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Following The Pulse of Alberta Show Jumping

*On the Cover:
Jaclyn Duff and Pater Noster
Photo Totem Photographics*



January/February 2017

An Interview with
Jaclyn Duff

2017 Show Schedule

Alexander Grayton's
Trip with George
Morris



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JumpAlberta



2017 JUMP ALBERTA MEMBERSHIP UPDATE!

Most exciting news for Jump Alberta members!!

Starting December 1st, your Jump Alberta membership can now be renewed through the Alberta Equestrian Federation website in conjunction with your renewal of your AEF membership. Simply follow the membership renewal link and you will be given the option to choose renewal for the 2017. Should you have any questions, please contact Jump Alberta directly via email at jumpalberta@gmail.com

CALLING ALL VOLUNTEERS!

Annual General Meeting, January 14, 2017. We are looking for creative, enthusiastic people to fill key roles on the board.

CONGRATULATIONS TO ALL OUR MEMBERS ON A SUCCESSFUL 2016 SHOW SEASON!

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Where to find it!

12- Jump Alberta Symposium is Met with Rave Reviews

Lynne Burns

14- Why Postural Change Takes So Much Time

Tina Watkins

16- Show Schedule 2017

21- Get Your Memberships

23- Top Turn Out ≠ Top Dollar

Kelly Stasiuk

25- Get To Know: Gabby Oleski

27- What is Barnlog?

Justin Prather

Photo Credit Vanessa Paterson

As ABSJ heads into the 4th year of publication we are excited and proud of the work we have accomplished. Our original intention was to bring a sense of community to Alberta Show Jumping.



Note From The Publisher:

I am excited to think that we have not only given Alberta and western

Canada a resource for all relevant show jumping information, but also an index to access a lot of the fantastic knowledge our professionals can share.

This New Year will bring more articles than ever before and we hope more and more people will look to ABSJ for all the western canadian show jumping information.

Please let us know what you would like to read about in upcoming issues by emailing us at info@albertashowjumpers.com
instagram: @abshowjumpers,
Twitter: @abshowjumpers,
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Holly Grayton - Publisher

Contributing Writers: Holly Grayton | Justin Prather | Tina Watkins | Alexander Grayton | Kelly Stasiuk | Lynne Burns | Editors - Alexander Grayton, Lynne Burns and Patricia Smith Grayton

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An advertisement for Overseas Horse Services. It features a white airplane in flight against a dark blue background. The text on the airplane reads "OFFSHORE OVERSEAS HORSE SERVICES". To the right, a white box contains the text "Bringing Home Your Champion!". Below this, it says "INTERNATIONAL HORSE TRANSPORT BY AIR! FROM CANADA ALL OVER THE WORLD! FOR MORE INFORMATION VISIT OUR WEBSITE OR CONTACT US!".

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- DC VIII March 14 - 19**

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Show Schedule 2017

January

Jan 14/15 - RMSJ

Jan 21 Tailwind Show - **Equi-Cup Show**

Jan 28/29 Amberlea - **Equi-Cup Show**

Jan 28/29 - Spruce Meadows

February

Feb 4/5 - Spruce Meadows

Feb 11/12 - RMSJ

Feb 18/19 - Spruce Meadows

Feb 25/26 - Spruce Meadows

Go to ABSJ.ca for links to all the shows

Albertans on the FEI Ranking List

The Longines Rider Rankings list is released monthly from the international governing body of equine sport, the FEI. The rankings as of November 30, 2016 (specifically for Alberta riders) are as follows:

Alberta Ranking	Canada Ranking	World Ranking	Rider
1	4	127	Vanessa Mannix
2	6	159	Elizabeth Gingras
3	8	229	Jaelyn Duff
4	10	244	Christopher Surbey
5	11	283	Ben Asselin
6	16	364	Kara Chad
7	17	426	Lisa Carlsen
8	24	664	Tamie Phillips
9	26	692	Kyle Timm
10	31	857	John Anderson
11	32	878	Brenda Riddell
12	41	1068	Jenn Serek
13	44	1177	Bretton Chad
14	52	1640	Jenna Thompson
15	54	1741	Jasmine Wiggins

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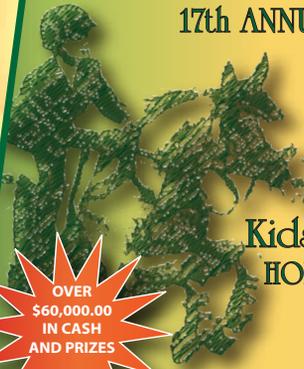
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GHM

By Alexander Grayton



I heard an interview on a podcast not so long ago with Hollywood icon Norman Lear (creator of such classic TV shows as *All in the Family*, *Sanford and Sons*, *The Jeffersons*, *Good Times*, etc). He was 92 years old at the time. He was telling the interviewer about how much he has changed since he was 85 – he’s a totally different person now than he was back then. I thought that was comical, to think someone could change and grow especially after what has already been a fulfilling life.

