

# INIGATE

THE IN'S & OUT'S OF OUR COMPETITIVE COMMUNITY

# Ready for show season '24



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**InGate Editor:**  
Kim Burton-Schram

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Photo by: Laurel Jarvis

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# PRESIDENT'S MESSAGE



Photo by: Laurel Jarvis

With the arrival of warmer weather comes the anticipation of horse showing, competition, and the joy of spending countless hours in the company of our four-legged companions.

It was wonderful to see so many of our members out and about over the winter months competing in Wellington, Ocala and Ohio with much success.

Spring is a season of renewal — a time to shake off the remnants of winter and embrace the fresh opportunities that lie ahead. It is a time when the air is filled with excitement, as riders and horses alike prepare to showcase their talents and forge new connections within the equestrian community.

We are thrilled to introduce our 2024 outlines partnering with all of the horse show venues. We have some great new programs that are sure to be a hit. You can read about these and our ever-popular returning programs further on in the edition.

As we kick off the horse show season, let us remember the values that unite us: passion, perseverance and sportsmanship. Whether we're competing at the highest levels or simply enjoying a leisurely ride through the countryside, let us do so with grace, humility, and respect for our fellow riders and equine partners.

I encourage each and every one of you to set your sights high, push your limits, and embrace the thrill of competition. But above all, remember to cherish the moments spent in the saddle, for it is in those moments that we find our truest selves.

Here's to a season filled with endless possibilities, unforgettable experiences, and the shared love of all things equestrian. Together, let us make this season one to remember.

Happy riding!

**Victoria McDonald**  
OHJA President

# 2024 OHJA PROGRAMS

## DEVELOPMENT

Rider Education Programs

### Hunter Programs

#### Great Team Derby Challenge

New for 2024, the OHJA is proud to offer its first Hunt 'N' Go Team Derby. Teams of three horse/rider combinations of a Junior, Amateur and Professional will jump a Derby-like style course at 3ft, with 3'3" options. The course will include hunter classic, handy hunter, and field hunting fences. Bonus points will be available for use of options and additional bonus points will be available for handiness at the judge's discretion. The scores of all three horse/rider combinations will be combined for an overall score. Teams will be awarded to 10th placed based on the total score. Spectators and Barns are encouraged to "tailgate" at the ring to cheer on their favorite team!

#### Pony Power Series

The OHJA's Pony Power program consists of six classes throughout the season for the EC Small, Medium and Large Pony divisions at select venues. The class is one round, over a 'handy' styled course, with open numerical scoring. There will be special ribbons and prizes awarded by the OHJA for these classes. At select shows, there will also be one hunter round for the Children's Pony, Short Stirrup and Cross Rail divisions that will be run with open scoring and awarded special prizes.

The Pony Power Final will run at the Greenhawk Outdoor Finale at Caledon Equestrian Park. Competitors in the Equine Canada (EC) Small, Medium and Large Pony Divisions, that have won a 1st, 2nd, 3rd, or 4th place ribbon in one of the

qualifying classes, are eligible to qualify for the OHJA Pony Power Finals. The Final will be one handy round to be shown over a course of 10 jumps and will include at least three tests from the following list: rollback, trot fence, hand gallop fence, bending line, halt, option fence, gate, dismount, bounce and direct line to/from a jump to the in gate.

Photo by: Laurel Jarvis



#### Young Hunter Development Series

The OHJA Young Hunter Development Series provides classes specifically for Young Hunters ages 3 to 5 years old. Entries must show proof of registration for validation of age. These classes will give Ontario breeders and Ontario owners an opportunity to network at Gold Competitions in order to develop and market their young horses and breeding programs. These classes will be offered at all Ottawa Equestrian Tournament shows, and Ten Sixty Stables' August show. Three classes will be offered;

**Model:** Shown in hand; to be judged on conformation, manners, way of moving and soundness. 50% on movement and 50% on conformation.

**Under Saddle:** To be shown at a walk, trot and canter both ways of the ring; no hand-gallop; to be judged on conformation, manners, way of moving and soundness. 60% on movement and 40% on conformation.

