process, but the Directors of the OHTA have strong faith that the new format will be more advantageous to the members while saving on cost. Our intention is to establish bi-annual columns on the Ontario Young Rider's Program, up-to-date information on

the latest rules developments and maintain our tradition of profiling Ontario riders. Our inaugural issue will help get us in shape for the show season with the help of fitness expert and rider Mel Gromoff and outline the OHTA's plans to help support our organizers with an expansion of our Volunteer Representative Program.

So as we sweep the arena dust from our tack and safety our trailers for the season, take the time to peruse the articles and information contained within our first online Eventer!

Have a great season

Glenn McMechan
President

Safety Sidelines

START OF EVENTING SEASON CHECKLIST

- 1) Renew OHTA and OEF memberships – all the info you need can be found at www.horsetrials.on.ca.
- 2) Renew EC membership for the division you plan on competing at www.equinecanada.ca
- 3) Check insurance policies. Horse insurance (mortality/major medical) Tack insurance – are you covered? Check homeowners/barn owner's policy. Is it enough? Some saddles alone can cost up to \$5,000 to replace – list all items for inventory.
- 4) Plan a work back schedule for when your horse will need shoes on for the coming season. Don't leave it too close to competition season and remember spring conditions can be slippery!
- 5) Discuss and plan what inoculations you'll need with your vet – don't forget your coggins. Some competitions will require proof of Strangles inoculations this year.
- 6) Consider blood work before start of season. It's an excellent base to have and if anything is amiss it will give you time to correct it before the season starts.
- 7) Have your Trailer serviced and where appropriate the yellow sticker updated
- 8) Download from www.equinecanada.ca , click disciplines, click eventing, scroll down and click on competition info/entry forms and download a fresh medical card. Take care to fill it out neatly and accurately – it matters!!
- 9) Make a plan with your coach for the season – don't have one? Go to www.horsetrials.on.ca and click on 'coach's center' for a list of coaches.
- 10) Take apart and clean all your tack. Inspect thoroughly. Consider a saddle fitting assessment.

OHTA SAFETY SIDELINES - HELMETS

So we all know that we need to wear helmets that are ASTM certified – pardon the pun but it’s a no-brainer!

How do you choose a helmet?

First off, all of us have either a ‘round’ or an ‘oval’ shaped head. It is of paramount importance that your helmet fits your shape of head properly.

The safest helmet is the one that fits your head. The helmet must not rock forward, backwards or sideways on your head. Unfastened it should not come off if you turn your head upside down and gently shake. The retention harness should fit snugly under your chin allowing for only 2 fingers to slide under. It should be snug enough on your head but not cause a headache. If you have long hair and intend to wear it tucked under the helmet fit your helmet accordingly (note: pony club does not recommend this as if the hair were to fall out it can affect the fit in case of impact).

Once fastened the buckle should sit flat on the side of the face or under the chin, not on the edge of the jaw. Check the fastening clip or buckle frequently; it should not pull apart without undoing the release mechanism.

A helmet works by the use of microscopic bubbles that are built to compress and fracture to absorb impact. Depending on the manufacturer they can adjust the load at which rate this happens. As with everything in life you get what you pay for. Purchase the highest quality helmet you can afford, helmets are not the place to save money.

Additional International ratings to look for are: BSEN,PAS,Kitemark,SEI,CE Mark.

Save your bill of sale in the event your helmet is involved in an accident, most manufactures offer a checking service. Be aware that after a period of usage the packing in the Helmet can compress. Check regularly for fit - foam ‘spacers’ can be added to insure snugness. Helmets should be replaced regardless every 3 – 5 years depending on usage.

Head injuries are the most common reason for equestrian related hospitalization. Riding slowly does not necessarily make it any safer, severity of injury is mostly influenced by your distance off the ground, a fall from only 2’ of height can cause permanent brain damage.

