

Oakhurst Show Team Meeting

2023



Welcome



[Riding](#) [Coach Education](#) [Boarding](#) [Training](#) [For Sale](#) [2023 Oakhurst Events](#) [Oakhurst Students](#)

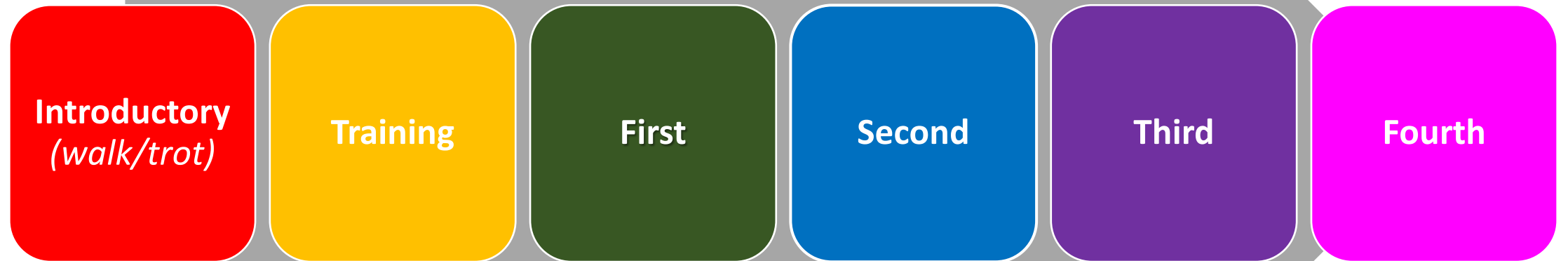
- All Documents can be found here
- Password is: Showteam2023



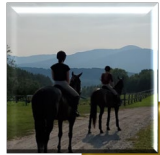
Eventing Competition Levels



National & ESD Dressage Show Levels



What Memberships do I need to Event?



EV90 & Below

- OE
- OEA
- EC Bronze



EV100 & EV 105

- OE
- OEA
- EC Silver
- EC Horse Recording



EV110 & Above

- OE
- OEA
- EC Gold
- EC Horse Recording



FEI

- OE
- OEA
- EC Platinum
- EC National or FEI Passport
- FEI Rider Registration

With the OE Membership – MANDATORY - 2 Modules to be completed with your membership:
Equestrian Canada: Concussion Awareness & Fostering Healthy Equestrian Environments



What Memberships do I need to do Dressage Shows?



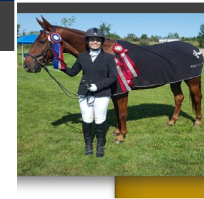
ESD

- Ontario Equestrian
- OADG *(for awards)*



Silver

- Ontario Equestrian
- EC Silver Sport License
- EC Horse Recording
- OADG *(for awards)*



Gold

- Ontario Equestrian
- EC Gold Sport License
- EC Horse Recording
- OADG *(for awards)*

At EC Sanctioned competitions – to compete as an Adult Amateur you must have an AA designation on your Sport License



Horse Recordings & Passports

Horse Recordings

- Are required for horses competing at EC sanctioned Silver & Gold levels.

EC National Passports

- Are FEI recognized passports for horses competing at the FEI 1* & 2* levels **within** Canada.

FEI Passports

- Are for horses competing at FEI competitions internationally or FEI competitions at the 3* level or higher within Canada.

*Please note that both the FEI and EC National Passports must be available to Oakhurst in order to keep the vaccination information up to date. As well, horses that hold these passports need to be micro-chipped and both horse and rider will require an FEI registration which is obtained through Equestrian Canada.



Scoring & The Rules

A super quick overview – Horse Trials



DRESSAGE

Scoring: The leader after dressage is the horse and rider with the lowest penalty points.

Errors of Course:

- 1st error = 2 points
- 2nd error = +4 points more
- 3rd error = TE

A few reasons for Elimination in Dressage:

- Receiving unauthorized assistance
- Performing the test in improper saddlery
- Lameness
- Leaving the ring before the completion of the test
- Resistance
- Not entering the arena within 90 seconds of the starting signal
- Fall of horse and/or rider



CROSS COUNTRY

Scoring:

1st refusal or run-out at an obstacle:

2nd refusal or run-out at same obstacle:

3rd refusal or run out at the same obstacle:

3rd refusal on the entire course at EV105 and above:

4th refusal on the entire course at EV100 and below:

Fall of horse & or Rider: **Elimination & Mandatory Retirement**

Activating a frangible obstacle/device: **11 penalties**

Over Optimum Time: **0.4 penalties per second**

Excessive speed: EV100 and below: **0.4 penalty per second under the speed fault time**

Willful delay: **15 penalties**

Dangerous Riding: **25 penalties + Red Card and/or elimination**

A few other reasons for Elimination in Cross-Country:

