

EQUESTRIAN & Real Estate News



Devon Carter Camilleri Recognized, Respected, Recommended June 2011 Issue

All About Gymkhana

Gymkhana is the action packed, precision sport of the equestrian world that is fast becoming one of the most exciting family oriented equestrian sports in the world. Gymkhana classes are timed speed events such as Barrel racing, Keyhole, Figure 8, keg race (also known as "down and back"), flag race and Pole bending.

Gymkhana has many interesting meanings. To start, the word is derived from the Hindi and Urdu word for "racket" court. Gymkhana is also an Indian term which originally referred to a place where sporting events took place. This meaning then altered to denote a place where skill-based contests were held, such as in the sports of equestrian, gymnastics, and sports car racing. In India, the term gymkhana is commonly used to refer to a gymnasium. In the United Kingdom, the term gymkhana now almost always refers to a multi-game equestrian event performed to display the training and talents of horses and their riders. Often the emphasis is on children's participation. Gymkhana in the past was sometimes even used for motorsport events.

Gymkhana had its beginning with the English military. During the Colonial period, the English military used horses for both transportation and military maneuvers. On Sunday afternoons, the Calvary would compete in horseback games to sharpen their horsemanship for war. Through the years different events have been added, some of which originated in Europe and others which were developed in this country. Ring Sparring, an event that is still part of Gymkhana in some areas, resembles the knight in medieval days riding full charge with his lance aimed at his enemy. The British Bengal Lancer engaged in Tent-Pegging, using his lance to unearth the tent pegs of the enemy, bringing down the tent on his adversaries. Pole Bending can easily be seen as good training for a Calvary charge through dense forest. The Rescue Race and Cowhide Race were originated by the Native American Indians as a way to rescue their comrades in battle. Similarly, the Speedball Race may have derived from the Native American Indians counting "coup" in which they would touch their enemies without harming them. The Pony Express Race, of course, simulates the old time Pony Express rider who delivered the mail between St. Louis and Sacramento in the Old West.

Below is a list of just some of the events you might find in a modern day Gymkhana.

Bending Poles are one of the most common races today. A line of about four or five poles is set up, and the horse and riders have to weave in and out of them as fast as they can, turn round the last one, and bend back to the finish line. This can be played in teams as a relay race and the first team all home wins. If they miss bending round a pole they have to go back and do it again, the only penalty they incur is wasting time. This teaches the pupil to control his mount, as well as turning.

The Egg and Spoon race is another favorite. The participants each get an egg on a spoon and have to go from the start to the other end (usually around the last bending pole), and back as fast as they can without dropping the egg. It is often played with potatoes instead as they don't break when landing on the floor, but beware

of horses that eat anything. This is a wonderful event for teaching beginners to sit quietly on horseback and though the pony may be moving their seat moves fluidly with that of the horse. It is also an ideal exercise for riders with a 'hot seat' as they learn to sit still.

A popular race is the Walk, Trot, Canter, and Lead Race. During this race the riders walk from the start to a predetermined point. They then turn and trot back, to the start, where they turn again, canter to the same point as before, dismount and lead their horses back to the finish line. If they trot when they are meant to be walking they must turn a small circle. In this race they learn to encourage their mounts to 'extend' (throwing their legs out), their gait, while maintaining their pace.

Races, which will teach them to mount, dismount, and maintain control is Gretna-Green. What they do here is race from the starting point, dismount. While holding their ponies, they must put on a shirt (preferably button up), as well as a large pair of pants, remount, and get to the finish line. Great fun especially if you are picky about what buttons are done up and what aren't.

A favorite among pony clubbers is the Pairs race. One rider starts on the pony, goes as fast as they can to the other side, where a partner waits. They then help the partner mount and get back to the finish line as fast as possible. A variation of this is to have one start the race, dismount at the other end, and the partner has to mount and race back with no help from the dismounted rider. This is often a difficult thing to do on an excited pony, and can be especially fun when the game is played bareback. They will learn how to mount and dismount as well as how to work as a team.

The Sack Race is played the following way: they all line up at the start, and gallop to the opposite side where sacks are waiting for them. They dismount, jump into the sacks and hop back to the finish line. The first one home wins, and surprisingly this race is often the longest as ponies play up because the person leading them is jumping up and down and unsettling them.

In recent years Gymkhana has been steadily gaining in popularity. New events have been designed for competition between riders

which bring into play the abilities of the rider and the speed and handiness of the horse. A good Gymkhana horse must have the speed of a race horse, the turning quickness and agility of a cutting horse and the control and responsiveness of the stock horse. In general, control of the horse and of oneself in the saddle is an added benefit of learning to play these games.



Courage is being scared to death - and saddling up anyway.