**Over Fences:** The course will be set at 2'3" with no more than 8 jumps. To be judged on their jumping style, manners and way of going.

Horses are not required to compete in all three classes, however, Champion and Reserve will be determined based on most points accumulated across the classes being offered.

The Young Hunter Development Series Final will run at the Ottawa National this fall and will follow the same format of the regular season with an additional over fences class. While competing during the regular season is not mandatory, the OHJA reserves the right to restrict the final to those horses who have participated in at least one class at the qualifying shows, if the number of entries warrant.

## OHJA Derby Rider Bonus

To encourage participation and rewarding of OHJA members in the Canadian Hunter Derby Series, the OHJA will be offering a bonus for both the 3' and 3'6" sections. Points will be awarded to the Horse/Rider combination 1st through 10th at each qualifier/height throughout the season as follows:

**1<sup>st</sup>** – 10 points, **2<sup>nd</sup>** – 9 points, **3<sup>rd</sup>** – 8 points, **4<sup>th</sup>** – 7 points, **5<sup>th</sup>** – 6 points, **6<sup>th</sup>** – 5 points, **7<sup>th</sup>** – 4 points, **8<sup>th</sup>** – 3 points, **9<sup>th</sup>** – 2 points, **10<sup>th</sup>** – 1 point.

The top 5 horse/rider combinations in each height section will be paid a bonus from the OHJA at the conclusion of the show season. Note: you must be an OHJA member to be eligible for the bonus.

### 3'6" CHDS Series Top 5 Bonus:

| 1 <sup>st</sup> | 2 <sup>nd</sup> | 3 <sup>rd</sup> | 4 <sup>th</sup> | 5 <sup>th</sup> |
|-----------------|-----------------|-----------------|-----------------|-----------------|
| \$1,200         | \$1,000         | \$800           | \$600           | \$400           |

### 3' CHDS Series Top 5 Bonus:

| 1 <sup>st</sup> | 2 <sup>nd</sup> | 3 <sup>rd</sup> | 4 <sup>th</sup> | 5 <sup>th</sup> |
|-----------------|-----------------|-----------------|-----------------|-----------------|
| \$600           | \$500           | \$400           | \$300           | \$200           |

## 2'6" Junior/Amateur Development Derby

New for 2024, the 2'6" Development Derby will be shown over one round, with fences set to 2'6" with options up to 2'9". Courses may include hunter classic, handy hunter, and field hunting fences elements. Bonus points will be available for use of options and additional bonus points will be available for handiness at the judge's discretion. Open numerical scoring will be used. This class will be restricted to Junior and Amateur riders only. Horse/Rider combinations competing over 3'0"/0.9M or higher at the competition and ponies are not eligible to compete. Please note that at Angelstone Events, this class will be run in conjunction with the "Almost Derby", and will be judged on a separate card with separate placings.

## 2'6" Junior/Amateur Hunter Division

After positive feedback during its pilot year, the 2'6" Jr/Am Hunter division is back! This division is open to all Junior and Adult Amateur rider designations as per EC rules. Courses will be made up of hunter style jumps of at least eight fences, and set at a height not to exceed 2'6". Classes will be run according to EC rules. Horse/Rider combinations may not cross-enter into any division requiring them to jump higher than 2'9". Showing in this division will affect a horse's eligibility. Ribbons will be provided to 8th and jogging will not be required.

# Equitation Programs

## OHJA Jumper Equitation Medal

This class is based on jumper equitation and is open to all Junior/Amateur riders with a current OHJA membership. To be shown over a jumper type course with fences 1.10m to 1.15m in height with a time allowed. The top four scores will return for additional testing as determined by the judge in reverse order of first round scores. The test will be a shortened course, with judges being encouraged to incorporate tests such as, but not limited to: inside turn options, lines that allow for strides to be left out, and areas where competitors can hand gallop. The test phase will not have a time allowed, but faults will be deducted for knockdowns as per first round rules. Both rounds will be based on jumper equitation evaluation. Second round scores will be added to first round, with the total score to determine the winner.

