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Horse Program

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# here to find it!

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What exciting summer this has heen! ABSI made a trip Aachen to watch the Canadian t e a m prepare for Rio 2016. and with our media



accreditation we had back stage passes to everything! You will see in this issue some great photos from our trip and although they aren't all Alberta related, the amazing sport we got to see was unbelievable.

We are excited that you have picked up our 🕒 September 2016 print and hope that you the reader will keep letting us know what you would like to see in our upcoming editions.

Look online for more details and remember to follow our social media network for your up to date information! www.absj.ca,

instagram:@abshowjumpers,

Twitter:@abshowjumpers, Facebook: albertashowjumper

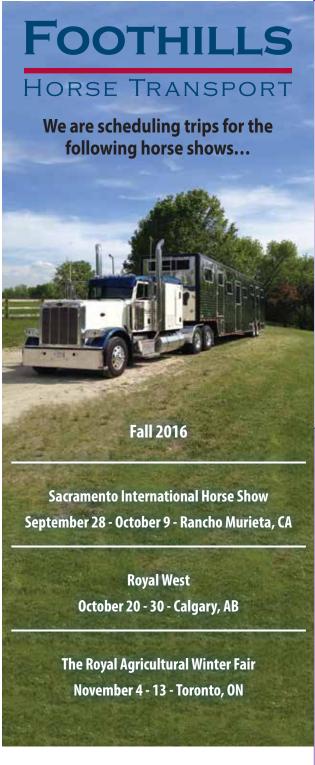
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## **SHOW SCHEDULE**

## September

Septmember 1-4 SM Champions Welcome September 7-11 SM Masters September 10-11 C-Horse Show - EquiCup Show September 17-18 Tailwind Show - EquiCup Show September 24-25 EquiCup Finale at Spruce Meadows

## October

October 1-2 Amberlea October 7-9 Fall Classic Sale October 13-16 SM Oktoberfest I October 20-23 SM Oktoberfest II October 20-30 Royal West- ABSJ Medal Final! October 30 Amberlea

Go to ABSJ.ca for links to all the shows

## ALBERTANS ON THE FEI RANKING LIST

Alberta Ranking	Canada Ranking	World Ranking	Rider
1	4	146	Vanessa Mannix
2	5	162	Elizabeth Gingras
3	9	221	Ben Asselin
4	10	296	Lisa Carlsen
5	15	366	Kara Chad
6	16	373	Jaclyn Duff
7	17	385	Christopher Surbey
8	22	478	John Anderson
9	23	526	Jenn Serek
10	29	701	Kyle Timm
T-11	T-33	790	Tamie Phillips
T-11	T-33	790	Brenda Riddell
13	42	1037	Jacqueline Colborne
14	47	1175	Femke Courchaine
15	50	1259	Bretton Chad



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## mission scacement:

"Developing an affordable show circuit to allow grassroots horses and riders a stepping stone towards top sport in Alberta, while striving for year-end achievements."

## SERIES DATES:

C-Horse Show - Calgary September 11, 2016 Tailwind Show - Lethbridge September 17-18, 2016

## series finale:

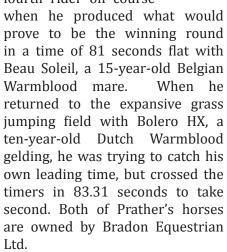
Series Finale @ Spruce Meadows
September 24-25, 2016
Find all the details at
www.equicup.com

## Prather Speed Derby CALGARY'S JUSTIN PRATHER RACES TO VICTORY IN OTTAWA SPEED DERBY

Jump Media July 15, 2016 - Ottawa, Ontario Ottawa, Ontario - Justin Prather of Calgary, AB, finished one-two in the \$7,500 Lynn Millar Memorial Speed Derby held Friday, July 15, at the Ottawa National Horse Show running at Wesley Clover Parks in Ottawa, ON.

