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VIEW POINT

FROM THE CHAIRMAN



Dear Readers,

Hope is the most profound motive in life .With all the hazards of Covid, yet we are looking forward to the most unique and gracious challenge in the world, which is the **Olympic Games**. With extreme precaution, we are all awaiting this event that is all about pure sport, not money. Stay tune to our website and its live analysis through the showjumping events.

The **Egyptian Marvel** team is on the map and could be a strong stakeholder. This team has emerged to the top level of the sport, deserving valuable recognition; and changing the Egyptian roadmap of the showjumping sport forever.

On another note, top showjumpers such as **Luciana Deniz** who gives us some depth about her routine and more importantly mental strength. **Andre Sakakini** and a journey full of success and adventure leaving his hometown to become one of the prime ambassadors of the sport in Europe. **Frederic Cottier**, an Olympic rider who chose the path of an international course designer to bring forward his talent and knowledge to the ring, yet in a different form.

Dubai World Cup 2021 with Mystic Guide winning the long awaited race. Sandie Robertson, the most sought for mental coach addressing the art of silence.

Kings Polo Academy in Cairo, who changed the map of polo in Egypt, taking the sport to an International Level.

Art and its impression of the horse with Elie Lambert and Siham Moharram.

Read on and enjoy!

Khaled Assem

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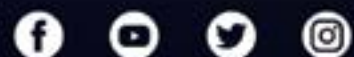
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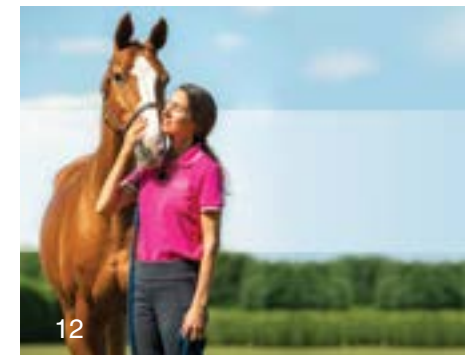
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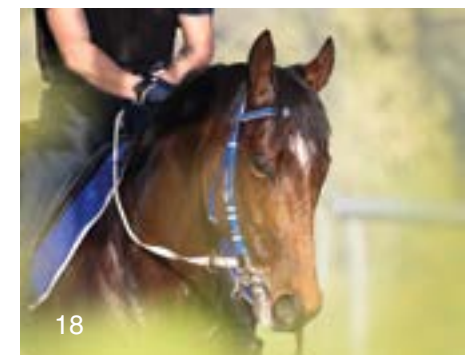
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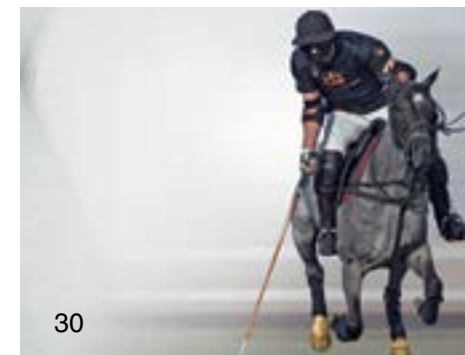
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THE EGYPTIAN MARVEL TEAM FLYING TO TOKYO 2020

BY MENNA LOUTFY

IN OCTOBER 2019 THE EGYPTIAN TEAM CLAIMED THEIR TICKET TO TOKYO OLYMPIC GAMES DURING THE NATIONS CUP OF RABAT.

EVERY RIDER LEFT MOROCCO WITH A RESPONSIBILITY OVER HIS SHOULDER. THAT RESPONSIBILITY WAS “RIDING UNDER THE EGYPTIAN FLAG IN THE OLYMPIC GAMES” AFTER 60 YEARS OF INDIVIDUAL REPRESENTATION. THIS WAS A START OF A HARD, CHALLENGING, LONG, YET UNFORGETTABLE JOURNEY.



First was the spread of COVID 19 pandemic and each rider being in a different country to train for the Olympics especially that it was on and off until May 2020. Mouda Zeyada and Mohamed Talaat trained at Ludger Beerbaum Stables in Germany, Nayel Nassar in Evergate Stables in the United States and Abdelkader Said in the Netherlands.

The team had a lot of challenges; they definitely had a lot of work to do with their riding and horses. They also had to keep communicating with each other to make it to Global Nations cups together as a team, that's when they achieved results as riders and as a team. This was all coordinated under the supervision of the Egyptian Equestrian Federation.

And that's what happened.

NAYEL NASSAR STORMS THE GRAND PRIX OF ST.GALLON

Nayel Nassar (EGY) and Igor Van de Wittemoere win

the €152,000 Longines Grand Prix of Switzerland CSIO 5*.

It was an amazing performance by Nayel and the 13-year-old Igor, clearing the 1.60m obstacles they faced in the two rounds, until they finished the jump-off in 45.32 seconds.

The pair ended up preceding the British rider Scott Brash (GBR) with Hello Vincent (Consul DL Vie Z x Fergar Mail), and Philipp Weishaupt of Germany on Coby 8.

MOUDA ZEYADA HOSPITALIZED IN ST.GALLEN AFTER A TRAFFIC ACCIDENT

One day before the Nations Cup of St.Gallen; the youngest rider in the team Mouda Zeyada had a very bad accident that resulted in face and neck injuries. He had to be hospitalized all day and everyone expected that the Egyptian Team will not make it to the Nations Cup the next day.

To everyone's surprise he made a live video on Facebook explaining what happened and how he was so keen to make it out of the hospital and ride the Nations cup. And so he did!

When he managed to stand up for the team and ride the next day. The Egyptian team of Mouda Zeyada, Nayel Nassar, Mohamed Talaat and Karim El-Zoghby came in fourth place after the two rounds of the Nations Cup of St.Gallen.

"My country's Flag on my jacket gave me power, despite my injuries" _he said.