The top 20 riders in the current OHJA standings will be invited to compete in the OHJA Medal Finals held at the Caledon Equestrian Park as part of the Eastern Canadian Championships. Class entry fees for riders will be covered by the OHJA. Ribbons and prizes will be awarded to 10th place with a cooler awarded to the class winner. Additionally, the winning Coach/Trainer and winning entry at the Final will each receive a \$500 bursary from the OHJA.

## CET Mini Medal Presented by the OHJA

The CET Mini Medal is open to Junior and Amateur riders based on jumper equitation over a jumping phase, gymnastic phase and flat phase. Competitors must be OHJA members to be eligible for points to count towards the provincial final. The Top 20 riders will be invited to compete in the OHJA/CET Mini Medal Finals at the BFL Caledon Cup. The top four riders return to the ring for mandatory additional testing. In addition to ribbons for the top ten riders, a \$500 bursary will be awarded to the Year End overall winner, as well as \$500 to the winner of the Final and \$500 to the trainer of the winner at the Final.



Photo by: Laurel Jarvis

## OHJA High Point Equitation Award

The OHJA High Point Equitation Award will be awarded to the OHJA member at the year-end awards celebration with the highest combined ranking in the OHJA Jumper Medal, Grand Prix Junior Medal and CET Medal.

## Emerging Rider Hunter Medal

The OHJA Emerging Rider Hunter Medal provides riders the opportunity to experience equitation classes and help spark an interest and passion for equitation. At select shows throughout the season, this medal class will be offered to riders in the Short Stirrup, Beginner Children's, Beginner Adult, Low Children's, Children's Pony, and Low Adult divisions. This class will be run concurrently with the regular division classes. Courses will include one of the following tests: halt, trot fence, rollback, or a bending line. The top 20 riders from each division will be invited to the Finals during the BFL Caledon Cup CSI2\* at Caledon Equestrian Park. The OHJA reserves the right to extend entries to more than 20 riders.

## Grand Prix Hunter Medal Finals

The top 20 riders of the OHJA Year End Standings in the Grand Prix Amateur, Junior, Childrens and Pony Medals will be invited to show over a course of not less than 8 jumps. The top 4 will return for mandatory individual testing over a shortened course determined by the Judge. The Judge can also choose from tests listed under EC Article 1009. The winner of each final will receive a cooler from the OHJA, as well as a prize to the winning trainer of each final. Grand Prix will provide a prize to the 1st and 2nd place entry of each Medal Final.



Photo by: Laurel Jarvis

# Jumper Programs

## OHJA Jumper Finals

The OHJA is proud to offer a Grand Prix type competition to Junior and Amateur riders at the 0.6m, 0.8m, 0.9m, 1.0m, 1.10m, and Pony Jumper divisions. Each class will have one jump-off, to take place after all competitors have completed the first round (not an immediate jump off). Ribbons and prize money will be offered to 10th with a cooler presented to the winner of each class. This will be run at the Eastern Canadian Championship at Caledon Equestrian Park.

## OHJA 1.30m/1.40m High Point Rider Award

\*NEW for 2024\* This award will be presented at the conclusion of Week Two of the Ottawa Summer Tournaments. It will be awarded to the rider with the most points cumulative over the two weeks of competition in the 1.30m Jr/Am and 1.40m Jr/Am jumper divisions.

## OHJA Nation's Cup

The OHJA is proud to partner with the Ottawa Equestrian Tournaments to host a Nation's Cup. Open to Junior and Amateur riders, this class will provide a unique opportunity to compete in a Nation's Cup format jumper class. Fences will be set at a minimum height of 1.15m and a maximum height of 1.20m. At least three teams with four riders must participate. The winning team Coach/Trainer will receive a \$1,000 cash bonus. This class will be run in accordance with FEI Article 264.



Photo by: Laurel Jarvis



# Optimizing your horse's performance.

**A**s we begin to see the signs of spring in Ontario, our anticipation for the 2024 horse show season heightens. We're excited; we're ready to show; but is our horse ready for the competition ring, and the physical & emotional stresses of showing through the summer months? Think about it; we ask our horse to get on a trailer and travel to new venues, stable in unfamiliar surroundings with little turnout and perform at their peak. It's a lot to ask of our equine athletes, and it's our job to ensure they are prepared to help us achieve our goals. The InGate team reached out to an industry professional to get their perspective on preparing and maintaining our equine partner for the demands of showing.