Speed was the name of the game and Prather proved to be the master of faster, taking the win with Beau

Soleil and also finishing second riding Bolero HX. Of the 26 entries to attempt the challenging derby track set by 1976 Olympic silver medalist Michel Vaillancourt. Prather was only the fourth rider on course



Thursday's \$20,000 Open Welcome winner Francois Lamontagne of Saint-Eustache, QC, gave it his best effort riding the seven-year-old Vigo Massuere to place third in a time of 83.64 seconds. With a time of 84.82 seconds, Julia Madigan of Vancouver, BC, took fourth place riding Farfelu du Printemps, the horse that Iill Henselwood of Oxford Mills, ON, rode to the 2015 Canadian Show Jumping Championship title. Rounding out the top five was Sadie Leon of Mississauga, ON, who guided Camilla around the course







in a quick time of 85.41 seconds.

"I really like the speed derbies," said Prather, 22, noting that Beau Soleil is a speed derby specialist. The pair has been competing together for four years since being paired by Prather's trainer, 2008 Olympic team silver medalist Henselwood.

"She's been my go-to horse," said Prather of Beau Soleil. "I jumped my first grand prix with her, I jumped my first FEI class, and I won my first grand prix. She's been that horse for me."

Wesley Clover Parks has one of the few grass jumping fields in all of Canada, including natural obstacles such as the bank, open water and the dreaded devil's dyke, making it ideal for speed derby competition.

"It's a really good grand prix field," said Prather of the Wesley Clover Parks facilities. "Especially now with all that they've changed here, it's a really great place to be."

Held in memory of Lynn Millar who passed away in 2008, the wife of ten-time Canadian Olympian Ian Millar who passed in 2008, the \$7,500 Speed Derby is especially meaningful to the Ottawa equestrian community. Prather was presented with his first and second place ribbons by Jonathon Millar, the son of Lynn Millar, and his wife, Kelly Soleau-Millar.





Making Next Season Even Better

# Making Next Season Even Better!!

Sandra Sokoloski, Physio Therpist



As the end of the show season nears you are likely thinking about what you would like to accomplish next year. One aspect of progressing your riding is looking at what your physical capabilities are and where they could improve to make your goals more attainable. Video analysis is a good tool and when reviewing the footage of your rides there are usually things you can see that you know could be better. Sometimes it is a physical deficit and sometimes it is just a bad habit. Either way, there are always off-horse exercises that you can do to make on-horse corrections easier.

One example would be your body falling forward on the landing side. This limits the ability to keep your horse in balance and being ready for the next fence, especially if in a combination. This is often due to over active quadriceps muscle (muscle at front of the thigh) that brace the knee. There is usually a dominance of the back muscles and hip flexors over the abdominals and gluteal muscles. Correcting this involves being able to hold the spine in neutral while the hips and knees absorb the shock of landing. Working on box jumps, continuous hopping on the bosu ball and hopping with a really soft landing are all good exercises to do over the winter.

Another example would be the lower leg swinging Sept/Oct 2016 Photo Credit Holly Grayton

too far back and/or knee pinching. This also affects your balance on the landing side or will cause your body to be too far forward over the fence and limit your horse's ability to jump well through it's shoulder. This is usually caused by weak glutes and hip rotators and/or over active hip flexors and inner thigh muscles. Squats, hopping and sit to stand while pushing out against an elastic around the ankles or knees are good exercises to overcome this tendency.

No matter what position or movement issue you see while looking through your videos, you can do something

about it. Targeting the specific problem with specific exercise is an important component of becoming a better rider.



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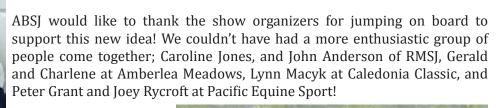
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**ABSJ Medal Series Wrap Up** 



The ABSJ Medal series has almost concluded its inaugural year. This series of medal classes is intended to provide amateur riders the chance to compete in an equitation style event while developing skills for the jumper ring at higher levels. This class was presented in a Modified Power and Speed format, and entry numbers increased with each passing event!

We've been proud to pin winners from all over Alberta including: Jade Fowler, Breanne Grey, Justine Cha, Kendra Wallace, Marissa Schmid, Jenna lee Gottsclich, Hanna Gould, Paige Demosky and Ben Rootman. At time of print two more winners will have made their mark in the ABSJ Medal class.