- Deliberately starting before being given the signal
- Jumping or attempting to jump an obstacle without headgear, or unfastened harness
- Willful obstruction of an overtaking competitor
- Failure to stop when signaled
- Unauthorized assistance
- Error of course not rectified
- Omission of obstacles or mandatory passage
- Retaking an obstacle already jumped
- Jumping an obstacle in the wrong order
- Larking
- Alteration of obstacles
- Jumping practice fences the wrong direction
- Failure to pass start and finish flags mounted
- Abuse of horse

**20 penalties
plus 40 penalties
Elimination
Elimination
Elimination**



SHOW JUMPING

Knocking down an obstacle:	4 penalties
First refusal or run-out:	4 penalties
Second refusal or run-out in the whole test:	
- at EV105 and below:	8 penalties
- at EV110 and above:	Elimination
Third refusal or run-out in the whole test:	
- at EV105 and below:	Elimination
Fall of horse and/or rider:	Elimination & Mandatory Retirement
Over Optimum Time:	0.4 penalties per second

A few other reasons for Elimination in Show Jumping:

- Not entering the arena when the competitor's number is called
- Not entering the arena mounted or not leaving the arena mounted
- Unauthorized assistance
- Not stopping when the bell is rung
- Jumping or attempting to jump an obstacle without headgear, or unfastened harness
- Jumping or attempting to jump an obstacle before the signal to start
- A horse resisting for 45 consecutive seconds during the test
- Failure to pass through the start and finish flags mounted
- Omission of obstacles in the test
- Jumping an obstacle in the wrong order
- Jumping an obstacle in the wrong direction
- Error of course not rectified
- Failure to re-take all the elements in a combination where there has been a refusal, run-out or circle in the second or third element.





Pop Quiz...

What can I wear?

Where can I find more?

- Equestrian Canada: www.equestrian.ca
- Ontarioequestrian.ca
- Ontario Eventing Association: www.ontarioeventing.ca
- National Capital Horse Trials Association: www.nchta.ca
- Quebec Horse Trials Association: www.acccq.ca
- Federation Equestre International: www.fei.org
- United States Eventing Association: www.useventing.com
- evententries.com and startboxscoring.com
- eventingnation.com
- competeeasy.com

What Level can I Compete at?

- Rider – any age
- Horse - 4 yr. old min

EV90 &
Below



- Rider - 12 yr. old min
- Horse - 4 yr. old min
- 2 MER's at EV90

EV100



- Rider - 12 yr. old min
- Horse – 5 yr. old min
- 2 MER's at EV100

EV105



What Level can I Compete at?

- Rider – 14 yr. old min
- Horse - 5 yr. old min
- 3 MER's at EV100

EV110



- Rider - 16 yr. old min
- Horse - 6 yr. old min
- 4 completions at EV110, 2 MER's

EV115



- Rider - 18 yr. old min
- Horse – 6 yr. old min
- 3 completions at EV115, 2 MER's

EV120



Minimum Eligibility Requirements (*MER's*)

- A result achieving 'Minimum Eligibility Requirements' is done by completing a competition within minimum parameters of all round performance as follows:
 - ***Not less than 55% of good marks in the dressage test which equals 45 penalties***
 - ***Zero jumping penalties at obstacles on Cross Country & not more than 75 seconds (30 penalties) over the optimum time***
 - ***Not more than 16 penalties at obstacles in Show Jumping***



Winning Score vs MER



MER

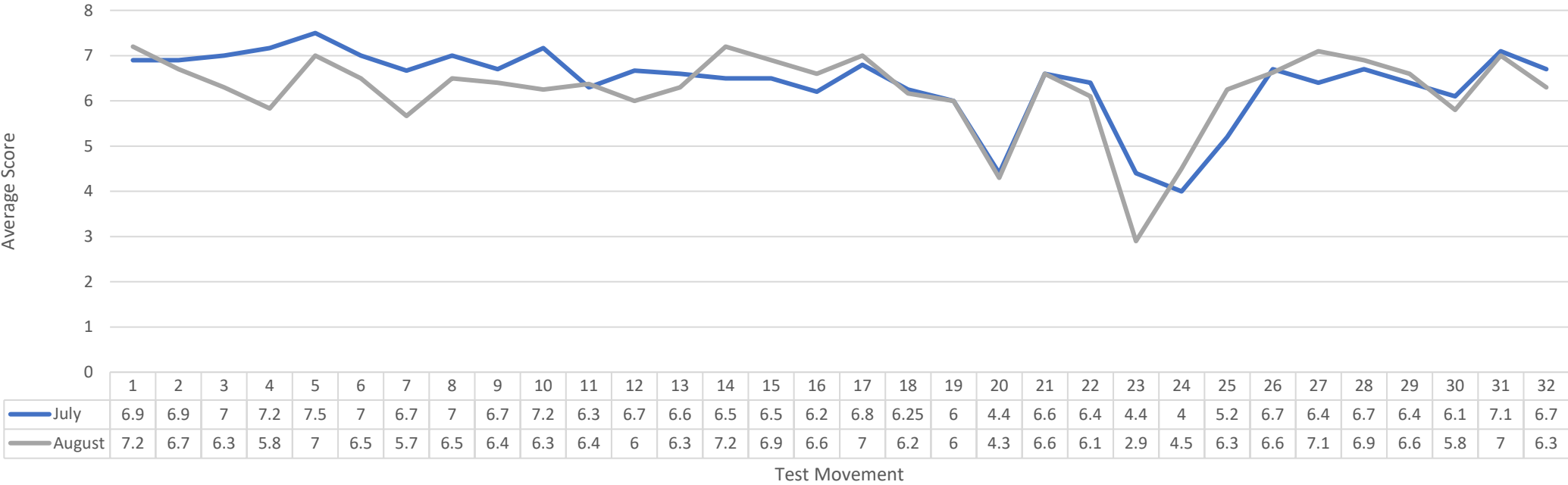
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**WINNING
SCORE**

