

HORSE TIMES



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AUTUMN 2020

THE LEADING EQUESTRIAN MAGAZINE IN THE MIDDLE EAST



TOKYO 2020



TOKYO OLYMPICS 2020

TO BE OR NOT TO BE

THE ART OF EQUITATION

FOR NOVICE AND EXPERIENCED RIDERS

RIDING LESSONS

SHOW JUMPING LESSONS

CORRECTIVE AND STYLE RIDING LESSONS

VIEW POINT FROM THE CHAIRMAN



Dear Readers,

Desperate times call for desperate measures.

The Covid -19 Virus and its impact on the world; particularly on our sport. **The Tokyo Olympic Games – to be or not to be, reminiscing** and missing the **Morocco Royal Tour** this year.

Following this nostalgia to recall the **Golden Age of Showjumping** with **Bert De Nemethy** and his impact on the showjumping sport. Mind over matter, showing the power of our mind with **Sandie Robertson** and “**I know you see it**”.

Dressage tips with **Emmad El-Din Zaghloul**, Art corner with **Theo Woodham Smith**, medical diaries by **Dr.Ashraf El-Kalla**.

A sneak preview with **Ahmed Sabry** and getting to know the talented rider now closer. Last but not least, we give you some **Equestrian facts** and updates through an **Olympic perspective**.

Read on and enjoy,

Khaled Assem

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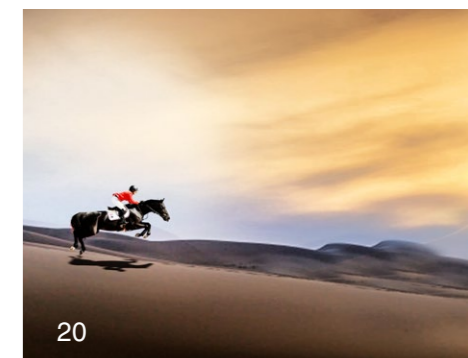
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TOKYO OLYMPICS 2020

TO BE OR NOT TO BE

BY KARIM BADARO





ORIGINALLY SCHEDULED FOR THIS CURRENT SUMMER, THE TOKYO OLYMPIC GAMES AND THE TOKYO PARALYMPIC GAMES HAVE BEEN – UNSURPRISINGLY – POSTPONED.

THE REASON FOR THIS DECISION IS OF COURSE, THE OUTBREAK OF THE NEW COVID – 19 PANDEMIC WITH ALL WHAT IT IMPLIES OF CONFINEMENT, TRAVEL RESTRICTIONS, BUDGETING CONSTRAINTS, ETC...

The decision of postponing the long awaited Games was taken on March 20, 2020.

The decision was taken by the International Olympic Committee (IOC), The Tokyo 2020 Organizing Committee (TOCOG), The International Paralympic Committee (IPC), The Tokyo Metropolitan Government and The Government of Japan.

The reason: **“The unprecedented and unpredictable spread of Covid-19”**.

The decision was not easy to take. However, with the 2020 deadline pushed forward, this gave decision makers enough time to reflect on the subject. Several National Olympic Committees (NOC), declared a couple of days before this decision, that they would not send their athletes to Tokyo, if dates were kept in 2020. This was the case for the NOCs of Canada and Australia.

Taking into account all parameters, new dates were sent: The Tokyo Olympic Games would be held from July 23, 2021 till August 8, 2021 and the Tokyo Paralympic Games, from August 24, 2021 till September 8, 2021.

It is to note, that these Games, would still keep their original name of **“Tokyo 2020”**.

Will these Games, still be held on these dates in 2021?

This is the big question!

To this question, a definite answer will be given in October of this year.

In the meantime, the IOC and its President, Thomas Bach are multiplying contacts and consultations. On May 27, Thomas Bach had a marathon Visio Conference meeting with all IOC members.

The meeting started around 10:00 am, Swiss time and was divided into three sessions, depending on language spoken and time zones.

According the Agence France Press (AFP), Thomas Bach wanted to screen ideas, thoughts and experiences of all members, worldwide.

Next Visio Conference of IOC members is scheduled for July 17, 2020.

Thomas Bach, has also been on constant contact with all International Federations to evaluate their opinions and financial situations caused by the postponement of the Games.

What is at stake for the Equestrian sport?

The Equestrian sport is one of the disciplines that have finished their qualification procedures.

Only around 40% of the overall International Federations have done so.

Other International Federations have not completed their qualification procedure yet. This puts the Equestrian sport in a secure position.



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© FEI / Jessica Rodrigues



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Other positive points are that equestrian facilities and infrastructures have been completed and are ready to run. A Test Event has been organized in August 2019 in Tokyo, on the Olympic facilities, to check that everything is in good and running order. Very positive feedbacks were noted, in this respect and all aspects of our sport have been catered for.

New dates for equestrian (**Jumping, Dressage and Eventing**) have been scheduled now

from July 23, 2021 till August 08, 2021.

In addition, some riders and Chef d'Equipe, feel that the postponement of the Games, will be beneficial and would give them and their horses, additional time to get better prepared. This is the opinion of French Chef d'Equipe Thierry Pomel. According to him, this additional grace period of one year, will allow for new horses to mature giving his team a wider choice of horses.

On the other hand, In the possible – but unwished for probability – the Games being cancelled, this would give the FEI, the possibility to reschedule many Championships and Evens that were recently cancelled or moved, to accommodate the new Olympic dates. Namely, the European Jumping Championships, Eventing, Dressage and Para-Dressage.

Any chances of cancelling Tokyo 2020?

Many voices have loud concern.

Will the Games still be held if a covid-19 vaccine has not been found and made available globally?

Will the Games still be held if athletes or officials from certain regions or continent are not able to travel to Tokyo?

Will the Games be held behind closed doors?

Will quarantine for athletes and accompanying personnel (Team managers, medical staff, trainers, journalists, etc...), have a beneficial outcome, if possible at all?

Will the Games still be held if an international agreement on travel and quarantine is not reached?

All of these questions need answers. But one thing is certain: The Tokyo Games will either be held in 2021 or will be cancelled all together, as declared by Thomas Bach during an interview to BBC. He

added that you cannot constantly employ between 3,000 and 15,000 persons and keep athletes in an uncertain situation, ruling out the possibility to hold the Games between closed doors. He added during this interview: Once we have a clear vision on what the situation will be on July 23, 2021, all appropriate decisions will be taken, then.

In the meantime, on June 11, 2020, the Tokyo Olympic Games Organizers, together with the IOC, have agreed to host “simplified” Games, in order to cut financial weight caused by the postponement of these Games.

Some 200 items have been considered. At this point in time, no details were made available. However

the Olympic torch relay has been identified as being one of these items to be reconsidered. A final decision will be reached in September, 2020.

As of this very date, IOC and Organizers have never discussed cancellation of the Games.

However, according the Italian sports media Corriere Dello Sport, a final decision might be taken as early as October, 2020. It adds that the IOC “will not hold the Tokyo Games, if even one athlete is left at the door”. The Tokyo Games will be held with everybody or will not be held at all.

Troubled times ahead and difficult decisions, await all decision makers in Lausanne and Tokyo.