**Judith Rathbone**, founder of Starline Equine Bodywork, is a specialist in functional anatomy of the horse, and helps equine athletes reach & maintain performance excellence. Judith offers both in-person bodywork and online practical skills training, from beginner to professional level, teaching the importance of horse bodywork to owners. In turn, this acquisition of skills enables the owner to feel more confident in their riding abilities as they exercise and train their horse. By working together with all equine professionals involved with the horse, from riders, trainers, vets, farriers and coaches, Starline Equine Bodywork teaches how

to evaluate your horse, and recognize subtle changes taking place that might be leading to bigger health issues.

Bodywork therapy sessions prepare the horse's body, muscles and tissues to accept the demands of repetitive training. It is important to step back and assess your horse regularly, examining their posture, behaviour and movement. For instance, if your horse is dropping its shoulder at the canter, it might not be a training issue but a physical concern. Your horse might not be level and is having to compensate to accommodate a weakness developing. Brushing off obvious issues in your horse's movement or behaviour by saying,



"he always does that" isn't fair to your horse, who was born with infinite movement potential. As horse owners, it is our responsibility to observe the horse, looking for consistent patterns, and be aware that all elements of their care affect them. We need to ensure those are positive effects on our equine athlete. Utilizing bodywork techniques will help to program your horse's body for the regimens of training and showing; increasing your horse's longevity and assisting in a return to work if an injury has already occurred.

Judith typically sees her in-person clients on a 6-week cycle, beginning with an initial assessment with calculated, soft touches, to see if the horse is 'cheating' to compensate for a weakness. After the first session and during the 6-week period, the rider or trainer completes the 'homework' assigned by your bodywork practitioner and can study the effects of the first session. This time allows for muscles to begin to develop with the homework exercises, fits in a farrier visit and permits any dietary changes to take effect. By the second visit, we begin to see how our horse is building, growing and changing in a positive way. Getting ready for show season isn't just about cardio for the horse. First, we need to examine our horse's range of motion, then learn to control and strengthen that range. Once those elements are established, the last stage of cardiovascular fitness for our horse can be completed.

Embracing bodywork programs for our equine athlete, allows us to better understand the stages of the show season, from start to middle to end, and its effect on our horse. Riders and trainers will have the tools to prepare their horses for the upcoming season, with different exercises that maintain interest, decrease boredom in the horse and build their tissues and muscles. With these types of exercises, we will be helping our horse be in their best form physically, as well as emotionally to deal with the stresses of trailering, stabling and showing away from home. We will better understand how to have that perfect hunter cadence or athletic jumper in the ring and increase our horse's longevity & well-being to do their job.

According to Judith, there are no band aid fixes for our horses. By listening and observing our horse as it trains, develops and ages, we will improve our equine athlete's well being, and ultimately, optimize their performance.

If you yourself are interested in learning more, Starline Equine offers online courses in equine kinesiology taping, e-books and e-resources on bodywork, and a podcast. Starline's educational resources assist in peeling back the layers of your horse's history to help you understand the importance of your horse's well-being and cooperation perspective. Their programs educate, in bite-size pieces, an understanding of the importance of anatomy, providing a calm and supportive approach that allows the rider to eventually put all the pieces together to analyze their horse with confidence. The Starline kinesiology taping course online community shares videos with other members to gain feedback and get support; in turn, strengthening everyone's knowledge and care of the athlete.

To access free downloads, listen to the podcast, shop e-resources, e-books and online education, or to book an in-person bodywork session for your horse, you can reach Judith at [www.starlinebodywork.com](http://www.starlinebodywork.com)

**Written by: Kim Burton-Schram**

# How to prepare your horse for show season



## From the veterinary perspective

Spring is finally here and with this comes many feelings of excitement, nerves, horse hair and (hopefully) visits from your veterinarian! It will not be long until the first horses are shipping in to Caledon Equestrian Park and we know that the next month will be incredibly busy for riders, trainers, grooms and horse parents. In this brief article, I hope to provide some guidance on preparing your horse for the season from the perspective of a veterinarian.

