

THE LEADING EQUESTRIAN MAGAZINE IN THE MIDDLE EAST

# YEARLY BOOK TOP FEI RANKING RIDERS



And "THE TOP FOOTING EXPERTS"







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# VIEW POINT FROM THE CHAIRMAN



### Dear Readers,

Our sport has always been well-recognized through its diversity. That's why we are in a continuous state of evolution to adapt and respond to current change.

HorseTimes as well is evolving further to adapt and lead through the continuous change we are facing, while maintaining focus on our main goal, which is to remain a beacon of information and knowledge to everyone.

This new idea of HorseTimes book you are seeing will include all the **special events** within 12 months, including special close-ups on the highlights during this period.

What makes this book different; is that it includes confidence tips, Medical advice, related art as well as everyone's favorite; profiles with top-ranking riders, as we firmly believe in their capabilities, hard-work and talent.

Read on and enjoy.

**Khaled Assem** 



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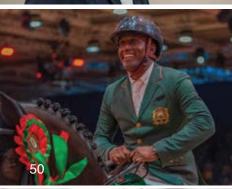


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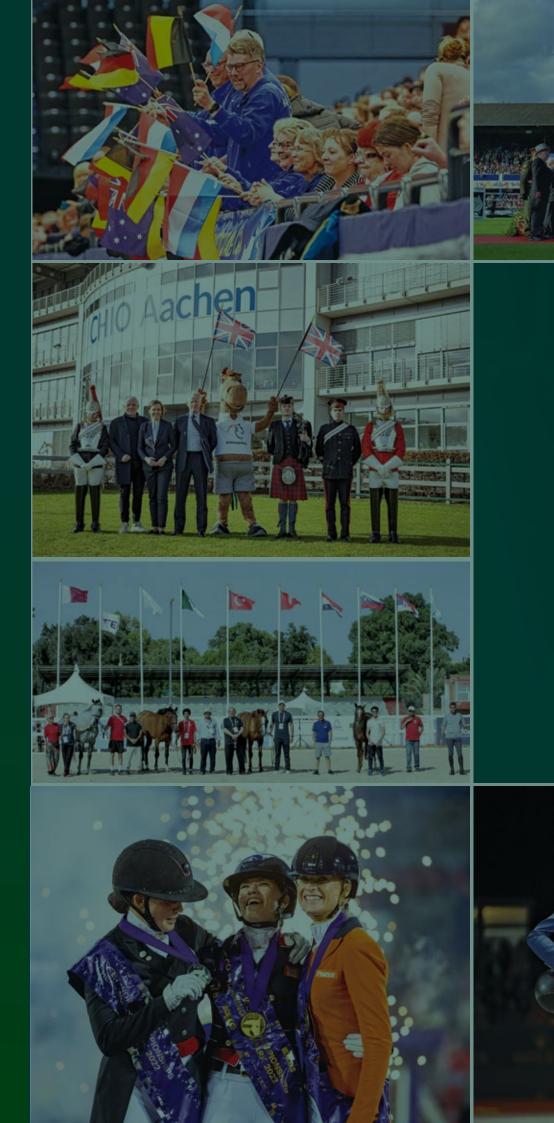








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# A LOOK BACK ON GREAT MOMENTS

THE MOST REMARKABLE EVENTS IN 2022

BY NERMIN MARWAN



# THE 2022 FEI WORLD CUP FINALS

The **2022 FEI World Cup** Finals; for both dressage and show jumping were held In April, **2022** in Leipzig, Germany. The event was held at the Leipzig Trade Fair and marked the conclusion of the **2021-2022** Dressage and Showjumping World Cup Seasons.

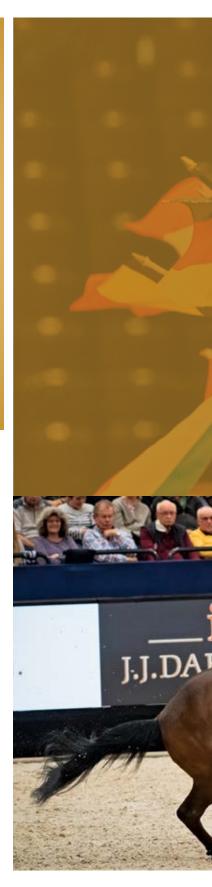
Due to the **COVID-19** pandemic, the **2020 FEI World Cup** Finals in Las Vegas got canceled. It was the first time for the FEI World Cup Finals to get canceled since their inauguration in **1978** for show jumping, and **1985** for dressage.

### FANTASTIC FUCHS TOOK THE TITLE

Martin Fuchs of Switzerland won the Longines FEI Jumping World Cup™ championship, competing with 35 athletes, including the defending champion and his compatriot Steve Guerdat, over three grueling days of Jumping.

Second place was awarded to **Harrie Smolders** from Netherlands, who was tied for the lead heading into the final round of Jumping but who picked up one fence on his final turn around the arena for a total of **8** points.

Third place went to the Swedish Jens Fredricson, finishing his campaign with Markan Cosmopolit on 8 points. Whilst Fredricson and Smolders were tied on 8 penalties, Smolders had accrued fewer points prior to the final round, giving him the Lead.