A WEEK LATER

MOUDA ZEYADA AND GALANTHOS FINISH FIFTH IN THE GRAND PRIX OF LA BAULE

On a course designed by Frédéric Cottier; fifty riders were on the start list of the Longines Grand Prix of La Baule. Mouda and Galanthos made a fabulous clear round on the first phase of the competition and he rode the jump-off among 5 other riders where he had one fence down finishing fifth

LGCT STOCKHOLM 2021

ABDELKADER SAID WINS THE LÖVSTA FUTURE CHALLENGE

He was the 19th on the start list of the CSI1* Young horses 1.40m challenge; Egypt's Abdelkader Said along with Elfy Des Equinoxes made a clear round with no fences down in 34.67 seconds finishing in first place.



TOKYO 2020

THE EGYPTIAN EQUESTRIAN FEDERATION HAS MADE A DECISION REGARDING THE FOUR RIDERS WHO WILL BE PRESENTING EGYPT IN TOKYO 2020. THE FOUR RIDERS ARE ABDEL SAID, MOHAMED TALAAT, MOUDA ZEYADA AND NAYEL NASSAR. EGYPTIANS ARE HAVING HIGH HOPES FOR THE TEAM. HORSE TIMES IS WISHING ALL THE BEST.



IN DEPTH WITH LUCIANA DENIZ

A GREAT NAME IN THE HORSE LOVING COMMUNITY; SHE IS AN OLYMPIC SHOWJUMPER, AN EXPERIENCED COACH, A SUCCESSFUL ENTREPRENEUR, A LOVING MOTHER AND A TALENTED RIDER. HT WAS SO EXCITED TO MEET WITH LUCIANA FOR AN IN DEPTH INTERVIEW.

BY MENNA LOUTFY



Q1. Being such a prominent rider; we know that you have a particular routine, what do you follow with your horses?

First comes discipline then repeated practice, in addition to analysis of training and its outcomes.

I combine my discipline as a mother, a rider and an entrepreneur, with the discipline of exercise, food and health care for both my horses and for myself.

My routine is what I do in my masterclasses which everyone can watch:

- 1- Be 1 with your horse
- 2- Flatwork
- 3- Cavaliers and work in the basics.
- 4- The the Butterfly exercises.

Q2. Tell us about your famous B.U.T.T.E.R.F.L.Y technique.

It is more than technique. I call it The Butterfly Method.

It's a methodology that sees sport as a means to obtain personal, sporting and professional development.

From all my experience as a rider, I have developed this tool that brings together riding techniques, training, inner focus and many other solutions, all of which develop you as a rider.

The Butterfly Method also focusses on wellbeing and motivation for you as a person. It's an all-encompassing methodology really.

Q3 We have seen you sit on different kinds of horses; some of them were extremely sensitive to an extent that some riders can't sit on.

What are the criteria by which you choose your horses?

I make an assessment if the horse suits me. I know myself as a rider and I know if I can handle the specifics of each horse.

I know not every horse will suit me, but I know also pretty quickly which will. You just get a feeling of their personality and obviously, their jump over a

fence tells you a lot too. My technical base was very good because my mother was an Olympic dressage rider and gave me brilliant flat work training from a very early age.

My father was a polo player. He gave me a passion for animals. The upbringing with my horse family and I guess my sensitive nature towards animals, tuned me into trying to understand different types of horses, to understand if I can connect with them or not.

Q4 Tell us more about that bond that you have with your horses and how do you manage to keep that?

This connection is natural because it is driven by passion!

There is no technical explanation for this connection. As in every relationship you have to take care and work at it. How do you take care of a horse? With respect for their welfare, taking care of the health of the horse, understanding the natural needs of a horse in the wild and trying to ensure as much as possible, that even though we compete, we still

try to meet these needs, specifically needs such as grazing, or being able to touch one another- making sure we maximize the opportunities for them to be a natural herd horse.

This is true happiness for horses. I believe in giving a lot of **love and respect** for their partnership in competitions and in life.

Q5 In your opinion, what is the key to being a successful rider?

There is no secret. There is a lot of work, attention to detail and repetition.

In my methodology I consider that you have to work on **8 aspects** that influence your performance.

For me, these 8 aspects I've identified as essential are dreams& goals, body&mind, connections, activities, self-awareness, energy, emotions and success. I use these 8 aspects for training in all my online courses on my web site and in live clinics.

Just dealing with all these aspects can really make a difference for anyone in competitive riding, because so much happens outside of the ring that ultimately influences or performance for those 2 or 3 minutes we are in there.

Q6 Tell us about the most challenging time in your career, and how did you get through it?

A challenging moment in my career was the World Championship in Aachen, quite a few years ago now.

I was relatively young and very inexperienced at that level at the time and I was riding an 18 year old horse, called Dover. Everyone doubted he would be able to finish the track because of his age and he was at his absolute max on a course so big, so long and technical. I remember the weather conditions were terrible that day also. It rained and rained!

The track was covered in splashing water and I admit I was nervous and worried. But I really worked on my emotional focus just before the competition and I told myself Dover and I could do it and we did!

I also had a great team taking care of Dover's health. It was a real team effort- Dover, all of us together!

Q7 When was your happiest moment as a rider?

The best moments were in 2015 winning the Global Champions tour which I made the impossible possible.

I was most of the year in front as leading the tour until Scott Brash passed me and he was in such a good shape winning the grand Slam title at that



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year that everyone thought he would win the GCT title as well

I had to win all out of the last 3 competitions in Doha, Vienna and Rome and I did.

Q10 You have competed all around the world; tell us about your favorite arena and why do you find it special?

Aachen without a doubt!

In my opinion it is the biggest contest in the world, for the atmosphere and the people involved. I love Aachen!

Q11 Who is the one you go to for advice in regards of riding?

I don't have a specific guru. I have several experts with whom I work who I help myself depending on the moment and the topic.

Q12 With the Olympic Games scheduled in a few months; how are you preparing for Tokyo 2021?

I moved my horses to Portugal and I have reduced the number of horses I ride at the moment to concentrate and focus on preparing for the Tokyo Olympics 2021. 🐾



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DUBAI WORLD CUP 2021 GODOLPHIN'S MYSTIC GUIDE CONQUERS THE WORLD

GODOLPHIN'S AMERICAN-BASED RAIDER MYSTIC GUIDE (USA) PROVED HIMSELF A CHAMPION AT MEYDAN ON SATURDAY NIGHT AFTER CAPTURING THE 2021 US\$12M DUBAI WORLD CUP SPONSORED BY EMIRATES AIRLINES.