But why not, really? The world waits for no one, as it is often said.

George H Morris (GHM) is another icon, and at the age of 78 he has led an extraordinary life (check out his biography, *Unrelenting!*). He has trained, taught, coached, and mentored some of the world’s most pre-eminent show jumping stars of the past 60 years. Katie Monahan-Prudent, Beezie Madden, Laura Kraut, Peder Fredericsson, Thomas Fuchs, Ian Millar, Randy Roy, Conrad Homfeld, Melanie

Smith-Taylor, Leslie Howard, Peter Leone, Anne Kursinski, Chris Kappler – these are all former pupils of GHM, and there are a lot of Olympic medals floating around that group.

Over the course of his riding, coaching, training and chef d’equipe career, GHM has stayed current and adapted with changing course design, evolving horse power, increasing show demands and extravagant increases in prize money – perhaps more so than any other horseperson around.

In the summer of 2016, while competing at Thunderbird Show Park in Langley, GHM introduced himself to me as I was flatting my horse Grayt Zazu. I was taken aback as he complimented my practice and approach to flatwork. This led to an opportunity of a lifetime for me, as over the following months I spoke to GHM on a near-weekly basis in an effort to organize a trip to assist him at a few clinics in California and Oregon.

As I return from my trip to clinics he presided over at Patty Ball’s Hunterville in Sacramento and Rich Fellers Stables in Portland, I find I have an immense respect for this living legend. He has changed and evolved as described earlier, but in a way he has also remained very much the same.

I had a chance to spend a lot of time with GHM before and after each clinic day, on travel days, and during our lunch breaks, and I was inspired by his commitment to his craft. We discussed how, in spite of all of the changes to show jumping over the years, the principles of riding have not and will not change.

Dating back to the ancient horsemen of Greece and Rome, through the Middle Ages, and into the more recent recorded history, true horsemen have always followed the same guiding principles, to work in concert with the horse. The more modern schools of riding – German and French – have taken slightly different paths to apply these principles in training, but they are nonetheless the same ideas.

What are these principles, you might ask? I must first urge everyone to read books, audit or take clinics, and study through the glory of YouTube all of the videos of show jumping and riding that are available



at our fingertips. The short version, however, is that it starts and ends with understanding the horse in order to work together with them. Then: impulsion, rhythm, straightness, contact, suppleness, and collection (order depends on the school being taught).

I left my experience with GHM with a long reading list. I have ordered several of the books he spoke of already.

George Morris is one of the most influential people our sport has ever seen almost the “God Father of Show Jumping”, and yet on nearly every day he was instructing, he would speak the words “I am still learning, I am only just beginning to know.” The passion for training horses and teaching people is infectious. The commitment to excellence in every avenue is remarkable. The humble approach to life as a never-ending exercise in learning and growing is something that will not be soon forgotten.



GHM Clinic Exercise

By Alexander Grayton

The courses and exercises that GHM sets for each day of his clinics are invented and developed on the evening prior, based on demonstrating principles of teaching and training, and based on the level of the groups to be instructed. Over the course of the clinic, courses were changed and tweaked each day, as exercises expanded and extrapolated into variations – there were rarely if ever any complete overhauls of the courses in my experience.

One clinic was outside in a large sand ring, complete with a tabletop, bank, and many natural jump options including walls. The availability of course material like this was reflected in the courses set, and the principles taught were borne from the same. The last clinic I assisted GHM for was at Rich Jan/Feb 2017

Fellers Stables in Oregon, which had a strong group of riders from Oregon, Washington, and British Columbia. The setting was in a covered arena (open on one side to the elements including wind and rain), with superb footing that allowed for tight turns and complex patterns without risk to horse or rider.

While each day ended up taking on a life of its own, the basic structure was consistent – begin with a discussion of equipment, flatwork theory, training theory, etc; followed by a warm up with some exercises to highlight or expand on theory and a demonstration of more complex flatwork processes