### 1. Vaccinations

In Ontario, there are four core vaccinations that are recommended for all adult horses, including Influenza/Rhinopneumonitis ("Flu/Rhino"), Rabies, Eastern/Western Encephalitis/Tetanus ("EWT") and West Nile Virus ("WNV"). Flu/Rhino vaccination is recommended every 6 months while Rabies, EWT and WNV are typically administered every 12 months. There are also additional risk-based vaccines including Potomac Horse Fever (PHF), strangles and botulism vaccines which should be discussed with your veterinarian based on the lifestyle of your horse. If your horse has previously become sore or febrile after vaccinations, your veterinarian will likely recommend splitting the vaccines over multiple visits and/or administering an NSAID (banamine) to minimize this risk.

In terms of competition, Equine Canada requires that every horse has received the flu/rhino vaccination within the previous 6 months. This is an important rule because this disease can cause significant illness, targeting the respiratory, neurologic and reproductive systems, and can be spread quickly between horses that are stabled close to each other. It is also important to note that no vaccinations should be administered within the 7 days prior to arriving at the horse show venue. Your vet will provide a vaccination certificate to supply with your horse show entry.

### 2. Coggins and Export Papers

Coggins testing is done to check your horse for an illness called Equine Infectious Anemia (EIA), a potentially fatal disease and, thankfully, not common in Ontario. If your horse will be competing in the United States, a valid coggins (within the last 6 months) in addition to export papers prepared by your veterinarian will be required to cross the border. Occasionally, some competitions in Canada will also require a valid coggins so it is best to verify the entry requirements ahead of time.

### 3. Dentistry

February is considered Pet Dental Health Month and subsequently many veterinary clinics will offer dental promotions during this month to encourage horse owners to book a dental exam and float for their horse during the winter months. General recommendations for adult horses include a thorough dental exam and float every 6-12 months to address sharp enamel points, imbalances and other dental

pathologies (tooth fractures, diastemas). This is important to minimize any discomfort during riding and to optimize your partner's overall health and wellbeing.

### 4. Performance Exam

Performance exams are recommended prior to the start of show season and are likely be repeated throughout the season to ensure optimal health and soundness. So what happens in this exam? Veterinarians will perform a thorough physical exam on your horse and evaluate their weight, muscling and overall body condition. This will also involve palpation of your horse's feet, legs, joints, back and neck to assess for any areas of soreness that may require investigation or treatment. Veterinarians will assess your horse in motion, either lunging or under saddle, and perform flexion testing to assess each part of their body individually. From here, the veterinarian will chat with the owner and trainer regarding any areas of concern and treatment recommendations. Treatments that may be considered include injectable joint supplements (Adequan, Legend), intra-articular joint therapy ("joint injections"), shockwave, acupuncture, chiropractic or other body work. This exam should be a collaborative effort between the veterinarian, trainer and rider.

### 5. Calming Supplements

Most trainers and riders will have encountered a variety of different calming supplements which will be beneficial to the horse prior to the first horse show and even throughout the season. These options range from commercial supplements (Perfect Prep, Omega Alpha Chill) to amino acids (Tryptophan), milk protein (Zylkene), herbal remedies (Shen Calmer) and even a forehead staple! It is important to remember that common calming sedatives ("Ace") may be used at home, but are not permitted during competition due to medication withdrawal times.

And with that, I hope everyone feels prepared and ready to take on the upcoming season - at least from a veterinary perspective.

Wishing you all success and happy, healthy horses for the 2024 season!

**Written by: Sam Molson, D.V.M.**



# WINTERING IN ONTARIO?

## Prepare for show season effectively



Equestrians face unique challenges and opportunities depending on geographic location, and this is particularly evident when comparing winter training in Ontario to the allure of competitive circuits in sunny Florida.

**Victoria McDonald, OHJA President**, sits down with professional trainer and rider, **Ainsley Vince** from Linden Ridge Limited, to learn more about her program and what it takes to continue developing horses and riders when staying home in Ontario for the winter.

### INGATE

What are your thoughts on competing in Florida versus staying home for the winter months?