The 4-year-old had risen through the ranks across the Atlantic and was veteran trainer Mike Stidham's first ever overseas runner when lining up in the 2000m showpiece.

Jockey Luis Saez tracked front runner Hypothetical before taking the lead 400m from home and forging clear aboard Mystic Guide, a Godolphin homebred son of Ghostzapper who had arrived on the back of an impressive warm-up win in the Grade 3 Razorback at Oaklawn Park.

Saez said: "Today he proved he is a champion and I know he is going to get better and better. What a nice horse, he has all the ability. It's an honor for me. This was my dream as a little kid and I can't believe I'm here now. It's a dream come true".

DERYAN LANDS KAHAYLA CLASSIC FOR FRANCE

French-trained Deryan (FR) broke the track record when he lifted the US\$750,000 Dubai Kahayla Classic Sponsored by Mubadala, the opener on Dubai World Cup night at Meydan, in 2 minutes 11.87 seconds.

Ridden by former French champion jockey Ioritz Mendizabal, the 6-year-old had secured a perfect position on the rail, just off the pace, and easily picked up the leader AF Alwajel 200m from the winning post to win by three-quarters of a length from the Ernst Oertel-trained AF Alwajel.

SEEMAR'S AMBITION IS TOO GOOD IN GODOLPHIN MILE

Secret Ambition (GB) hardly saw another rival when availing of a perfect front-running ride from Tadhg O'Shea in the Group 2 \$750,000 Godolphin Mile Sponsored by Mohammed Bin Rashid Al Maktoum City - District One.

Secret Ambition was one of only three course and distance winners in this 15-runner renewal of the Godolphin Mile and it was another course and distance winner in Golden Goal who finished second, while Avant Garde was back in third.

SUBJECTIVIST TAKES GOLD FOR JOHNSTON

Last year's Group 1 Prix Royal-Oak winner Subjectivist (GB) ended a 22-year hiatus on Dubai World Cup night for Britain's winning-most trainer of all time, Mark Johnston, with a brilliant victory in the US\$750,000 Dubai Gold Cup Sponsored by Al Tayer Motors.

Johnston's longstanding stable jockey Joe Fanning tracked the early leader For The Top before hitting the front around 1200m from home and powering clear to a five-and three-quarter lengths success from German-trained runner Walderbe. Away He Goes was a head further back in third. The winning time was 3:17:77.

"We've had Carnival winners but this is the first success on World Cup night for 22 years," said Johnston, whose last success was Fruits of Love in the 1999 Dubai Sheema Classic".

EXTRAVAGANT WINS AL QUOZ FOR US CHALLENGER

The Brendan Walsh-trained Extravagant Kid (USA) became the first American-trained winner of the US \$1m Al Quoz Sprint Sponsored by Azizi Developments when he burst through the ranks to beat the Godolphin when he took the son of Kiss The Kid towards the stands' side from where he launched his attack to take the lead in the final 50m.



"What an unbelievable race," said his owner David A Ross. "His trainer Brendan Walsh had a good feeling about him; he came into the race well, Brendan had him prepped well. He really liked the venue here and we thought we would take advantage as an 8-year-old, what about that?"

WORLD OF OPPORTUNITIES AWAIT UAE DERBY WINNER REBEL'S ROMANCE

Rebel's Romance (IRE) realised the promise that his connections hoped he would when the son of Dubawi



ran out an emphatic winner of the US \$750,000 UAE Derby Sponsored by Emirates NBD.

Trained by Charlie Appleby, ridden by William Buick and carrying the familiar blue colours of Godolphin, Rebel's Romance opened up a world of opportunities for himself when coming from off the pace to reel in the front-running Panadol and draw an impressive five and a half lengths clear as they flashed past the winning post.

This UAE Derby success certainly looks set to be a springboard to a bright future for Rebel's Romance with Appleby saying after the race:

"He is still very much a work in progress and he looked much better tonight than he did in Saudi Arabia. I think the biggest attribute to him today is that he was going to stay. We were always confident he was going to stay. Stepping up in trip was going to be his forte."

POIGNANT WIN FOR ZENDEN IN GOLDEN SHAHEEN

American raider Zenden (USA) ran out a brilliant victor of the US \$1.5m Dubai Golden Shaheen Sponsored by Gulf News but there was a sad postscript when the winner suffered a fatal injury after the finishing post.

Winning Rider Antonio Fresu was unshipped from the horse although he was able to walk away after the fall. A first Dubai winner for trainer Carlos David, the Fed Biz entire came to the race on the back of a successful prep run at Tampa in Florida. He looked to have an unfavourable draw in 14 of 14 but Fresu made a swift move early in the race to take a rail position and they were soon leading the field.

Zenden powered clear of his competition as he turned into the home straight, eventually winning by three and a quarter lengths.

VERSATILE MISHRIFF ADDS LONGINES DUBAI SHEEMA CLASSIC TO GROWING PORTFOLIO

Meydan's commentator Craig Evans predicted a "crackerjack of a finish" as the runners turned for home in the US \$5m Longines Dubai Sheema

Classic and he certainly wasn't wrong as Mishriff (IRE) came from the widest starting point and from behind the entire field to see off the challenge of the Japanese pair of Chrono Genesis and Loves Only You in a vintage renewal of the Group 1 race.

Mishriff, confidently ridden by 21-year-old David Egan, was completing a unique double by adding the showpiece 2410m event to the Saudi Cup he claimed last month and showed an admirable versatility on the Meydan turf for trainer John Gosden and his son Thady.

Mishriff's jockey David Egan said: "This horse has brought me to the next level by winning the Saudi Cup and this is just the icing on the cake. After winning the mile and a half around here hopefully he will have an exciting summer campaign around Europe".

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HT EXCLUSIVE WITH
« LE CAVALIER FRANÇAIS »

FREDRIC COTTIER

BY KARIM HABASHI

HE IS AN ICON IN THE EQUESTRIAN SPORT WHO SPENT A LIFETIME OF RIDING AND COACHING CROWNED WITH AN OLYMPIC BRONZE MEDAL WON IN SEOUL SUMMER OLYMPICS 1988. HORSE TIMES WAS SO INTRIGUED AND EXCITED TO MEET HIM !