Don’t let this happen to you, wear a correctly fitted and fastened helmet at all times when riding.

Anne Zander
OHTA Director
Safety

Coaches Corner

Ready, set, show!

Coaches – the Ontario horse trial season is nearly upon us. Here is a checklist for coaches and riders to ensure that everyone is as ready as possible for that first early morning start time.

Paperwork – This is the boring stuff. Best to get it out of the way first. Make sure your riders have all memberships updated for the year. If they have a new horse or are moving a horse up to Training level –they will need to get him a passport or change ownership on his passport. Vaccinations and coggins tests should be attended to. FEI passports should have vaccination records up-to-date.

Equipment – Have your riders check all of their gear. Make sure show attire still fits (especially if they are growing youngsters), safety vests have working zippers, arm-bands are up-to-date, riding boots and helmets are well-fitting and in good repair. Make or revise your horse show packing list.

Behind the scenes – Make sure any shoeing adjustments (shoes tapped for studs, back shoes on, etc.) are planned ahead so your horses are ready for spring conditions. Less experienced horses and riders may need to practice loading and unloading to prevent delays on a show morning. Manes will need to be pulled, fetlocks trimmed well before show day. Rookies who will be doing their own braiding should practice ahead.

Plan your season – If your riders are trying to qualify for a major event or move up a level this year, set the main goal, then work backwards in the season to ensure they can meet qualifying criteria or to build a progressive program.

Fitness is key – Horses in regular work are generally fit enough to canter around an entry or pre-training course. Coaches need to ensure that any student’s horse going Training or above is on an appropriate fitness program that includes trot sets and some gallops. Set a calendar outlining a fitness work plan up to the first horse trial, and then on through the season. Armed with a stop-watch and some distance markers this is a chance to work with your riders to develop a sense of pace and speed.

Learn your dressage tests - Winter is a great time to improve skills, to work on technique. As show season approaches coaches need to shift the program to strategies related to the requirements of the show ring. Have your riders “play horse show”. Have them ride a warm up in one ring, then go to a marked dressage ring, trot around the outside and ride a test. It may

have a few rough spots, but that will help you focus on areas to improve. Make sure riders run through each of the tests they will ride during the season.

Ride the whole course - Work some of your jumping schools to imitate the show ring. Include the kinds of combinations and related distances that your rider will encounter in a show (e.g. if she is riding preliminary or above, the course should include a triple combination). Try setting a course at your competitive height. Work a warm up over an "X", a vertical and an oxer, as we do in the show warm up. Then have your students ride through a course. With less experienced competitors, have them practice entering the ring, saluting and awaiting the whistle. Make sure they understand the start / finish lines. As well, run through with them how to handle a refusal in the show ring.

Get your feet wet – literally. You will need to get your riders out for some cross-country schooling. Even seasoned competitors need to rehearse banks, ditches and water. Everyone needs to get their stirrups shortened and practice their galloping position.

Plan for success, plan ahead !

Stephanie St.Pierre
OHTA Director
Coach Outreach

Rider Fitness – Let's Go Cardio!

The concept of rider fitness is growing in popularity of late, which is a positive trend. The more we can learn about what it takes to excel in our sport, the better prepared we can be. With this idea in mind, we have been busy this spring strapping heart rate monitors on to riders to see just what kind of cardio workout riding really is.

Our test involved taking heart rates at specific time intervals during a ride. We took a rate after 5 minutes of walk, after 5 minutes of trot, after 10 minutes of trot, after 3 minutes of canter, after 2 minutes of trot, after 3 minutes of canter, and finally after 2 minutes of trot. We asked all riders to ride in a training level outline. They did just basic flat work – no fancy stuff, working on figures and bending. Our riders ranged in age from 18 to 54, and were all regular, daily riders, who generally rode one horse per day. We kept track of their weight and height as well.