© Richard Julliard / Liz Gregg

# CHIO AACHEN 2022



The event took place in July; **CHIO Aachen's** venue has a **40,000 spectators' capacity**, and was once again the venue for the **2022** edition of the Rolex Grand Prix. The **2022** edition was comprised of **40** starters from **14** nations including **20** of the world's top **30**-ranked riders.

#### GERRIT NIEBERG WON ROLEX GRAND PRIX OF AACHEN

World number 106, Gerrit Nieberg, produced the ride of his life aboard his 11-yearold bay gelding, Ben 431, crossing the line over half a second quicker than Brash, thereby winning the 2022 edition CHIO Aachen's Rolex Grand Prix.

On his victory, winning rider, Gerrit Nieberg, commented: "Everything is still unreal – I really didn't expect this. Dreams definitely came true today – it was an amazing feeling."

On the winner, second placed Scott Brash, said: "Gerrit did a fantastic round. I knew that there was an inside turn to the double and looked to it when I went in, but I didn't fancy it and no one else had done it. Gerrit had to do it to win and he did it very well, so all credit to him, and fair play. He rode very, very well and his horse jumped great today."

Third place Nicola Philippaerts, on his mare Katanga V/H Dingeshof, commented: "I'm so proud, you can't imagine – she's a very special mare. She gave everything and jumped unbelievably well."



# ORAN 2022 MEDITERRANEAN GAMES



Started in Algeria in July; **12** days of sport, competition and celebration. The 19th Mediterranean Games drew to a close in Oran, **3400** athletes from **26** countries across three continents (**Africa**, **Asia and Europe**) competed in **24** sporting competitions, including athletics, swimming, football, judo, gymnastics, and many others.

## AMRE HAMCHO WAS THE ROCKING STAR OF THESE GAMES BY winning THE FIRST PLACE IN THE INDIVIDUAL JUMPING.

The Egyptian team included the Olympic Rider Mouda Zeyada, Mohamed El Naggar, Mohamed Weaam, and Mohamed Talaat. The team showed great performance in the games and came in Second place in Jumping Team competitions. While in First place came the Syrian Team by Amre Hamcho, Ahmad Saber Hamcho, Laith Ali, and Chadi Gharib who jumped spectacular rounds.







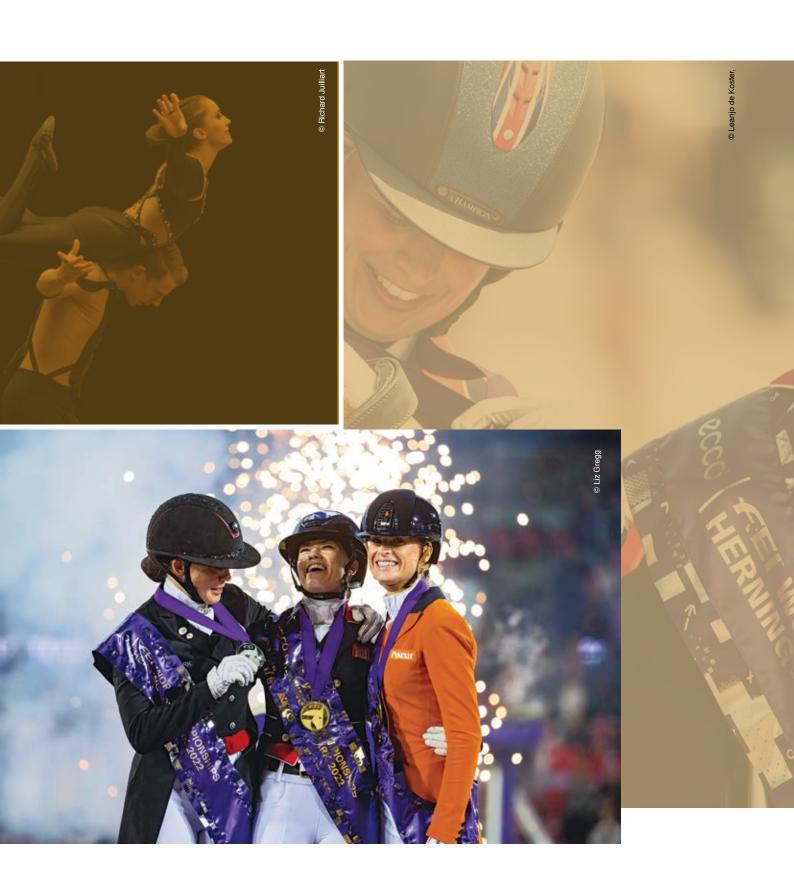
© PHOTOGRAPHIE EQUESTRE DZ

# 2022 FEI WORLD CHAMPIONSHIPS IN HERNING

The **2022** ECCO FEI World Championships were held in Herning, Denmark. It was the Ninth edition of the Games, which are held every four years and run by the International Federation for Equestrian Sports **(FEI)**. For team events in the dressage and show jumping disciplines, these Games were the first qualifying event for the **2024** Summer Olympics.

### HENRICK VON ECKERMANN WAS THE MAN TO BEAT

We saw so many superstars during the jumping competition. The Individual World Championships proved again that Henrick von Eckermann was the man to beat. This Swede took first place after a series of clear rounds. The Silver Medal went to Jérôme Guery and Quel Homme de Hus of Belgium, followed by the great Maikel van der Vleuten and Beauville **Z N.O.P**. of the Netherlands. These three fierce competitors had fantastic, fruitful results for their efforts.