Tell us about your Professional life since you retired from International competition?

When I was a professional rider, I was already interested in course designing and I was also interested in training riders.

These are the 2 main reasons that led me to turn the page on High Level Sport in the 90s. Today, even though I continue to ride and train horses every day, to do some competitions with young horses, I like being able to pass on my experience through training to riders from all over the world.

During my «clinics», I also like to ride my students' horses. It allows them to see me on their horses and it also allows me to give better advice after 15 minutes on a horse.

The activity of «**Chef de Piste**» (course designer) is

also gratifying, because beyond High Level Sport, my experience as a rider allows me to set up an appropriate **educational system** in order to better educate horses. in their early years of competition. For the High Level, my philosophy is to design and build technical challenging courses for riders yet as comfortable as possible for horses.

Many of us remember you with the great Flambeau C.

What made Flambeau C special ?

Many «Star Horses» have a particular personality. These horses have extreme sensitivity and extraordinary courage when they are confident with their rider.

Do not think that they are easy to ride?

In my days, horses like Deister, Appolo, Milton,

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Touch of Class and many others would never have been amateur horses. Same logic more recently with horses like Baloubet, Shutterfly, Bianca, Hickstead, Clooney and others as well.

They have also spent their entire career with their riders without being sold.

Flambeau was one of those horses; “**very worried**”, but also very «**warrior like**» when they hit the track on the only condition that the codes are perfectly set up with their rider so that they are completely at ease.

The last 12 months have been undoubtedly difficult & unprecedented. What were your biggest challenges for yourself and your students?

2020 has been a difficult year for High Level Sport and an even more difficult one for **professional riders** on the financial level.

Amateur sport was less impacted because the organization of competitions with few endowments remained possible.

For my part, having most of my activities abroad, I hardly traveled.

Some clinics in video conferences still allowed us to keep in touch, but in fact it is high time to turn the page on Covid 19.

A year almost wasted for 4, 5 or 6 year old horses wouldn't matter, but for an 11 year old it is much more of a hassle.

The Sport has changed a lot since your days at the top level and there has been a lot of discussions about that.

What are the main positive & negative changes in your opinion ?

Yes, top Sport has changed a lot, and in many areas since the 80s / 90s, other than on a purely technical level. Indeed, the very good riders of those years who remain on the circuits today can still be perfectly competitive, despite their age!

Huge progress has been made in the quality of the soil (footing).

The use of safety cups is also a very good thing.

The evolution of breeding with genetic crosses where horses of a model like Galoubet, Livius, Aramis, Quito de Baussy and others of this type, exist less and less. Many high level competition

grounds are made of sand, of reduced dimensions and therefore require smaller horses, more manageable, with a lot of blood and very fast...

The appearance of amateur riders or riders from emerging equestrian countries in the High Level.

This **new situation** allows these new riders to represent their country at the Olympic Games and the World Championships. This is a good thing because the I.O.C has opted for the universality of the sport. In the 1980s, these riders were rare. Alfonso Romo was one of the few.

The height of the obstacles today may be a little lower, but the oxers are also much narrower. Seems to me like this can be a problem, as a wide oxer must be a difficulty that is asked to the rider.

Some Course designers set up obstacles that are too fragile, such as the building of a fence consisting of a too light plank. This type of obstacle forces many riders to prepare their horses in a sometimes rather harsh way.

The emergence of the «**Global Tour**» set new standards for the importance of money in our sport. The talent, the effort and the love that we have for this very particular sport is so special because it is based on the intimate relationship between a rider and his horse while also faced with a very significant financial burden. A less talented rider can have the means to buy the “**total package**” which will include the purchase of very good horses, the price to pay to participate in this circuit, and a support team allowing him to jump a «clear round» at 4 and 5 * events.

“After all, the real athlete is the horse, and the rider in that case is just a pilot.”

Personally, I am not opposed to this type of circuit, but it seems to me that the power of money should not take precedence over Sport.

For example, I would like that on circuits like this one, which I qualify as «Pro-Am», reserved for free for the first 15 in the ranking and extremely expensive for the others, no «Ranking» points are distributed. This would avoid a certain monopoly.

How do you think it is possible for a “good” amateur nowadays , without an unlimited budget , to compete at a decent international level , say 2-3 Star ?

The answer to this question is the corollary to the previous point. An amateur rider, without an unlimited budget, can logically participate successfully in CSI2*.



Above that, it becomes more complicated, due to the essential fact of the value of the horses. It is indeed the rich amateurs who have this market in hand and the law of supply and demand has driven up the prices of very good horses.

If you were in the management seat in the Equestrian sport, what would you recommend or change in terms of strategy ?

It is important today that the National Equestrian Federations as well as the F.E.I. become aware of the risks they run with the various actions carried out by “animal wellbeing” associations, which are widely followed by the media.

«**Animal welfare**» is becoming a topic that

politicians are picking up on.

After Corrida and Hunting, the use of the Sport Horse can become a sensitive subject. For 2 years, actions have already been carried out on sports events by these associations.

As an indication, in the world of racing, the riding whip is banned in some countries and it will eventually be abolished.

It is also in this logic that I have led a campaign since 2014 for the ban of «hind boots», which I have always considered as «**Mechanical doping**» and I believe action, is already being taken on this by FEI.

KINGS POLO ACADEMY
A VIVID FUTURE
FOR POLO
IN EGYPT



KINGS POLO





LOCATED IN THE HEART OF SHEIKH ZAYED CITY AND A STONE'S THROW AWAY FROM CENTRAL CAIRO; KINGS POLO IS A PURPOSE BUILT AND A FULLY INTEGRATED EQUESTRIAN SPORTS FACILITY. ALTHOUGH THE FACILITY FIRST OPENED ITS DOORS IN 2019, ITS HISTORY GOES BACK TO ALMOST A DECADE WITH STABLES LOCATED IN VILLA SESTA POLO CLUB IN ITALY AND TREMENDOUS LOCAL SUPPORT FROM MR. FAROUK YOUNIS, FORMER POLO PLAYER AND HONORARY PRESIDENT OF THE EGYPTIAN POLO FEDERATION. KINGS POLO AIMS TO REDEFINE THE SPORT IN EGYPT, RAISING A FUTURE GENERATION OF EGYPTIAN POLO PLAYERS THAT CAN COMPETE AT THE HIGHEST LEVELS AS WELL AS ESTABLISHING THE COUNTRY AS A TOP TIER POLO DESTINATION.