In general, the results showed our riders working in the light to moderate range in terms of their target heart rate intensity zones. This means they were working between 60% and 80% of their maximum heart rate. Not surprisingly, those who rode 'tough' horses, stiff or difficult to keep in the frame, saw their heart rate escalate. Those riding light types kept their heart rates in the light zone. A couple of our riders were fitness buffs who run daily, and their heart rates never came out of the light zone either. On the other hand, a couple of riders admitted to being a bit heavier than they liked, as well as being out of shape. Their rates,

particularly after the canter were closer to the high end of the moderate zone. A couple did wind up working in the high range.

This tells us what riders already know: that riding is a cardiovascular workout, but that it does not require extreme levels of cardiovascular fitness. Of interest to me as a coach and a fitness trainer, is that compared to other sports, it's easy to fly under the radar without having adequate cardio fitness. Riders can complete their rounds, finish cross country, etc, without really being fit enough to do so. I feel that many of the problems we see in show jumping rounds as well as on cross country are due to a lack of cardiorespiratory fitness.

Riders without adequate cardiorespiratory fitness may find it difficult to maintain their position. They may find their coordination begins to fail. The combination of these factors develops into what coaches refer to as the rider who is 'loose in the tack'. Clearly some of this may be skill related, but for the rider who looked tight at fence 1, and loose at fences 10-14, fitness may be the issue. A lack of fitness can also translate into the inability to focus and make reasonable decisions. Both of these issues are of extreme importance to cross country riders in regards to their conduct on course.

A concept that is not new to cross country at all, but that is receiving a lot of attention, is the prep phase before a jump. Cross country riders must be able to not only decide what type of canter they need for a fence, and when to get it, they must be able to achieve that canter in good time. This means that there is a clear decision making process that must occur before every fence on course. Mentally the rider must know what needs to be done, and physically, he/she must be able to achieve the desired result. Both of these imperatives will rely on how fit riders are and how much stamina they have.

So, for the rider who winds up in the moderate to high intensity range while riding, how effective is riding for improving cardiovascular fitness? The answer is: not very. For efficiency's sake, to see an increase in cardio fitness the athlete needs to first establish a target heart rate. This would be 220 minus your age, multiplied by between 50% and 85%. For example, if you are just starting a fitness program, you may choose to work at 75% of your max heart rate. For an individual aged 40, that would make your target heart rate 135. You would need to work then at that heart rate for at least 10 minutes per session. You would then increase the length of time at your target heart rate, and eventually bump yourself up to working at 80% of your max heart rate. Many of the riders in our test only got to around 135 beats per minute while cantering. Not fair to ask the horse to canter indefinitely while we achieve our target zones. For less experienced riders, they may reach the zone more easily, but very likely with some loss of technique which will be too taxing for the horse. So the message is we need to be fitter to ride better, not we need to ride more to be fitter.

If you don't have a heart rate monitor, and you want to know if you or your riders are at an adequate fitness level, try the 'talk test'. This is an easy trick used daily in the gym to evaluate how athletes are doing during their work out. If the athlete can carry on a conversation comfortably while exercising then they are likely working in the moderate zone. If your rider can chat happily to you while they are doing their canter work, then they are likely pretty fit. Of course I am not referring to one canter circle, more like a set of five minutes of canter work. If this is difficult, then it's time to address the issue of fitness!

To get in shape I recommend that riders do whatever they most enjoy, as well as an activity that is relatively safe. I would feel terrible if a rider missed a season because they hurt themselves before they even got on the horse! So, the stationary bike, the treadmill, the elliptical – whatever gets the heart rate up into that target zone. Anyone at the gym can help

you with this, and if you are not a gym person, just email me at melgromoff@hotmail.com. Be sure to exercise in moderation though. You don't want to be sore so that your riding suffers.

Just a reminder, improving cardiovascular fitness isn't just about getting on the treadmill. Each athlete needs to start by looking at their diet. A reduction in saturated and trans fats will optimize heart health. Also, if the athlete smokes, they will need to kick that habit for respiratory health.