Continued on Page 10



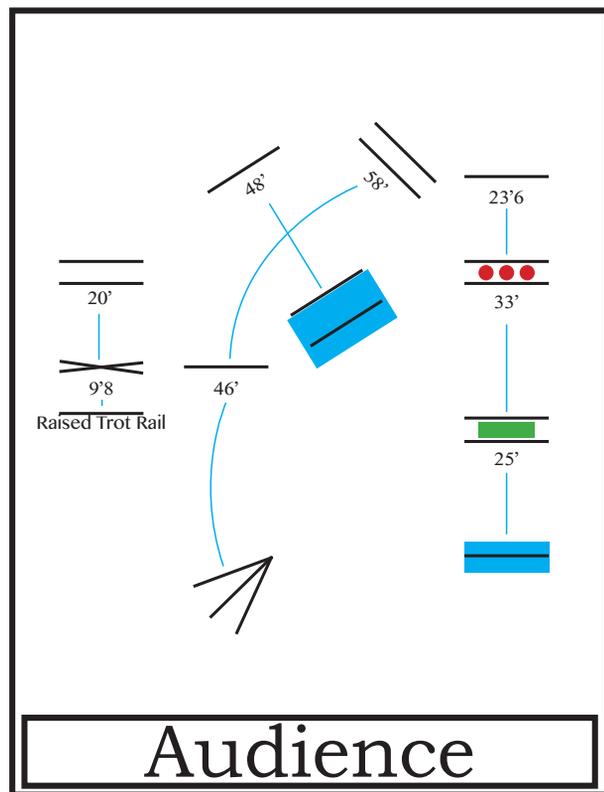
An Exercise from GHM

Continued from page 9

or techniques from GHM and myself; then right to the first of three jumping exercises set.

The first jumping exercise was a gymnastic, then a pattern of moderate height but technically quite difficult to work on rideability, and finally a complex series of jumps to put everything together executing a well-considered plan.

Here are the details from one of the days at Rich Fellers Stables:



Gymnastic

A raised trot rail was set 9'8" from a cross-rail, and 20' to an oxer of two plain rails in cups with no ground line or fill. A square pole was placed on a diagonal across the rails of the oxer to add a tricky visual component to draw the horse's eye. Riders were to trot in to the cross-rail and canter in one stride over the oxer, after which a lead change was to be executed into the first corner before riders made a transition to halt in the second corner. The exercise expanded into turning towards the centre of the ring over the oxer in order to make a rollback turn and jump the gymnastic backwards from oxer

to cross-rail to raised pole as a landing rail. Riders were assisted with proper position throughout the exercise in order to maintain a forward seat riding position and an automatic release when possible to keep a connection with the horse.

S-line

A fan jump (left side had three planes to the jump like a triple bar, right side one plane like a vertical) was set quite short out of a left turn on a fairly acute angle, measuring 46' centre to centre on a right bending line to a skinny plank vertical on the quarter line, and 58' centre to centre on a right bending line to a Swedish oxer facing deep into the opposite corner also on a fairly acute angle. The oxer had a lattice gate on the ground under it as a type of Liverpool arrangement. The line was to be ridden in a 3 stride-to-5 stride to start, as riders had to effectively use the corner of approach to make the desired line from the fan jump to the skinny plank in order to set up a very short outside track 5 stride to a spooky oxer. After perfecting this, riders had to change their track accordingly to make a 3 stride-to-4 stride option. Given how short out of the corner the first jump



came, riders had to have done their homework on the flat in order to be able to turn in early without the horse leaning in, and to be able to shape a line out or guide the line to the inside track. Rideability was the name of the game in no uncertain terms.

Mini course

On the opposite quarter line of the ring from where the trot-in gymnastic was set, a quadruple combination was set with the following dimensions out of the left corner: brick cut-out wall with three rails set just behind it, 25' to a square white rail oxer with a box in the centre of the rails as a slight false ground line, 33' to a square oxer with three 55-gallon barrels standing vertically centred between the rails, 23'6 to an airy vertical with one plank in the bottom holes on the standards and one plank set to the height of the exercise. Out of the following corner after the quadruple was a blue plank short out of the turn, 48' to a 10' wide water tray filled with water and standards with rails to make a ramped oxer. The back rail of the 'oxer' over the water was centred in the water tray and was set at roughly 1.10m for every group. The pattern to be ridden was to jump the quadruple out of the left turn starting with the brick wall vertical, then short out of the corner to the plank and 3 strides to the water; riders were sometimes asked to transition to halt in the corner after the water before continuing, or otherwise continuing right away with a lengthening of stride down the next long side, and re-shortening of stride in the corner to prepare for the quadruple out of the right turn. The distance in the quadruple again demanded planning and forethought, rideability was tested to be able to continue immediately to the water line, and finally riders had to adjust their plan for the quadruple to jump it backwards as the requirements were different heading the other way.

As should be expected, setting the course was planned and methodical, with each jump carefully measured with a tape. Riders were expected to take part in setting the course to grasp the dimensions of what they were to be asked to jump later. With each group variations were made and new 'teachable moments' arose to highlight areas of focus to the riders in the groups as well as the trainers, riders, and spectators in the stands auditing. 



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Jump Alberta's New Symposium Format is Met With Rave Reviews

By Lynne Burns

An alternative structure to this annual event was realized this year employing a true symposium format – it went beyond the deliverables of a clinic to provide learning designed for participant and auditor alike. “I left the Jump Alberta Symposium feeling refreshed, inspired, and determined to head home and try some new exercises with my horses and riders” said Justine Annandale, President of the BC Hunter Jumper Association.