FOUNDATION

Built on 120 acres of land, Kings Polo was designed by world class architect Ricardo Balzano, bringing the vision of a fully integrated and high end sports club to life.

The facility currently has a total of 150 boxes, two international size polo fields that were built alongside Battro Polo Fields, a stick and ball field, sand arena, an exercise track and two club houses.

The club however is not exclusive to polo, with other facilities that include a paddle tennis academy that is expected to operate in April 2021, a fitness center expected to operate in June 2021 as well as a kids' nursery and physiotherapy center that will operate in 2022.



THE ACADEMY

At the core of Kings Polo is its polo academy that is led by Head Coach **Gavin Chaplin**, previously the South African national polo team coach, and **Marcelo Pascual**, an Argentine professional whose love for the sport began at the mere age of seven.

The academy first opened its doors in **February 2019** and has since been working on achieving its vision of international level players competing and representing Egypt worldwide. Open to players of all levels and experience beginning the age of seven, the academy is currently home to forty players, many of whom are kids and young adults training to represent Kings Polo in local tournaments organized by the club and supported by the [Egyptian Polo Federation](#).

Two types of courses are offered; a beginner's riding course as well as the polo course for the experienced athletes. With the current average level of players being at 2 goals, the objective driving the academy is to improve the level of play to 4-5 goals.

TOURNAMENTS

With the yearly Egyptian polo season ranging from mid-February to mid-May and October to November, the ultimate vision for the club is to plan and host several tournaments a month, with teams of all ages competing almost every weekend. Tournaments such as the **Kings Polo Juniors Tournament** aim to support and challenge the junior academy players as they progress through their training.

Annual tournaments on the Kings Polo schedule include **El Gouna Beach Polo, Kings Polo Gold Cup and Kings Polo Masters Cup** hosted and organized by the club, Uptown Arena Polo hosted in collaboration with Emaar Misr as well as the Embassy of Argentina Polo Tournament in collaboration with the Argentinian Embassy in Egypt.

Usually hosted over the course of three days each, the tournaments bring together teams of local and international professional players as well as the junior teams of the academy competing against one another in several locations from the heart of Cairo to a sand arena right by the shores of the Red Sea.

During the off seasons, the academy continues to operate while the Kings Polo players join the European season, hosting the Kings Polo Master Tournament at Vill entina.

With the 2021 polo season just beginning, tournament plans in the near future include the Port Ghalib Polo Cup from April 1-3 as well as another tournament scheduled for April 8-10 at the club. Each tournament will bring together four teams of local and international players at a level of 10-12 goals. An average of 250 guests are expected to attend daily, with seating right by the field surrounded with catering and kids' areas, giving the audience the ultimate thrill and luxury of the polo experience. In addition, a Ramadan Tournament will see several teams of adult and junior players of different levels competing against one another, serving as a sports and entertainment meeting point in the late evening hours for the local polo community and those with an interest in the sport.





VISION

In line with its mission to train the **future generation of Egyptian polo players**, Kings Polo recently marked the opening of its arena polo academy. With the addition of arena polo, the academy hopes to attract additional younger kids to the sport, providing the needed training and guidance throughout their journey to become international level polo professionals.

Along with the development and growth of the academy, Kings Polo has a set goal that it aims to achieve within the coming three years. With support from the Egyptian Polo Federation and the local polo community, Kings Polo hopes to host the African Cup and the Middle East Cup in the coming years and to represent Egypt in the World Cup.

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ANDRE SAKAKINI A JOURNEY OF PASSION AND HORSEMANSHIP

By Khaled Assem

I STARTED AS A YOUNG RIDER IN EGYPT AND EVENTUALLY RODE ALL THE NATIONAL CHAMPIONSHIPS. AT MY EARLY ATTEMPTS TO TRAIN ABROAD, I USED TO GO DURING THE SUMMER TO ENGLAND, SAMIR ABDEL FATTAH HAD A BEAUTIFUL FARM IN YORKSHIRE THERE; AT THIS TIME MICHAEL WHITAKER WAS STILL YOUNG AND RIDING FOR SAMIR AS WELL. I USED TO RIDE THERE EVERY SUMMER FOR TWO OR THREE MONTHS.



A FEW YEARS LATER WHEN I TURNED 22 , I DECIDED TO MOVE TO EUROPE TO EVOLVE IN THE SPORT. IT HAS BEEN VERY DIFFICULT BUT MY TARGET AND DREAM IN LIFE WAS TO BE SUCCESSFUL IN THIS SPORT. AND I WAS WILLING TO DO WHAT IT TAKES.

WAS TRAINING IN EUROPE THE RIGHT DECISION?

Well, to become a really good rider, you have to train in Europe. In Europe you have a chance to see really good riders and great coaches who can give you advice. You learn how manage your horse really well. **Europe is the heart of the sport!** Apart from the number of shows available every weekend where you can train your horses, add to your ringcraft and create a better position in the sport.

TELL US ABOUT THE HORSES THAT MADE A DIFFERENCE IN YOUR CAREER

I was lucky with horses; I've had really good ones! I won my first Grand Prix in Milano with an American thoroughbred called Midland and that was a qualifier for another in Rome.

It was a dream for me to ride in Rome where I also had a very good horse in the puissance and I came second.



HOW DID YOU BUY YOUR HORSES?

I didn't have the means to buy **expensive-ready horses**, all my life I've always tried to find a bargain. A horse that was good and got abused for example or a horse who was physically or technically not okay and I try to repair him.

Other than that were the horses that I bought young and produced, like "Careful" and "Casper" who was two of the best horses that I've had in my life. Naturally buying them young was more affordable and in more than one way this created a better bond with those horses.

