

Windspirit Farm Show Team

2013 Guidelines

Showing is a great opportunity to demonstrate skill and gain a new competitive experience. It is also a privilege that must be earned by the rider and is not a given right. Just as with any other team sport, there will be expectations for commitment and team spirit that must be met by each individual on the team. If there is a person not pulling their weight or not meeting the conduct expectations, there will be consequences as this reflects poorly on the Farm, the Team and the Coach. Showing is about experience and fun, so there will be no expectations on riders to come home with ribbons, but instead to have a good experience, be a positive reflection on the Team, and to recognize the rewards that come from hard work!

Conduct & Professionalism

- It is expected that all Riders, Parents and Grooms representing Windspirit Farm conduct themselves at all times in a professional and sportsmanlike manner. Riders and Grooms should strive to act as a positive influence to all younger riders in the barn who look to them as the standard in riding and behaviour. At shows, Riders and Grooms should behave in a manner that reflects positively on the Barn, including appropriate attire, attitude and language. Parents should look to act as their child's partner in this and support the expectations set by the Barn and the Coach. Parents should also conduct themselves at shows in a friendly, sportsmanlike manner.
- Riders should attend all Lessons and be prepared on time. Lessons will start at the scheduled time whether you are ready or not. Lateness will not be tolerated and consequences will be set if it becomes a habit.
- Parents should make efforts to attend at least one Show Team Lesson per month if possible. This allows for any necessary in-person communication between the Parent and Coach, and provides an opportunity to see your rider's progress and address any concerns. The day of a show is not the time or place to conference with the Coach.

Show Team Trials ó Structure

- Riders will participate in formal Show Team Trials running Fridays in the month of February (February 1, 8, 15, 22). Trials will run from 5:00 ó 8:30pm. Come fully prepared with all clothing and equipment needed, a water bottle and snacks or food for on breaks.
 - 5:00-5:45pm ó Dry Land Training ó Wear warm, comfortable clothing and sneakers.
 - 6:15-8:30pm ó Group A, Group B, Group C rides (45mins ó Groups TBA)
- Riders will also be assessed during their regularly scheduled lessons between February 1-22nd
- Riders will be assessed in the following criteria:

- Conduct ó Punctuality, Sportsmanship, Horsemanship, Positive Attitude
- Turnout ó Horse and Rider turnout will be assessed each ride
- Work Ethic ó Following directions, Participation, Focus, Determination
- Skills ó Equitation & Position, Task Completion, Analyzing own performance, Ability to make corrections, Progression

Horse Assignments

- Riders will be informed of their horses when the final Team list is posted on February 25th. Most riders will already have an idea of who they are riding, but some assignments may change if we purchase new horses or riders discover a new partner who works well for them. Assignments are given based on horse experience, rider experience, confidence, level of showing, and how well they work as partners.

Lessons & Rides

- Members must be riding in 3 rides per week, 2 of which must be lessons with Laura (Head Coach)
 - 1 lesson, 1 Show Team lesson, 1 lease ride
 - 2 lessons, 1 Show Team lesson

Rider Turnout

- Riders are to be dressed in appropriate attire for every lesson. Clothing should be in good repair and fit properly. Clothing should be acceptably clean
- Hair should be tucked into a hairnet and under the helmet, if hair is too long a neat bun with hairnet or a single braid is acceptable.
- Field boots or black paddock boots with properly fitted leather half-chaps are required. Boots and chaps must be cleaned prior to lessons, clinics and shows.
- Windspirit training shirts must be worn tucked into breeches with a belt. Polo shirts may be worn over long-sleeves if the weather is cold. Team jackets should be worn if the weather is cold.
- Sports bras designed for high-impact sports are strongly recommended for all female riders to ensure comfort and support while riding.
- Gloves must always be worn to ride. Black fitted gloves are required for competitions (see Appendix A).
- Absolutely no hoodie sweatshirts, torn breeches or baggy t-shirts permitted during lessons. You are representing Windspirit Farm and should dress appropriately to set an example for other junior riders.

Horse Turnout

- Horses should be turned out professionally and immaculately for all lessons, clinics and competitions. The horse should be groomed with close attention paid to the legs, ears, belly, mane and tail. The mane should be combed and laid over on the right side of the neck, and the tail should be free of shavings and brushed properly as long as it has been conditioned prior.
- All tack and equipment should be clean and fitted correctly on the horse. All horses should wear protective front boots and either back boots or polo wraps to

all lessons. Saddle pads should be reasonably clean, no stains or rips visible. Show Team saddle pads should be worn whenever possible.