We aren't finished with these experiments yet. Next we plan to look at riders' heart rates during jump rounds as well as on cross country. I am also interested to see how novice and beginner riders' heart rates compare to intermediate and advance riders. Anyone who is interested in being a guinea pig, please let me know!

Mel Gromoff
Contributor

Rider Profile – Haley LaFramboise

1. Full Name: *Haley Kaitlin Armstrong-Laframboise*
2. Age: *15*
3. Describe yourself in 3 words: *Fun, Smart, and Dedicated*
4. Riding since: *2 years old (1996)*
5. Eventing since: *7 turning 8 years old (2002)*
6. Your 1st Horse was: *My first pony was Fortunes Rose Bud (aka. Rosie), a little white welsh mare. My first horse is Ichabod (aka Iggy), a chestnut, hackney-Clyde/Thoroughbred gelding.*
7. Your current mount(s): *Ichabod (My boy 😊), and Roksolana (aka Roksy), a bay, Trakhener mare.*
8. Currently you are: *I am currently in grade 10, doing correspondents while down in South Carolina until the beginning of April. Courses I am taking are, Academic Science, Business, History, and grade 11 English. As well, I am riding at the Preliminary level.*
9. Your short term goals are: *To do Young Riders at the Preliminary level.*
10. Your long terms goals are: *To try and do Intermediate and eventually Advanced and ride for Canada!*
11. Your biggest influence in your riding has been: *My Mom, of course! She's been my coach and support for my whole life and riding career!*

12. **Any other equine interests:** *Well, I love eventing to death! But, I would love to teach. I have done some small teaching bits with an awesome (!!!) girl named Norma Penner, and absolutely loved it, so I would love to continue to keep teaching!*
13. **Some of your other interests are:** *I love volley-ball and abstract art (both viewing and drawing) and if I don't pursue riding as a career, then I would love to get involved with advertising. Not so much with the creative side, but more in dealing with clients and managing sites and accounts and such 😊.*
14. **If you could wear your ipod while riding XC, you would be listening to:** *Wow that is a TOUGH question!! I listen to SO many different artists and genres, but it would probably be: "When We Swarm" by Thao with The Get Down Stay Down, or maybe a really good Fleet Wood Mac or Otis Redding song. Check out Thao!! I really love them! 😊*
15. **Your favourite part of Eventing is:** *X-COUNTRY!!! I don't even think that's a question (lol). I am starting to like stadium a lot more too!*
16. **If you could change one thing about Eventing, it would be:** *Not having to do dressage! (lol) No, I would definitely keep dressage, but I think one thing that I would LOVE to change would be to allow posting trot in prelim!!! (lol) 😊*
17. **If you could trade places with anyone for a week, it would be:** *Oh gosh. That's a major toughy. As a fun switch, I would switch with Renee Z, just so I could be dating Bradley Cooper! But in all seriousness, I don't think I would switch with anyone.*
18. **If you could have one Super Human Power, it would be:** *Actually, it would be to be able to talk to animals and maybe I could convince my ponies to do exactly what I wanted 😊 (lol)*

Katie Holman
OHTA Director
Editor, The Eventer

Eventing with your iPhone

Eventing, There's An APP For That!

Imagine paying for coaching, trailering, training, even an event with the ease of your credit card. I don't mean *Paypal* or other online money services. Imagine if you just held out your card and the vendor's phone could be the terminal. The *iphone* app, *innerfence*, is a simple and fast credit card terminal for your iphone. It accepts the four major credit cards, creates quick easy receipts with optional customer signatures and works over fast 3G or wi-fi connections. It is a tool that can really make business mobile.

The technology is really geared towards vendors at farmers markets, art festivals, t-shirt vendor, etc, but it is something that could really be adopted by our equestrian community. Our Professional Photographers could be paid at the horse show and then send the pictures directly to your phone. Events could be paid directly at the event without having to worry if a cheque might bounce. You wouldn't have to look longingly at the yummy horse show food because you forgot cash for the day. Our world could become so much easier.