The two-day event was the organizational dream-child of Claudia Cojocar and Caroline Jones and centered chiefly around clinicians Shelley Campf and Candice King. These two internationally accomplished riders and coaches were alive with information about the sport, technical instruction, and horsemanship. If you attended, you left with a better idea of what competition is about, a fuller understanding of what judges are looking for, how riders shave off seconds based on their horse's strengths, and you witnessed professional riders one-upping each other with skill and finesse (Lynne Stephenson and Rodney Tulloch



too fun to miss).

A participant said, “the educational information was extremely relevant and applicable in today’s equestrian sport. The clinicians shared their expertise in a candid and masterful way, and the demo riders were well prepared and represented one of the most impressive things about the Symposium’s organization, they were able to really show the purpose of the lessons.



Jan/Feb 2017

Jump Alberta’s New Symposium Format
The full days were well balanced between guest speakers offering information on veterinary topics, insurance, coaching and other industry issues.”

Jump Alberta board member, Andrew More, commented that the organization was very excited about the new format and delighted with the turnout. Energized by the outcome, Claudia Cojocar is already working on speakers and presenters for next year. Many presenters from the breakout sessions have asked to come back and speak on different topics.

Jenna Ritchie commented, “The symposium style versus a clinic format was very enjoyable as the purpose was to educate the auditors”.

Jump Alberta is working to bring value to the sport through athlete and young horse development, educational funding, and bursaries. 🦷

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The advertisement features a large wooden sign with the name 'Old Gate Farm' in a stylized font. Below the sign, a photograph shows a brown mare and her foal grazing in a green field with yellow rapeseed flowers in the background. The text is arranged in a clean, professional layout with a green background for the bottom section.

Why Postural Change Takes So Much Time

by Tina Watkins EESTEEBW3

A regular client of mine commented she was concerned that although she was doing the exercises and stretches I had recommended to develop her horse's posture and body condition, she felt the progress was slow. She seemed very frustrated that I continue providing her with the same information and she just wants things to change.

People often feel like they are doing the exercises and the work and yet nothing is changing. We need to then look at how we are doing the exercises and really get to the bottom of affecting a change.

Let's look at a transition exercise. It can stimulate the haunches, change the angle of the pelvis, elevate the forehead, target core tissue and stabilizer muscles, and act to quicken reaction time in the nervous system. This is still true even for Olympic-level flat work, because it is a technical movement even when just performed at the walk to halt. Riders tell me they work these transitions all the time, so why then is their horse's posture not improving?

It's the technical process of a simple exercise; it's the breaking down of what your horse is doing that is the key to understanding. Attention to detail, feel and depth of understanding of the movement that people are overlooking during the ride is what keeps the horse in it's current state.

To physically do an exercise is one thing, but to do it while analyzing what leg movement, neck movement, back and core movements, and spine and the hip, that is the key to unlocking postural struggles.

I have had people say to me "I can't concentrate on all those areas or feel all of that at once", and I don't expect you too. Unless you are at an elite level of riding, it is unlikely that you will be able to feel or



focus on everything. I am an amateur rider myself and I need the feedback from my body worker and my trainer – that's the key, it takes a team. There are just too many things happening and it happens too quickly to be able to keep up with it all.

So what does one do?

Focus on one or two top areas of priority. As you work through the exercise program that targets these areas, you keep an eagle eye on these priority zones and feel how the horse responds during the recommended exercises. This is vital to your understanding of what your horse is doing.

e Takes So

Why Postural Change Takes So Much Time

balanced, which allows the horse to focus on building tissue. The amateur rider will need more time or the guidance of a skilled eye to make this change. We really have to cut ourselves some slack. The goal of postural change involves a large commitment from the rider.

Target exercises will often highlight the postural imbalances more.

You can feel it; you know it's there. Now what? Repetition.

I know we all want a magic adjustment that will fix the posture but when it comes to posture, accurate repetition is the only road to strength. Muscles have memory and they naturally fall into this 'normal'. Whether that normal is straight or crooked, once a muscle has normalized to a position, it wants to go back to it.

Think of a person with a broken leg. They will put their weight on the uninjured leg. Once the leg that was broken heals, they keep more, if not most, of the weight on that compensatory leg. Even when the cast is off they have a bit of a limp and more weight on that compensatory leg. The other leg is fine, so why did the body not automatically start using the formerly hurt leg? Muscle memory is one of the factors in this. The body has a new normal. And this new normal is continued until the posture is addressed with enough repetition for a change in the muscle memory to occur.

People say to me they feel they have been working on a postural problem for months, maybe years. Well it's all about hours spent in focus. Most of us ride for about an hour, maybe 4-6 days a week. Most of us try hard but maybe lose focus on the posture throughout the ride, so the horse slips to the old posture let's say 40% of the ride. So now we are working the horse in the new posture only 60% of the ride, and even diligent riders are only on the horses back 24 hours a month. That's one day!