Prizes and ABSJ SWAG were awarded at each competition, and 'Top Turn Out" award was also given at each competition. For year end there are awards for total points as well as for the individual competition at Royal West. In addition to all this, there is a Top Award Trainer being handed out during

Royal West for the trainers whose students have accumulated the most points so it really pays to have your students compete and do well all year!

The finale is scheduled during Royal West hosted by RMSJ. All riders that have earned points in the ABSJ Medal classes are eligible to compete at the finals. Please send your suggestions for next year to info@albertashowjumpers.com See you all at Royal West!



Photo Credit Holly Grayton







#SurbeyDerby



## Nobody can Quetchup to Surbey

So your first time on the Canadian team you jumped double clear! How did that feel?

To be double clear was a pretty surreal experience; I knew that my horse and I were capable of it, and on the day we made the right moves to make it possible. It was a special moment and one that I will never forget.

It was a lot of pressure going first in the ring, and I heard you were told you could not have a time fault! How did you process the pressure?

Our chef d'equipe Jill Henselwood had a discussion with all of us and explained that because the Canadian team had drawn first in the order of go, the time allowed would be an unknown factor for the first rider. She wanted to make sure that whoever went first understood it was their job to get within the time to give the team a chance should we tie

jumping faults at the end of the competition. My horse is naturally quite fast and so I was confident that if the time allowed was reasonable. we would be under.

I didn't feel more or less pressure going first; in a way it was nice to jump before the

rest of the team and not worry about what scores were already on the board but also difficult because I didn't want to burden the rest of my teammates who were jumping after me if my round hadn't gone as planned.

Kelly Koss-Brix and I did a thorough course walk and made a plan that we thought best suited Quetchup, and then we went over that plan with Iill and the rest of the team. We adjusted a few things with their input. We also talked at length beforehand about what specific things we wanted to do in the warmup ring to make sure that no detail or thought was missed. By the time I went into the ring, I was confident that we were prepared the best that we could be for the task ahead.

How did you prepare for

# #Surbe

# An interview with his Nations'

#### this trip and the nations cup?

The Summer Series at Spruce Meadows was ideal preparation for this trip; it can be quite a steep learning curve there! I really tried to challenge myself throughout the tour and tried my best to get into the ring as much as I could, not only on Quetchup but also on other horses as well. This allowed me to continue learning and improving without having to take the efforts out of Quetchup each and every week.



Sept/Oct 2016

Photo Credit Cansport Photo

#SurbeyDerby

# yDerby n Chris Surbey on Cup debut

The week in Bratislava that preceded the Nations Cup week in Samorin was also important preparation. I kept Quetchup pretty low-key for that week, only jumping 2 classes. The first was just a canter around a 1.40m speed class to get a feel for the ring. Then I stepped up to the 1.45m ranking class and rode efficiently but without totally going all out. I think this was good to keep Quetchup on her game in terms of the size of the jumps but I also tried not to flatten her out and hurry her off her feet. She is the type of horse that always tries her hardest and I think it is important for her to have an easier class without pressure occasionally to stay relaxed.

In Samorin, I again jumped a small class the first day to get into the main ring and that was the final preparation for the Nations Cup.

Tell me about your horse Quetchup de la Roque and what makes her a great Nations Cup horse? Quetchup is pretty amazing! She is very kind and always willing to give anything a try. She is very careful, has scope, super technique, but most of all a strong will and competitive

into her own in the show ring. Her work ethic is incredible and I think this is important in the Nations Cup, particularly in the second round (and the heat of Samorin) when fatigue starts to become a factor.

The other riders on your team have said they thought you all came together really well. Tell us a bit about that.

Yes, I would say all 5 of us really came together well. [Chris' fellow team members included Vanessa Mannix, Brian Morton, Ali Ramsay, and Jaclyn Duffl. We



## instinct. She really comes They de la Roque'd it

all came out to support each other throughout the week in Bratislava as well as Samorin. If anybody went early in a competition, someone else from the team was watching the first couple go and offering advice on how the course was riding compared to how it had walked. Everything we all accomplished was truly a team effort.