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MEETING WITH THE FOOTING EXPERT

CHRISTIAN BAUER — PART 1

MY EXPERIENCE REACHES OUT TO FIVE CONTINENTS; MY AIM IS TO USE LOCAL RAW MATERIALS. THE MAIN AND MOST IMPORTANT RAW MATERIAL IS ALWAYS GOING TO BE SAND. THE SAND IS IN CHARGE OF THE IMPACT FIRMNESS, THE GRIP, AND TO SOME SMALLER EXTEND THE CUSHIONING AND THE RESPONSIVENESS.

Finding the right raw material locally comes out of experience. I've been doing this for 20 years, I've worked with sand from all continents from many countries, and my experience has got me to know where to look for a certain type of material in each country.

I have installed all sorts of arenas, without mats, with rubber mats; with shock absorption mats which are coming now strongly into the market, but you always need the **specific** sand component, **for each different system**. And therefore it's not possible to build the same system in all the countries

Sometimes in some countries you cannot find the right raw material. That might mean that you will need to import raw material, leading to very high costs for the project that will not make any sense.

When I build an arena, my aim is to create an intended standard; there is a green, yellow and red area in each parameter.

They get measured and I always try to have my five parameters within the green allowance _____ thresholds that come from the FEI with professor **Roepstorff** who has developed this measuring system throughout the last **10** years or more





AND HOW DO YOU STAY WITHIN THE GREEN?!

It is completely up to every arena builder in this world to get these parameters right. You can do it with irrigation from the top; you can do it with irrigation from the underneath. You can achieve it with sand with rubber mats or foam mats. All of this is possible if you have the right combination of all the material.

For example in EL-Jadida arena here in Morocco, we work with sand that has very high clay content. So I have to be very careful when I do my maintenance work, mainly at night when I water.

Because if I have any extra water it gets muddy, At the same time if I get it on the right water level,

riders tell me its highly elastic, it has very good shock absorption as well as responsiveness. So we can never reproduce this in an outdoor arena because you have too much influence of wind, sun and rain.

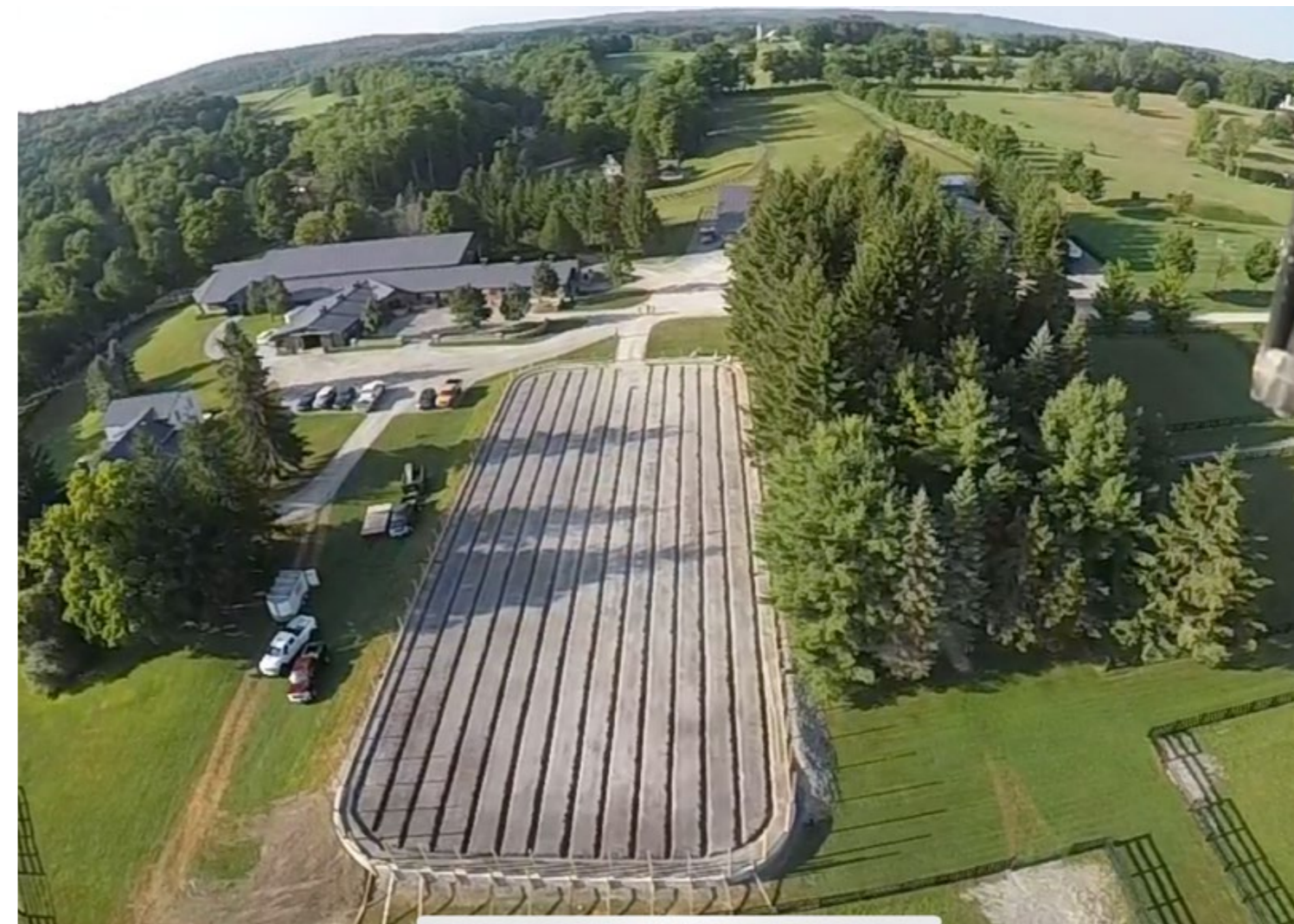
WHAT ABOUT MEASURING THE CUSHIONING AND ELASTICITY?

There is a machine that is approved by the FEI called the OBST. This is a mechanical hoof with sensors that is in between 1.5 to 2 tons. It hits the ground and these sensors measure horizontal and vertical force.

So it determines the grip, measure the rebound of the surface, **and all other parameters**. It is a standardized machine that can be used in all arenas around the world, **and therefore makes arenas scientifically comparable**.

After this, a lot of fingertip feeling is what I personally use to make my decisions. After 20 years of walking arenas and building arenas using different sands; you get to feel how your footing reacts to certain treatment then you decide to dig deeper or to make it less deep, you compact it overnight or you don't compact it, you put a lot of water on it or you put little water on it.