### INGATE

How do you keep your horses in condition over the winter when they are not showing?

### AINSLEY VINCE

Having the opportunity to compete through the winter months in Florida is definitely an advantage for both horse and rider; however, not everyone has the opportunity to take advantage of months away. Optimizing training and conditioning at home is important to keep horse and rider developing and evolving their skills.

### AINSLEY VINCE

**Warm-up Routine:** I start with a thorough warm-up to loosen muscles and joints, as cold weather can make horses stiffer. I spend extra time on warm-up exercises, such as walking and trotting, to gradually increase blood flow.

**Structured Training Sessions:** I plan structured training sessions with a focus on building and maintaining fitness levels, but not getting the horse too fit too early in the year. You want horses to be in the right place before heading into show season. I typically ride them daily for 15 minutes of work, excluding walk, and their rider jumps 2 times per week. I incorporate a combination of flatwork, gymnastic exercises, and jumping exercises to keep the horses engaged and reduce the chance of boredom. I gradually increase the complexity of exercises as the horse becomes more conditioned.

**Footing:** I believe everyone should pay attention to the footing in the arena; regularly maintaining and harrowing the surface to provide consistent and safe footing. We spent a ton of time, effort and focus on the installation of our footing both inside and outside. It is so important for the fitness and maintenance of the horse's legs and injury prevention.

**Mindful Cool Down:** Cooling-down after a workout is an important step in the exercise process, similar to what it is like for humans. Ensuring that the horse's muscles are properly stretched, and that they cool down gradually by walking for an extended period to prevent muscle stiffness is critical.

### INGATE

What training tactics do you use when building horse and rider skills?

### AINSLEY VINCE

We like to craft technical tracks that test both horse and rider while not putting too much stress on the horse. We keep obstacles low in height and do a lot of pole work to not physically over-stress the horse and to make allowances for riders to repeat exercises several times if needed. Last fall we worked with **Michael Pegg (EC "R" and FEI II)** to build a course that would utilize elements that our riders would have to execute in the show ring. Since then, we have frequently broken down the course plan and incorporated elements of it into our weekly training plans. We change the courses/exercises weekly throughout the winter. We feel this system maximizes the rider's skill development while at the same time minimizing stress on the horses in off season.



The course here is a sample of what we use to work on rider focus, partnership and skill. This track enables the rider to gain proficiency in stride control, adjustability and versatility.

[Click here to watch a video of the course layout.](#)

### Course Construct:

**Obstacles Types:** The course includes a variety of obstacles comprised of verticals, oxers, combinations, trot poles, narrow jumps, bounce lines and broken lines.

**Turns & Angles:** This course features various turns, angles and approaches to the obstacles, testing the rider's ability to navigate tight turns while maintaining impulsion and balance.

**Distances:** The distances between the jumps vary and riders must accurately judge stride length. Lines are created to provide options to add and delete strides enabling horse adjustability.

**Related Lines:** This tests the horse and rider's ability to maintain forward momentum and adjust the length of stride effectively.

## INGATE

What are some key health and wellness considerations?

## AINSLEY VINCE

Cold weather in Ontario requires careful attention to the horse's well-being. Proper grooming, blanketing, and nutritional adjustments are crucial to ensuring the health and comfort of our equine partners. Regular vet checks to address potential health issues, particularly joint stiffness or respiratory concerns in cold weather is key. Adjusting the horse's diet as needed during the winter months to ensure they are getting the necessary nutrients to maintain weight and energy levels is critical. Anything we do with our horse's diet is always checked with an equine nutritionist. We don't ever want to take any chances with health and well-being while trying to optimize performance at home and abroad.

