



**PONY CLUB**  
AUSTRALIA

**APRIL 2024**

# PCA News

**Pony Club Australia Monthly Newsletter**

**Bits and  
nosebands**

**Tetrathlon's  
top  
performers**



**Help to set up  
rallies and clinics**

**When to worm  
your horse**



[info@ponyclubaustralia.com.au](mailto:info@ponyclubaustralia.com.au)  
[www.ponyclubaustralia.com.au](http://www.ponyclubaustralia.com.au)



# Level 1 Coaches' webinar

There will be a Level 1 Coach webinar to run through the new NCAS Level 1 Coach program requirements for all interested coaches.

**Tuesday April 30th, 7pm AEST**

QLD/NSW/VIC/TAS time. Register at

[https://us02web.zoom.us/webinar/register/WN\\_IbKqdXzWSpSs37IgwXCTw](https://us02web.zoom.us/webinar/register/WN_IbKqdXzWSpSs37IgwXCTw)



## - Expressions of Interest Short term Coaches for China

PCA is looking for some coaches to travel to China to teach.

- This is a paid position.
- Translators work with you.
- You must hold a current level 1 PCA coaching qualification, and be able to assess riders up to C and C\*.
- You would also be required to do coach assessments.

China prefers coaches who can stay for around three weeks at a time.

Queries and resumes to Michelle Newham  
0493 368 361 or [members@ponyclubaustralia.com.au](mailto:members@ponyclubaustralia.com.au)

## Cover photo



Olympic triple gold medalist Matt Ryan held a clinic for Dungog Pony Club members recently. A former Pony Clubber, Matt won two gold in the 3DE in Barcelona 1992 (he was the last person to win individual gold for his team effort) and team gold at Sydney 2000. He even brought his medals along!

Matt said of his time at the clinic:

"(Dungog) are a fantastic and enthusiastic club, wonderful hosts too! Plenty more medals coming our way from Pony Club to Olympian!"



# Tetrathlon 2023 leaderboard



*Congratulations!*

The following achieved Gold, Silver or Bronze level in 2023

## Senior Male

Amos Vagg	Salt Ash Pony Club	VIC	4287	Gold
Cohen Wade	Stratford Pony Club	VIC	4245	Gold
Dan Wiese	Dryandra Pony Club	WA	4190	Silver
Darcy Wade	Stratford Pony Club	VIC	3815	Bronze

## Senior Female

Tully Watt	Emu Creek Pony Club	VIC	4303	Gold
Emma Wiese	Dyandra Pony Club	WA	4129.5	Silver
Darcy Miller	Leven Poy Club	TAS	4085	Silver
Kate Banner	Peel Metropolitan	WA	4049.5	Silver
Gabby Wells	Wallangarra R&PC	WA	4043.5	Silver

## Junior Male

Campbell Black	Wallangarra R&PC	WA	4189	Silver
Kian Blanchard	Charlton Pony Club	VIC	4186.5	Silver
Colby Devlin	Drysdale Leopold PC	VIC	4013	Silver
Oliver Homer	Macarthur Pony Club	VIC	3890	Bronze

## Junior Female

Zoe Addinsall	Dunkeld Pony Club	VIC	4461.5	Gold
Isabelle Cox	Esperance Pony Club	WA	4246	Gold
Peyton Lee	North Dorrigo HPC	NSW	3974	Bronze
Sophie Waymouth	Swan Valley HPC	WA	3972	Bronze
Eva Anning	Wallangarra RPC	WA	3928	Bronze
Emily Griffiths	Dalby	QLD	3879	Bronze
Alyssa Greening	Stratford Pony Club	VIC	3830.5	Bronze
Ruby Bruce-McGinn	Dardanup HPC	WA	3805	Bronze

## Sub Junior Male

Will Nieuwenhuis	Drysdale Leopold PC	VIC	4437	Gold
Jeremiah Raines	Merriwa	NSW	3942	Bronze
Hugh Baker	Wandoan	QLD	3930	Bronze

