

BRITISH EQUESTRIAN VAULTING



**NEWSLETTER
JUNE 2007**

Announcements

Music

Vaulters are advised to use one CD for all the music for a competition. You are also advised NOT to use CD-RW and to only use CD-R.

Selection Policy

If any one would like to suggest changes to the selection policy could they please let Andrew Williamson know by the end of August 2007.

Coaching Conference

Bill Phillips is accepting suggestions for workshops for the coaching conference. He is also welcoming suggestions for a speaker. Could you please let Bill have your suggestions ASAP.

BEV Ltd Award Scheme

The first sets of packs will be made available to clubs on 16th June 2007. Please contact your club for details of the awards and when you can start taking them.

First Aid and Child Protection Courses

Anyone requiring First Aid or Child protection courses are asked to let Avril Murray know to assess need. There may also be subsidised places for First Aid at Work courses for level 2 coaches and above.

Judging Conference

Judges conference is taking place in November. BEV maybe subsidising British Judges to enable them to attend. For more information please contact the Committee.

Pilot UKCC Level 2 Course at Clwyd Special Riding Centre

There will be a two day introductory course to the UKCC Level 2 vaulting qualification at the Clwyd Special Riding Centre run in conjunction with their camp on July 5th -9th. The course will probably be only the Saturday and Sunday. The course is open to new coaches to Level 2 and those who would like to transfer their existing Level 2 qualification to the UKCC Level 2. The second two days will be held on September 29th and 30th with assessments that weekend.

Cost will be £20 per day for the new coaches and £10 per day for existing coaches.
For accommodation please contact Clwyd Special Riding Centre.

For more information please contact Ann Hunt on ann@easterton.com or tel 01764 682268

Judging

Could you Judge? Do you meet the criteria below? If yes then you could start the process of becoming a national Judge. Please see BEV Website for further details.

Criteria Required to Become a National Candidate Judge:

1. Must be aged 18 or over.
2. Must provide a detailed Curriculum Vitae to the BEV Committee with evidence of their suitability to become a National Candidate Judge.
3. Must attend 1 national/FEI-recognised seminar
4. Must have written for a National Judge on at least 2 occasions
5. Must be a minimum of a Level 1 Coach for basic understanding or have vaulted at Advanced Level for at least 2 years in the last 5 years and hold a child protection certificate and a minimum of a 1-day First Aid certificate.

Candidate process will commence from the beginning of a calendar year.

Reports

The British Open

The British open show jumping championships was a great experience for me and the other vaulters, just the thrill of performing in front of so many people was amazing. Although I was petrified at first it felt fantastic when we were in the arena with the audience all around us. We did a team on Geoffrey with all nine of us for four days in a row, so by the end we were all exhausted. It wasn't just the performance that wore us out but we also had to practise every day, which meant waking up at about six o'clock in the morning.

I just loved it there, especially during the performance, when the lights came on, everything just went fuzzy and I filled with excitement so the

nerves just drifted away. The crowd was great everyday and they clapped whenever there was three on the horse and if we fell off they would all act sympathetic. After the shows I felt like a celebrity because we were made to do autographs along with the cowboys. It wasn't just the performing that was great but also the fact that we got to stay in a Hilton Hotel.

Nine of us ended up going from E.V.S. and we were: Sarah Reid, Lucy Bell, Sarah Watson, me, Steph Hunter, Zoe Winskell, Sara Shortland, Emma Runge and Paige Brown.

Lydia Barham

Review of BEF Volunteer Day at Hartpury 22nd February 2007

This was a pilot event held on a day with foul weather!! Despite this, 92% of the 61 delegates who completed their feedback forms rated the day as good or excellent.

We held sessions on Grant Funding, Valuing our Volunteers, 50 ways to lose a Volunteer, Volunteers and the Law and heard from speakers from Step into Sport, Volunteering England and Runningsports as well as the BEF Volunteer coordinator and a presentation by the RDA.

Some speakers were better than others and it is clear that at future events we will try to secure speakers who have more knowledge of equestrianism. We were perhaps a little ambitious in trying to cover such general topics and will think about covering more specific subjects in more detail.

However, thus said, the day was a success, provided very useful information and got us all thinking more about volunteering issues.

Gill Barham

See the Volunteer page on the BEV website for info on Volunteers' week 2007.

Did you know there is info on some of the volunteer roles that you can do on the website?