HOW ABOUT PADDISON?

He was a very good Irish Horse, he was bred from Michael Duffy in Ireland and then he was sold with a very expensive price to someone in Italy where he did not function well. Paddison was a special case; he was a careful horse and people thought he was not a careful one.



I first saw him when he was 13, he was in the stable of a student of mine, I went to train him and his owner was there as well and he said **"Andre when you go back to Germany please take this horse with you because we don't want him in my stable anymore"**

So I took him and the surprise was that I immediately got along with him. After two or three weeks I took him to the small international and gradually we ended up winning the Grand Prix of Royan, he was placed in Hickstead and also came third in the Hamburg Derby.

WHO IS THE ONE WHOM YOU WENT TO FOR ADVICE ?

For daily coaching, I never had a steady coach with me all the time but if I was a bit in trouble and wanted to ask for help I would always call Nelson Pessoa because he's a dear friend to me. He is indeed a real horseman, if I ever had a problem I would sit and talk with him and we always found a way out.

HOW DID THEY AFFECT YOU?

Even if you jump all the Grand-Prix competitions, the Olympic Games change everything. The pressure is completely different, you know that it is a once in a lifetime chance that will not be repeated soon or might not be repeated at all.

On the other hand, one of my favorite riders is Nick Skelton; I mean watching him ride, his style and his timing to the fence has always made him an image. Not everyone can imitate his style because it can go the other way around but he is an amazing horseman who made it to the Olympic Podium with a Gold Medal in Rio 2016.

RIDING IN THE OLYMPICS IS LIFE CHANGING, YOU RODE FOUR OLYMPIC GAMES.

It's an event where the entire world is watching you ride. This pressure is also dependent on the horse that you're riding, but when you are riding an Olympic-quality horse it takes a little of the pressure away.



Even technically it's much more difficult than a Grand Prix, we have seen many Grand- Prix horses fail at the Olympics.

IN OCTOBER 2019, THE EGYPTIAN NATIONAL JUMPING TEAM QUALIFIED TO TOKYO 2021

WHAT KIND OF ADVICE WOULD YOU GIVE TO THE TEAM?

First of all their horses have to arrive with a good moral and they have to arrive very sound because in the Games you take the maximum out of them.

Both the horse and the rider have to be fit and by fit I mean physical and mental fitness.

The horse has to arrive with the least bad experiences possible in order to have full confidence.

As for the team, they have a responsibility to attain.

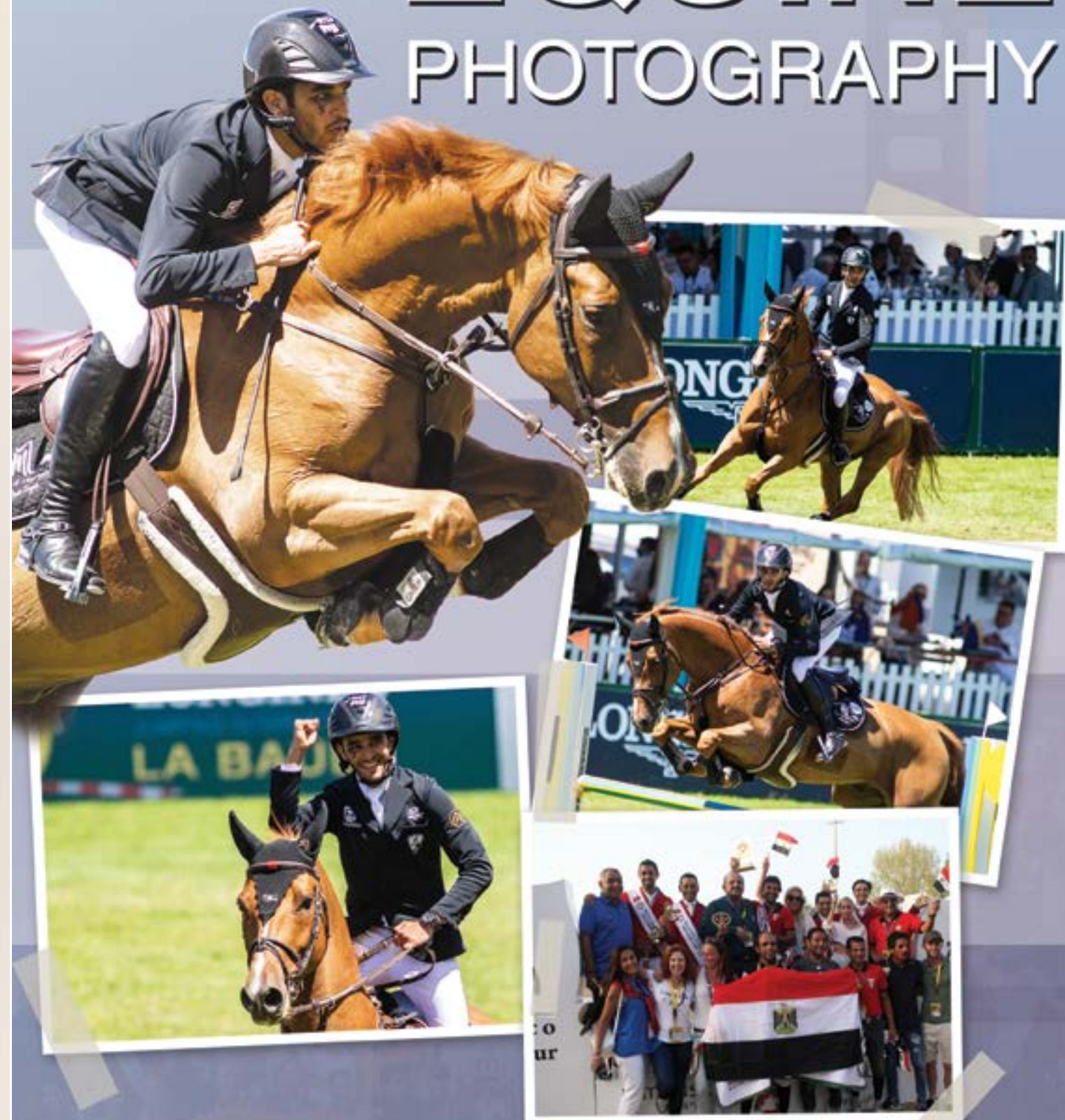
They have the responsibility of the country, they have the responsibility of the team then you have the responsibility of yourself.