# DUBLIN HORSE SHOW 2022



The Dublin Horse Show held from the 9<sup>th</sup> till the 13<sup>th</sup> August; was a celebration of Ireland's affinity with the horse. Since it was first held in 1864 this Horse Show has become a Dublin institution and one of the best horse shows including top ranking show jumpers.

### ANOTHER TITLE IN NAYEL'S LIST OF WINNINGS

This edition was very special; EGYPT'S rider Nayel Nassar added another title to his list of achievements by winning first place in the 2022 Dublin Horse Show **CSIO** 5\* at the Royal Dublin Society in Dublin, Ireland.

The 31-year-old Nassar and the Evergate Stables's Coronado (San Patrignano Cassini x Acord II) displayed a faultless performance to claim the title and win €51,500 in prize money.

Cian O'Connor from Ireland and his horse, C Vier 2, came in second place in a highly competitive 14-horse jump-off during the World Championship. Despite their impressive performance, they finished just seven-tenths of a second behind the first-place winner from Egypt.









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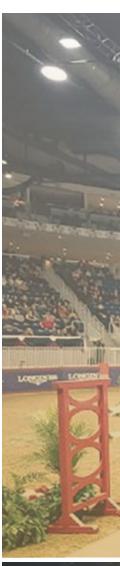
# THE ROYAL CENTENNIAL CUP IN TORONTO, FEI JUMPING WORLD CUP<sup>TM</sup> 2022

Nineteen horse-and-rider combinations contested the speed track set by Canada's Michel Vaillancourt, racing for the top spot right out of the gate.

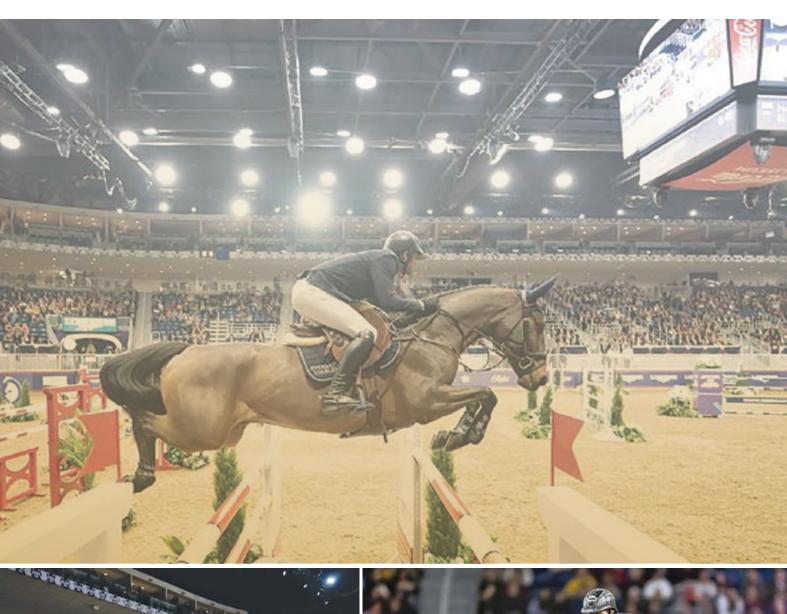
### ANOTHER GREAT WIN FOR THE EGYPTIAN MAGICIAN

The Egyptian Olympian Nayel Nassar flew to victory in the \$74,000 Centennial Cup, on Friday evening, November 11, at the CSI5\*-W Royal Horse Show, held as part of the 100<sup>th</sup> Royal Agricultural Winter Fair, in Toronto.

"He's really my type of horse," said Nassar of El Conde, who was bred in Belgium by 2010 world champion Phillippe Le Jeune and carries Connemara pony lineage on his dam-side. "We clicked really well from the get-go. He's small, fast and has a lot of blood. He's always looking for the next fence. He is just such a fighter in every sense of the word. He's a great guy."











© Philippe Lemire

# CHIDE GENEVA 2022 (BY LAURENCE LEMIRE)

The 61<sup>st</sup> edition of CHI Geneva started on December 7<sup>th</sup> and continued for five days. The biggest stars in the Equestrian sport met on the superb Palexo track, competing in showjumping, eventing and driving. A very high level of sport was given to the enthusiastic public who enjoyed the amazing sporting spectacle.

#### A GREAT WIN BY AMERICA'S MCLAIN WARD

This prestigious equestrian event ended with the famous Rolex Grand Prix, the flagship event of the Geneva occasion. 40 riders were at the start of this long test of 14 obstacles and 18 efforts. 13 finalists competed in the jump-off, won by McLain Ward in an incredible time of 38.43 seconds. Martin Fuchs, once again applauded by his Swiss public, won 2<sup>nd</sup> place, followed by Shane Sweetnam (Ireland), Gilles Thomas (BeI), and Simon Delestre(Fr). We are all waiting for This year's edition of this unmissable equestrian event that is the CHI Geneva!