## Where did you show after the nations cup?

The week following Samorin I took a different group of horses to a show in Verden, Germany. It was a beautiful ring, built in the middle of a large track and field *Continued on page 26* 



Sept/Oct 2016

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Young Riders and Anna Timm





Calgary's Anna Timm made a splash this summer as she represented Team Canada at the North American Junior and Young Riders Championships in Parker, Colorado. Anna and her grey gelding, Chepetto D, participated in the Junior division, and she caught up with ABSJ about her experience:

"NAJYRC was definitely the most memorable

experience in my riding career so far. It gave all of us juniors a taste of real international competition at a top level. I had the opportunity to ride alongside some amazing people, with whom I have become good friends over the course of the week." Anna's teammates for the week included fellow Albertan Chelsea Walsh,

as well as Canadian riders Christine Carlsen, Jennifer Mattell, and Kassidy Keith. Anna was a key part of the 4th place team finish, and finished 4th in the opening day competition.

With a large group of young riders getting a taste of top level competition for the first time, tension was



Photo Credit SportFot and Anna Timm

Young Riders and Anna Timm

likely to be running high. The event organizers made sure to keep things fun and light whenever possible. "Young Riders also had a lot of fun activities aside from riding that took the edge off of all the competitors. For example, the golf cart parade/water fight which I will never forget!"

The Junior division at NAJYRC jumps 1.40m and is a serious test for horse and rider alike. Over the last few years Canada has sent one team representing the whole country, rather than each province sending a team for the simple reason that it is a small group of riders in that age group that is capable of contesting the Championship. In order to make sure she was prepared for what she was about to face, Anna

competed at the Spruce Meadows Summer Series. "Leading up to the championships I competed at the Spruce Meadows Summer Series at the 1.40m level, which gave me a lot of confidence going into NAJYRC. Spruce Meadows is considered a very competitive place with challenging courses and arenas."

The Young Rider division is open for riders up to the age of 21, meaning that Anna has plans to return. "For the future I hope to make it back to the NAJYRC in the years to come and hopefully move up from the Junior level to the Young Rider level." We wish Anna and Chepetto D the best of luck in the future and look forward to seeing them represent Canada again!



Sept/Oct 2016

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Photo Credit Holly Grayton

Sept/Oct 2016



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22

# The All Important Hamstring

that is often overlooked by the rider and vet essential for any forward locomotion: a group of muscles called the hamstrings.

This is a group of muscles that start either on the spine or on the back of the pelvis and run down the back of the buttock; lateral and medial side of the hip to the hock, stifle, femur and tibia. These are the major power thrusters. Of course they have help from other major muscles during locomotion, but this group specifically moves the hind leg back and has an effect on the leg moving toward and away from the body.

As the end of show season comes to pass, horses often start to get sore and riders can easily overlook soreness in the hamstring area, as it is not a spot we often do any palpation. We don't often push into those muscles and really have a feel to see if there is any apparent soreness. It is much easier to keep an eye on tissue in areas such as the back, where we place a saddle and push down on more often.

The hamstrings are also often overlooked in the ride. Several other muscles, such as the gluteals and quads, assist the hamstrings in locomotion, so it is difficult to pinpoint the hamstrings as a problem spot if a horse feels tight. The hamstring also attaches directly to the hock, which makes this a point of interest if hocks are a treatment area for your horse. If the muscle is tight it will constantly pull on the joint and create more torque than needed on the joint.

See online how to check the hamstrings: www.absj.ca

Great horsemanship includes taking a whole approach to catch small things before they become big problems.

I recommend having a professional, insured body worker create a stretching and exercise therapy program that is customized to the horse and the problems that exist.

There are two safe and effective ways you can help the horse on your own. First, some light massage with a curry comb. Starting above the hock where the large muscle groups are apparent, work the curry comb in circle up the back of the rump to the point of the buttock towards the spine. Repeat the pattern several Sept/Oct 2016

Tina Watkins EESTEEBW3
This month we will look at a part of the horse's body times until the tissue is noticeably warm, indicating increased circulation. This will also soften any spasms in the muscle and take away waste products.