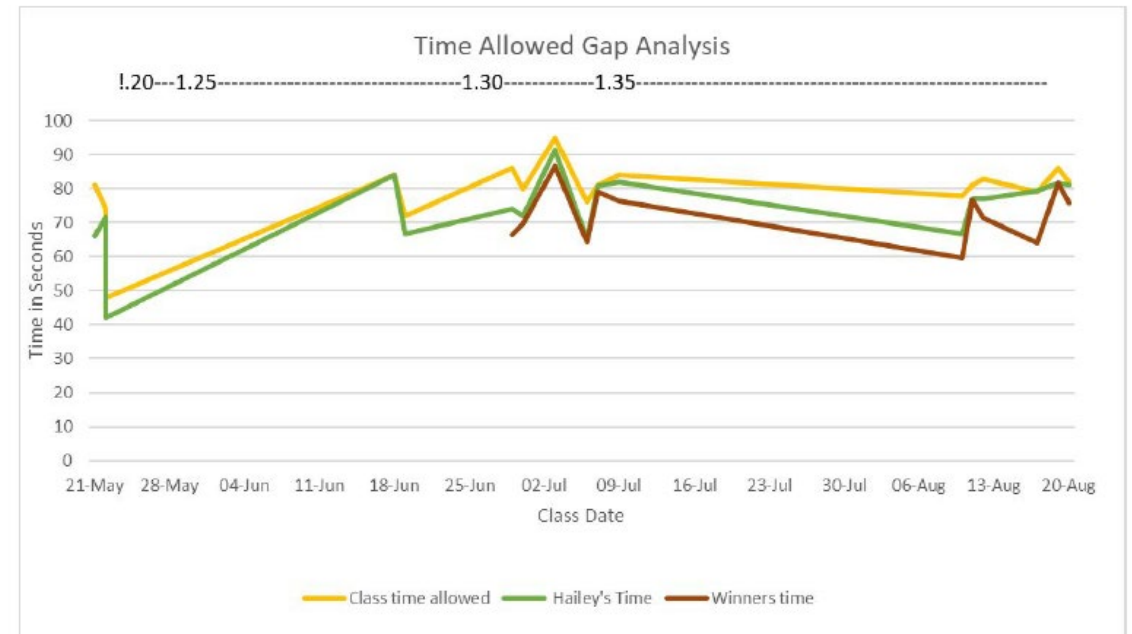
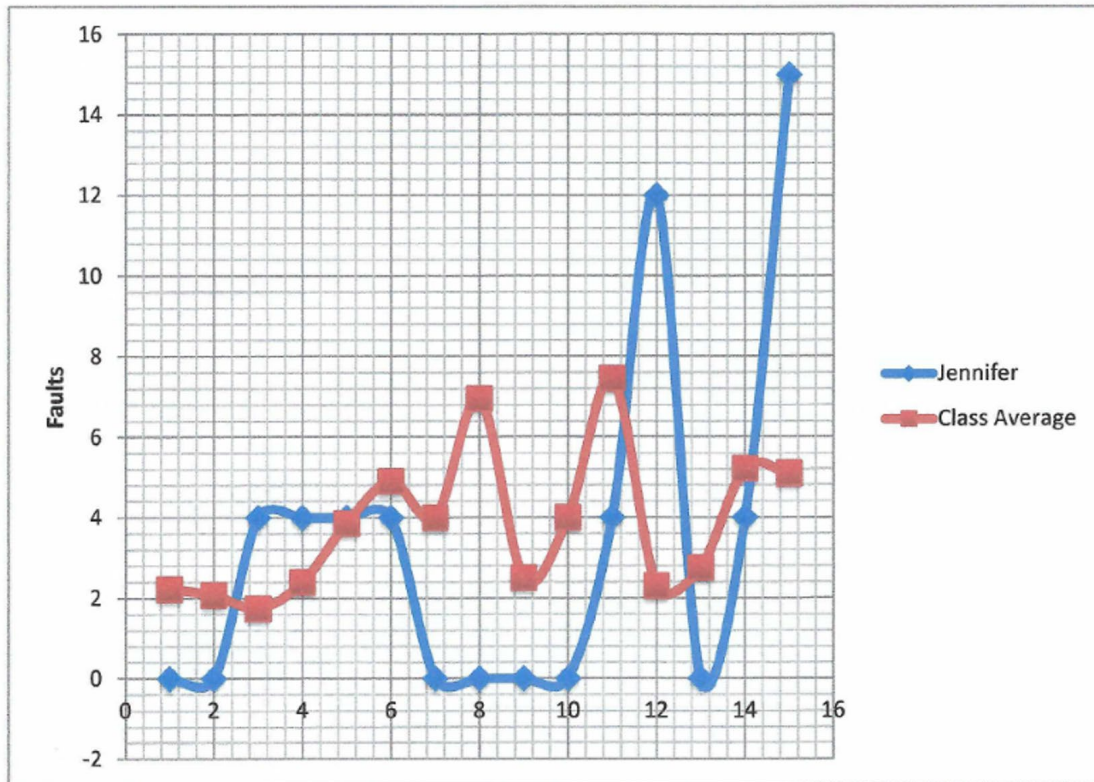
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Gap Analysis – Dressage