Tack & Equipment Care

- Riders are expected to care for their equipment and any equipment belonging to Windspirit Farm with respect and proper maintenance. Saddles, bridles and leather girths should be cleaned using warm water and saddle soap every Friday following Team lessons. Synthetic girths should be wiped down with a damp cloth or baby wipes. Bits should be thoroughly cleaned with warm water only and bridles done up properly in a figure-8. Protective boots should be brushed clean and wiped down if dirty.
- Before competitions and clinics, all tack should be taken apart, cleaned thoroughly and oiled if necessary, and put back together.

General Cleanliness

- Riders must keep their tack boxes organized and as clean as possible. Tack boxes should be closed and latched and/or locked when not in use. All gear should be neatly stowed in the rider's tack trunk at all times except in certain circumstances (saddle pad or boots laid out on the handle to dry, etc.)
- Riders are expected to maintain the cleanliness of the main aisle or stall when working in the barn with their horse. Any mess left by the horse or grooming should be swept up and disposed of before the rider goes into a lesson or leaves the barn. Tack and equipment should be put up and stowed in a neat and orderly fashion, not left on the floor. Horse blankets and coolers should be folded and stowed neatly on the racks or shelves, unless being hung to dry when wet.

Training Binder

- Each rider will receive a Training Binder for the year. In this binder they will be expected to keep all important documentation relating to the Show Team. Membership numbers, emergency contact information, rider and horse profiles, checklists, goal charts and competition dates should all be in the Binder. In addition, each rider will be responsible to fill out a Training Log weekly that outlines their lessons, progress, challenges and important information. There will also be a Land-Training Log to track their dry-land training progress and workout information.

Dry Land Training

- Riding at a competitive level takes physical fitness and stamina on the part of the rider as well as the horse. Riders will be expected to maintain their own state of physical fitness through various dry land training exercises. How they choose to do this is up to them, however all workouts should be recorded in the Training Binder and kept up-to-date. Equestrian-related exercises will be sent out as options for training, such as core strengthening, stamina building, leg work, balance training and general conditioning.

Transportation

- All riders and parents are responsible to arrange their own transportation and transport of the rider's equipment to and from competitions. Keep in mind that the rider is required to stay with their horse until loaded in the trailer, to complete the post-competition routine at the barn and ensure their horse's comfort and well-being is taken care of before leaving the barn.

Sponsorships & Fundraising

- To help cover the costs of uniforms, clothing and special extras for the Team riders and horses, all riders are expected to participate in various fundraising activities throughout the year. The money raised goes back into the Team, as well as supporting projects like new jumping equipment, team trips, in-house clinics and running Windspirit Farm Shows, which we will hopefully begin in 2013 by partnering with the Scotia Series program.
- Riders must contribute a total cost of \$300.00 which may be raised by seeking sponsorship, fundraising or a combination of both. Sponsorship packages will be available March 1, 2013. All money must be submitted by May 1, 2013.

Memberships

- All riders are required to have a 2013 NSEF membership
- Riders competing at the EC level must purchase a 2013 EC Gold Sport License and confirm their Amateur Status
- Riders competing at the EC level must purchase a 2013 NSHJ membership
- Riders competing in Horse Trials/Eventing required to purchase a 2013 HTNS membership, armband and omnibus

Entries

- Each rider is responsible to complete his/her own entry form and payment for the show. Entries must be turned in to Laura for review before the submission deadline. All Windspirit entries will be submitted to the show office as a package by Laura. Entries will be made available to all Team members well in advance of the due date.
- Coaches may no longer sign for a minor competitor. Parents/ guardians MUST sign for their child or entries will not be accepted.

Class Restrictions

- Riders will compete in divisions approved by the Coach. The goal of competing at these shows is for experience and fun, students and parents should keep this in mind. Classes will be selected with the rider's experience and comfort zone in mind.

Coaching

- Coaching will be charged at a rate of \$40.00 per day, per show. Payment may be made in cash or cheque payable to Laura Chiasson.
- Coaching at a competition includes warm-up before each class depending on horse and rider's needs and experience level, course walking, coaching in-

between classes, reviewing performance after competing and general advice and assistance at shows.

- Coaching does not include baby-sitting clients or taking care of stable work which the rider should be capable of managing within reason. The goal of coaching at competitions is to produce and encourage rider independence and skill while enjoying competitive experiences.