Professional riders maintain focus on these areas and have a stronger body position, that remains

Jan/Feb 2017

Lastly, never give up. Try not to let time make you feel like it's not working. Posture, balance, and health are part of a journey with twists, turns, hills and valleys. Enjoy the ride and know that any effort towards your horse's wellness is one step closer than you were the day before, and each hour in the saddle is never wasted time. 

Tina Watkins has been working as a soft tissue therapist since 1996. Fully insured and IEBWA member, she has strong veterinary relationships and values a team approach to horse care. She has an extensive education background and prides herself on yearly continued education to better herself and stay fresh in an industry she calls her passion. Horses have always been a fixture in her life, and the life of her family. Her supportive husband Peter is a farrier and her daughter Maddie is pony crazy as well. Tina is an FEI dressage rider and this allows her to take the body work knowledge to that practical level for her clients. Please see www.inhandequinetherapy.com for more information on Tina and her services.



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2017

July 2017						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 SM 'Pan-American' Tbird	
			2 Devon Ridge RMSJ			
2 SM Tbird RMSJ	3	4 Independence Day	5 SM 'North American' Tbird	6	7	8 Tailwind
9 SM Tbird Tailwind	10	11	12 RMSJ	13	14	15 Paramount
16 RMSJ Killerney	17	18	19 RMSJ	20	21	22
23 Paramount RMSJ	24	25	26	27 Amberlea jump for Hope	28	29
30 Amberlea	31					

August 2017						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2 RMSJ	3	4	5
6 RMSJ	7	8	9 RMSJ	10	11 Paramount	12
13 RMSJ Paramount	14	15	16 RMSJ Tbird	17	18	19
20 RMSJ Tbird Killerney	21	22	23 Tbird	24	25	26 Tailwind
27 Tbird Tailwind	28	29	30	31		

September 2017						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 SM 'Champions Welcome' Falkenberg	2
3 SM Falkenberg	4 Labor Day	5	6 SM 'Masters'	7	8	9 C-Horse
10 SM C-Horse	11	12	13	14	15	16
17	18	19	20	21	22	23 Tailwind
24 Tailwind	25	26	27	28	29	30 Amberlea

October 2017						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Amberlea	2	3	4	5	6	7
8	9 Columbus Day	10	11	12 SM 'Oktoberfest I'	13	14
15 SM	16	17	18	19 SM 'Oktoberfest II' Royal West	20	21
22 SM	23	24	25	26	27	28 Royal West
29 Royal West	30	31 Halloween				

November 2017						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
5	6	7	8	9	10 The Royal Winter	11 Veterans Day
12	13	14	15	16	17	18 The Royal Winter Fair
19 The Royal	20	21	22	23 Thanksgiving Day	24	25
26	27	28	29	30		

December 2017						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25 Christmas	26	27	28	29	30
31						

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for links to all
the shows!





An Interview with Jaclyn Duff

For those of you that haven't seen Jaclyn Duff around these parts, it's because she has been away learning her craft the last few years with Canadian Olympian and consistent producer of top talent, Jill Henselwood. The years Jaclyn spent away featured an intense training and competition regime that was topped off this summer by a trip to compete for Canada on the Nations Cup teams and at some of the world's biggest shows in Europe! Raised in Edmonton, Jaclyn is returning home with her knowledge and intends to turn professional and make her dream her career.

What has made you decide to turn professional?

After finishing a BA with a major in Economics, I took some time off to focus completely on riding before making the decision between pursuing a Masters degree or to continue riding professionally. After spending the last two years chasing new goals and competing in Europe, I've realized that my passion lies in horses and I want to pursue a career doing something I love.

What are your plans for starting your new business model?

I have turned professional so I can start a small

training business and have a few sale horses. I really enjoy working with young horses and bringing them along. I've worked with a lot of amazing trainers throughout the years and I am confident in my ability to pass along a lot of the knowledge I have learned from them to others – as well as from my personal experiences.

When and where do you think you have done the most learning in your career?

It's hard to pinpoint one time or place and say I've have learned the most from that particular moment in my career. I am constantly learning everyday and I strongly believe to be the best you have to be open-minded and continually learning. I have worked with so many fantastic trainers that have gotten me to where I am today, and every one of them has taught me something that has helped me achieve success so far in my career.

Where did you go this summer? What were some of the results?

This summer I travelled to Europe with three horses. I started my tour in Bratislava, Slovakia where we had great success. EH All or None won the World Cup Qualifier and Pater Noster won the Grand Prix

the next day. After Bratislava we travelled to Samorin, Slovakia. Samorin was a beautiful show and the facility was spectacular.