SEV runs first Pilot UKCC level 1 course in Scotland

Easterton Equine Activities Club under the banner of Scottish Equestrian Vaulting, hosted the first pilot UKCC training day for Level 1 generic coaches in Scotland. This was the first discipline to attempt the new candidate pack. It struck terror into the hearts of the candidates but they were soon reassured by the Coach Educators. It is not dissimilar to what vaulting has been using for the last 2 years, just looks more!

After two training days and a three week gap, eight Candidates were assessed by Jenny Leggate and Kathryn Jeffress. They were all successful and showed good coaching skills.

Re the UKCC: The information on the link <http://www.vaulting.org.uk/coaching.htm> should help a little to clarify what is happening. I have used similar information to that put out by the Pony Club.

Lots of interactive sessions produced good feedback by the end of the day, with a good mix of practical and classroom based exercises.

For further information please contact Ann Hunt on Ann@easterton.com

Saumur Report

Sarah Reid, Liz Reid, Emma Runge and I left on the Wednesday morning; this was the start of a long and tiring journey! We spent 10 hours in the car along with many of our bags and arrived in Rouen that night. We had a lovely French meal in a little French town, and later on we did some stretching and gymnastics (which included hanging off the top bunk!)

The next morning, we carried on the journey to Saumur where in the afternoon we met a very tired Julie McNally, Lucy Bell and Emily who had been driving the whole night. We settled in at the youth hostel and enjoyed a lovely night's sleep (for the second time!)

On Friday morning, we all woke up happy and refreshed and trundled along to the trot up where all of the Great Britain horses passed! We went for a run and did some conditioning and spent the rest of the day attempting to get a tan! It wasn't until the next morning when we started to panic and the nerves started to kick in.

The individuals started in the morning with compulsories, which actually went ok (to my surprise). Cassie was amazing and really gave me a lot of confidence and after a quick changeover, it was Sarah R's go on Geoffrey who wasn't too sure about the rays from the sun on the floor, but did brilliantly for his first international!

Freestyle was in the afternoon and both horses went exceptionally well (again) and Cassie managed to take Sarah W into the next round. She did really well and managed to pull herself into 10th place overall.

I really enjoyed the whole experience (including the party) as an individual for the first time abroad and I'm looking forward to next year when we do it all again!

Steph Hunter

Results summary

Junior Teams

SEVT 2nd 5.502

Senior Teams

SEVT 2nd 7.538

Female Individual

Joey Eccles 1st 7.918

Hannah Eccles 6th 7.089

Sarah Watson 10th 6.506

Lucy Phillips 15th 6.110

Lucy Bell 23rd 6.239

Hannah Nicol 27th 6.047

Steph Hunter 30th 5.861

Sarah Reid 31st 5.847

Hattie Nicol 35th 5.561

Male Individual

Ricky Davies 8th 6.512

Selection 2007

The following have been selected to represent Great Britain at European Championships in Hungary, August 2007.

Female Individuals

Joanne Eccles

Lucy Phillips

Hannah Eccles

Male Individuals

Ricky Davies

Jim Pate

Ross Foreman

Junior Team

SEVT

CVI* Individual

James Miller

Res. Hannah Nicol

Non travelling res. Gemma Hope

Senior Team

SEVT

Congratulations to everyone.

Results

Results Eagles Affiliated Competition 10th March 2007

Senior Individual

Joanne Eccles	8.0572	1
Hannah Eccles	7.6939	2
Ricky Davies	7.6089	3
Lucy Phillips	7.2550	4
Sarah Reid (Jigess)	6.6294	5
Dawn Morley	6.5533	6
Harriet Nicol	6.5422	7
Jim Pate	6.4711	8
Hannah Nicol	6.4644	9
Lucy Bell Canasta	6.3617	10
James Miller	6.3306	11
Ross Foreman	6.3200	12
Stephanie Hunter (Canasta)	6.2739	13
Gemma Hope	6.2589	14
Stephanie Hunter (Jigess)	6.0172	15
Nicola Long	5.5617	16
Lucy Bell (Jigess)	3.3722	17
Sarah Reid (Canasta)	3.2944	18

Pre Novice Team

Pathhead	6.9533	6.2842	1
Ingliston	6.7667	6.2258	2
Lauderdale	6.6400	5.8917	3
Eagles	5.9367	5.6219	4