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-John Wayne

Equestrian Events June 2011

Updated 6/14/2011 - Please Note there have been some event/date changes due the EHV-Virus.

- **June 1-5, Del Mar** - Region One Arabian Horse Show, Del Mar Arena, www.aharegionone.org
- **June 2-5, Burbank** - Showtime Classic, The Los Angeles Equestrian Center, Contact Track One Events, 714- 444-2918
- **June 2-5, Del Mar** - Showpark June Jamboree Festival Horse Show, Fairgrounds' Horse Park, www.showpark.com, 858-481-9085
- **June 4, Bonsall** - World Record Ride for the Mustangs, Guinness World Record Competitive Trail Challenge, to benefit the Mustang Heritage Foundation, Brisa Del Mar, www.actha.us, Marilee Lowe 760-685-5405 pony-girl@sbcglobal.net
- **June 4, Sunland/Tujunga** - Free Horsemanship clinic! Weston Transformation Workshop, 1st Saturday of every month, Celie 818-352-7709, cw@celieweston.com
- **June 4, Ramona** - Ranch Sorting and Shootout, CowHorse Ranch Cattle Club, Every Saturday, www.cowhorseranch.com
- **June 4, Ladera Ranch** - Old Fashion Country Hoe Down, to benefit the children and horses of Bethany's Gait, www.bethanysgait.org, 714-318-3498
- **June 4, Hemet** - 12 Acre Obstacle Course, Cactus Valley Equestrian Center, first Saturday of every month, 951-766-0246, info@cactusvalleyequestriancenter.com, www.cactusvalleyequestriancenter.com
- **June 4, Yucaipa** - Gymkhana is for EVERYONE with a horse!, www.cshareg14.webs.com
- **June 4, Anza** - Gymkhana, Anza Lions Club, first Saturday of the month from May to September
- **June 4-5, Orange** - OPA Tack Sale, Craft Fair and Pet Expo, Orange Park Acres Arena, www.opawomen.org, 714-744-4152
- **June 4-5, Vista** - Southern California Horseshow Circuit, Vista Palomar Riders, www.VistaPalomarRiders.com, Lance Bennett 760-744-3648
- **June 5, Moorpark** - Bridleless Demo on Dunn It For Money, California Coastal Horse Rescue, www.NaturalBornRiders.com, 661-350-6577
- **June 5, Poway** - PVRA Open Show, RAIN DATE!!, Kasey Bergman, dahkberg@cox.net, 858-486-9109
- **June 6-10, Hemet** - 2011 Ultimate Camp Clinic, Reed Valley Ranch, 760-285-0160
- **June 9-10, Burbank** - Lights, Camera, Action Q/H Show, Los Angeles Equestrian Center, Track One Events trackoneevents@aol.com, 714-444-2918
- **June 10-12, Del Mar** - Surf and Sun Andalusian Horse Show, Fairgrounds' equestrian facility, Nancy Nathenson 805-448-3027
- **June 10-July 4, Del Mar** - San Diego County Fair, Del Mar Fairgrounds, www.sdfair.com, 858-755-1161
- **June 11, Poway** - PVRA Gymkhana, Show starts at 9:00 AM, www.pvra.com/gymkhana
- **June 11, Riverside** - Santa Ana River Trail Bicycle Ride and Equestrian Trail Ride, hosts Phil Bremenstuhl and Frank Hall, www.riversidecountyparks.org.
- **June 12, Poway** - Hunter/Jumper Show, Louann Schloss (858) 705-1336, www.pvra.com
- **June 13-17, Hemet** - 2011 Ultimate Camp Clinic, Reed Valley Ranch, 760-285-0160
- **June 13-17, Poway** - Summer Kids Camps, Royal Ridge Equestrian Center, Emily 858-449-4311 www.royalridgeequine.com
- **June 14, Vista** - Pot Luck, Vista Palomar Riders clubhouse, www.VistaPalomarRiders.com
- **June 14-17, Del Mar** - Charity Fair Horse Show, Chevrolet Del Mar Arena www.charityfairhorseshow.com
- **June 17-19, Burbank** - Gold Coast 4 Hunter / Jumper Show, Los Angeles Equestrian Center, Langer Equestrian Group, 818-567-7317
- **June 18, Temecula** - Ranch Sort, Selland's Arena, Green Acres Ranch, buckles for each division, Contact Jim Peratt 760-559-3403
- **June 18, Valley Center** - HEGGELUND TRAINING 'RIGHT START' Professional Colt Starting Clinic, Contact Van & Clarissa 760-705-7257, torrepinofarms@aol.com
- **June 18, Poway** - PVRA Polo Tournament, call Russ 619-206-8344
- **June 18-19, Del Mar** - Dressage at Del Mar Horse Show, Fairgrounds' equestrian facility, www.sandiegodressage.com
- **June 21-22, Del Mar** - Del Mar Classic Amateur Horse Show, Chevrolet Del Mar Arena, www.sdfair.com
- **June 21-July 1 Poway** - Summer Kids Camps, Royal Ridge Equestrian Center, Emily Richards 858-449-4311 Royal-RidgeEquine@yahoo.com, www.royalridgeequine.com, 858-449-4311
- **June 25-26, Del Mar** - Signature 3 County Horse Show, Fairgrounds' equestrian facility, Robin Serfass robinsersfass@cox.net