## Sub Junior Female

Ellie Steele	Swan Valley HPC	WA	4441	Gold
Ava Harrington	Stratford PC	VIC	4355	Gold
Gwyneth Homer	Macarthur PC	VIC	4271	Gold
Stella Brown	Serpentine HPC	WA	4212	Gold
Zoe de Vivo	North Eastern PC	TAS	4159	Silver
Olivia Bassola	Swan Valley HPC	WA	4080	Silver
Lilly Morrissey	Nerang Pony Club	QLD	4019	Silver
Ziva Fitzpatrick	Maroochy PC	QLD	4011	Silver
Lahnee Pozzebon	Serpentine HPC	WA	3996	Bronze
Jordyn Thureson	Warrego PC	QLD	3967	Bronze
Charlie Stewart	Mountain District PC	VIC	3938	Bronze
Scarlett Landman	Kingaroy PC	QLD	3911	Bronze
Lily Marshall	Bingara Pony Club	NSW	3907	Bronze
Hayley Dagnall	Wallangarra R&PC	WA	3857	Bronze
Layla Oliver	North Eastern PC	TAS	3826	Bronze



ABOVE: Zoe Addinsall, Dunkeld Pony Club, achieved Gold standard in Tetrathlon in 2024. She is a previous winner of the Pony Club Victoria Junior Tet championship.



Gold - 4200 pts & over  
Silver - 4000-4199  
Bronze - 3800-3999

# Call for Directors - PCA

Pony Club Australia is overseen by a board of eight independent directors, who each bring special skills. In May 2024, PCA will have three directors up for re-election and interested people are also invited to apply.

Nominations close Friday April 26, 2024.

You can read more here, including what the role entails and how to apply:

<https://ponyclubaustralia.com.au/about-us/pca-board/>



**PONY CLUB**  
AUSTRALIA

Those considering applying are advised to read the Constitution, Annual Report 2022 and the current Strategic Plan, available at

[www.ponyclubaustralia.com.au/aboutus](http://www.ponyclubaustralia.com.au/aboutus)



# Congratulations



## China Exchange - May 2024



The team of four for China is:

- Emily Hudak, Seville PC VIC
- Amy Bennett, Merricks PC VIC
- Tess Musgrave, Wirlinga PC VIC
- Emily Marshall, Ararat PC VIC

Team coach

Rebecca Ham, Tooradin Dalmore PC VIC

The next trip is October 2024 (Date TBC)

You can put in an [\*expression of interest\*](#) now.

Riders need to be 13-16 as at January 1 2024, and have jumping experience as there will be a jumping competition as part of the itinerary.

[info@ponyclubaustralia.com.au](mailto:info@ponyclubaustralia.com.au)

### Sounds interesting?



# Competition Results

## New Member Handbook coming soon

- Available free to download from the PCA website



Pony Club Australia is putting  
together a New Members  
Handbook which will be able to  
be downloaded from our website.

Kindly donated by



[www.greggrantsaddlery.com.au](http://www.greggrantsaddlery.com.au)

**WINNER**

**Congratulations  
Heywood Pony Club!  
Mounting block winner**

With 36 quality New Members Handbooks sent in to help us, the PCA New Member handbook will be a great guide for clubs who do not have one. We thank all these clubs from around the country for generously sharing their skills and knowledge; they will all be acknowledged in the handbook. We also thank Greg Grant Saddlery for their donation of a mounting block for one lucky club.

### Thanks to:

Albany	Edmonton	Mareeba	Stawell
Bunbartha	Gidgegannup	Moonyoonooka	Tallebudgera
Calliope	Heywood	Mount Duneed	Toongabbie
City of Ipswich	Horsemans	Murray	Wanneroo
Cockatoo	Innisfail	Nerang	West Plantagenet
Colac	Isis & District	Noonamah	Whittlesea
Deloraine	Langwarrin	Oxenford	Wonthaggi
Dungog	Londonderry	Rochester	Yandina
Dural	Mangrove Mountain	South Midlands	Yarrowa

# The Places Pony Club Can Take You

Two former Pony Club members are hitting the heights, doing what they love and doing it well

## Rochelle Milnes, Port Lincoln Pony Club

There were emotional scenes when Rochelle Milnes won the Port Lincoln Cup in March this year.

Just two years prior, the 22-year-old apprentice jockey was being discouraged from pursuing a career in racing by her jockey father who feared she would be hurt.

But after growing up around horses and working part-time in stables, she naturally gravitated towards a career in the saddle.

"I don't have the words yet; nothing describes the thrill of having a hometown cheer like that. People have been so good to me," Milnes said of her Cup win.

The first four horses over the line were ridden by female jockeys. In South Australia alone, the number of female jockeys is continuing to grow, with the latest figures from the Australian Jockey Association showing that 58 per cent of all jockeys in the state are women.