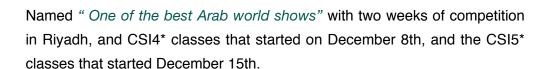






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# THE JUMP SAUDI CSI5\* GRAND-PRIX QUALIFIER



# THE SAUDI TEAM ACHIEVED GREAT RESULTS IN THE ARAB LEAGUE WORLD CUP QUALIFIER

The final rankings came as follows:

- 1. ALRAJHI, A.R. (KSA). Babalou HD
- 2. KAWAI, M. (JPN). Saxo de la Cour.
- 3. BISHARAT, M. (JOR). Un Dollar de Blondel.
- 4. GAUDIANO, E. (ITA). Crack Balou.
- 5. ALSHARBATLY, A. (KSA). Kannabis Van de Bucxtale.

To be mentioned also, ,Mouda Zeyada showed a great performance; winning a Bronze medal in The Grand Prix qualifier - Saudi Arabia 2022, with his magnificent partner Katia.

All Article References:
 World Of Showjumping / CHI-Geneva / Equnews











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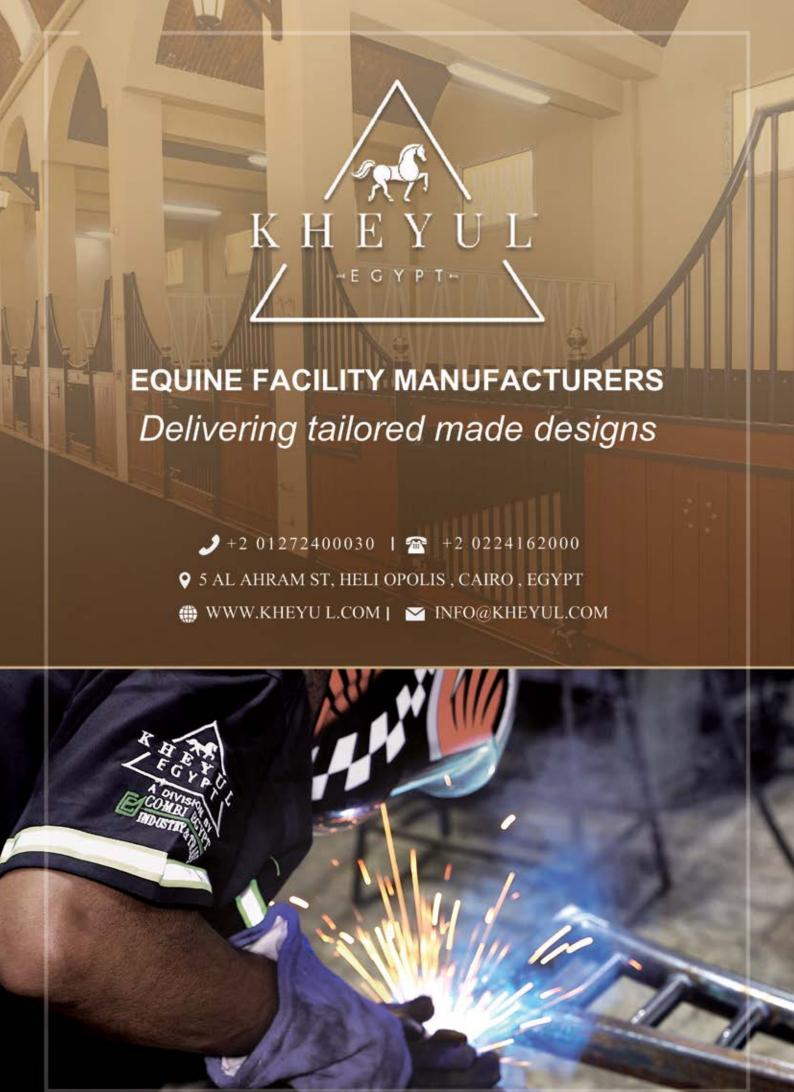




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# THE SAUDI CUP 2022 A RACING FESTIVITY IN A LAND CARVED

# BY THE HOOFS OF ITS HORSES

BY MENNA LOUTFY

IT WAS SUCH AN EXCITING WEEKEND IN RIYADH,
AT THE WORLD'S RICHEST RACE DAY CARRYING
THE FLAG OF SAUDI CULTURAL HERITAGE. WITH
A TOTAL PURSE OF USD\$31.5M, EIGHT TURF AND
DIRT RACES TOOK PLACE WITH TOP WORLD
RACEHORSES AND JOCKEYS COMPETING AT
KING ABDULAZIZ RACECOURSE.















Moving around the racecourse and the grandstand, you would see how the event attracted horse lovers, royalty, fashion enthusiasts and Saudi crowds coming from all around the Kingdom to witness the Saudi Cup festival.

# FRENCH SUPERSTAR CHRISTOPHE LEMIRE MAKES HISTORY WITH FOUR INCREDIBLE WINS FOR JAPAN

On the first race of the Saudi cup day, Lemire and Authority (JPN) flew to the finish line at the \$1,500,000 Neom Turf Cup winning the 2100m race by a length and a quarter.