After the two shows in Slovakia I travelled to the Netherlands and based out of Stal Hendrix for the remainder of the summer. The first show I did from there was the CSI2* in Roosendaal. Pater Noster won the Grand Prix qualifier the first day out of 100 horses, and EH All or None capped off the week by winning the Grand Prix. I got invited to travel to CSIO5* Gijon, Spain, as the reserve rider for the Canadian team. Gijon was an amazing show and I qualified and jumped my first 5* Grand Prix there! After Gijon I did a CSI2* in Peelbergen, just down the road from Stal Hendrix. Caesar Z was outstanding at that show, placing 4th in the Grand Prix qualifier and 5th in the Medium Tour Final. EH All or None was 9th in the Grand Prix. The final show I did before returning to Canada was CSI3* Donaueschingen. It was a really beautiful show; it reminded me of a mini-Aachen as there was driving and a big dressage show on all at the same time. EH All or None won the first ranking class and finished 10th in the Grand Prix.

I really enjoyed my summer in Europe and I feel my horses and I gained valuable experience. Getting to go to different shows all over Europe at different venues gave my horses so much experience. The level of competition is also great over there. A lot of the time there are 80-100 horses in the qualifying classes for the Grand Prix. You learn to be a bit more competitive, because you can't just enter the Grand Prix – you have to qualify! I hope to return to Europe again soon to compete.

As a rider, getting to train with Emile Hendrix and learn the European system was amazing. I'd say I am very comfortable with the North American system of riding forward; if there is an option in a line, I would typically leave out a stride before I would add because

Continued on page 21



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An Interview With Jaclyn Duff

The horses I have now are: EH All or None, Pater Noster, Stakkarus and Caesar Z. Caesar Z has jumped up to the 1.50m level, and the other three have done the Grand Prix.

What is the plan for the near future?

My plan for the near future is to head to Wellington, Florida, to compete. It was a hard decision not to attend Thermal, California, this year, but in order to gain more experience at the highest level of the sport I felt I needed to go to Florida.

ABSJ is excited to have this fantastic young Albertan rider back home. We can't wait to see what the future holds for her!

Photo Credit Totem Photographics

Continued from page 19

we have such a tight time allowed in most classes at home. In Europe I was taught to be a lot more disciplined, and to make my horses do one more stride if there was an option. It really taught my horses to be more rideable. As a rider I think it is important to know both systems and be comfortable doing both.

What horses do you have now? What levels do they compete at?

Looking Forward To The 2017 Show Season!

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ABSJ Medal is a Wrap

by Holly Grayton



Well, the 2016 show season is a wrap and without much down time the 2017 season is already about to get underway!

The ABSJ Medal was introduced in 2016 as a class open to all amateurs ready to jump a true jumper medal class at 1.15m in height. The series was held at almost all the EC gold-rated Alberta horse shows: RMSJ, Caledonia Classic, The Victoria Day Welcome, Edmonton Classic, Jump For Hope for Kids with Cancer, and the final held at Royal West.

The series featured fantastic prizes (more than just a ribbon!) throughout the year for riders placing from 1st to 3rd at every show including the Final.

The winners through the year include: Jade Fowler, Breanne Grey, Justine Cha, Kendra Wallace, Marissa Schmid, Jenna Lee Gottschlich, Hannah Gould, Paige Demosky, Ben Rootman, Carly Stevens, and Taylor McManus.

It wouldn't be a true series if there wasn't also an overall winner, so the top three year-end winners will also be awarded prizes at the Jump Alberta Gala evening: 1st Marissa Schmid, 2nd Hannah Gould, and 3rd Carly Stevens.

To be fair, none of these wins would have been possible without the fantastic coaching we saw all year and therefore ABSJ is also giving an award to recognize these trainers with a 'Top Trainer Award' and the first winner is Erin Taylor.

ABSJ magazine congratulates all the participants throughout the year and as we finalize the plans for 2017 we hope you will add the ABSJ Medal to your show plans! 🏇



Top Turn Out ≠ Top Dollar

by Kelly Stasiuk

The vast majority of the equestrian community believes that top turn out means spending copious amounts of money. Yes the \$200 bonnet that matches the \$250 saddle pad looks great.

Now picture that horse/rider combination in your head. You probably saw someone at the top of the equestrian sport. Now imagine all those items on a 19 year old lesson horse. Clearly there is something more to turn out than just expensive tack.

Many of the qualities of a 'Top Turn Out Award' winner are attainable for the average equestrian. There is something to be said for sweat equity and making the best with what you have. It's not feasible for everyone to have the best of the best, but nothing stops those people from making the best of what they have, except for their perception of the situation.

Tail Brush

Every grooming kit contains a mane/tail brush. USE IT! Do not show up to the ring with a tail not brushed. Would Ian Millar show up to the International ring with shavings in his horse's tail? I think not! Buy a \$1.99 trial size Show Sheen, apply to tail, and brush it. Not expensive.