Business management for coaches and trainers could become simpler. It holds a transaction history that includes invoice numbers and details. Other additional applications like *Quickbooks*, allow for you to keep a record of customer reports and transactions. It would be a great practice to replace a bunch of loose cheques and a wad of bills in a jacket pocket.

However, nothing is free. First, the application itself costs \$49.99 in the app store (at the time I was writing this it went on sale for \$0.99). Then a one-time setup fee of \$99 is needed. You'll need two accounts with Authorize.net (a merchant account, and a gateway account), which will run about \$27.50 per month. For each transaction processed, Authorize.net will take \$0.35 (flat-fee). Naturally, the credit card companies get their percentage (between 2.19 and 3.3%), depending on which card is in use. To make it work you need enough clientele to give you the volume.

The possibilities are great! This could be one app that really is genuinely useful.

www.innerfence.com/apps/credit-card-terminal

Siobhain O'Connor
OHTA Director

Rules, Rules, Rules

This article contains some information that has already been posted on the OHTA website, and it also contains more information about how to identify changes in the rules and the new procedure for making submissions about the rules.

OHTA RULES COMMITTEE WELCOMES FEEDBACK

Early last summer, we reported to you that the OHTA Board of Directors had established the OHTA Rules Committee. The mission of this committee is to (i) communicate to the Ontario organizers and OHTA members the rationale, background and intended outcomes of the new rules and amendments to the existing rules; (ii) provide a forum in which the organizers and members can communicate their ideas, thoughts and concerns to the committee; and (iii) coordinate a formal lobbying effort to the National Rules Committee to express the concerns of the Ontario organizers and OHTA members.

As we explained, there has been a lot of pressure on our sport to make it safer while maintaining its competitive nature. One of the results of this pressure is the initiation of new rules and amendments to existing rules. While it is the mandate and responsibility of the Equine Canada and the National Rules Committee to make and change the rules that govern our sport, and while provincial participants are invited to provide comments on the rules, the OHTA has sensed a growing concern about some of the rules and the process for making changes.

The OHTA Rules Committee is again extending an invitation to you to provide us with your feedback (in writing) on any new rules or rule changes. You can write to any of the committee members via email (email addresses listed below). Your feedback is greatly appreciated, and your identity will remain strictly confidential. **We urge you to contact us as soon as possible. There is a new procedure for making submissions about the rules (see below under “New Procedures and Deadlines for Making Rule Submissions”).**

The OHTA Rules Committee is also reviewing the new 2010 rule book, which is available online on the Equine Canada web site to determine whether there are any new rules that bear further explanation and interpretation. If any of you have any questions about any of the rules, new or old, let us know and we will try to find answers.

OHTA Rules Committee Members:

Robin Campbell	racampbell@rogers.com
Garry Roque	garryroque@hotmail.com
Stephanie St. Pierre	stpierre@interlynx.net
Anne Zander	anne@cedarpeaksfarm.ca
Brandon McMechan	mcmecan@hotmail.com

HOW TO IDENTIFY CHANGES IN THE RULES

Equine Canada has told us that all changes from the 2009 rules are marked with a line in the right margin. There were some changes to the rules during the course of 2009. These mid-year changes are not marked with a margin line in the new 2010 rule book, as they were 2009 rules. They are, however, highlighted in the Spring and Summer issues of Eventing E-News (available on the EC web site).