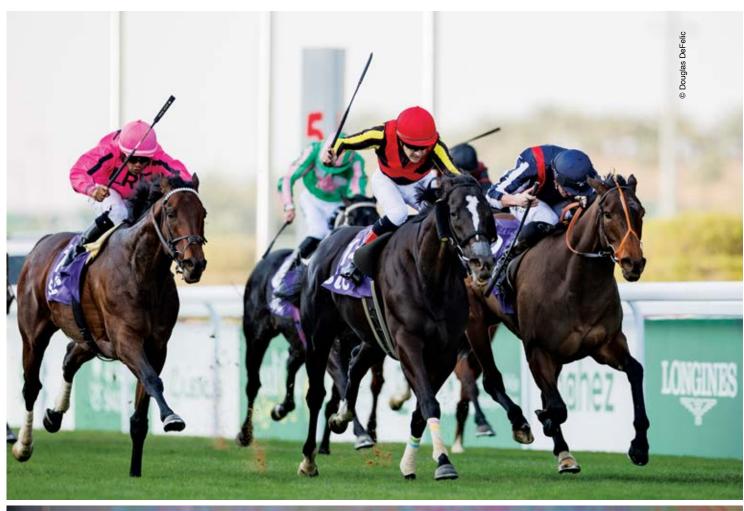
The Japanese domination at King Abdulaziz Racecourse continued when Songline made an

amazing victory at the \$1.5M 1352 Surfsprint followed by Stay Foolish dominating the \$2.5M Longines Redsea Turf Handicap.

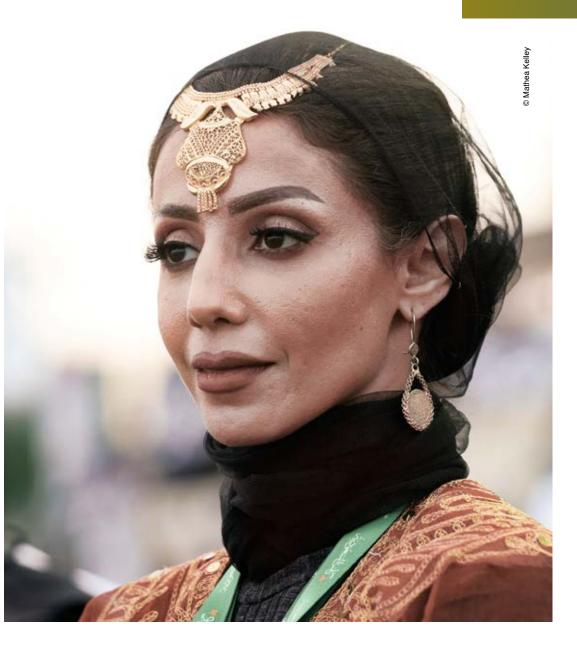
The fourth triumph for Lemire was at The Riyadh Dirt Sprint presented by Saudia, with an easy victory for Dancing Prince (JPN) adding to Japan's incredible night in Riyadh.

"This is unbelievable. I knew this was a very good horse and it's easy when you are riding good horses. I'm so happy for connections. I have been in Japan for two years with the restrictions and no travel, so I was fresh tonight! My horses were just too good tonight. I don't know what to say" Lemire said.









# EMBLEM ROAD MAKES AN UNBELIEVABLE VICTORY AT THE \$20M SAUDI CUP ON HOMELAND

It was such a joyous Saturday evening for the Saudi crowds after the unexpected extraordinary win of Emblem Road in the \$20 million Saudi Cup race.

Panama's jockey "Wigberto Ramos" soared to the finish line riding Emblem Road towards the glory of the Saudi title, defeating star horses like last year's winner Mishriff (IRE) and Kentucky Derby winner Mandaloun (USA).

Emblem road is a four-year-old American bred that only raced in Saudi Arabia, trained by Mitab Almulawah and owned by *Prince Saud Bin-Salman Abdulaziz*.

"Wow. To have a locally trained horse perform that way is very emotional. I'm very happy for the connections, and I'm happy for Saudi Arabia. I think Mishriff, a Saudi Arabian-owned horse [the 2021 Saudi Cup winner], did amazing things to spread the love of horses. And to have a locally-trained horse win it [The Saudi Cup] is extremely special, and I'm really excited about what this means for the future of horse racing in Saudi Arabia." Prince Bandar Bin Khalid Al Faisal, Chairman of the Jockey Club of Saudi Arabia said.

### **MOROCCO ROYAL TOUR 2022**

# ASEASON FOR HOME WINS

BY NERMIN MARWAN

THE MOROCCO ROYAL TOUR IS A REMARKABLE EVENT ON THE INTERNATIONAL EQUESTRIAN CALENDAR. OCTOBER OF EACH YEAR MARKS ONE OF THE EQUESTRIAN HIGHLIGHTS OF THE YEAR; WITH THE MOROCCO ROYAL TOUR'S JOURNEY ACROSS THREE AMAZING MOROCCAN CITIES. BEGINNING AT THE JUMENTERIE DE LA GARDE ROYALE IN TETOUAN, THEN CONTINUES TO THE CAPITAL OF THE KINGDOM, RABAT, AT THE MOROCCAN ROYAL FEDERATION OF EQUESTRIAN SPORTS HEADQUARTERS. THIRD AND FINAL STAGE, THE GRAND FINALE OF THE CIRCUIT TAKES PLACE DURING THE SALON DU CHEVAL D'EL JADIDA AT THE PARC D'EXPOSITION.









### **TETOUAN**

### Abdelkebir Ouaddar wins the CSI4\*W Tetouan!

The first weekend of the Moroccan circuit took place in the facilities of the Royal Guard of Tetouan. The exciting Grand Prix designed by Andrea Colombo ended with triumph for the Moroccan Hero Abdelkebir Ouaddar.