If you have an event that you would like me to include in an upcoming newsletter, email me the information at

Devon@LandAndEstateHomes.com

When you find yourself in a hole, it's time to stop digging.

-Will Rogers



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Thank You For Your Referrals!

Most folks are like a barb-wire fence, they have their good points.

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—Unknown

BIOSECURITY

In light of the recent outbreak, following are some guidelines we should always put in practice help prevent diseases in our horses.

Showing Your Horse

- Use your own trailer. Don't ship your horses with horses from other farms.
- Ship only in a trailer that has been cleaned and disinfected. If you can "smell horse" in the empty trailer, it has not been cleaned and disinfected properly.
- Don't let your horse touch other horses, especially nose to nose.
- Don't share equipment (e.g., water, feed buckets, brushes, or sponges).
- Wash your hands, especially after helping other people with their horses.
- Don't let strangers pet your horse, especially those with horses at home or people who have been out of the country in the past 2 weeks.
- Before leaving the show grounds, clean and disinfect tack, boots, equipment, and grooming supplies. Brush off dirt or manure; then disinfect.
- When you get home, shower, blow your nose, and put on clean clothes and shoes before going near other horses.

Visiting Other Farms, Horse Shows, or Auctions

- Have a pair of shoes or boots that you save for visiting and don't wear around your own horse.
- Wear plastic shoe covers. Plastic bags from newspapers work well.
- If you are going to be working with horses on another farm, wear coveralls or plan to change clothes before returning to your horse.
- If there are farms you visit often and you can't change clothes and shoes, be sure their vaccination program and biosecurity practices are as good as your own.

For Visitors to Your Farm or Horse

- It is best to have only one way into your farm. Mark this as the main entrance.
- Park away from the horses. Doing that will help keep disease-carrying organisms from being tracked from car floors or tires to your horses.
- If the farrier or veterinarian needs to park closer, be sure their tires and shoes have been disinfected.
- Ask all visitors to wear clean clothes and shoes. Give visitors plastic shoe covers, or brush dirt off their shoes and spray them with disinfectant.
- If you have many visitors, such as at a farm tour or open house, make a foot-bath for them to walk through.

Bringing Horses Back From a Show

- If one horse has been shown, all your horses need to be vaccinated. Horses that show can bring home germs. Discuss what vaccinations the horses need, and how often, with your veterinarian.
- If possible, keep horses which were off the farm isolated for at least 2 weeks. Make sure there is no nose-to-nose contact.

Bringing in New Horses

This is the most likely way for infectious diseases to come in.

- Keep every new horse isolated for 30 days. Don't use pitchforks, grooming tools, or feed and water buckets on any horse but the new one. Mark these with red tape, or use red brushes, etc., only for the isolation area.
- Work with the isolated horse last each day. Alternatively, wear boots and coveralls when working with the isolated horse and remove them before working or going near other horses. You can keep these in a plastic-covered tub near the horse.
- Always wash your hands and blow your nose after working with the new horse. You could carry germs to your other horses in your nose

How To Disinfect

Surfaces must be clean for disinfectants to work. Brush off loose dirt and manure. If possible, wash the item with detergent first (laundry or dish soap works well) and then use a disinfectant. Most grooming tools can be dipped in disinfectant. Tack can be wiped with a disinfectant wipe or a disinfectant-dampened cloth. Shoes can be brushed or scrubbed off and then sprayed with disinfectant.

Examples of Disinfectants

Household Bleach—Mix ¼ cup of bleach per gallon of water. If you don't have a measuring cup handy, you can mix 1 part bleach to 10 parts water. This formula works for shoes, grooming equipment, buckets, shovels, and pitchforks. When you use bleach, make sure all dirt and manure have been cleaned off first.

Spray Disinfectant—Be sure the label says it kills bacteria and viruses. Sprays can work well on shoes, grooming equipment, and tack. Try to remove all manure and dirt before spraying.

Waterless Hand Sanitizers—They come in gels or hand wipes. These are good for use at a show or after visiting other horses. Be sure to work the cleaner all through your fingers and under the nails.

- US Department Of Agriculture