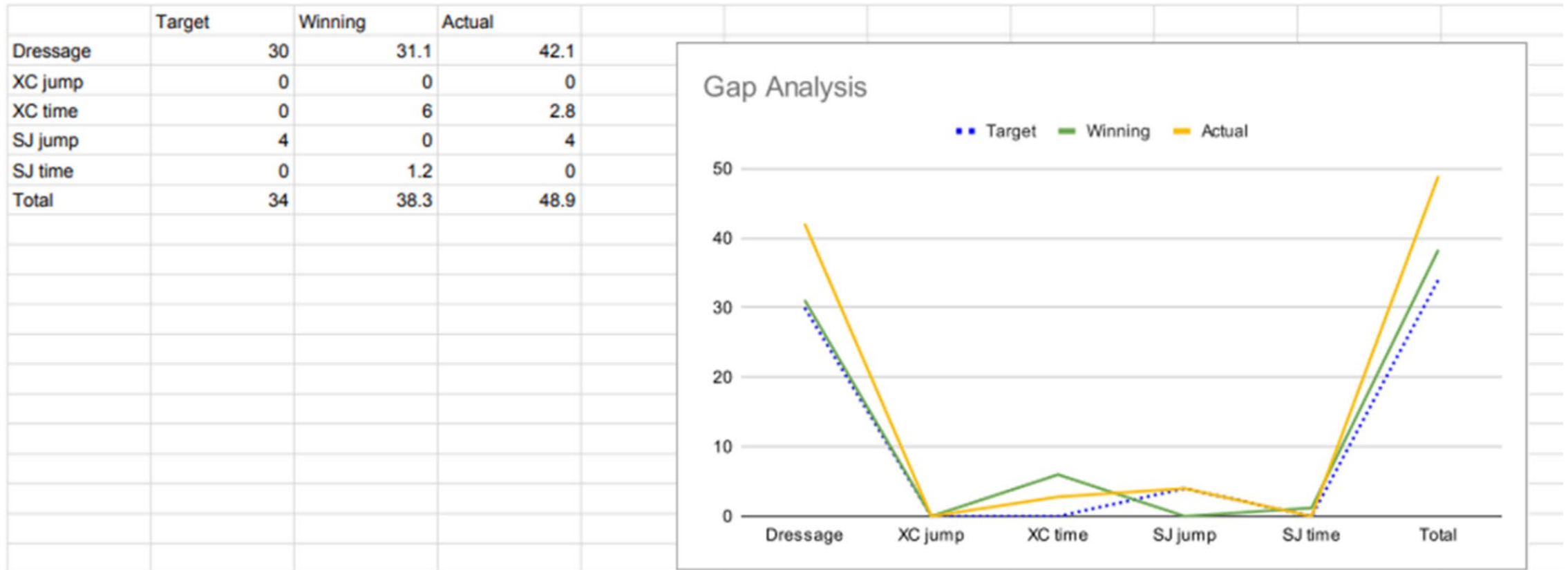
Gap Analysis - July Show vs August Show @ Third Level



Gap Analysis - Jump



Gap Analysis – Target vs Winning vs. Actual



Target & Gap Worksheet

Target Score 2023



What's your target score for 2023?

Dressage _____ penalties

Cross Country Jump penalties: _____ Time penalties: _____

Show Jumping Jump penalties: _____ Time penalties: _____

What was your best score from 2022?

Dressage _____ penalties

Cross Country Jump penalties: _____ Time penalties: _____

Show Jumping Jump penalties: _____ Time penalties: _____

What's the Gap? For each phase identify if your best score from 2022 was + or – your identified target score.