Forty riders were on the starting list of this challenging 1.50m CS14\*-W Grand Prix on that epic day .Two rounds whose time was among the challenges at the beginning of the race that made only Twelve pairs qualify for the second round.

To win this Grand Prix of HRH Crown Prince Moulay El Hassan, Kebir had to be faster than his nine other opponents in the jump-off, including medal-winning riders in major championships such as the Swiss rider Niklaus Schurtenburger (2nd), the French Simon Delestre who ranked the 3rd by timing 47.32, or the Brazilian Olympic rider Luciana Diniz, who was making her return to international competition (4th).

But Kebir was inspired and was able to transcend his horse Istanbul which is not known for being the easiest.

The first stop of the Royal tour ended with amazing



moments and the following Thursday riders traveled to Rabat for A CSIO4\* as well as the Nations cup that was also the Olympic Qualifier which everyone waited for eagerly!

#### **RABAT**

#### Prix SAR LA PRINCESSE LALLA AMINA.

A second victory for Morocco in the Grand Prix 1m50 by El Ghali Boukaa!

The Prix SAR Princess Lalla Amina, second stage of the Grand Prix of His Majesty King Mohammed VI, was the most important individual competition of the CSIO of Rabat. The class consisted of two

rounds. Forty riders were at the start, twelve only qualified for the second round on the course that was designed by Gregory Bodo who is recognized as one of the best course designers of his generation and was course assistant during the Olympic Games Tokyo 2020.

This GrandPrix witnessed great performance for all riders, ended by rocking scores from Barbara Schnieper from Switzerland & Escoffier who came in the Fifth Place with timing 42.41, The Moroccan Majid Djaidi & Mister d'Eclipse (4th), António Matos Almeida & Calypso de Kamelia from Portugal (3rd), Rodrigo Giesteira Almeida & Imposant van de Renger (2nd) also from Portugal and finally The



one and only El Ghali Boukaa & A Kyss ranking the first with timing 43.08.

El Ghali Boukaa has just written a new chapter in the history of this fabulous Moroccan circuit: "It's an incredible thing... incredible", El Ghali was unable to conceal his emotion. "I've been riding this mare for just over a year and she's been just great. I am very happy, very moved, these are indescribable feelings".

The story of El Ghali Boukaa and A Kyss is that of a couple who quickly got along: "Its owner entrusted it to me just a year ago because his daughter was leaving to study. At the time, she only jumped courses at 1.25m. Then her other daughter took her over for a while to do slightly bigger courses, then she left in turn and this time I got her back for good and it's a huge chance. Today, she won a Grand Prix at 1.50-55m; she still has a step to take

to reach the top level. I will go this winter to Simon Delestre where I love to train and we will see if she is able to cross this course".

#### THE NATIONS CUP OF RABAT

Germany won the 2022 Rabat Nation's Cup.

Ten teams at the start of CSIO4\*W Nations Cup in Rabat.

The German team comprised of Sophie Hinners & Churchill 48, Nicola Pohl & Exelero 2, Rene Dittmer & Burlington Riverland and David Will & My Prins Van Dorperheide; all of them made spectacular performance not only in the Nations Cup but they were shining since the beginning of the MRT.

"This victory is magnificent because it is a horse that was very difficult, and I managed to get him on my side and today he gave me all his heart. I dedicate this victory to my country and especially to my king because he is always behind me, I owe him my sporting career and I thank him infinitely. It is a gift for all Moroccans. In Tetouan, we always have a great audience and I felt carried today. Can we say that this Morocco Royal Tour is already a success for the Moroccan rider? It started well"





#### **EL-JADIDA**

#### Grand Prix SA Majesté le Roi Mohammed VI

#### Ouaddar writes history!!

The favorite duo for the Moroccans, **Abdelkebir Ouaddar** and Istanbull V.H Ooievaarshof ,since their victory in Tetouan, won the Grand Prix of His Majesty King **Mohammed VI in El Jadida** which designed by PeterSchumacher; a German course designer known for his courses at the **CHIO Aachen**, **MET Oliva** and other prestigious shows, to close the eleventh edition of the Morocco Royal Tour.

By achieving a double clear round in 34.61 seconds, ranking first ahead of the French Legend Simon Delestre & I Amelusina R 51 (2nd), the German rider David Will & Zaccorado Blue (3rd), Niklaus Schurtenberger & Quincassi (4th) and the Belgium Jérôme Guery & Azaria Dinero (5th).

"On the personal track record, Abdelkebir signs his 5th victory on the Morocco Royal Tour, his second victory with Istanbull and for the first time in history a Moroccan rider wins the Grand Prix of El Jadida! If that was not enough, the Morocco Royal Tour sees for the first time in history its 3 Grand Prix won by Moroccan riders: Ouaddar in Tetouan, Boukaa in Rabat and Ouaddar in El Jadida!"