At the end it still depends on my instinct! I mean there is no arena where you can use standardized steps because parameters differ from a place to another. 🏠





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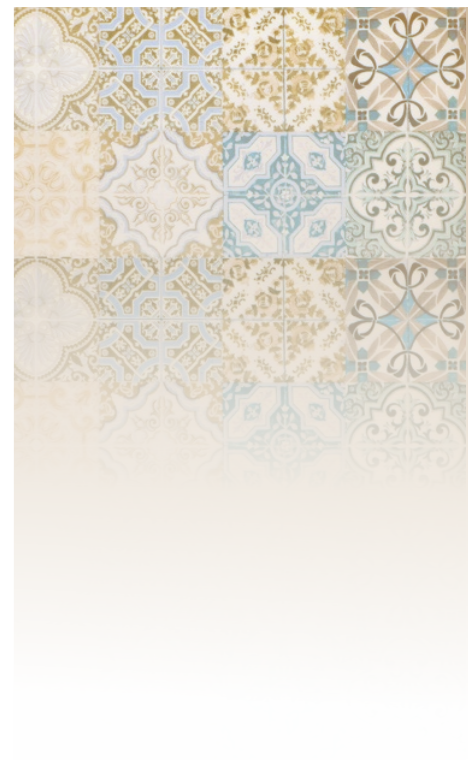




OVER THE YEARS WITH THE MOROCCO ROYAL TOUR

BY MENNA LOUTFY





AS WE MISS THE MOROCCO ROYAL TOUR THIS YEAR THAT WAS CANCELLED DUE TO THE COVID 19 PANDEMIC; WE THOUGHT WE SHOULD DEDICATE A FEW PAGES TO EXPRESS OUR APPRECIATION AND LOVE TO THE WONDERFUL HORSEMANSHIP-EXPERIENCE THAT WAS GIVEN TO US BY THE MOROCCAN EQUESTRIAN FEDERATION, THE ROYAL GUARD AND THE SALON DU CHEVAL D'ELJADIDA. AND TO CELEBRATE OUR WONDERFUL COMPANIONSHIP AS HORSE TIMES MAGAZINE TO THE TOUR.





60 SECONDS WITH AHMED SABRY

COUNTRY : EGYPT

DATE OF BIRTH: MAY 9, 1981

STAR SIGN: TAURUS

PROFESSION: PROFESSIONAL SHOWJUMPING RIDER & TRAINER

OWNER & MANAGER OF GREENWOODS COMPANY (HOMEWEAR)

Tell us a bit about yourself

My name is Ahmed Sabry. I have two older brothers & one younger sister. I am married and have my son Omar who plays soccer & Talia plays basketball, but both love horses as well.

I started riding when I was 8 years old.

My father passed away when I was 10 years old, but my mother supported us to continue riding; as she realized how much me and my brother Sherif loved horses!

I studied international business and marketing in MSA University.

Describe your typical practice?

I ride regularly in Gezira club in Zamalek, this place is my second home! It is near where I live as it makes life easier for me. We have two fibre sand arenas. One new big arena I think it will help us a lot for better training.

I check on my horses and the horses that I train as well. I ride around 2 or 3 horses a day. I train around 3 or 5 riders a day. No rest if we have competitions.

Tell us one or two things in your training that contributed to your success.

I believe that consistency in training is very important for both the rider and the horse. I mean riding at least 5 or 6 days a week to work horses muscle's and brain as to make them as fit as possible.

But at the same time we must keep horses happy, not over work them

What was the best advice you were given?

The best advice given to me was to work hard and be patient

What advice would you give to young athletes?

I would give the same advice to keep working hard and be patient especially in our sport.

I believe that if we step up levels quickly we will fall maybe two or three levels down because horses must have the confidence all the way.

What is your best achievement?

I qualified to the World Equestrian Games during Sharm El-Sheikh Qualifications 2009. Ranked 6th in the A1 level of the Egyptian National Cup 2010. Won the third place in the A2 level for season 2012.



What is your favourite book and who is your favourite author?

The holy book "Qur'aan".

What is your favourite food?

Sushi.

What is the most memorable place you ever visited?

The Netherlands.

What is your strength and what is your weakness?

Strength: I am a patient hard worker.

Weakness: I quickly believe what people say which proved to be not quite right.

What is the biggest challenge you have ever faced?

Growing up missing my father's advice and guidance; as he passed away when I was young.

What is the biggest reward you ever got?

My wife.

If you had the power to change something in this world, what would you change?

I would end war and poverty.

If there is something about yourself that you would like to change, what would that be?

Make better decisions in my life without having to waste more time

If you weren't who you are today, what would you rather be?

Nobody else. I'm grateful for the person I've become.

What are the goals that you aspire to achieve?

One day I would love to have my horse in Europe till I reach top level in the sport.

Who has been your greatest support?

My family and friends.

What are your greatest motivations?

When I see the riders I train win and ride well in competitions. And of course when I my horses jump well at shows.

Who is your sporting hero?

Ludger Beerbaum and Marcus Ehning

What is your second favourite sport?

Football.

What is your favourite genre of movies?

Comedy.

What kind of music do you enjoy listening to?

I love Arabic songs especially the ones of Amr Diab and George Wassouf.



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THE GOLDEN AGE OF SHOWJUMPING
BERT DE NEMETHY
THE ONE AND ONLY MAESTRO

BY FRANK WATERS

BERTALAN DE NEMETHY, AN ELEGANT, ONE-TIME HUNGARIAN CAVALRY CAPTAIN WHO COACHED THE UNITED STATES EQUESTRIAN TEAM TO OLYMPIC AND OTHER INTERNATIONAL SUCCESS FOR A QUARTER CENTURY WAS AN ABSOLUTE ICON IN THE SPORT. HIS MEMORY WILL LIVE FOREVER IN EQUESTRIAN HISTORY WORLDWIDE. BERT PASSED AWAY ON JANUARY 16, 2002 AT HIS HOME IN SARASOTA, FLORIDA, HE WAS 90.

From 1955 to 1980, from the team's headquarters in Gladstone in New Jersey's Somerset County, Bert instituted a training program for young American riders. He taught riding techniques that emphasized skill over strength, what the London newspaper *The Independent* called an "attractive flowing style."

His national teams won Olympic silver medals in 1960 and 1972. They also won gold medals in the Pan American Games in 1959, 1963, 1975 and 1979 and in 71 of the 144 Nations Cups in which they participated. After he retired from the United States Equestrian Team, he coached the United States show-jumping team to the 1982 world championship.

His riders included Bill Steinkraus, a member of six Olympic teams who won America's first

individual gold medal in 1968 in Mexico City. Bert also coached such outstanding riders as Frank Chapot and his wife Mary Mairs Chapot, Joe Fargis, Neal Shapiro, Kathy Kusner, Carol Hoffman, Conrad Homfeld and so many others.

Bill Steinkraus, the United States Equestrian Team's chairman emeritus, said of Bert de Nemethy: "By both example and precept, he taught several generations of Americans not only how to ride, but also how to behave and how to give horses the respect, understanding, care and training they deserve."

Bert de Nemethy was born on Feb. 24, 1911, in Gyor, Hungary, where his father was the governor. In 1932, he graduated from a cavalry academy and became a leading European show jumper and a riding instructor at the Royal

Hungarian Cavalry School. He was a member of the Hungarian equestrian team for the 1940 Olympics, which were canceled because of World War II.

In 1944, Bert led the cavalry cadets to safety when the Soviet army invaded Budapest. He taught riding in Denmark until he came to the United States in 1952. He became an American citizen in 1958.