For Milnes's part, when the Port Lincoln-born-and-bred rider took up her apprenticeship in 2022, she discovered an industry that was embracing women jockeys with gusto.

[From ABC story, SA;](#)

Rochelle says she grew up involved in Pony Club, and her mother rode too, and instructed.

Photos from top:

Rochelle Milnes returning to scale after winning the Cup aboard I Need A Drink. (*Country Racing SA*); Rochelle on her pony Lochie; taking part in a float pageant and parade, with her club, Port Lincoln; jumping at a zone clinic.



Photo Jay Town

## Molly Lines, Mansfield Pony Club

Molly Lines (19) and off the track, 11yo thoroughbred Tadpole have won the CCI4\* at Wandin International Horse Trials.

Molly was just 13 and hadn't competed beyond 80cm level when she purchased Tadpole (who raced as Liquid Courage) as a six-year-old. You can read their story in

[EQLife magazine.](#)



Jaxxie Egginis  
Photography

# ~ Around the Grounds ~



## Southside PC

This is what Pony Club Spirit is all about. Clubs sharing grounds, rally days and competition days, to help each other out.

**Southside Pony Club** members have lost a part of their grounds and other Clubs around the area have welcomed them with open arms, like **Hendra Pony Club & Wynnum and District Horse and Pony Club**.

With horse land being taken for development for new homes for the growing world, Clubs are stepping up to keep the dream alive.

(Shared by Pony Club Queensland)



## Gatton PC

"We learnt to do faecal egg counts and when to do them. Also how horses can build and a resistance when over wormed. We also learnt about high shedders and low shedders. Thank you to our chief instructor Mel for sharing your knowledge."

## Mount Evelyn and Dural Pony Clubs



"A huge thank you to the Mount Evelyn Men's shed for building our new cross country jump and to our wonderful Junior Committee for organising the 'Design a Jump' competition. This incredible creation is by one of our very own riders Billie Welch and measures a whopping 9 metres! We can't wait to see Rexy the Dinosaur all painted up and sitting pretty on the course."



"Dural Pony Club is honoured to have the support of the team at Dural Men's Shed. These are before and after images of some of the seating that is being renovated by these amazing men."

# If you think the photo on the left looks better . . .

You are not putting horse welfare first.



How can this horse see the jump, Whinnie?

The horse's poll should always be highest



## Welfare Wednesday



Above: PCA ambassador Talicia Beardsmore.

[PCA Horse Welfare Policy](#)

Does your horse look outwards and forwards when you ride, or does he look downwards?

The physical and mental welfare of a horse suffers when he is ridden with his neck too round (hyperflexed), ie 'behind the vertical' or 'behind the bit' - as in the left photo.

Research shows that horses ridden in hyperflexion have restricted breathing and vision. A horse at liberty would never carry himself in this way for more than a very brief period.

Reasons for horses being 'behind the vertical' could include bad training, heavy hands, restrictive gear such as a standing martingale or side reins, the horse avoiding contact or the rider thinking it looks good.

The experts say the horse when working should ideally have his head slightly in front of the vertical, fairly close to a straight line perpendicular to the ground, and the poll should be the highest point, as in the second photo. This horse is looking outwards and forwards.

When you next ride, make sure that your horse is not looking downwards. If he is, allow or encourage him to look outwards and forwards!



# Do you need it?

## Unnecessary gear could be affecting your horse



Could you swap a crossover, drop, Hanovarian or flash noseband for a cavesson?



Or for no noseband at all?



Safety goes hand in hand with kindness - check with your coach first

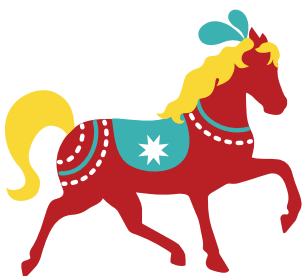
Not sure about gear?  
Check the National Gear Rules on the PCA website



## Welfare Wednesday



**Do you use gear on your horse because he needs it or just because it looks good?**



If you are using unnecessary gear, taking it off might mean your horse is more comfortable and may even perform better. Take nosebands. Your horse will be a lot happier if he can yawn, cough and chew while wearing a noseband – such as a cavesson (top right pic) – or no noseband at all, which is permitted at PC events. Nosebands which have a strap passing under the bit and around the horse's chin like those in the photos (left) means you are applying constant pressure to his nose and mouth, which means the horse never gets a reward (remember negative reinforcement, where taking away pressure rewards the horse?) And if you think your flash noseband is not too tight - why use it at all? As well, tight nosebands can affect a horse's breathing, especially if they sit low. They can also press on soft parts of the horse's nose and mouth, cause nerve damage and even affect a horse psychologically if he cannot soften and relax his jaw.