#### **MOROCCO ROYAL TOUR 2022**

# TOP RIDERS' FORUM

BY NERMIN MARWAN

THROUGHOUT OUR COVERAGE OF THE MRT 2022, WE CHATTED WITH A GROUP OF THE TOP RIDERS WHO HAD GREAT PARTICIPATION IN THIS TOUR. HAPPILY, WE TALKED WITH ALI EL-AHRACH FROM MOROCCO, BARBARA SCHNIEPER AND ELIAN BAUMANN FROM SWITZERLAND, MANS THIJSSEN AND NIELS KERSTEN FROM NETHERLANDS, AND FINALLY THE GERMAN RENE DITTMER. LET'S HEAR THEIR OPINIONS ABOUT THE MRT2022;













#### **ALI EL-AHRACH**

"I am delighted with The MRT2022 development; it is really good to move from a 1\* show to a 4\* show because we can ride with the best riders in the world in order to enhance the level of the Moroccan riders".

The facilities are perfect for horses and riders in the 3 Shows, all the foreign riders were very happy with all the facilities in the 3 Shows.

Regarding the course: we had 3 different course designers so we had different and very good courses, the fences were beautiful and different in the 3 shows.



#### **BARBARA SCHNIEPER**

"It was my first participation at the MRT; the prize money was very solid. Besides that, the "special" shows between the competitions were very interesting to follow".

The stabling and the details around were on the whole, very good.

The courses were versatile built and the fences were absolutely top.

The three shows in Tetouan, Rabat and El-Jadida really complemented each other because the distance between shows was not too far and the last was also an indoor.

The accommodation of the horses was good, sometimes a bit more space would be good. Concerning coming to the country: to be honest, we faced some long waiting times at the ferry and at the border, but once we crossed the border all was ok.



#### **ELIAN BAUMANN**

"In 2018, I decided to participate in the Morocco Royal Tour for the first time, I was very curious to how the tournament would be like. Now It has become one of my favorite tournaments and its amazing how well-organized everything is".

The stables are great. There is nothing to complain about. The non-slip floor throughout, bright boxes with windows. There are plenty of washing places available, especially in the immediate vicinity. The whole infrastructure is always very well maintained!

The courses were demanding technically, but always fair for horses and riders. They were beautifully designed and the jumps were very diverse.

All three venues are very attractive. The venues complement each other very well. The last stage probably does not suit all horses, as the transition from the two outdoor courts to the hall is not easy. I would also like to mention that the surfaces are very good and well maintained.

Regarding the logistics and transportation; we came from Switzerland. For our horses, it was a long journey. We made two stops, once in Barcelona and once in Estepona. So that the horses could relax overnight. At the port, we had very long waiting times, on arrival and return. In Morocco, at tournaments, everything is well organized. A big compliment to the organizer!



All photos by Jean-Christophe Bordas

#### **MANS THIJSSEN**

"I was really amazed by how good and how beautiful the atmosphere was. Also the staff was really helpful and we never had to worry about anything, because of the help we had".

All the 3 shows were incredible; all the venues were amazing on all 3 weeks.

The stabling was really well organized, especially in Rabat and El Jadida, the tents were really big and that made it cool enough for the horse to feel even more comfortable. The stables were close to the ring also. And once again, the staff in the stables in all 3 weeks was there to help you at any moment you needed help. I think everyone was really happy with the stabling and how it was organized.

The courses were really good, the course designers were very well-known and very good, who made good use of all the variations in the fences.

All 3 venues were really very special and also had enough paddocks, lunge areas, hack areas, and so on to make it comfortable for riders and horses. Also, it was really impressive to ride there I thought, especially in Tetouan and El Jadida it was a really special experience because you don't ride in arenas like that so much with such a big crowd.

The accommodation of the horses was really well organized. Coming into the country at first seemed like a difficult thing but with the help of the show and some people around you, it wasn't that difficult at all. So we were really happy we made the choice to come to Morocco and we will be back for sure!



#### **NIELS KERSTEN**

"It was my first time at the MRT; the venue locations are amazing. The footing is perfect at all 3 venues. Regarding logistics, it is definitely a challenge to organize the whole trip as we're from Europe, But when we arrived to Morocco, it was well organized and taken care of. As there's police escort to all the venues and a strict schedule".



The stables for the horses were very decent and well-located near the competition arena. Good Washing places and nearby waters.

**Top quality fences** from most of IsiTrade and some others. And also a very good course designer which is very helpful.

Even though, all **3 venues** are top quality but still a lot of difference with the last one being indoors.

The horses' accommodation; It's a whole organization to get there, but the horses are well-taken care of and it's definitely worth it to go!

#### RENE DITTMER

"It was the first time for me at MRT and I really enjoyed it. We had excellent conditions and everything was very well organized".

The stables were really good at each show. Water was always close by and hay, straw, and shavings were easy to access.

There were great course designers from Europe. It was nice that each show had a different course designer. The fences were really nice. I liked that some of them gave some Moroccan flair.

The show in Tetouan was my favorite. The second show in Rabat was also super nice since there was so much space. For some horses, it was difficult to come into an indoor arena in El Jadida after the first two shows. For me, it was great practice since I kept going with indoor shows back home and the atmosphere was amazing.

Regarding the horses, it was a long trip but everything was really well organized. The customs etc. were all handled really well. It was made as easy as possible for the horses.