UPDATE ON THE NO STOP WATCH RULE

The rule stays for now; new rules regarding “windows” and calculation of time faults

Based primarily on feedback from OHTA members and an analysis of time fault data over the last several years, the OHTA in September 2009 made a formal submission to the National Rules Committee to abolish the no stop watch rule (the rule, introduced in 2009, prohibits the use of a stop watch by a competitor to time the XC phase at the Entry and Pre-Training levels). Notwithstanding our submission, and support from the British Columbia and Alberta horse trials associations (together, Ontario, BC and Alberta represent the overwhelming majority of eventers in Canada), the National Rules Committee is maintaining the rule. However, they have indicated that they are continuing to monitor the rule.

Your feedback continues to be relevant. In a recent survey of Ontario coaches conducted by the OHTA, it is apparent that our coaches have serious issues with the no stop watch rule. Please continue to let us know your views on this and any other of the rules.

The National Rules Committee also indicated that they would be looking at the “windows” and the calculation of time faults for Entry and Pre-Training, and the 2010 rule book does contain new rules for the calculation of time faults for completing the XC course in less than the “Optimum Time” at the Entry and Pre-Training levels. The relevant rules, section 2.3 of Article D308 and section 2.3 of Article D311 are excerpted below. Section 1.5 of Article D311 is the no stop watch rule itself.

ARTICLE D308 RULES GOVERNING THE CROSS-COUNTRY TEST

2.3 SPEED FAULT TIME: *For Entry and Pre-Training levels, the distance divided by the speed fault speed gives the speed fault time. Completing the course in less than the optimum time is not penalized up to the speed fault time. Completing the course in less than the speed fault time will be penalized in accordance with Art D 311.2.3. The speed used to determine the speed fault speed is the maximum permitted speed allowed for the next level. (eg. For PT- the speed fault speed would be the maximum speed permitted for the Training division)*

ARTICLE D311 CROSS-COUNTRY SCORING

1.5 *Using a stop watch to time the cross country phase by any competitor at the Pre-Training division or below will be penalized by elimination.*

2.3 *Time Faults for Excessive Speed on Phase D.*

- *Preliminary and Training divisions*

Each commenced second in excess of 30 seconds under the Optimum Time, - 1 penalty point.

- *Pre-Training and Entry divisions:*

Each commenced second under the Speed Fault Time - 1 penalty point.

Accordingly, under the new rule, instead of a fixed 30 second window, the length of the window will vary depending on the length of the course. The new windows may be less or more than 30 seconds. **In our monthly newsletter to Organizers, we have urged them to include on their course maps information as to the length of the windows for their particular Entry and Pre-Training courses. There is now more arithmetic involved, and we want to try to help our competitors and scorers stay on the same page.**

Here are some examples that illustrate how the “Speed Fault Time” and the new time fault calculation rules work:

Assume a PT course that is 2000m long. PT speed is 400 mpm. Optimum Time is, therefore, 5 minutes. The “Speed Fault Time” is 4:27 (2000 divided by the Training speed of 450 mpm).

Rider A is a bit slow and finishes in 5:05. She will be assessed 2 penalty points (5 x 0.4).

Rider B comes in at 5:00, the Optimum Time. She will incur no time-related penalty points. Furthermore, assuming she has no jumping faults, if she and Rider A are tied, the tie will be resolved in Rider B's favour.

Rider C finishes in 4:28. Under the old rules (with the fixed 30 second window), she would have been assessed 2 penalties for being too fast. Under the new rules, she will not be assessed any time-related penalties.

Rider D finishes in 4:15. She will be assessed 12 penalty points for riding the course too quickly.

According to the new rule, and as you can see from these examples, the window is now calculated based on the next level's speed. You can ride an Entry course at Pre-Training speed and a Pre-Training course at Training speed and not incur time faults.

NEW PROCEDURES AND DEADLINES FOR MAKING RULE SUBMISSIONS

Equine Canada and the Canadian Eventing Committee have introduced new procedures and deadlines for making submissions about the rules. All of this information is available on the EC web site under “Rules of Equine Canada”. There are **three procedures, each with its own process and deadline.**

1. There is a procedure for members to make submissions about rules in all sections with a deadline of May 31 (see “Rule Amendment Process – All Sections” on the EC web site). For example, if you wanted to make a submission about the sport license or membership requirements, which are in Section A of the rule book, you would have to follow this procedure. Note: because of an additional procedure that has been introduced just for the eventing rules

(Section D in the rule book), this process and the May 31 deadline do not apply to the eventing rules.