\* Nosebands not fitted properly would not pass a gear check - but make sure you know what to do at home too.

\* As with any gear change, including removing gear, it's a good idea to check with your Pony Club coach, and check the National Gear Rules for what's allowed (sometimes it is discipline-specific) and how to fit it.

<https://ponyclubaustralia.com.au/sports/national-gear-rules/>

# Want to welcome new members to your club?

Why not register to be a mentor club for our nationally accredited riding centres?

Did you know we have 30 riding centres around the country offering riders that don't own horses an introduction to Pony Club and horsemanship? With over 200 Pony Club riding members through these clubs, the program ensures that these riders learn from our PCA Syllabus through Rider Certificate Manuals and practical lessons.

Riders and their families often then become horses owners and want to enjoy the Pony Club community, local competition and rapport of clubs. So if your club is able to welcome new members, let us know and we can introduce you to a buddy program and refer riders to you.

PCA can also help you with how to include these riders in your current rally and muster days, which leads to more volunteers, families and a larger community at your club.

To register your interest, go to <https://form.jotform.com/240922018004039>

To check if there is an accredited riding centre near your club, or to find out more, visit <https://ponyclubaustralia.com.au/about-us/pca-accredited-centres/>



## Is your club participating in 2024?

Send us your photos



Lilydale District Pony Club, TAS

# DO IT FOR DOLLY DAY '24

MAY 10

Dolly's Dream is committed to changing the culture of bullying by addressing the impact of bullying, anxiety, depression and youth suicide, through education and direct support to young people and families.

Raise awareness and funds to end bullying

<https://www.dollysdream.org.au/>

#BeKind #DoitforDollyDay24

# Bits and nosebands

With Fiona Dearing



“ —  
| If we choose to ignore the mouth activity, and worse, |  
| restrict it further, we're not listening to our horse. —”

Pony Club Australia recently posted an excellent Welfare Wednesday post asking the question 'Do you use gear on your horse because he needs it or just because it looks good?'. Specifically, the post was referring to nosebands and as I'm sure you can imagine, it elicited quite a response.

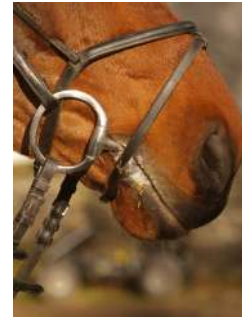
The National Gear Rules state a noseband does not need to be worn. Most purchased bridles come with a noseband and it's worth considering if you are using a noseband simply because it's 'there' or 'it came with the bridle'. I happily admit to using a cavesson noseband only, done up very loosely because I prefer the look.

The flash noseband is attached to the cavesson and sits in front of the bit and around the horse's chin. The original purpose of the flash was to keep a loose ring bit still and central in the horse's mouth.

Over the years the use has been altered to include it to be a device to keep the horse's mouth closed, discourage the tongue from going over the bit and to stop the jaw from being able to cross.

We acknowledge a horse's behaviour is their primary communication tool. If we choose to ignore the mouth activity, and worse, restrict it further, we're not listening to our horse. We're then doubling down on their discomfort by restricting the ways they were using to ease that discomfort.

The flash noseband is one of my most disliked pieces of equipment. As a bit fitter I strongly believe if a horse is showing behaviours, and a rider tightens the flash to discourage these, then horse is not bitted correctly.



Since flash nosebands were introduced, we've learned SO much about biting and introduced many new mouthpiece designs to ensure a horse is comfortably and appropriately bitted for the level of education and discipline they're participating in.

I look forward to using this regular column to explain how different mouthpieces and cheekpieces operate and how we can help our horses be more comfortable in their work.