Junior Individual

Andrew MacLauchlan	6.7700	5.9906	1
Yasmin Williamson	6.3100	5.9661	2
Stephanie Hunter	6.2100	5.9578	3
Stacey MacPherson	5.9000	5.9028	4
Becky Hamlyn	6.1800	5.7872	5
Abbie Carruthers	5.6900	5.4172	6
Louise Sinclair	5.5700	5.2961	7
Angus Runciman	5.1000	5.2056	8
Kirsty Clyde	5.4000	5.2028	9
Nadia Todd	5.5800	5.1844	10
Hannah Young	4.5900	4.8728	11
Chelsea Mitchell	5.0800	4.8706	12
Jamie Forsyth	3.9400	4.0950	13
Lucy Morris	3.6900	3.5339	14
Shannon Purvis	3.4600	3.2911	15

Advanced Team

Wee County

Intermediate Team

Lauderdale

Novice Team

Eagles

Jokes Corner

Q. Where do you take a sick horse?

A. To the horspital!

Q. A cowboy rode into town on Thursday stayed 3 days and then rode out again on Thursday, how is this possible?

A. His horse is called Thursday!

Q. What animal has more hands than feet?

A. A horse of course!

Q. When do vampires like horse racing?

A. When its neck and neck!

Q. What does it mean if you find a horse shoe?

A. Some poor horse has lost one!

Q. How many horses have three legs?

A. They all do!!

Individual Ranks system 2007

Following the rules meeting in January it was agreed to change the ranking system for individuals. The system will now run in a similar way to the IVC system for international vaulters. The highest three scores a vaulter achieves throughout the year at British competitions will be added and then ranked to give the results. This will mean that vaulters do not need to attend every competition in the year to do well in the rankings. The rankings will continue to be split into Male, Female and Junior sections.

Rankings to date (correct on 27th May 2007):

Male

		Total of highest 3 scores
1	Ricky Davies	21.208
2	James Miler	18.042
3	Jim Pate	17.553
4	Ross Foreman	12.859
5	Michael Andrews	5.420

Female

		Total of highest 3 scores
1	Joanne Eccles	23.530
2	Hannah Eccles	21.985
3	Lucy Philips	21.962
4	Lucy Bell	19.511
5	Sarah Reid	19.507
6	Hannah Nicol	19.167
7	Dawn Morley	18.306
8	Harriet Nicol	18.121
9	Stephanie Hunter	17.948
10	Gemma Hope	17.474
11	Victoria McLaren	11.443
12	Zoe Winskell	9.740
13	Nicola Long	9.705
14	Sarah Watson	6.470
15	Fearn Ainsworth	5.356
16	Emma Runge	5.301
17	Lesley Campbell	4.110
18	Erica Villis	3.743
19	Ronja Regener	2.613
20	Joscelin Criag	4.247

Junior

		Total of highest 3 scores
1	Stephanie Hunter (Eagles)	17.721
2	Andrew MacLauchlan	17.381
3	Louise Sinclair	17.333
4	Yasmin Williamson	17.238
5	Stacey MacPherson	16.567
6	Hannah Young	16.222
7	Chelsea Mitchell	13.539
8	Nadia Todd	13.415
9	Shannon Purvis	12.411
10	Angus Runciman	12.243
11	Lucy Morris	11.863
12	Rebecca Hamlyn	11.554
13	Sara Shortland	10.644
14	Paige Brown	10.313
15	Kirsty Clyde	9.948
16	Laura Runciman	8.699
17	Lucy Younger	8.523
18	Becky Hamlyn	5.787
19	Abbie Carruthers	5.417
20	Lydia Barham	5.085
21	Laura Jamieson	4.850
22	Chloe Arnott	4.696
23	Honor Green	4.685
24	Gabrielle Walker	4.255
25	Jamie Forsyth	4.095
26	Zara Villis	4.039
27	Helen Anderson	3.946

Further details are available on request from Liz Watson

Stretching

Warm up prior to physical activity is believed to reduce the risk of injury and enhance performance (Young and Behm: 2003). McMillian et al (2006) suggests that this enhanced performance is thought to be achieved by a variety of mechanisms such as increased muscle temperature, increased neural activation (increased nerve stimulation to the muscle) and joint range of motion.

Smith (1994) reports that the indications for a pre exercise warm up is to increase muscle and tendon suppleness, to stimulate blood flow to the periphery, to increase body temperature and to enhance free coordinated movement. Typically a pre competition warm up would consist of a relatively low intensity component such as jogging followed by stretching and concluded with dynamic activities that replicate Vaulting.