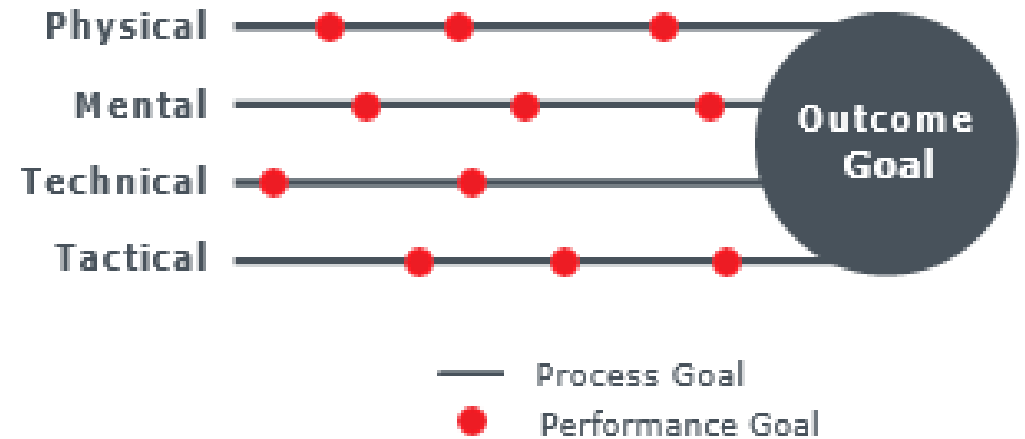
Dressage _____ penalties

Cross Country Jump penalties: _____ Time penalties: _____

Show Jumping Jump penalties: _____ Time penalties: _____



Goal Setting



IS MY GOAL S.M.A.R.T.?

Goal:

Specific: What EXACTLY do you want to achieve?

Measurable: How will you know when you've achieved it?

Attainable: Is it something you have control over?

Relevant: Why is this applicable to your life?

Time-Based: When do you want to achieve your goal?

S.M.A.R.T.



Seasonal Planning

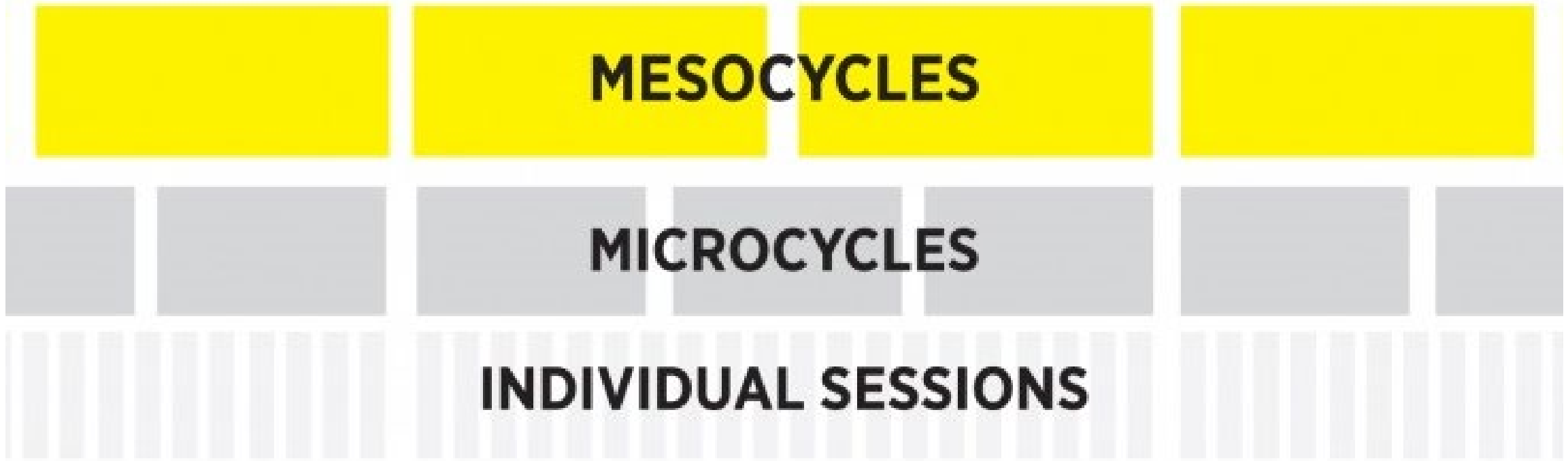
1 YEAR

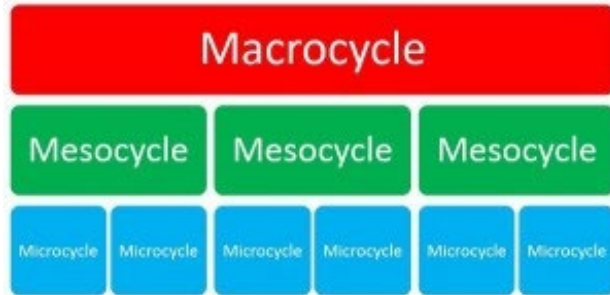
MACROCYCLE

MESOCYCLES

MICROCYCLES

INDIVIDUAL SESSIONS





Macrocycle:

- The longest of the three cycles
- Incorporates all 52 weeks of your plan
- A bird's eye view of your training and recovery
- Facilitates long-range planning

Mesocycle:

- Represent a block of training designed to accomplish a specific goal
- Typically 3 – 4 weeks in length
- Generally a mesocycle is 3 – 4 microcycles tied together

Microcycle:

- Shortest training cycle
- Typically lasting a week

Macrocycles, Mesocycles & Microcycles

Horse Fitness

- Long Slow Distance

Beginning stages of cardiovascular conditioning

Can be done the day before or after a hard workout

Should be done in two-point position

- Interval Training

More intense aerobic workout than LSD

Not to be done the day before or after another hard workout

Should be done in two-point position

- Strength Training

Designed to improve strength and power of specific muscle groups

Performed through a gymnastic grid using an Interval Training format



Long Slow Distance

SET #1	20 mins walk on hard ground 15 mins trot on softer ground	Pre-Entry and Below
SET #2	20 mins walk on hard ground 20 mins trot on softer ground	
SET #3	20 mins walk on hard ground 20 mins trot on softer ground 3 mins slow canter	
SET #4	20 mins walk on hard ground 25 mins trot on softer ground 3 mins slow canter	Event Level EV85
SET #5	20 mins walk on hard ground 25 mins trot on softer ground 4 mins slow canter	
SET #6	20 mins walk on hard ground 25 mins trot on softer ground 5 mins slow canter	EV90
SET #7	20 mins walk on hard ground 30 mins trot on softer ground 5 mins slow canter	Event Level EV100 & Above
SET #8	20 mins walk on hard ground 30 mins trot on softer ground 7 mins slow canter	

The walk should be brisk but relaxed.
The trot should be slow, relaxed, and either rising or half-seat.

The canter should be slow, relaxed, and in half seat.



Interval Training

Interval Training

1	5 min @ 220 + 3 min walk	X3	2	5 min @ 220 + 3 min walk	X3
	3 min @ 350 + 3 min walk	X3		3 min @ 400 + 3 min walk	X3
3	5 min @ 220 + 3 min walk	X3	4	5 min @ 220 + 3 min walk	X3
	4 min @ 450 + 3 min walk	X3		5 min @ 450 + 3 min walk	X3
5	5 min @ 220 + 3 min walk	X3	6	5 min @ 220 + 3 min walk	X3
	5 min @ 400 + 3 min walk			5 min @ 400 + 3 min walk	
	5 min @ 400 < 450 + 3 min walk			5 min @ 450 + 3 min walk	
	5 min @ 400 < 450			4 min @ 500	
7	5 min @ 220 + 3 min walk	X3	8	5 min @ 220 + 3 min walk	X3
	6 min @ 400 < 450 + 3 min walk			5 min @ 400 < 520 (hold at 520 for 1 min)	
	5 min @ 400 < 450 (hold at 450 for 2 mins)			3 min walk	
	4 min @ 400 < 520 (hold at 520 for 1 min)			5 min @ 400 < 600 (hold at 600 for 1 min)	
9	5 min @ 220 + 3 min walk	X3	10	5 min @ 220 + 3 min walk	X3
	5 min @ 400 < 520 (hold at 520 for 2 min)			6 min @ 400 < 520 (hold at 520 for 2 min)	
	3 min walk			3 min walk	
	6 min @ 450 < 650 (hold at 650 for 1 min)			6 min @ 500 < 650 (hold at 650 for 1 min)	
11	5 min @ 220 + 3 min walk	X3	12	5 min @ 220 + 2 min walk	X3
	8 min @ 400 < 550 (hold at 550 for 1 min)			8 min @ 400 < 550 (hold at 550 for 2 min)	
	3 min walk			3 min walk	
	6 min @ 500 < 650 (hold at 650 for 1 min)			6 min @ 500 < 650 (hold at 650 for 2 min)	
13	5 min @ 220 + 3 min walk	X3	14	5 min @ 220 + 3 min walk	X3
	8 min @ 400 < 570 (hold at 570 for 1 min)			8 min @ 400 < 570 (hold at 570 for 2 min)	
	3 min walk			3 min walk	
	5 min @ 500 < 700 (hold at 700 for 1 min)			4 min @ 500 < 700 (hold at 700 for 2 min)	

Sample Work Week (*Microcycle*) *EV100 and above*

- Outside of Show Season:

Sunday –	Interval Training
Monday –	Walk Hack
Tuesday -	Day Off
Wednesday -	LSD
Thursday -	Lesson
Friday -	Strength Training
Saturday -	Light to Medium Work

- During Show Season:

Sunday –	Event
Monday –	Walk Hack
Tuesday -	Day Off
Wednesday -	LSD
Thursday -	Lesson
Friday -	Light Work
Saturday -	Light to Medium Work