2. There is a procedure for sport license holders to comment on proposed changes to the rules with a deadline of September 31 (see "Rule Change Proposals (RCP)" on the EC web site).
3. There is a procedure for making submissions about the eventing rules with a deadline of June 1 for changes from individual members and a deadline of September 1 for changes from Equine Canada and its committees and from the provincial horse trials associations. See the link to the 22mar10 RCP document under "Rule Change Proposals (RCP)" on the EC web site. This link will take you to a form called "Equine Canada 2011 Rules for Eventing Rule Change Proposal Form".

While members are free to make their own individual submissions, a submission from your provincial association (i.e. the OHTA), in situations where there is significant and consistent member concern and feedback, may carry more weight. A submission from the OHTA also has a later deadline and can, therefore, reflect the experience of our members over more of the eventing season.

We look forward to your questions and feedback.

Robin Campbell
OHTA Director
Rules Committee

Young Rider Spring Update

The 2010 Young Riders committee (Linda Plank - Coordinator, Peter Gray - Coach, Stephanie St Pierre, Brandon McMechan, Garry Roque) have finalized the program plans for the 2010 season. With the success of the 2009 program, there will not be too many changes, only enhancements, with more emphasis on identifying talent in our developing training level riders sooner, to assist them in their pursuit of the NAJYRC. We are also planning on fielding a team of CCI* and CCI** riders for the annual North American Young Riders Championships in Lexington Kentucky in late July. We will be adding some fun and camaraderie at the OHTA Championships with designating teams and awarding medals per division. We have also scheduled some of the clinics following competitions to take advantage of the courses that will be set up. So, if the riders didn't get a chance to compete at that competition or had if they some issues to resolve, we are providing a perfect opportunity to school these venues. We would like to gratefully thank the organizers/owners Kelly Plitz and Ian Roberts of Dreamcrest, Doug and Linda Thompson of Headwaters and Leslie Saila of Glen Oro by allowing us to utilize their facilities and supporting the Ontario Young Riders program.

The venues and dates for the OHTA Challenge Series have been decided. Points will be based on horse/rider combinations and a trophy for the high point and reserve champions will be awarded at the annual OHTA banquet. Pre-Training, Training, Preliminary and Intermediate (4) divisions will be run under the series at the following 6 selected competition sites throughout Ontario this season:

<u>Pre-Training/Training</u>		<u>Preliminary/Intermediate</u>	
May 15	Will O Wind	May 8	Wits End
June 19	Caledon		
July 3	Headwaters	July 3	Headwaters
July 31	Grandview	July 31	Grandview
August 15	Canterdown		
September 19	Glen Oro	September 19	Glen Oro

Point standings will be updated and posted on the OHTA website after each competition. Again, thank you for allowing the Young Rider Program to grow and develop, utilizing the fantastic courses that Ontario has to offer. If you have any questions, please contact [Linda Plank](#).

Linda Plank
 OHTA Director
 2010 Coordinator
 Ontario Young Riders

2010 Spring Seminar

Bright sunshine and crisp spring air greeted the 40+ participants of the 2010 OHTA Spring Seminar, hosted by Bystorm Farm in Caledon, Ontario. New OHTA Director and Level One T course builder, Mo von Roeder, conducted this year's seminar on XC jump building. A fantastic group of people gathered together from all dynamics of the sport: coaches, parents, high and low level riders, the young and the not-so-young.

The objective of the seminar was to introduce the participants to the concept of basic construction of small and useful XC jumps vital for schooling. Mo began the day by providing each participant with a detailed hand-out, complete with diagrams, highlighting some of the required tools as well as some common and important Do's and Don'ts to consider before embarking on a project.