['A Better Bit for the Horse and Rider combination' webinar with Fiona Dearing for PCA](#)

*Fiona Dearing is a bit fitter working throughout Victoria. She can be contacted through the Bit Right Equine FB page.*

# The Centre Page

Introducing new accredited riding centres to the Pony Club® family

## Accredited Centres Connect Forum

PCA will be holding an online forum for all Pony Club Accredited Centre owners and managers to connect and discuss all topics of interest including:

- Centre marketing
- NDIS at your centre
- Competing at Pony Club competitions
- Coaching resources

**Wednesday April 17, 2024 07:00 PM (AEST)**  
(Qld, NSW, VIC, TAS time)

Register for this clinic through Zoom

<https://tinyurl.com/PCAClinicForum24>

Thinking of becoming an accredited PCA riding centre?  
Contact Sally at [participation@ponyclubaustralia.com.au](mailto:participation@ponyclubaustralia.com.au)  
or visit the [PCA website to find out more](#)



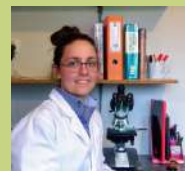
April 2024 - 12

Pony Club Australia accredits approved riding centres around Australia to teach the Pony Club syllabus to riders without their own horses. Riders, if and when they get their own horse, are then able to join a local Pony Club. [MORE HERE:](#)

# Stop!

## Wait until the weather cools before de-worming your horses

With Jacqui Panozzo  
WormCheck



“

The key to getting your horse onto a schedule of one de-worming treatment a year, is to pick the best time of year to do it.

”

The overall goal for worm management in adult horses is to deworm them as little as possible. For the majority of adult horses, one or two treatments per year is all that is needed. However, the key to getting your horse onto a schedule of one deworming treatment a year, is to pick the best time of year to do it.

**In Southern Australia**, the optimal time to deworm your horses, and to target as many parasites as possible, is in mid to late autumn. This time of year ties in best with the lifecycles of bot flies and small strongyles. At this point, all the bot flies are at a stage of their lifecycle where they are inside the horse (see figure 1), and hence susceptible to dewormers. Currently, in late summer/early autumn, there are still bot flies flying around and as eggs on your horses' coats. Deworming now can be considered a wasted treatment, as it will not kill these stages of the bot flies. If horses were treated now, a secondary treatment would be needed in winter to mop up any bot fly larvae that infect your horse in early autumn.

Late autumn is also a good time of year for an annual strongyle 'clean-out'. Small strongyles are the most common worms horses will have, and while seasonal or 6-weekly treatments to remove strongyles is no longer advised, a single yearly treatment can help prevent high burdens developing. The choice of late autumn for this treatment also due to the lifecycle of small strongyles; some larvae may encyst in horses' intestinal walls over spring/early summer. In late summer/early autumn, as the weather cools, these larvae will begin to emerge from their cysts. This is usually a slow process that happens in nearly all horses with little to no side effects.

If horses are dewormed prior to all these encysted larvae emerging, the removal of the adult worms can trigger a mass emergence of larvae (rather than a slow emergence) which can lead to condition loss or even colic in extreme circumstances.

Waiting until all the larvae have safely and slowly emerged before deworming, and removing both adult worms and emerged larvae in one treatment may be the safest option.

When it comes to making the decision about when it is the right time to deworm, wait until the nights cool and the adult bots have disappeared. This may be around the 'autumn-break' (mid-April/Easter time) or once the first frosts have started. The "first frost" method simply means it is cold enough that the bots will be finished.

Australia frosts are not cold enough to actually kill any worms in the ground – these need consistent days of below zero temperatures. Later in autumn is a safer option if your horses are in good condition heading into winter. However, do not be too late – bot fly pupae will be passed out in the manure in late winter. Depending on your local conditions, this single treatment can be done anywhere between mid-April through to the end of June.

**For the northern parts of Australia** that are considered sub-tropical or tropical, the seasonality of bot flies and strongyle lifecycles will not be as clear as down south. This means there is a less define window when it is best to perform an annual deworming.

Continued next page



*For more information about worm management, FECs and choice of dewormers, see the WormCheck website or Facebook page.*

# When to treat for worms . . .

from previous page

If there is a clear time of the year when adult bot flies are not present (middle to late winter), choose this time. Otherwise, aim for the time of year between the dry season and the wet season

Any other worms horses may need treatment for include ascarids, tapeworms and pinworms. Ascarids are generally present only in young horses, which should be having FECs done 3 – 4 times a year, on which ascarid infections will be diagnosed if present. Any ascarid infection should be then treated regardless of the time of year.