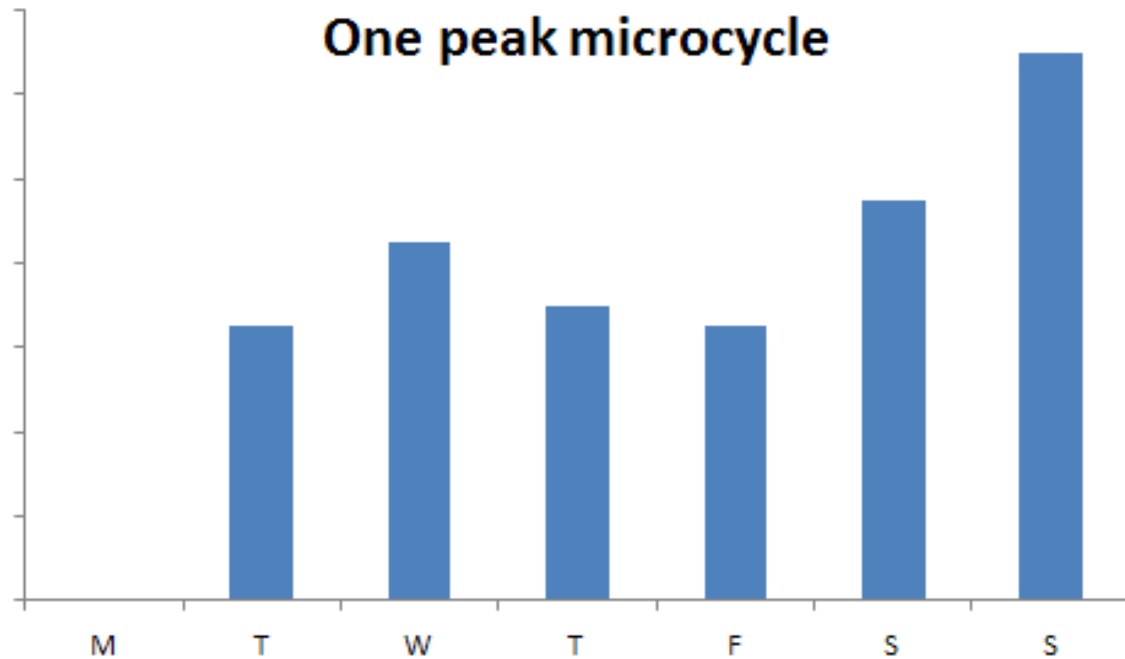


Sample Work Week (*Microcycle*) *EV90 and below*

- Outside of Show Season:
 - Sunday – Skills Development Homework
 - Monday – Walk Hack
 - Tuesday - Day Off
 - Wednesday – LSD
 - Thursday - Lesson
 - Friday - Light Work
 - Saturday - Light to Medium Work
- During Show Season:
 - Sunday – Event
 - Monday – Walk Hack
 - Tuesday - Day Off
 - Wednesday – LSD
 - Thursday - Lesson
 - Friday - Light Work
 - Saturday - Light to Medium Work



One peak microcycle



Let's Build a
Microcycle!