In her 1983 book, "The de Nemethy Years," Paula Rodenas wrote, "He brought with him all the cavalry traditions of classical horsemanship that he had learned under a system that no longer exists and tailored them to the American riding scene." His book "The de Nemethy Method" became a classic primer on how to train show-jumping horses and riders. The book led to a set of videotapes. He designed jumping courses, including



those for the 1984 Olympics in Los Angeles and the 1989 World Cup finals in Tampa, Fla., and conducted clinics around the United States.


In 1987, Bert was voted a charter member of the Show Jumping Hall of Fame in Tampa. Until he moved to Florida in 1991, he and his wife, Emily, lived in Far Hills, N.J. His wife died in 1997. He is survived by a sister, Maria Bobrovniczky of Budapest; a

stepdaughter, Christine Ranelli of Auburndale, Mass.; and three grandchildren.

Armand Leone Jr., the president of the United States Equestrian Team, said Bert de Nemethy would be remembered for more than his coaching. As Armand said, "His genius enabled so many to enjoy the wonder of horses."

I thank the New York Times for

some of this great information on a true legend.

My book *The Golden Age of Show Jumping* and children's book, *Toby Rogue* are being ordered by book stores around the world each month to replace sold stock. This is what authors and publishers dream of. If you want your copy, please go to amazon.com or your local book store and order both books, many five star reviews. 




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I KNOW YOU SEE IT
**SO WHY
WON'T YOU
LOOK AT IT?**

BY SANDIE ROBERTSON

AS WE ENTER THE LAST QUARTER OF THE YEAR IT IS HARD NOT TO REFLECT ON WHAT HAS BEEN AND HOW MUCH TIME HAS PASSED. THE GLOBAL PANDEMIC THAT AFFECTED NOT JUST THE EQUESTRIAN COMMUNITY; BUT TOUCHED EVERY ASPECT OF ALMOST EVERYONE'S LIFE.



© Lukasz Kowalski / FEI

The ripple effects of this time are really starting to show and people tend to fall in to 3 categories.

GROUP ONE

Terrified of the uncertainty, terrified of what has been and unable to look to the future or to plan for today.

GROUP TWO

Those who are happy to be back enjoying time with their horses and able to take it day to day, grateful for the situation they are in and in no hurry for change.

GROUP THREE

The super motivated, who took the greatest advantage of this time and worked hard, practiced and improved and gained knowledge and strength through their own determination and dedication to improve in whichever way they can.

Having spoken to clients who fall in to all 3 categories there is 1 standalone difference between those in the first 2 categories and those in the third.

The individuals in group 1 and 2 place a huge amount of effort in “not knowing” what they want, why they are stuck, why they are where they are. They can come up with many hours’ worth of incredible reasons as to why they “aren’t ready” “aren’t good enough” and are without a goal.

They have explored EVERY reason to ensure a negative outcome. They have looked left, right, up, down and even backwards! But they refuse to open their eyes and look at the path directly in front of them.

WHY DO THEY DO THIS?

Deep down they know exactly what they want to achieve but often the thought of admitting it is too great. Fear of failure, Fear of success, feeling overwhelmed about how to start or having the self-worth to believe you deserve it are the most common examples of why we just don’t allow ourselves to SEE what’s right in front of us.

Whereas category 3 have laser like focus on what they want. They have nothing but belief in the process and will work towards their own goals in a truly dedicated fashion, building daily to create a solid infrastructure for success.



WHERE TO START CAN SEEM DIFFICULT WHEN EVERYTHING THAT ONCE FAMILIAR HAS CHANGED.

Remember that everything seems new until we do it and it's the "new normal".

Start by setting yourself some realistic goals, be honest with yourself about what you want to achieve by December and then break it down month by month. Taking control is the first step towards taking action.

So make the plan, follow the plan and be amazed at what you are about to achieve. 🏆



ABOUT THE AUTHOR

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THE ART OF CLASSICAL DRESSAGE RIDING HOW CAN I COMPETE IN DRESSAGE?

By Emmad Eldin Zaghloul

IN THE EARLY STAGES OF LEARNING TO RIDE, YOU SHOULD HAVE CONCENTRATED ON ACQUIRING A BALANCED SEAT AND ON HOW TO USE SIMPLE AIDS. HAVING LEARNED TO CONTROL YOUR BODY WHATEVER THE HORSE MAY DO. IT IS NOW TIME TO FORM A CLOSER PARTNERSHIP WITH HIM SO THAT YOU WORK (DANCE) TOGETHER IN HARMONY .



The Rider

The brilliant rider is born, not made, but there are many international stars who readily admit that they are not natural horsemen. Their success is the result of application and effort.

You must have a positive, sympathetic attitude towards your horse, You also need patience and a calm temperament. If you are excitable and nervous, the horse will sense it and become tense and anxious himself. Never lose your temper with your horse, it could damage your relationship with him irreparably.

To ride well enough to harmonize with your horse's movements and to influence his actions, you must develop a two-way communication with him.

You will have to learn to feel, through your body, exactly what he is doing with his. This increased sensitivity or "feel" will enable you to get the best results, using the finest of aids, without ever resorting to brute force.

You will therefore, need to develop your coordination and a sense of rhythm, to know exactly what combination of aids to use: when,

and how strongly, to help you to supple your horse and to influence his paces, balance and rhythm.

You will learn to feel what each of his legs is doing and the degree of relaxation or contraction in the muscles along his neck, back, and quarters. Gradually you will learn what he can or cannot do, and how to make the most of his ability.

Instruction

As well as a suitable horse you will need a good instructor. You will gain more from having individual lessons than from joining a group.

You could also take a short concentrated course – three to four days – to include riding instructions and general horse management. Such courses are valuable as they not only provide continuity, but also allow you to learn from other riders' mistakes.

That speech was about you (the rider), next will be (improving your seat) and keep in your mind all the time that our main target is to (Tango) with your lovely partner. 🐾

Ref, (Captain Mark Phillips)



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AN OLYMPIC PERSPECTIVE EQUESTRIAN FACTS AND UPDATES

By Sallie Pisch

WITH THE POSTPONEMENT OF THE TOKYO OLYMPIC
GAMES 2020, WE HEREBY GIVE YOU SOME INSIGHT INTO
THE HISTORY OF THE GAMES. UNTIL WE MEET NEXT YEAR
IN TOKYO 2021.



TOKYO 2020





Photos by International Olympic committee

Brief history of the Equestrian events in the Olympics

Equestrian events have been part of the Olympic Games since Jumping was featured in the Paris games in 1900, although there were no Equestrian events in the following two games. It wasn't until 1912, in Stockholm, that Equestrian events became regular at the games, and the six events featured now – individual and mixed Eventing, Jumping, and Dressage – have been regular since 1964.

The equestrian events at the Olympics in some ways harken back to the original Olympic Games in ancient Greece, where the events were based on military preparedness. Each of the equestrian events now part of the modern Olympics also have their base in military training: dressage was invented in ancient Greece to develop coordination between horse and rider, necessary in battle, and eventing was developed to test the preparedness of cavalry horses and to provide a means of comparing the training methods of different countries. Indeed, until 1951 only military personnel could take part in Equestrian events. Per a 1951 decision by the Olympic committee, civilians and women were first allowed to participate in Equestrian events in the 1952 games in Helsinki.