And this of course takes the pressure to a whole new level.

FINALLY, I WISH THE TEAM ALL WELL AND I AM SURE THAT THEY WILL MAKE US PROUD. 🇪🇬



EQUINE PHOTOGRAPHY



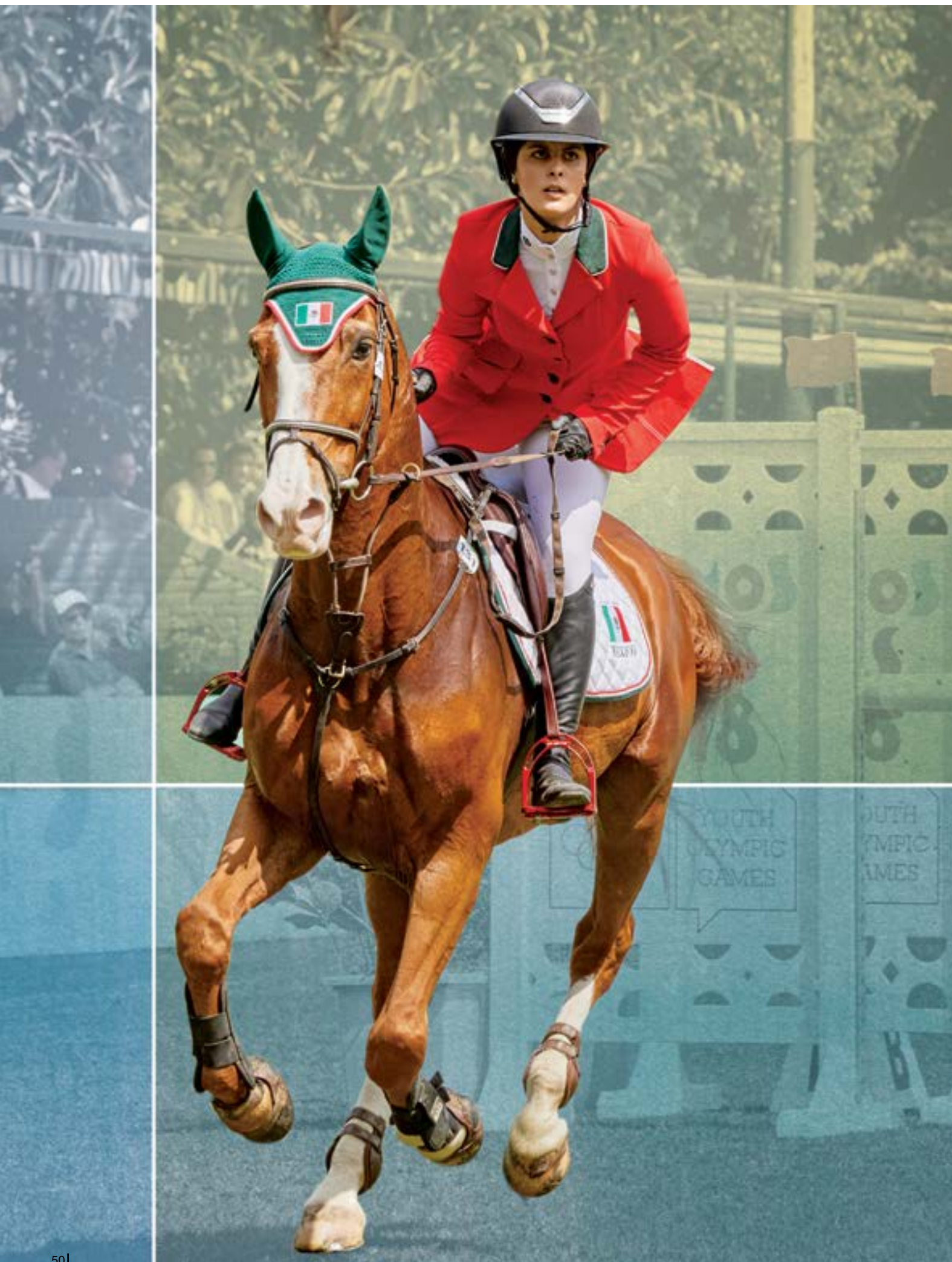
Jean-Christophe Bordas
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THE ART OF RESILIENCE

BY SANDIE ROBERTSON

AS WE START 2021 I BET NONE OF US COULD EVER HAVE IMAGINED THAT WE WOULD STILL BE IN THE GRASP OF A GLOBAL PANDEMIC. IT'S HARD NOT TO FOCUS ON THE YEAR LOST AND THE DREAMS DASHED. NOT TO MENTION THE HORSES AND RIDERS WHO ARE A LIKE DESPERATELY WAITING FOR THE DAY THAT COMPETITION RESUMES.





At a time like this it's easy to feel like we don't have choices or options and it just is as it is.

That's the first mistake!

Undoubtedly the world has and is changing at an incredible rate, but thankfully as humans we are designed to adapt and change with graceful ease. So don't fight it, be curious and excited about changes you can make.

The second is allowing you to feel stuck.

There are of course things that are outside our control but the secret to a **“winning mindset”** is to be able to **“see”** the variables but only **“focus”** on what we can control or alter. And believe me that's more than you may think.

The art of having a resilient mindset is probably the most priceless thing you could ever own.

Resilience is all about being able to overcome the unexpected. Sustainability is about survival.

The goal of resilience is to thrive.

Use my 3 top tips to help create that resilient mindset and cultivate success.

1 - Integrity is key, if you decide to be a certain way it has to flow through every area of your life. Not exclusively to one, it takes determination but it's worth it.

2- Set an intention for the day and hold yourself accountable to achieve it.

If you didn't do it; why not? And what did you learn?

3- At the end of each day notice and note down what affected you in what way.

4 - Being resilient is not about not feeling, it's about being able to assess what we really feel and what's making us feel that way and then create a positive outcome.

