



JUMPING VICTORIA JUNIOR & YOUNG RIDER SQUADS



What a great first squad weekend we had for the 2015 year. The old friends caught up with each other and our new members enjoyed their experience. Our guest speakers in James O'Connor Elite Team Leadership and Sue Smith on the training scale were well received. Parents are very welcome to attend these theory sessions to ensure your family get the most out of it by discussing together. A big get well message is sent to Madi Buckner who took a nasty fall warming up her prospective horse. We hope you are recovering well.

Our new coaches Gavin and Alex fitted in seamlessly and their expertise will be of great benefit to the squads in the coming weekends.

The coming weekend June 13/14th will be our second and we will again enjoy the lovely weather I hope! The timetable is attached. If you wish to book stables, this will need to be done directly with WPNEC.

Saturday: The Saturday theory session will be conducted with Elite Sport Leadership following up on last squads session and will be working on goal setting and inspiration! Remember if you have arranged to ride two horses, please ensure that you find time to attend the theory even if you miss one of the three riding sessions on your second horse. Parents are welcome to attend.

You have two riding sessions also timetabled.

Saturday night: Saturday night dinner— it is hoped that all will attend this. It is held in the Admin building and starts about 6pm. We have a group meeting at approx. 7.15pm Dinner is a casserole dinner where each family bring a casserole, salad, dessert etc. Heating up is a problem so if you can bring slow cookers, frypans to heat it up or bring it over hot, that makes it easier. This is an important component of the squads and we ask everyone to make an effort to get to the meal— the whole family is welcome and there is no charge. Gavin Chester will be the guest speaker so get your questions ready as this will be an open forum— it is your chance to pick the brains of one of Australia's greatest horsemen.

Sunday Breakfast 7am to 9ish your family is welcome to the Admin building for a casual breakfast. Muesli, fruit, toast and this weekend— thanks to some Dads kindly offering to man the BBQ— we will have a hot egg and bacon available. A very relaxed and fun way to start your Sunday.

Sunday we will be having a presentation by Southern Sad-

The uniforms are due and will be available on Saturday from the Admin building. The saddleblankets given by Hygain to each squad member will also be available. Those families paying at the squad are asked to do so on the Saturday if possible! Uniform orders will again be taken with delivery at the July Squad.



Helping you
to best fit your
saddle to your
horse.
**JUMPING
VICTORIA**



Attendances
If you are not
intending on
coming to the
June Squad please
contact Annie
urgently!!!



Some great resources from our Sponsors HYGAIN. Take the time to check out these very informative videos :

The Treatment & Diagnosis of Gastric Ulcers in Horses

<http://www.hygain.com.au/video-diagnostic-treatment-gastric-ulcers-horses/>

Why is it Important to Process Grains

<http://www.hygain.com.au/video-important-process-grains-feeding-horses/>

Hopefully you have sent your thanks through to Hygain . Here is a message from Hygain

Some of you have been absolutely amazing in staying in touch, providing us with updates and wonderful photo's which our fans love. I would like to point out the outstanding effort of **Victoria Davies, Jo Jackson, Paige Jardine and Vanessa Veart Smith** who have been excellent in keeping us up to date on their exciting horsey journey.

As per usual, we will then **upload this information to facebook ourselves** and inform you when we do so. Please **tag yourself** and if you wish, also tag any friends and or family to the post to make it a real success. *(If you don't know how to tag yourself to a post, please let me know and I will talk you through it)*

I have put together a list of possible updates to give you a better idea about what we are after:

- *A new arrival to your horse family. Either a horse you bought or a foal being born. (or the selling/retiring of a horse)*
- *Before and after shots of your horses*
- *Your horse pulling a face, going for a swim in the ocean/dam, covered in mud or hooning around in the paddock – we want to get to know your horse's personality!!*
- *Milestones you have accomplished with your horse e.g. first piaffe, jump over XXXcm or bestest time around the barrels*
- *Tell us about the latest clinic/seminar you held incl. number of attendees, the atmosphere, topics covered, success stories*
- *Have you been featured in a magazine? Send us a photo and the article.*
- *Awards received or nominated for*
- *Competition results*

Please send the update to jfleck@hygain.com.au with 100 words or less and any photos or videos

Please also make sure to share **at leasmonth** on facebook to spread the word about our awesome horse facts, fun deals, interesting seminars, or the super popular calendar competition



Thanks to Caitlin Healeys mum and also Ash Terlatos mum for sending me photos from last squad. It always makes the newsletter so much more interesting!.

Mobile phone app gives heads-up on sports concussions

Emily van Sonsbeek, 16, suffered two concussions after falling off her horse. Her family is backing a new app to help parents and coaches. *Source: News Limited*



A MOBILE phone app that tells parents when to call an ambulance and sporting coaches whether to let a child back on the field after a head knock has been developed to avoid ongoing damage from concussion.

But Professor Vicky Anderson, director of clinical sciences research at Murdoch Childrens Research Institute and head of psychology at The Royal Children’s Hospital, said concussion was poorly understood at amateur sporting league level.

“It has to be two or more symptoms after a blow to the head including nausea, dizziness, headaches, fatigue and balance problems,” Prof Anderson said.

“Kids are often let back on the oval too quickly, but that’s often because the kid nags to be let back on and it can be difficult to know how bad an injury has been.”

The Take Care team at the MCRI and RCH have developed the mobile phone app HeadCheck, which has been endorsed by the AFL’s sport scientific advisory group.

Based on the severity of symptoms it suggests whether the child needs an ambulance or a GP.

Professor Anderson said multiple concussions increased the risk of ongoing problems such as fatigue, headaches and poor learning, especially if they returned to school too soon after injury.

State show jumper Emily van Sonsbeek, now 16, was twice knocked unconscious after landing on her head from falling off her horse five weeks apart. She suffered chronic headaches, memory loss, depression and personality changes for three months after the second fall, and 15 months on her memory is still affected.

Her dad Peter said they would never have let Emily back on the horse so soon if they had known the seriousness of the first injury. “The second fall never should have happened,” Mr van Sonsbeek said.

“We worry all the time about it happening again as there is evidence building to suggest it causes problems down the line.”

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A group of happy spectators enjoying the sun at the May squad weekend. Keep fingers crossed that this weekend will be a repeat! See you there.