The jogging component of the warm up is widely stated to increase body temperature and to provide the low intensity aspect of the warm up. It is the stretching aspect however, that has raised debate regarding its effectiveness and place within a warm up routine. Young et al (2006) suggests that while static stretching remains a popular method of increasing the range of movement (ROM) of a joint (flexibility), it has recently been scrutinised when used during warm up and prior to physical tasks requiring strength and power. It is Young et al (2006) that states that 2 minutes of static stretching at 100% intensity caused a significant impairment to explosive muscle power. In support of Young's findings Behm et al (2003) suggests that although running had positive effect on explosive power static stretching had a negative effect on explosive force and jumping performance. In contrast to these theories however, Unick et al (2005) believe sustained stretching may not adversely affect power performance in trained women.

In conclusion within the restraints of a small article the evidence suggests stretching is a fundamental component of vaulting performance. While it is not clear exactly when or where stretching should sit in the warm up and cool down process. It is clear however, that stretching must be completed to increase the joint range of movement and to reduce muscle stiffness following physical activity.

Any questions or further queries please contact me via email.

All references are available via my email address.

fiona.jones@uhcw.nhs.uk

Fiona Jones

RATIONING "DR GREEN" for the 'good-doers'...

In an ideal world we would turn out our 'good-doers' onto old pasture, with a variety of grasses and herbs, close cropped and cleaned by other stock (cattle, sheep etc.) However very few of us live in this ideal world – and the grazing available to us is often either 'horse-sick' or planted with grasses designed to fatten cattle.

When planning a healthy regime we should bear in mind the fact that the horse's digestive system is designed for a regular intake of both digestible, and indigestible fibre; and that the horse gets much of its necessary protein and energy and many of its vitamins and minerals from the grasses and herbage it evolved to eat. Horses and ponies have a physiological and a psychological need for a regular intake of fibre based nourishment and we, as horse or pony keepers, should always ensure that the level of roughage does not fall below 25-30 % of the total diet. A lack of necessary forage can cause serious digestive disturbance and emotional stress which may lead to behavior problems - such as wood chewing, box walking etc.

In Spring and Summer, when grass is lush and fast growing, the protein and energy levels are high and grasses make a storage carbohydrate called Fructans that is considered to be a possible 'trigger' for Laminitis.. Turn-out time needs to be carefully rationed for many horses and ponies and consideration should be given to providing another form of fibre, with a lower level of nourishment – eg. late-cut (stalky) hay, oat straw, sugar beet or high fibre cubes and also a suitable and balanced supply of vitamins and minerals.

In 1987 the pioneering feed for 'good-doers' was formulated and added to the BALANCED' range of complete, fully fortified 'short' rations. AT GRASS MIX™ is a concentrated, palatable carrier of vitamins, minerals, trace elements, anti-oxidants etc. designed to be fed in small quantities, alongside forage. For small ponies (under 14.2hh) 1lb - 1 1/2lbs per day and for horses (14.2hh –17hh) 2lbs – 4lbs per day. A little lightly molassed chaff or sugar beet may be added to 'bulk' the quantity in the bucket!

BALANCED' AT GRASS MIX™ has been found to help many laminitis prone horses and ponies and to also help with other metabolic problems by providing 'good-doers' with the necessary micronutrients for health and tissue repair – alongside their ration of Dr Green and a little extra roughage!

For informed feeding advice, contact

BALANCED' FREEPHONE HELPLINE 0800 1975200
 e-mail enquiries@balancedhorsefeeds.co.uk
 or visit www.balancedhorsefeeds.co.uk

Upcoming Events

British Competitions 2007

English Championships	Morton Morrell	16th June 2007
Meca Affiliated Competition	Meca, England	26th August 2007
British Championships	Morton Morrell, England	8th – 9th September 2007

International Competitions 2007

CVI*/** Portogruaro	Italy	8th to 10th June 2007
CVI */** Brno	Czech Republic	22nd – 24th June 2007
CVI */** Saratoga	USA	29th June – 1st July 2007
Masters Aachen	Germany	3rd July – 8th July 2007
CVI*/** Krumke	Germany	6th -8th July 2007
European Championships	Hungary	06th – 12th August 2007
Masters Mannheim	Germany	15th -19th August 2007
CVI*/** Sao Paulo	Brazil	23rd -25th November 2007

International Competitions 2008

Masters Wiesbaden	Germany	9th -12th May 2008
World Championships	Czech Republic	31st July – 3rd August 2008

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