> Second, the hamstring stretch. While performing the stretch be careful and aware of the horse's hind legs while handling them, and be aware of your own back while bending over. Pick up a hind leg, cupping the fetlock with both hands. Take a step toward the horse's head, bringing the hind leg with you while keeping it in line with the front leg. Moving the hind leg away from the straight line can place stress on the hock and stifle. Stretch the leg forward as much as the horse is comfortable - listen to the horse as they will let you know when it is hard or how far they can go. If the horse is relaxed, hold the stretch for 10 seconds and progress in time as the horse becomes more adept at stretching.

> Note the differences from side to side. Stretching done correctly is safe for every sound horse and should be done after every ride.

## Standing MRI Now Available To Our Clients!



Up and Coming
Up and Coming:



Jul. 2016. Kingsland/ World of Showjumping

One year into her fouryear study at Trinity College, Julia has earned a much longed for summer holiday. It will not be spent with lazy days on a beach though, but in the stables of her father at Stal Tops in Valkenswaard,

Netherlands.

After two long and hard semesters of studying, Julia welcomes a change of scenery and environment – and looks forward to focus only



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on her riding. "I had to sacrifice a lot of riding this year for university. So, I basically left my horses here in Europe with my father, and he has a rider who obviously keeps them in good shape for me." Julia explains.

When at Stal Tops, Julia prefers to get the most out of her days: "I like to wake up early, and ride when it is quiet before everyone else rolls in," she laughs. "I try to get my horses done in the morning, and then I will ride any horses my Dad has on the list for me to help with. When I am done, I will go watch everybody else school here – which I enjoy a lot. Many of those training here is at such a high level, so I try to pick up as much as I can. Also, to see my Dad train them and to see the approach he takes to different horses is something I learn a lot from. After lunch, I will take my horses out another time and maybe trail ride a little."

Julia's current companions for the summer season are Zero and India Blue ZF, although she hopes to welcome a couple of new mounts during the next months to help take her up in the classes. While Zero is a new horse for Julia, India Blue ZF – aka Apple (Julia has a thing about naming her horses after fruits and vegetables) – is home bred and has been with her rider her whole life. "I got Zero at the very end of the Winter Equestrian Festival-circuit. He used to compete with Jessica Springsteen, and took her up in the classes and we hope he can do the same for me.

Zero is such a good boy and would do whatever times has worked as my moral compass in life." he is asked, although he is a bit quirky," Julia tells.

"Then I have Apple, that my mum bred. The journey with her has been really exciting, because I have been riding her since she was five - obviously professionals have helped with her education – but I have known her since she was a youngster. Apple is the cutest and bravest soul you will ever find. For my mum it is a bit like her baby on her baby, so she gets very nervous" Julia laughs.

"To have a horse from the very beginning is fantastic. I have watched her go through every phase; and it just makes you more familiar with how every aspect of a horse came to be."

You might expect that showing takes center stage for Julia when getting to spend four months in Europe. But, no – for the young Canadian rider it is all about spending time with her horses. "Training and competing is obviously a huge perk, because I get to improve myself a lot," she says. "But most of all, spending time with my horses and establishing a connection with each of them is what I enjoy the most about being here. This is also a huge reason why I love this sport and chose it over something else, because you create a relationship with an animal."

With trainers and mentors such as her parents, it is no wonder Julia can be expected to have a great showjumping career ahead of her.

"My Mum is my ultimate role model and inspiration in life," Julia says. "She has been such a great Mum to me, and I have so much respect for her - she is my rock in life."

"As to my Dad: He's extremely wise. I can ask him every kind of question and he will always give me a pragmatic and correct answer, which a lot of

Several big names within the equestrian industry have had a big influence on Julia's showjumping career though, not only her parents. "I have always trained with a bunch of different people to learn as much as possible," she says. "I first started training with Lauren Hough when I did the equitation and hunters, and she is amazing! Lauren taught me so much about proper preparations: How to walk the course, how to warm up properly and how to be ready for the ring. Then I trained a while with Eddie Macken, and he was great at telling me to trust my gut and to have conviction to what I saw in the ring. Also Francis and Dick Carvin have meant a lot to me: they both really made me become a lot stronger mentally and become more focused."