Braids

My mother always told me "If

you salute, you braid!" There is a judge who has dressed professionally and committed his/her time to be there. Show the judges the respect they deserve and braid your horse's mane. Spending a few extra hours every week at the barn and \$3 on a bag of elastics practicing your braiding is time well spent, plus you can turn good braiding into more \$\$ for you if you get good at it! Always braid on the right side. Fun Fact: It is theorized that once upon a time when you held your shield with your left arm, and drew your sword with your right hand it would get caught in the mane if it were on the left side. When braiding be your own worst critic, redo braids, and practice, practice, practice!

Saddle Pads

Your saddle pad should be white. Your neon pink saddle pad with sparkles costs the same as a white one. Buy a white one and only use it for shows and clinics so it lasts longer.

Breeches

It's beige or white for breeches. Same reasoning as the saddle pads, it costs the

same but looks professional.

Polish your Boots

Polish is \$5.99 from Walmart. Step 1: Buy polish Step 2: Polish your boots Step 3: Repeat Step 2 until you can see your reflection.

Your horse should be CLEAN!

Use your grooming kit and brush your horse. It costs nothing but time to have a well groomed horse.

To put everything simply; a clean cut professional look is always better than any flashy accessories. Owners of equine facilities invest millions of dollars and countless hours for you to show your horse. Would you show up to drink tea with the Queen wearing a sparkly pink dress or something simple and elegant? We should endeavor to conduct ourselves with the elegance and grace these shows deserve. 🐾





We are at it again!

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but typically only in the hours leading up. Once I walk my course, I become so focused on my plan that there's no room left to think about anything else!

Get to know: Gabrielle Oleski



What do you do to help with your nerves?

Very early in my career, I had a coach tell me "Being nervous is a good thing, it means you care". That mentality has always stuck with me. Whenever I feel the nerves coming on, I just remind myself that it's a sign of how important the competition is to me and that gets my head in the game. I also like to review my course plan in my mind until it becomes second nature to eliminate any hesitation once I enter the ring. There's no reason to be nervous when you're confident in your preparation!

What would you do if you weren't riding?

I would probably be miserable. Riding is my happy place!

When did you buy your first horse?

I was very lucky to have supportive parents who

Continued on page 28

How old were you when you started riding?

I started taking lessons when I was six years old.

Where did you ride growing up?

I learned to ride at Meadow Green Riding Academy in my hometown Winnipeg, Manitoba.

Were you a good student?

I was very eager to learn! I used to spend as much time as I could at the barn just taking it all in. I was very observant and full of questions.

When did you start showing?

I started to compete at local schooling shows by the time I was nine.

Did you always want to be a professional rider?

Riding was never just a hobby to me. I've always known that horses would be a big part of my life, but it wasn't until high school that it even occurred to me riding professionally was an option! Since having that revelation, I've never had a doubt in my mind that this is what I'm supposed to do in life.

Do you get nervous?

I sometimes get nervous before an important class,

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End of Year Time Off: to each their own

by Holly Grayton



Do you ever get to the end of show season and wonder what you should do about time off for your horse? Me too! So I asked around to know what other professionals do to rest their show horses before the next season starts.

The general consensus is each rider and horse's situation

is unique.

Renowned Alberta-based equine physiotherapist and body worker Tina Watkins says that every horse needs a rest, but we need to decide what that means for each athlete. Some might be totally off in the field, and others may continue to work in a lighter fashion.

California legend Susan Hutchison (veteran of World Championships and many Nations Cup and World Cup Final) says she gives her horses time off with "light rides; there's no time to let them down completely anymore!"

Alex Grayton of Calgary has a slightly different take: "I think the perfect situation is to give the horses 2-4 weeks completely off, then bring them back to full work over the course of the same length of time as the break (2-4 weeks). Coming back to work would include trail riding, light rides and gradual ramping

up of work." He adds "It is also important to find time throughout the year for a week of rest every now and then, whether it's light trail or forest riding or total time in the field."

Brenda Riddell also from Calgary finds a solid block of time for her horses to rest. "I generally lay them off for 6 - 8 weeks. It is my understanding that they start losing their fitness after two weeks, but will maintain some level, depending on how fit they were in the first place, for up to six weeks. When I start back up they are not starting from ground zero, which is in my mind when injuries could start to happen. I also look at each of the horses, and what I am trying to achieve with the layoff: what each of their physical issues are, how old they are, whether they need a mental break or physical break and design my layoff strategy accordingly. Each of the horses still go out every day, on the hot walker twice a day, and on the vibration plate, even during their layoff."

I had the same horse for a long time, and he always had 4 weeks totally off at the end of his show season – he wouldn't even come to the gate he loved his full outside days so much! By the end of the time off he was eager when I came around, so then I knew he was ready to go back to work. My current horse, however, is much different. He's a real work horse (no pun intended) and I have so much fun riding him. I have to force myself to leave him alone, so at the advice of the professionals in his life this winter we have done a lot of walk/trot rides and lunge days to give his body a break while keeping him from getting too WILD!