The Equestrian events as we know them now have remained more or less the same since 1964.

Riders of note

Reiner Klimke (1936-1999) of West Germany is the most decorated dressage rider in Olympic history, with six gold medals. He also won two bronze, making him one of only three riders to have won at least eight medals. He participated in six Olympic Games and came home with medals from five of them: '64, '68, '76, '84, and '88.

Anky Van Grunsven of the Netherlands has earned the most medals of any Olympic rider: she holds 3 gold, 5 silver, and 1 bronze for a total of nine medals. What's more, at the Beijing 2008 games she became the first rider to win three consecutive Olympic titles in individual Dressage.

Hans Gunter Winkler has the finest record of any German Show Jumper, and holds a number of records in the Equestrian Olympic Games: he is the only Jumper to earn five gold medals, has earned more medals than any other Show Jumper with 7 total, and is the only rider in any discipline to earn medals at six different Olympic Games.

Lis Hartel of Denmark was the first woman to win an Olympic Equestrian medal, at the 1952 Helsinki games – the first in which women were allowed to participate. What is more remarkable, though, is the story of how she got there: after suffering a polio attack in 1944, at the age of 23, she began a gruelling programme to regain the use of her limbs. When she took home the silver medal in Helsinki in individual Dressage eight years later, she was still paralyzed below the

knees and walked with a crutch. Gold medallist Henri Saint Cyr of Sweden helped her onto the medal stand, perhaps one of the most touching scenes at the games.

The most remarkable horse

Halla, ridden by German Hans Gunter Winkler, is the only horse to win three gold medals. Halla stood at 16.2 hands. She was sired by Oberst, a Standard bred, out of a French trotter mare of unknown parentage named Helene. She and Winkler won 125 competitions together, and she lived to the ripe old age of 34.

Interesting facts

- Equestrian is the only Olympic sport in which men and women compete against each other on a level playing field.
- Only three riders have earned 8 or more medals: Anky van Grunsven, Netherlands (3 gold, 5 silver), Isabel Werth, Germany (5 gold, 3 silver), Reiner Klimke, Germany (6 gold, 2 bronze).
- The discipline of Jumping was developed after an English decree saw fences put up around farmland, and for the first time foxhunters needed horses that could jump.
- At the Rome 1960 games, Italian brothers Raimondo and Piero D'Inzeo won the gold and silver medals in jumping respectively, delighting the home crowd.
- The US and Canada are the only non-European countries to win Dressage medals. The US has taken home one silver and seven bronze, Canada one bronze. Germany holds the most Dressage medals, with 19 gold, 11 silver, and 9 bronze.
- Canadian Show Jumper Ian Millar made a record-breaking 10th Olympic appearance in London 2012. He competed in the equestrian competition at every Olympics from 1972 to 2012 except for the 1980 Moscow Games that Canada boycotted.
- The horse made its first appearance at the Ancient Olympic Games in Greece in 680 B.C., when chariot racing was introduced.



Melissa Mowatt photography


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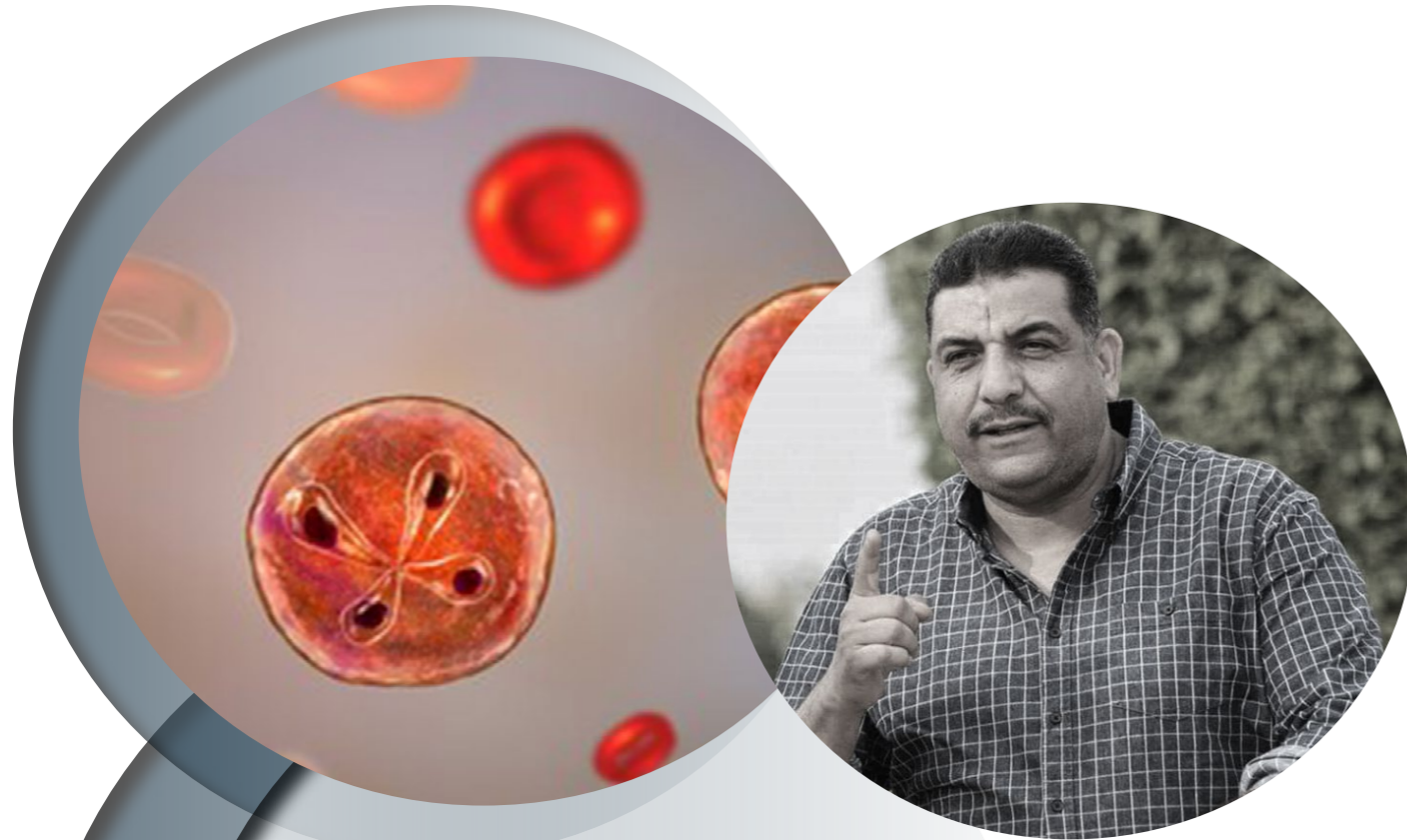


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MEDICAL BABESIOSIS

BY Dr. Ashraf El-Kalla



A LOT OF HORSE OWNERS HEAR THAT TERM “I DON’T KNOW HOW TO DEAL WITH THAT KIND OF DISEASE” AND SOME PEOPLE IN THE MIDDLE EAST FALSELY CALL IT MALARIA OF HORSES, CAVALVET MEDICAL TEAM WILL TAKE YOU THROUGH THE SIGNS AND TELL YOU HOW TO HANDLE IT BUT FIRST WE NEED TO KNOW THE MEANING OF THAT TERM.