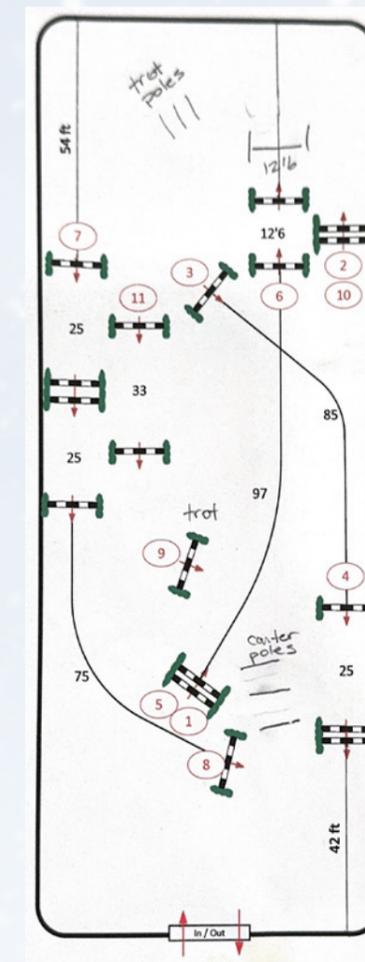
## INGATE

Ainsley, thank you for sharing your thoughts and training techniques with us. Maintaining consistency in training routines in a familiar surrounding for both horse and rider provides a great opportunity to develop and lay foundation for future success.

There are a variety of opportunities available during the winter months to supplement your training program including off-property schooling, attending local schooling shows or travel to shows across the border but closer to home than Florida. Taking advantage of all our province has to offer will allow for effective preparation for the Ontario Show Season ahead.

By Victoria McDonald

## Course Design



1. Enter ring
2. Pick up canter
3. Demonstrate two changes of lead
4. Trot poles
5. Proceed to canter poles
6. Proceed to Jump 1
7. Trot #9

### ADVERTISEMENT

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# Canadians excel south of the border



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Kilby DeForest



Cara Godwin & Uniko X



Kilby DeForest



Rebecca Graham & Cloud 9



Rebecca Graham & Cloud 9



Rebecca Graham & Cloud 9



Rebecca Graham & Cloud 9

## AMBASSADOR

Junior Volunteer Program

# 2024 OHJA Junior Ambassadors



### Holly Heikkila

Proudly from Northern Ontario. Holly rides with Cathy Inch of Foothills Farm. In addition to returning to the Jumper Equitation ring on La Jovena Venganza, Holly wants to continue expanding her experience around larger tracks, and looks forward to building her connection with her new partner, Foolproof. Fun Fact: when she's not taking care of her horses, Holly loves Karaoke and is always willing to pick up the mic.



### Mirella Carnovale

Mirella rides at The Meadows. She competes in the 1.20m Junior Jumpers on her horse Tanquillo. Mirella is looking forward to having a fun, confident show season and heading to the RAWF '24. Fun Fact: Mirella can be funny and witty!



### Keira Bodnarchuk

Kiera rides at Pickering Horse Centre and shows her horse, Tigre Adelheid Z, in the 1.0m Jr/Am and Mini Medal. In 2024, Keira is looking forward to further developing Tigre, who is only 6 years old. Fun Fact: Tigre is the first horse Keira has owned.



### Amelia Gatti

Amelia rides out of Pickering Horse Centre on her horse Cali Hope Z. Amelia competes in the 1.10m Jr. Jumpers as well as the CET Medal. She hopes to gain confidence in the jumper and equitation rings, while experimenting with different heights. Fun Fact: Amelia previously showed in the Pony jumpers and loves skiing!



### Emma Lindet

Emma rides Kingsland out of Bayview Equestrian Centre, showing in the Medium Pony and Equitation Divisions. Emma is looking forward to meeting new friends, being confident during her rounds, and learning from each one. Fun Fact: A proud Christian, Emma prays before and after each round.



### Regan Cachia

Regan rides out of Woodwind South; showing Addeline in the 1.10m Jr. Jumpers. Her focus for 2024 is to be consistent in all her rounds. Fun Fact: Regan loves Disney World and hopes to one day be able to show in Florida.



### Sara Struk

Sara rides at Somersby Farm, and focuses on the Junior Hunters and Equitation. Although Sara is still looking for the right equine partner, she hopes to continue developing and gaining experience in all show rings. Fun Fact: Sara also plays basketball, with her team's highlight playing at a CAIS tournament in Winnipeg!