5- Write a contract to yourself with all you want to achieve this year, be serious, own it and sign it!

6- Read it every day and naturally every decision you make will take you one step closer.

7- Take time to mediate and focus, resilience is low when stress is high so self-care is a must.

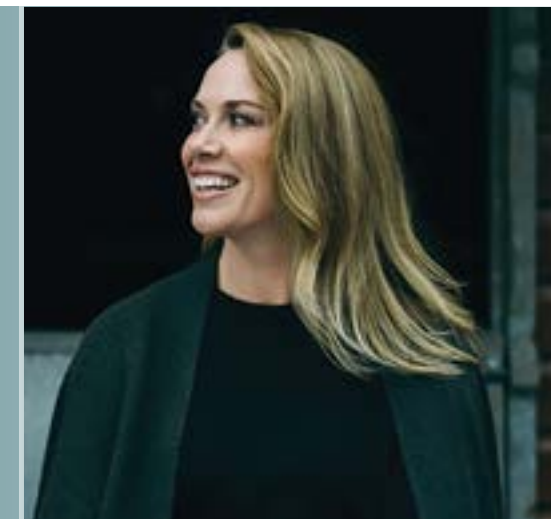
8- Some people's opinions matter and some don't. Don't get stuck in those that don't.

ABOUT THE AUTHOR

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ELIE LAMBERT EQUESTRIAN PAINTER WITH A QUIXOTIC VISION OF THE RACECOURSE

By Theo Woodham Smith



Elie Lambert

He was Born 1949 in Belgium where he paints in a studio apartment in Deauville, overlooking the glamorous racecourse. He calls himself 'le plus Francophile des Belges'.

In a life consecrated to The Horse, licensed 'gentleman rider' at 18, columnist on Paris-Turf and Sporting Life, bloodstock agent for fifteen years, he paints the racing scene in brilliant colours, naivete, and a compulsive sense of fun.

As a young jockey, Elie, sketchbook always at hand, joined the stable of racing grandee the Vicomte d'Hendecourt. Determined to study art, he attended the Academie des Beaux Arts in Brussels, followed by the School for Architecture for three and a half years, though notably a 'restless student.'





The Osborne Studio Gallery, established in 1986, is London's leading gallery for equestrian art.

Director Geoffrey Hughes, racing enthusiast, connoisseur with an exceptional eye, recognized Elie Lambert's gifts describes his art as 'a thrilling, altogether novel depiction of the Turf'

The gallery has continued to thrive and flourish adapting to lockdown through a series of online and 'virtual' shows. Its Belgravia presence has been kept alive with a constantly changing display of paintings and sculpture in its windows and on line.

The Osborne Studio Gallery, established in 1986, is the only art gallery in Motcomb Street, an elegant thoroughfare of artisan shops and cafes. Director Geoffrey Hughes has an exceptional eye, and an instinctive feeling for the mood of the moment.



FACTBOX

ARTIST: ELIE LAMBERT

DATES: JUNE 14TH TILL JULY 3RD

LOCATION: OSBORNE STUDIO GALLERY

2 MOTCOMB ST, BELGRAVIA

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ENTRY: FREE ADMISSION TO THE GALLERY

WEBSITE: WWW.OSG.UK.COM

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YOUSSEF ABU GABAL



COUNTRY: EGYPT.

DATE OF BIRTH: 04/11/2001.

STAR SIGN: SCORPIO.

PROFESSION: STUDENT.

Tell us a bit about yourself.

My name is Youssef and I am a showjumper at Gezira Sporting Club in Cairo. My father is the one who inspired me to love horses and supported me to compete in showjumping. I graduated from “Modern English School” in Cairo where I completed my IGCSE .My main focus after graduating from school was to choose subjects related to technology, such as Information Technology and Computer Science. Now I study “**Business**” in **New Giza University**.

My experience in sports started when I was 7 years old, I enrolled in the swimming team of Gezira where my dad kept his horses. I used to ride only for fun until I turned 8 years old. At that time I started training at the Equestrian School in the Club.

Ahmed Sabry has been my coach and role model in the sport; he is an international rider who has not only taught me riding but also taught me good qualities to live with.

Tell us things in your training that contributed to your success.

I believe that hard work and dedication are the keys to success, and that involves me and my horse.

What was the best advice you were given?

The best advice given to me was to be patient and to believe in myself and abilities.

What advice would you give to young athletes?

Believe in God’s plan, work hard, stay motivated, help people who need your help, have good relationships and when you have a chance to make someone happy do it without hesitation.

What is your best achievement?

In **2012** during the **FEI World challenge**, I won the 6th place at the 1.10 m, which placed me 20th globally and that gave me an opportunity to travel and ride abroad.

What are the goals that you aspire to achieve?

I would like to continue and sustain the success of my father’s company after he passed away t. I would also love to help the less-fortunate as much as I can. And of course I dream to ride internationally and go to great competitions like the Olympic Games.

ART

SIHAM MOHARRAM

EGYPTIAN PROFESSIONAL WOOD BURNING ARTIST



Who has been your greatest support?

My Dad gave me all the support I needed; he always wanted to do the best for us and for anyone who needed anything from him.

What is the biggest challenge you have ever faced?

My father's passing away.

Who is your sporting hero?

Cristiano Ronaldo.

What is your second favorite sport?

Water polo, but I retired 4 years ago. I also like football; I am a good goalkeeper.

What is your favorite genre of movies?

Drama.

What kind of music do you enjoy listening to?

Rap and Pop music.

What is your favorite book?

The Great Gatsby by F. Scott Fitzgerald

What is your favorite food?

Seafood especially shrimps and lobster

What is the most memorable place you ever visited?

Al Madina and Mekka , Saudi Arabia.

What is your strength and what is your weakness?

My strength is that I don't let difficult circumstances or incidents affect me badly, I try as much as I can to make the best out of them. My weakness is that I am a bit impulsive.

ALL PHOTOS © HAMADA HAMDY

WOOD BURNINGS:

SIHAM ART EXHIBITION WAS HELD IN CAIRO OPERA HOUSE FROM SEPTEMBER 13TH TO 19TH & MARKED GREAT SUCCESS AMONG THE AUDIENCE.

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