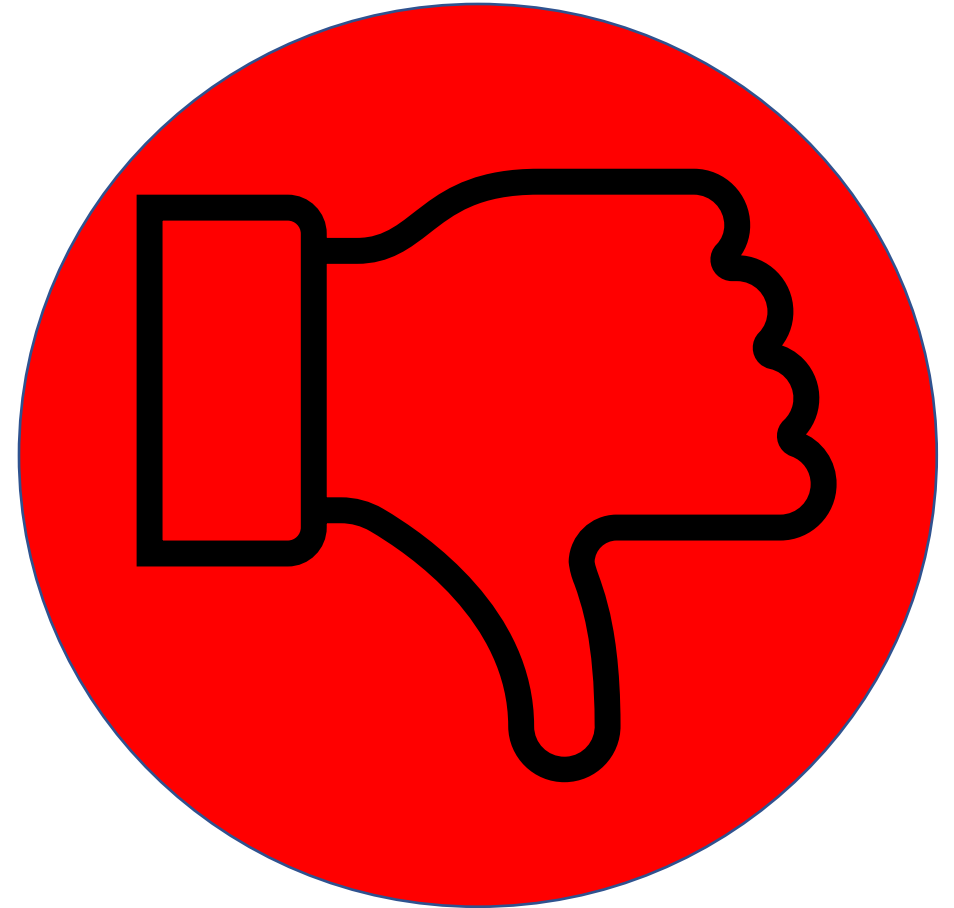
MICROCYCLE

Discipline: _____ Date: _____
 Microcycle: _____ Importance: _____
 Name of Rider: _____ Name of Horse: _____

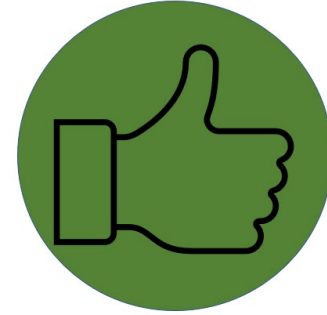
		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
AM	H o r s e							
	R i d e r							
PM	H o r s e							
	R i d e r							

LEGEND - H.V. = HIGH VOLUME; M.V. = MEDIUM VOLUME; L.V. = LOW VOLUME; L.I. = LOW INTENSITY; M.I. = MEDIUM INTENSITY; H.I. = HIGH INTENSITY
 A.R. = ACTIVE REST
 XXX = Top Priority XX = Secondary Priority X = Introduction or maintenance

Tips & Tidbits

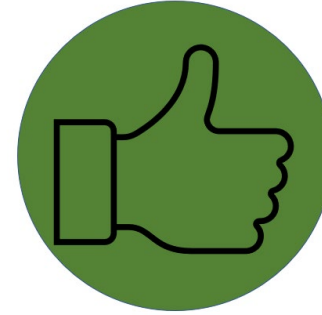



Warm Up Ring Etiquette



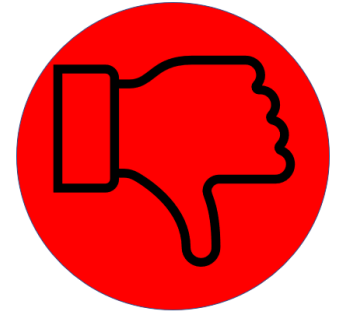
- To avoid collisions, pass Left Hand to Left Hand
- Warm up jumps should be jumped with the Red Flag on your left side
- You should always make sure to ride with your eyes down to avoid making eye contact with other humans

Turnout Tips



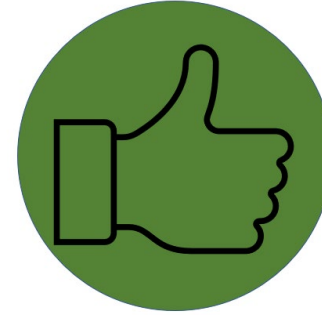
- Its completely acceptable to have an entire stall's worth of shavings, hay and  in your horses tail when you ride/compete
- If you braid the day before a show, be sure to plan time to redo anything that has been rubbed out
- Your horse loves you more when you clean your bit after your ride, versus sticking a disgustingly dirty bit in their mouth

Trailer & Showing



- If Ruth says we are leaving for a show at 6am, that's code for 5:45am
- Horses are totally fine tied to the trailer with no one watching them, they are adults, what could go wrong
- Course walks are totally optional... but if you choose to skip the course walk and then go off course we will all heckle you forever

Around the Barn



- Horses competing EV90 and above should be ridden at least 5 times a week
- Bumps and changes to your horses legs are totally ok, especially if they are hot and tender. Skip grooming legs, they are too long anyways.
- Your stall door is not your bedroom... fold your horses clothes if they are to be left out
- If you choose not to ride for days and days and days, your horse would like you to ease them back into work, ask a friend to help you out, or talk to Ruth about arranging training rides

Around the Barn



- Be positive
- Be respectful of each other
- Have fun



Next Steps

- Choose the shows you want to attend
- Build those shows into your Macrocycle
- Review your Microcycle
- Complete the Target & Gap worksheet
- Set realistic goals
- Evaluate and revise those goals
- Check out the online Oakhurst Show Book!
- Communicate
- Be Honest and self aware
- Work to get to your 10,000 hours
- HAVE FUN!!!!
- **Dare to Be Great!**