Tapeworms are relatively uncommon, and a single treatment once a year with a tapeworm specific paste (containing praziquantel) will be enough to keep tapeworms under control. However, drug resistance in tapeworms is developing and so the use of praziquantel dewormers should be limited only to horses that have a current tapeworm infection (WormCheck now offers a tapeworm specific FEC).

Lastly, pinworms are relatively non-pathogenic, and so a single treatment once a year may also help keep them under control - although treatments for pinworms should be considered on a case by case basis.

Although all horses in should be treated in autumn, it is still recommended that all horses have a FEC done in autumn. FECs are a quick and cheap way to monitor your horses health, and also paddock management. Changes or spikes in EPG values may indicate illnesses (e.g. EMS/cushings) that need further investigation, or poor pasture management.

Additionally, once a year, each property should test the efficacy of the dewormer used. This required before and after FECs, so it is best practice to do a FEC prior to deworming and another FEC 2 weeks after to make sure that drug resistance is not developing.

In autumn, whatever dewormer that is used must contain a drug that is active against bot flies. For healthy adult horses, ivermectin or abamectin pastes are more than suitable. The addition of praziquantel is only needed if tapeworms are a problem. Moxidectin, while it is effective against bot flies, should only be used when required (in young/sick/high shedding horses) as drug resistance is slowly developing and so its use should be limited. "Rotational" dewormers (oxfendazole/fenbendazole) are not active against bot flies. #

## Free webinars to help you get the most out of JustGo

[How to set up a rally or muster in JustGo](#)

(and why it's a great idea)

[How to set up a clinic in JustGo](#)

(and more in coming weeks)

Or visit the PCA YouTube channel and see these and more useful videos

[@ponyclubaustralia2208](#)



The graphic features the Pony Club Australia logo at the top left, which includes a stylized horse head in a green circle. Below the logo, the text 'ONLINE WEBINAR SERIES' is written in large, bold, black letters. Underneath, it says 'With Chenoa Trama' in a smaller font. At the bottom right, there is a white circular button with the text 'JOIN US!' in pink. The background is a vibrant orange with an illustration of three people interacting with various digital devices like tablets and laptops, with a pink sticky note that says 'DON'T FORGET' floating above them.

Exciting news - PCANT is running the Equestrian Event at the Alice Springs Masters Games!

[alicespringsmastersgames.com.au](http://alicespringsmastersgames.com.au)

 ALICE SPRINGS  
Masters Games

12-19 October 2024

The games with *heart*



Join us on the journey  
to Masters Games!

PONY CLUB  
NORTHERN TERRITORY

### Disciplines:

Monday 14/10 – Dressage

Tuesday 15/10 – Western  
Dressage and Western Trail

Wednesday 16/10 – Day off:  
explore Alice Springs/Trail  
ride in the Todd

Thursday 17/10 – Ranch  
Riding

Friday 18/10 – Show  
Jumping

Book stables and  
camping at the iconic  
Blatherskite Park  
[blatherskitepark.com.au](http://blatherskitepark.com.au)



**ENTER NOW**

[alicespringsmastersgames.com.au](http://alicespringsmastersgames.com.au)



For more information, contact:  
Ruth Hanssen: 0400 272 414



# Shetlands steal the show

## Shetland Pony Exhibition Race a winner

Squid wins from Fizzy Pop!  
It was almost a photo finish in the Thoroughbred Industry Careers' Exhibition Shetland Race on Saturday 23rd March 2024 during the 3 Point Motors William Reid Stakes Day at Moonee Valley.

[Watch the race here:](#)



SHETLAND PONY EXHIBITION RACE		
RIDER	PONY	SILKS
 Isabella Kunde	Fizzy Pop	Freedman Racing
 Siena Mammino	Harry	Inglis
 Penelope Mawhinney	Squid	Godolphin
 Leilani Anderson	Bear	Woppitt Bloodstock
 Clara Greenwood	Bonnie	Moody Racing
 Mia Yendall	Princess	Yulong Stud



The Finals of the National Pony Racing Series are on Saturday 20th April. The riders from each state will be announced again via our Facebook page, or follow Thoroughbred Industry Careers.





**\$36**

# PCA Merchandise

PCA Polo Shirt - \$65

PCA Cap - \$36

PCA - Socks - \$29

Order online through JustGo

[www.pca.justgo.com](http://www.pca.justgo.com)



**\$29**



**\$65**