Equine babesiosis, a.k.a. equine piroplasmosis, is caused by tick-borne parasites: *Theileria equi*, *Babesia caballi*, or both. *Theileria equi* was previously known as *B. equi* and was reclassified in 1998 to the genus *Theileria*.

Theileria equi and *B. caballi* are endemic in 90% of the world (South and Central America, the Caribbean, Africa, the Middle East, and Eastern and Southern Europe).

The disease is more common in horses older than 6 months of age.

Sources of infection:

- Blood infected with causative parasites of piroplasmosis and associated vectors (i.e. ticks and mechanical vectors (used syringe))

Important: It can't be transmitted by other arthropods like the mosquitoes and flies

- Infected animals may remain carriers of these blood parasites for long periods and act as sources.

Clinical signs:

The clinical signs of equine piroplasmosis are often nonspecific, it can occur in (4 forms) peracute, acute, subacute and chronic forms.

Peracute form • Sudden death animals



Acute form

- fever
- off appetite
- Congestion of mucous membranes
- a dark red urine fig.(1)



Subacute form

- show signs of mild colic
- Mucous membranes yellowish to bright yellow fig.(2)
- weight loss

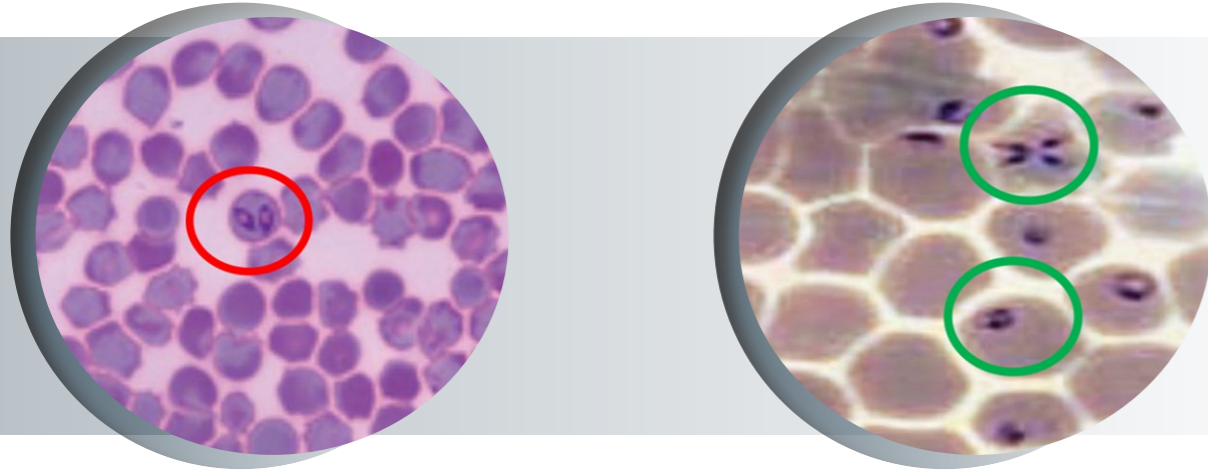


Chronic form

- poor performance and a drop in body mass fig.(3)

Lab. Diagnosis

Blood smears using stains (Giemsa).



Intraerythrocytic Babesia caballi and Theileria equi In blood smear stained with

Giemsa fig.(4&5)

Treatment:

Administer imidocarb (imidox) fig.(6)



Adminstration of Oxytetracycline fig.(7)



We recommend to use cavalor pow red performance as it regulate the blood circulation and avoid blood hemolysis. fig.(8)

ELMOUSTAFE WORKSHOP



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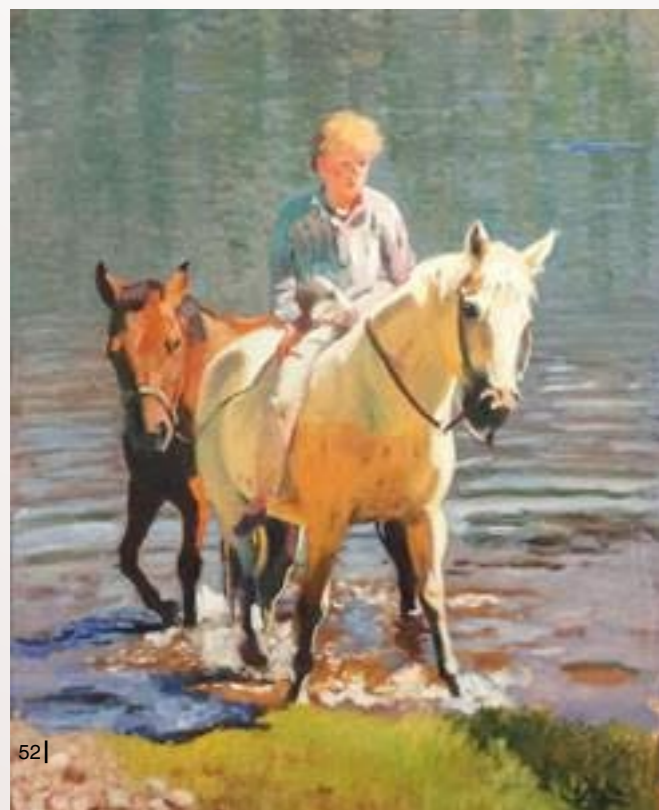
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ART GALLERY

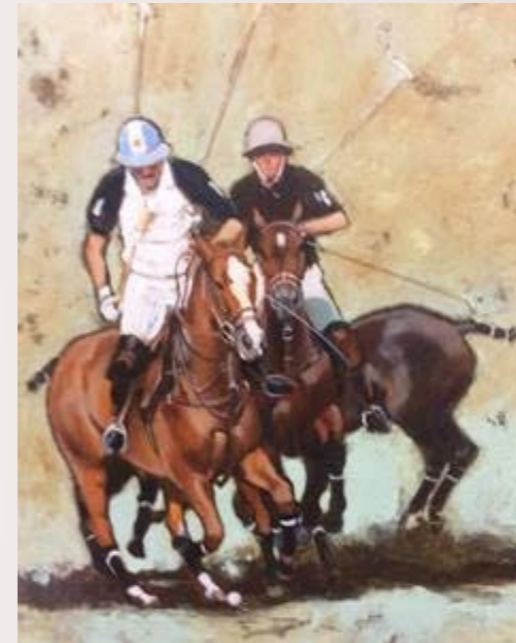
'TWO ARGENTINE VISIONS'

AT THE OSBORNE STUDIO GALLERY

BY Theo Woodham Smith



TWO ARTISTS CELEBRATE TRADITIONAL EQUESTRIAN LIFE IN ARGENTINA, AND A PERSONAL ALMOST ABSTRACT VISION OF ITS LANDSCAPE.



Adriana Zaefferer

She is known as one of the best equestrian painters in the world, inspired by gauchos and polo players

Sculptor Hernan Alvarez Forn mastered Raku, an ancient Far Eastern ceramic technique, combined with wire, to create the illusion of a horse in motion.