Trailer

- Riders are responsible to clean the trailer after competitions and clinics. When traveling as a group, cleaning duty will rotate with 2 riders being assigned each time.
- Trailering costs for 2013 will be as follows, calculated and applied to the rider.
 - HRM (Halifax & surrounding area) - \$50.00
 - Windsor, Coldbrook - \$80.00
 - Chester - \$80.00
 - Truro - \$100.00

Checklists

- All riders will receive a checklist for each competition and clinic outlining the equipment they need. Checklists should be kept in the rider's Training Binder.
- A checklist will also be in each Binder that outline the tasks to be completed the day before a show, to help keep riders on task (see Appendix B).
- Riders are responsible to pack their own equipment and to ensure that everything they need is clean and in good repair.
- Riders are responsible to ensure that they have purchased or borrowed everything on the checklist, and that if borrowed it is returned to the owner immediately following the competition or clinic.

Grooms

- Each rider is required to select a groom. Grooms must meet the specified list of criteria and be approved by the Coach. All grooms will be held to the same standards of professional conduct as the riders. Grooms are responsible for their own transport to and from the barn and to and from all competitions. Grooms are responsible to share in the duties of caring for the horse before, during and after the competitions; however they are not expected to assume sole responsibility for the horse at any time. The welfare and well-being of the horse is always first and foremost the rider's responsibility. A list of duties will be supplied for each Groom at the beginning of the season.

Appendix A: Show Team Equipment List 2013

List of Required Items for ALL Riders

For the Rider: Show Jacket (navy blue, grey or black)

- Collared blouse
- Beige or Tan Breeches
- Field Boots OR Paddock Boots and Fitted Leather Half-Chaps (Black)
- ASTM Approved Helmet (Black)
- Black gloves
- Black jumping whip (check length with coach)
- Spurs (optional, check with coach for size)
- Hairnet
- Boot socks (optional)
- Belt

For the Horse: Lead Line (chain optional)

- White fleece or sheepskin SHAPED saddle pad or Half-Pad
- Show Sheen (with Spray nozzle)
- Cowboy Magic Green Spot Remover
- Hoof Dressing
- 2 Buckets (20-gallon size - one for water, one for bathing)
- 2 large Sponges
- Sweat Scraper
- Shampoo (check Greenhawk for Horse brand, or Baby Shampoo)
- Tack Cleaning Kit: 2 small sponges, leather cleaner, small bucket
- Old Towels (lots!)
- Hay Net
- Shipping Boots
- Stable Bandages and No-Bows Cottons (Check size before purchasing)
- 2-3 Screw Eyes
- 2-3 Double-Ended Snaps

Braiding Kit including: Waxed thread or Yarn in your mane colour, good sharp scissors, seam ripper, braiding hook (rug hook), metal comb for pulling and dividing, braiding elastics, PERMANENT MARKER.

****IMPORTANT**** - All items should be clearly labeled with the rider's name to avoid confusions. Riders will need to have either a large duffel or hockey bag for transporting equipment to and from shows, or a plastic storage box. It is important for riders to have their own set of equipment, just as each Horse has their own tack.

RECOMMENDED: <http://www.homedepot.ca/product/50-gallon-mobile-job-chest/944928> These boxes are excellent as storage and travel trunks for riders and are lockable. Show team riders purchasing these will have the option to store them at the barn with their show gear.

Appendix B: Checklist - The Day Before the Show

- Bathe your horse. Make sure that you wash their mane and tail and any white markings thoroughly. No shampoo on the face, use a damp sponge. Sweat scrape before rinsing to remove excess soap, and then rinse well until there is no shampoo left in the hair. Sweat scrape again and graze until dry. Towel off the legs in an up-down manner, NOT back and forth, until dry.
- Clean your tack. Wipe off your saddle and clean with saddle soap (except synthetic saddles), take apart your bridle and do the same. Keep your bridle separate from everyone else's so you don't mix them up! Soak the bits and stirrup irons in a separate bucket of hot water and then polish with a sponge or towel to a shine. Put everything back together. Wipe down your girth, clean with saddle soap if it is leather. Also clean and polish your boots, chaps and spurs if using.
- Fill your haynet, make sure there is a double-ended snap on it for trailering. Place it out beside the front door and wet it for the night.
- Braid your horse. The full mane must be braided, and the forelock should be done with a French braid. Ask for help if needed. Tails will need to be done as well in the morning. Ensure ears, legs, nose and chin are clipped and ready.
- Pack your trunk. Use your checklist!!! Ask if you aren't sure. Any horses being shared should pack ONE box between them if possible. Have everything packed and ready and in the main aisle in front of your stall before you leave for the night. Have your halter, a rope leadline and chain leadline, and your shipping boots or wraps on top of your box ready for the morning.