So long story short: every horse is an island, and your coach, vet and body workers can give you some insight into what would be best for their body, mind and spirit. 🐾



Stefan is an engineer turned rider turned equestrian entrepreneur, and is the mind behind Barnlog. Barnlog is an online platform for managing and connecting equestrian life, as well as being one of the best new places to buy and sell horses.



What is Barnlog?

by Justin Prather

Stefan Parker is the founder and principal engineer for Barnlog. He has been an engineer for over 10 years now and worked for Facebook building many of the core interactable components of the site, such as the popup photo viewer and the Timeline profile. He left Facebook a few years ago to pursue a dream of his to bring the horse world together.

What was the idea behind Barnlog, what got you started? Coming from a very technical background and getting into horses later in life, it was very surprising to me how antiquated many of the systems still were. It was difficult-to-impossible to find records of older horses, shows were exceptionally manual and websites were poorly built or non-existent. Cue the informational slogan, “there’s gotta be a better way!” I started thinking about how the horse industry could be better connected and decided that if anyone was able to bring it together, it would be me.

Where do you see Barnlog a year from now? 5 years from now? I built Barnlog to connect the horse world. From barns, to sales, to breeding, to shows, to schedules, to friends. Everyone and everything can be connected through Barnlog and in five years I see Barnlog as the backbone for the industry. Automatically keeping shows on time, saving vet records for owners, organizing lesson schedules for barns, storing and sharing the millions

of horse photos we take everyday, and so much more. As for the next year, I’m continuing to build out features like the recently-launched sales section.

Who do you think Barnlog is most applicable to? Barnlog is suited for the needs of both the casual owner, and the dedicated competitor. If you just want to have fun taking photos with your barn friends and posting on the discussion boards, then Barnlog can give you all that, but if you want to keep a record of every vet visit and organize your training rides, lessons, farriers and more, Barnlog can do that for you too. If you interact with horses, or are even just interested in horses, then Barnlog is for you.

Currently, Barnlog does social, management, and sales. Can you see it expanding in any other directions? We will be launching auctions soon, which is similar in nature to sales but will allow organizations to sell breedings or horses en masse. From there we plan to get into show management and scheduling. Bringing some of the latest technology and mobile capabilities to all disciplines and levels of competition. Imagine having real-time updates pushed to your phone whenever there’s a ring delay, or your results instantaneously delivered as soon as a class ends. There are so many ways the show world can be brought into the 21st century and we hope Barnlog can bring them to you. 🏇

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Continued from page 25

bought me my first pony when I was ten years old. She was a paint quarter horse named Minuet who I loved dearly.

What horses do you have now?

My current horse is a beautiful, 12 year old Zangersheide stallion named Lamando Z. "Hugo" is bold, scopey and a little bit vain - he loves to stare at himself in the mirror (though it's hard to blame him). Hugo is a fairly new horse for me, so it's really fun to get to know a little more about his personality each day. I am really looking forward to seeing what the future holds for us!

Can you tell us about your business?

I work for Grayton Farms as the Assistant Trainer to Alex Grayton. We specialize in coaching, training and sales from grass roots to Grand Prix.

Do you have any advice for young riders?

Learning how to ride is not restricted to time spent in the saddle. Being someone who does not come from a background which made multiple horses or showing every weekend possible, I quickly discovered that there are many ways to learn about our sport other than physically being on a horses' back. I am a very visual person, so I spend hours observing warm up rings, auditing clinics and studying live feeds. Watch, listen, absorb and ask questions. Of course practice makes perfect, but knowledge is power! If you develop an understanding of the sport, you will be better prepared once you do get time in the saddle.

What do you do in your spare time?

I try to take care of my body so I can ride my best! Going to the gym, seeing the chiropractor and trying to get enough sleep is my typical regime.

What could you not live without?

Caffeine!

What is your most embarrassing horse show moment?

I was once excused from a flat class after my mount took off full speed! I had been asked to catch ride the horse as I had ridden it the previous season in the jumper ring. He was notoriously lazy so the trainers

thought he might be better suited to the hunters. It was his first time in an under saddle class and he must have thought it was a stampede! The rest of the class was called into the middle of the ring while I emergency pulley-reined to a stop. I was promptly asked to leave the ring and I hung my head in shame. He must have tired himself out with all the excitement because we then went on to place 2nd after he was perfectly behaved in another flat class immediately following.

Name 3 things most people don't know about you:

- I am the only "horsey" person in my entire family.
- I hate onions!
- I talk in my sleep.

Describe yourself in 5 words:

Ambitious, competitive, brave, loyal, gracious. 🐾

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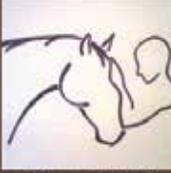


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