Adriana Zaefferer has painted some of the world's champion race horses, including a portrait of Aureole for HM The Queen, and Northern Dancer, stud of studs, the most influential stallion of the 20th century.

As a child she learned to ride with the gauchos on her parents' estate in the Andes. On a visit to London aged 18, she became a great friend of the racing community grandees, who bought her paintings for their homes.

Her favourite word for horses is 'romantic' she admires the art of Sir Alfred Munnings more than the formality of George Stubbs.




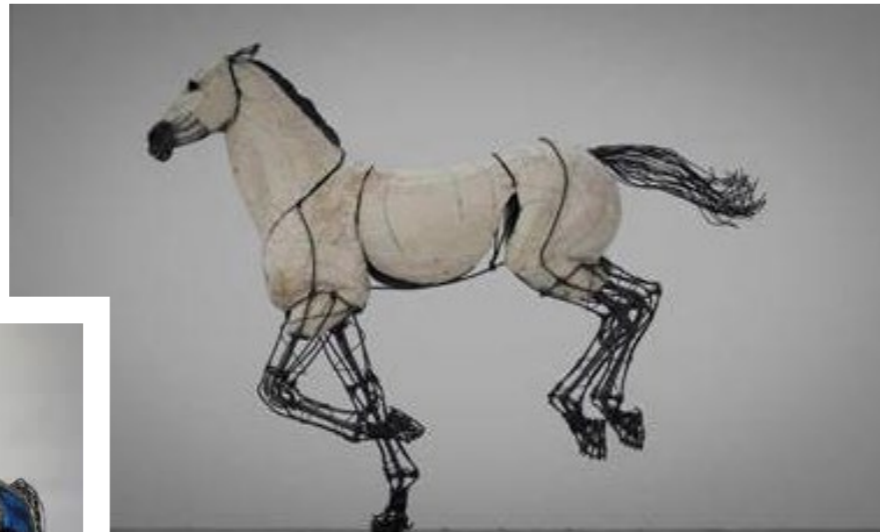
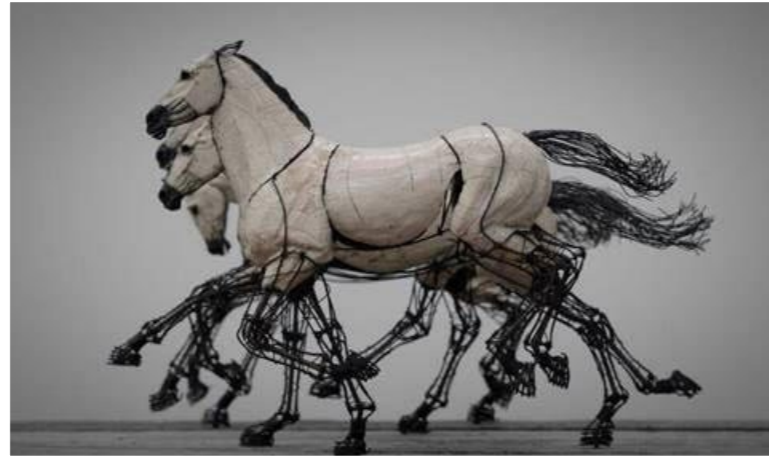


Hernan Alvarez Forn,

Like Adriana, he was brought up to ride and care for the horses on his family estate.

He watched polo games in the countryside - a sport for the whole community. He describes his approach to art 'limited by the material I had in hand, I taught myself to use wood, scrap metal, iron, ceramic or stone. At 13 I started using wire. .

At 40 I came across the mediaeval Japanese ceramic technique, Raku. Using Raku, the horse has an 'ancestral weight and mass, the wire gives nerve and action to the piece.' 



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BECOMING

A FIT RIDER

By Zeina Wahby



THERE ARE COUNTLESS DETERMINATIONS IN EVERY RIDER'S LIFE, BUT WE ALWAYS SEEM TO SLIP SOMETHING OUT! AND THAT IS EXERCISE. NUMEROUS PEOPLE NEGLECT THE ATHLETE'S FITNESS LEVEL, ESPECIALLY IF THIS ATHLETE IS A PROFESSIONAL RIDER.



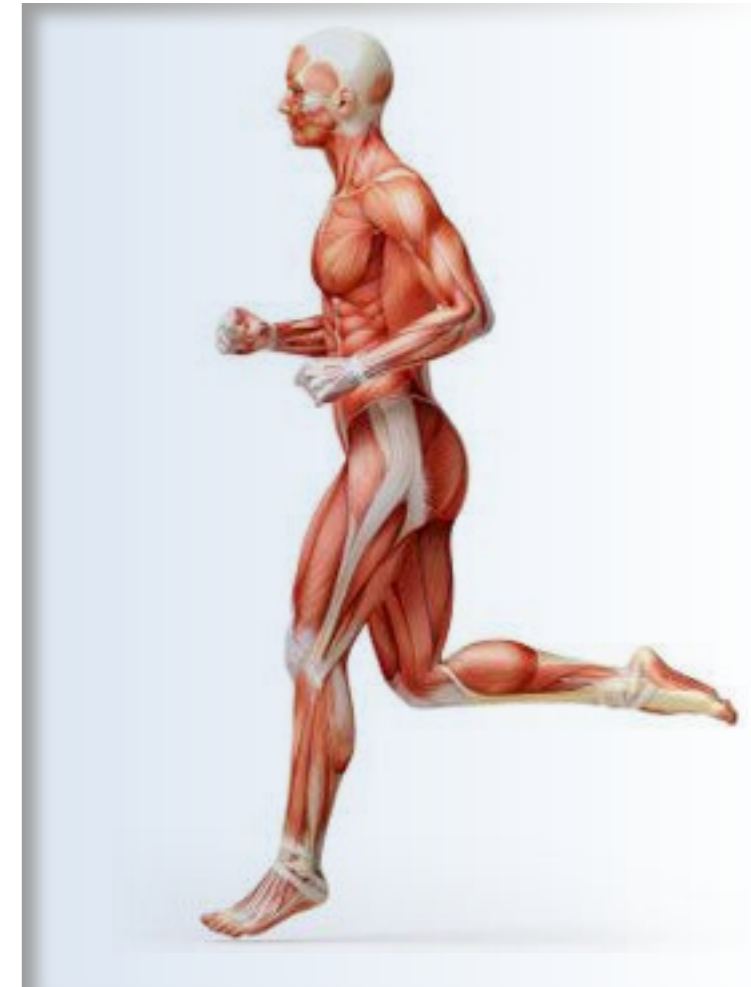
Fitness isn't just a word; it's a lifestyle that reflects a lot on the rider's performance and development, but why?

As fitness improves many physical characteristics on the human body, it allows the athlete to undergo training, competitions and shows without feeling much drained as it builds up strength, endurance, mobility, flexibility, coordination, balance, agility, cardiovascular endurance and other qualities that affect the tolerance of the athlete.

WILLPOWER KNOWS NO OBSTACLES

How can a professional rider make time for exercising?