#SurbeyDerby Continued from page 17

stadium. Verden has a longstanding connection to Spruce Meadows and I was thrilled to have the opportunity to spend the week jumping there.

From there, we moved on to another German show in Allersehl. The next week we were on to Roosendaal in Holland and then Zandhoven in Belgium. We are really getting a little bit of everything this summer!

#### What horses do you have with you, and how are you dividing who shows where?

I am fortunate to have a strong group of six horses with me here for the summer. Quetchup de la Roque, Arezzo, Artistic, Carnaval, Cavarola, and Chili Pepper.

We made a basic plan for who would go where (normally three per show) before the tour started, and we have made some small adjustments depending on the schedules for the shows as well as logistics and how the horses are feeling. I try to take one horse capable of jumping the Grand Prix at each show (provided we qualify), and then a solid second horse, as there is usually a "2nd" Grand Prix that is quite competitive and good experience for me.

It has also been great that most of the shows we have attended include a CSIYH (Young Horse) division and so Chili Pepper has gained a lot of experience in a short amount of time. He is my

only horse for that division so I try and take him everywhere I can that offers this division.

#### When are you home?

I will be back in Calgary in time to compete at the Masters, which I am really looking forward to. It is my favourite week of the year!

#### What are your next big plans?

At the moment I am just trying to enjoy the European experience and learn as much as I can. We will start to make plans for the rest of 2016 and into 2017 once I am reunited with the rest of my team at home.



# Forever Remembered Josef Selinger 1922 - 2016



Where to start? Joe's life was so multi-faceted. His ancestors moved from southern Germany to Russia around 1800 on the invitation of Catherine the Great. They settled in the Ukraine close to the Black Sea. Agriculture and Vineyards were the mainstay of their lives. The soil was so fertile that for newlyweds they would just stick vine cut-offs into the ground - no fertilizer needed.



Joe started off working in the local mill's laboratory testing and grading grain samples. After many twists and turns and due to his *Forever Remembered* innate ingenuity surviving World War II, Joe found himself employed by one of the largest Livestock Dealers near Cologne in (then) West Germany. And here Joe acquired the foundation of his knowledge of Warmblood horses and their pedigrees. Farmers were allocated horses by permit which could only be redeemed by going through a dealer. It became Joe's job to secure these horses. In his many trips mainly to northern Germany he got to know the breeders and the breed associations. Part one of his equine quest was fulfilled.

When applying to emigrate to Canada with his wife Christine and their three children, he was asked if he was going to invest in the oil and gas Industry in Alberta, to which he replied: " No, I am going to breed horses".

The family arrived in Calgary in November 1957 – not the most inviting month of the year. Beginnings were tough, but they bought an acreage "far south of Calgary" and by 1959 St. George's Stables was ready, built by Joe one pole at a time.

The rest is really history. The Hanoverian Association calls him a pioneer in importing the first Hanoverian breeding stock to this country and finally introducing the Southern family to the Hanoverian horse, starting their own dream and vision to build Spruce Meadows.



Sept/Oct 2016

Photo Credit Edda Selinger



Proudly standing for the 2016 breeding season.

## Hitchcock van Overis

Darco x Corrado



Hitchcock Van Overis is an athletic young stallion demonstrating top level scope, carefulness and rideability. As a 7-yr-old, Hitchcock made his FEI debut jumping and placing in the FEI 7- and 8-yr-old classes at the Dublin International horse show, 2015 marked Hitchcock's first season in North America where he had good results at international venues such as Spruce Meadows and Thunderbird Show Park.

# Messenger \ MonteBellini x Darco



Messenger VF is the genetic combination of two successful competitors on the international show jumping scene. Like his lineage dictates, Messenger VF exhibits impeccable technique, good bascule and limitless scope through the chute. In terms of type, this expressive, modern young stallion is short coupled, displaying a well developed neck, good length of forearm and substance. Messenger maintains a kind demeanor and great willingness to work.

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