### Isabella Erlick

Isabella rides at Normandy Hills and is kept very busy with her three equine partners, Kilroy, KDW Z, and Krazy Express T. Isabella shows in the 1.30m and 1.40m Jumpers, Equitation Divisions, as well as showing Toucare in the National Grand Prix. In 2024, Isabella hopes to qualify for the young riders Pre-Junior team, qualify for the RAWF '24 and continue to develop her horses. Fun Fact: Isabella used to be a competitive dancer.



### Magdalena Kucha

Magdalena rides at Skyeridge and shows in the Large Pony Division on Caffeinated. Magdalena is hoping to have a consistent season, making new connections & friendships and qualify for the RAWF '24. Fun Fact: Magdalena was born in Poland where she started her riding adventure, and before moving to Canada, she lived in New Zealand for a year.



### Kaitlyn Zhang

Kaitlyn, and her horse Dios Mios, ride with Hayes Ltd. They show in the 3'3 Jr/Am Hunters and are hoping to develop a consistent fitness routine in 2024. Kaitlyn is also going to volunteer more of her time assisting riders who are new to showing the A's. Fun Fact: Kaitlyn knows the first 50 digits of Pi by heart!



### Keira Smith

Hi I'm Keira Smith, I'm 13 years old and I ride at Bayview Equestrian Centre. For the 2024 show season I will be showing Cuenta Atras and It's Starpower. I am planning on continuing to do the Big Eq including the Jump Canada Medal as well the 1.20/1.25m division. My biggest goal for 2024 is to be on the NAYC FEI Children's team. A fun fact is my horses look like twins but are not.



### Jayde Ward

Jayde is excited to be one of the OHJA's Junior Ambassadors. She started riding when she was 4 years old and has been hooked ever since. This year she will be competing with her horse Phocus HGF in the Childrens' Hunters as well as doing some equitation, medals and derbies. Jayde is looking forward to a great year ahead representing the OHJA!



### Capri Czekaj

Capri rides at Looking Back Farm. Capri is still deciding what division she and Just Synergy will be showing in for 2024. Capri's goals for this year are to stay consistent in the hunter & equitation rings and to aim for the RAWF 2025. Fun Fact: Capri loves horses, but is terrified of birds!



### Erin Paszt

Erin is from Burlington, Ontario, and has been riding for 11 years. She rides at Bayview Equestrian Centre where she is coached by her "amazing coaches" Jennifer Smith and Ellah Dubeau-Kielty. This year she plans to show her horse Sonic in the junior hunters, CET medal, as well as some other equitation classes and the occasional derby. She is also hoping to qualify for the Royal Winter Fair this year.



### Avery Wilson

Avery is described by her coaches as a natural leader, with a positive attitude and a strong commitment to learning, both in and out of the show ring. Riding out of The Meadows Equine, Avery, and her horse Freddie aka TME Bohemian Rhapsody will be showing in the Low Junior Amateur Hunters this season.



### Lucy Zhang

Lucy shows in the jumpers with her horses Cookie and Cream and King Falco Van Orshof. She strongly believes in the value of community building among young and upcoming equestrians, which is why she applied to be an OHJA Junior Ambassador. As the 2024 show season approaches, Lucy is looking forward to all the incredible updates OHJA has made as well as meeting everyone at shows throughout the year.

# From the trainers' POINT OF VIEW

## With Taylor Brooks, Fox & Oak Farm

She is using her back beautifully and is giving this oxer a really impressive effort.

This young rider and her pony are jumping in wonderful style - with both sets of their eyes locked onto the next jump! The pony has a kind eye with excellent expression and seems to really enjoy their job.

This rider looks like she has a solid foundation, and is staying across the oxer nicely with closed hip angles and great depth to her heel. I would like to see her soften the grip with her knee slightly to allow additional length to her lower leg and to encourage the ankle to come forward to truly anchor her lower leg inline with her hip.

This minor adjustment should provide this rider with the adequate support from her lower leg to allow her chest to come away from her pony's neck slightly.

If she can open up her upper body even the slightest bit, it will provide room for her pony's wither to further lift up towards her over the fence, adding to its already generous effort. Overall, this combination looks like a fabulous match, with a solid foundation of skills and has put notable effort into their turnout too!

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