Studies have shown that it's best to exercise 150 minutes a week which can be divided into 5 days 30 minutes each or a bit higher intensity workout for 20 minutes on 3 days per week, which would seem more convenient for a professional equestrian athlete.



HOW TO PERSONALIZE EXERCISING FOR EQUESTRIANS

As an equestrian athlete, exercising to a personalized program would be much more effective as it provides the rider with better strength, endurance, balance, mobility and flexibility. This is called Sport Conditioning, meaning that the exercises are tailored for that specific sport. Not only does it affect their physical skills, it also allows the rider to gain more knowledge about their sport, which leads to building up motivation, ambition, confidence and mental stamina.

MAJOR MUSCLES IN THE EQUESTRIAN ATHLETE

How do I synchronize with my horse's movement?





Why do I keep bouncing?

Many people may believe that riding is all about having strong legs to keep the horse intact. Surprisingly it mainly consists of 3 body parts **CORE, BACK and LEGS.**

Meaning that a rider has to focus on strengthening those parts for a maximum performance, but why those three?

CORE: A strong core will provide the athlete with better stability and balance, leading to more security in the saddle, making it less likely for the rider to fall off.

BACK: A strong back will increase the rider's balance making the seat much softer and more secure.

LEGS: A strong lower leg is the starting point for a proper posture.

DO'S AND DON'TS WHILE EXERCISING

Warm up before exercising to get your muscles warm and blood pumping.

Cool down by stretching to avoid DOMS (delayed onset muscle soreness).

Drink enough water to prevent dehydration and for thermoregulation.

Breathe correctly to maximize oxygen intake to prevent muscle cramping.

Get a sport massage every now and then for muscle relief.

Don't over lift.

Don't do it alone if there's an uncertainty on how to do it.

Don't exhaust your muscles by overtraining them and take some rest days.

Don't neglect rest during the workout.

IT'S MORE THAN THAT

Some may ask, does being fit and exercising regularly mean I can eat what my heart desires?

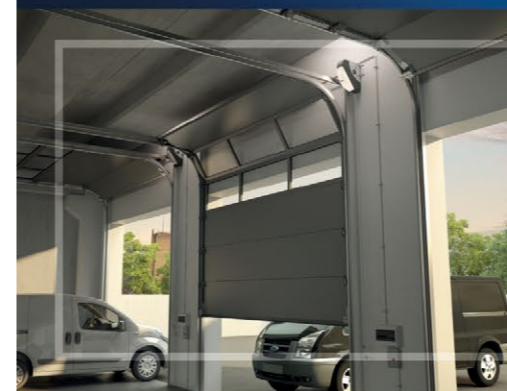
Not exactly, athletes usually follow a strict nutrition plan, but it does not always have to be like that, as many athletes aren't very fond of strict nutrition plans. Eating a balanced diet that consists of all types of nutrients is ideal for athletes, keeping in mind that they should consume an adequate amount of protein, as protein is essential for muscle growth, but certainly not in excess as in other nutrients when taken in excess it would result negatively. 🏠

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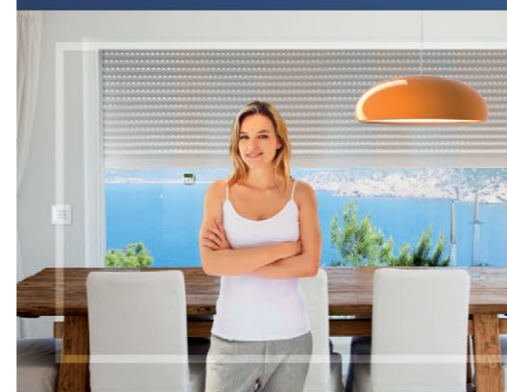
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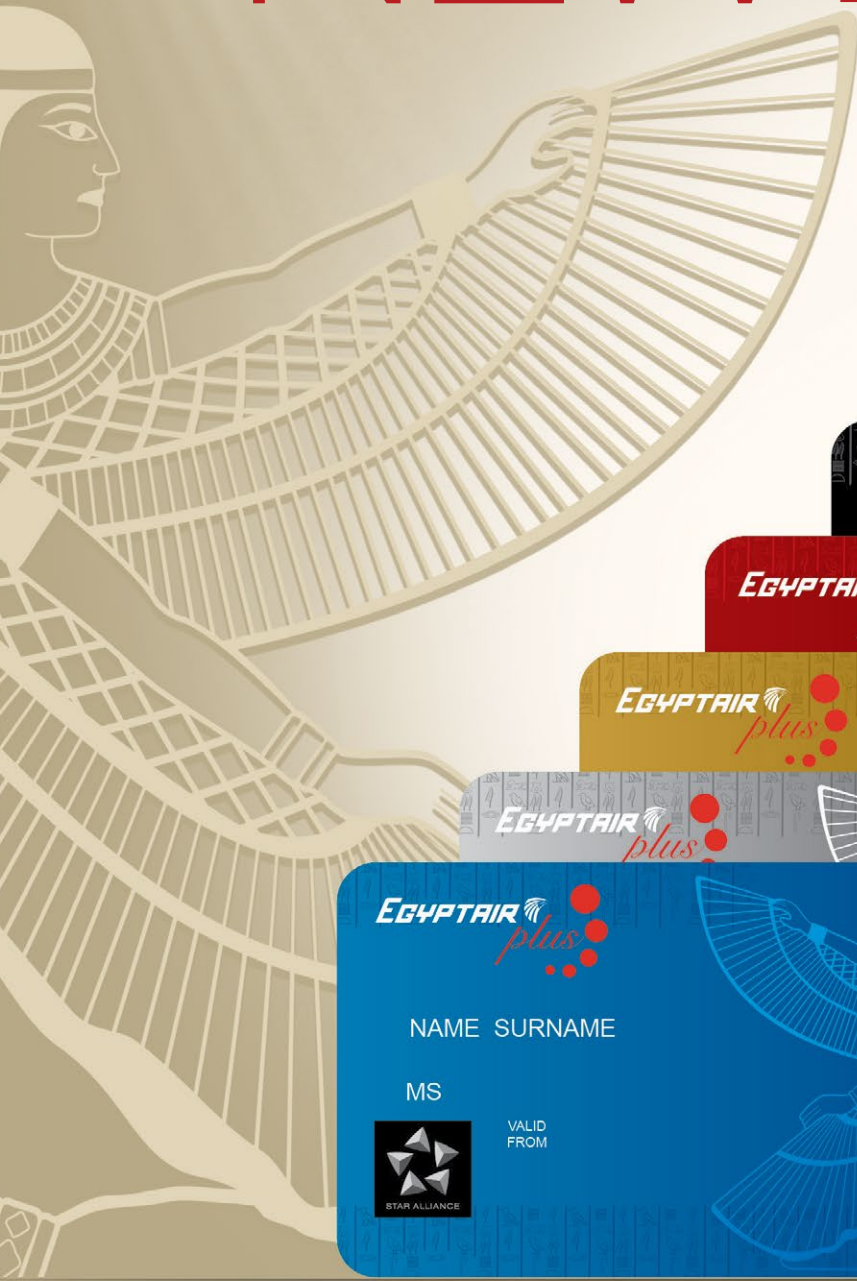
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