The morning session took the participants on a walking tour of Bystorm Farm's many XC schooling fences. Mo explained on the "walk & talk" the ideal fences to have for schooling on a small, private property: a baby bank, little cordwood, tiny ditch, etc, all simple enough to construct and invaluable for introducing "greenies" to XC. Mo was careful to stress the

importance of knowing when to try things on your own, knowing when to call in a professional or just knowing when it would be smarter (or cheaper) to have your coach take you schooling at a proper venue.

The afternoon session was spent getting some hands dirty and applying the knowledge discussed in the morning session into practical application. An entry level, portable palisade was the design to be executed. Working from the bottom up, Mo explained the precise, step-by-step construction of the base, the frame, front boards and finishing touches, all the while stressing the importance of safety and knowing your limits. "If chainsaws scare you, don't do it! Call a professional!" he kept saying with a smile. Before the jump was completed, all those willing helped attach the boards to the front of the jump - No blood! No tears! A complete success!

The beautiful finished product will now be up for auction at the 2010 Year-End Banquet with the proceeds going to the Competition Improvement Plan (CIP).

The OHTA would like to thank Mo von Roeder for donating his time and materials, Bystorm Farm and Garry Roque for donating the venue, the Ontario Young Rider's for organizing such a great BBQ and most of all, the participants, who hopefully went home feeling inspired. What a perfect kick off to the 2010 season!

Katie Holman
OHTA Director

Volunteer Representative Program

First of all, we would like to take this opportunity to give a special thanks to all our volunteers from the 2009 show season. Without you, the show would not go on! We would also like to thank all those who generously donated money for our volunteer draw. Once again, we were able to award \$1000 in cash prizes at the year end banquet.

vol-un-teer [vòllən teer] n (plural vol-un-teers)

Somebody who works for nothing: somebody who works without being paid.

Sound familiar? Have you ever spent a day scribing dressage tests? Jump Judging Cross-Country? Timing Stadium? If you have, then you are someone who has donated their time to help a horse show run. Without your generosity, without your willingness to sit out in the blazing sun, the driving winds or the pouring rain, horse trials, short courses and combined tests would not be able to run. Organizers are indebted to your kindness. Volunteers keep the shows running and every show organizer, competitor, owner and groom should thank them for their generosity.

Unfortunately, only too often, that doesn't happen. Volunteers donate their time and brave the elements, only to go home at the end of the day feeling, not only tired, but taken for granted as well. Volunteers who walk away from a show feeling that way more than likely will feel reluctant to return and when that happens, everyone suffers.

So how do we fix this?

This year, the OHTA volunteer program is hoping to implement the appointment of a Volunteer Representative at every competition. As you know, Horse Trials, Combined Tests and Short Courses rely heavily on the generosity of volunteers. By implementing a system to ensure that their needs are met would almost guarantee happy volunteers; volunteers that would be happy to return and help out again. If a Volunteer Rep or VR is appointed at the beginning of each competition, this would be the person who would then be solely responsible for the well-being of all jump judges, scribes, runners, ring crew, etc. They could co-ordinate the lunch, any necessary substitutions, field any questions or concerns and try to fulfill any other needs of volunteers that should arise. If necessary, the VR would also act as a liason between the volunteers and organizers. The appointment of a VR would be one less thing for organizers to worry about and should free up some time on competition days.

It is the Organizers responsibility to keep their volunteers happy, fed, hydrated and content. If this all happens, everyone wins – the show runs smoothly, the organizers feel secure in knowing that everyone is doing their job and the volunteers feel a little compensated for their time. Be nice to your volunteers and they will come back.

For more information on the Volunteer Representative Program or the OHTA Volunteer Program, please contact [Sue Phillimore](#).

Katie Holman *with* Sue Phillimore
OHTA Directors