#### AFTER TWO YEARS OF CANCELLATIONS DUE TO COVID-19

THE SALON DE CHEVAL D'EL JADIDA

# MAKES A REMARKABLE RETURN THIS YEAR

BY MENNA LOUTFY

SINCE 2008, THE ASSOCIATION OF THE SALON DU
CHEVAL HAS ORGANIZED THE SALON DU CHEVAL
D'EL JADIDA IN OCTOBER OF EVERY YEAR,
PRESIDED BY CHARIF MOULAY ABDELLAH ALAOUI
AND HELD UNDER THE HIGH PATRONAGE OF HIS
MAJESTY KING MOHAMMED VI IN MOROCCO.









Held under the theme of The Horse Factor of Territorial Development, the amazing exhibition aims to support and encourage the development of the equine industry in Morocco as well as contribute to the promotion and protection of the Moroccan rich intangible equestrian heritage.

Over the years, the exhibition was able to impose its impact and presence within the professional circles as an unmissable annual meeting for horse lovers around the world and especially the Middle East.

A variety of fun activities related to the horse are included in the program, where high-level national and international competitions and exhibitions are organized: the International Barb Horse Championship, the Champions' Cup for Arab-Barb Horses, International Arabian Horse Show "A", and The Moroccan Arab horses breeders 'cup.

And of course, the cherry on-top is always the **Grand Prix** of **His Majesty King Mohammed VI** of Jumping in the category of four stars, that is the third leg of the **Moroccan Royal Tour** which has a world cup qualifier that also attracts top world riders.

On this year's 2022 Edition, more than 100 exhibitors were in part of the exhibition presenting different countries, more than 1000 horses were







part of the whole spectacle, that included jumping horses, Tbourida horses, pure Arab blood horses as well as Arab Barb horses. The traffic was beyond expectations with 220k national and international attendees.

"Since the organization of the first edition in 2008 and thanks to the efforts made, the Salon du Cheval d'El Jadida has become a major equestrian event for the enhancement and promotion of the equine sector in Morocco and an illustrious meeting to highlight our rich cultural heritage related to the horse, and an opportunity to express Moroccans' deep attachment to these noble creatures.

For professionals, the **Salon** is a great meeting point and exchange of experiences between the various actors in the equine sector.

Internationally, the Salon du Cheval d'El Jadida has acquired an indisputable notoriety. It is one of the most famous Horse fairs in the world. The richness of its programming as well as the opportunities for professional meetings that it offers







will make it, once again, an unmissable event in the international equestrian calendar.

We will be very happy to welcome and to see again the professionals, the sponsors, the craftsmen, the speakers, the riders of **Tbourida**, the riders of the national and international equestrian sports at the **Mohammed VI Exhibition Park** of **El Jadida** for another **Salon**, richer and more successful" **Charif Moulay Abdellah Alaoui - Chairman** 

"The general organization of the event and its programming will, once again, highlight the rich equine cultural heritage of our country and the multiple uses of the Horse such as sports, festive or cultural levels.

The public thus had an appointment, once again this year, with competitions that represent, the reputation of the Salon du Cheval d'El Jadida, like the Champions' Cup for Barb Horses, the International Arabian Horse Show "A", the









All photos by Agence R B Presse

International Jumping CSI 1 \* and CSI 4\*W, 3rd stage of the Morocco Royal Tour (MRT), as well as the Moroccan Arab-Horse Breeders 'Cup. The best Sorbas in the country are also present in the Grand Prix of His Majesty King Mohammed VI of Tbourida.

This edition coincides with the inscription of Tbourida in the representative list of the intangible cultural heritage of the United Nations Educational,

Scientific and Cultural Organization "UNESCO".

Cultural and scientific aspects are not overlooked because the horse breed is also highlighted during many conferences, as well as in many fun games dedicated to children who receive particular attention from the Salon, given that the transmission of our equestrian traditions to new generations is one of the Salon du Cheval's missions." DR. El Habib Marzak

- Commissioner

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# (M)







#### FEI TOP 10 SHOWJUMPING RIDERS

# IN 2022

BY MENNA LOUTFY

MAKING IT TO THE FEI TOP 10 RIDERS LIST IS A

DREAM FOR YOUNG
EQUESTRIAN SHOWJUMPERS AROUND THE
GLOBE. YEARS OF TRAINING, HARDWORK, SET
BACKS AND PERSISTANCE ARE ALL PART OF
EACH RIDER'S JOURNERY; LEADING UP TO THAT
MOMENT ON THE PODIUM IN FRONT OF A GREAT
AUDIENCE, REPRESENTING YOUR COUNTRY
WHILE SALUTING THE FLAG RAISED UP HIGH
ABOVE. HT TAKES A BRIEF LOOK INTO THESE
TOP RIDERS' BACKGROUNDS, IDOLS AS YOUNG
RIDERS & MORE.

#### TOP 10 RIDERS

#### **HENRIK VON ECKERMANN**



SWEDEN

About: Born May 25th 1981 in Nyköping, Sweden. Henrik is a renowned Swedish Olympic rider, He has competed at three Olympic Games (in 2012, 2016 and 2020). His best individual Olympic placement came in the latest, 2020 Olympics in Tokyo when he won gold in the team competitions and placed 4th in the individual competition.

German equestrian jumper Ludger Beerbaum.

#### 2022 Major Wins:

La Coruña CSI5\*-W with Glamour Girl

Stuttgart CSI5\*-W with Glamour Girl

Verona CSI5\*-W Longines FEI Jumping World Cup™ with King Edward

Riyadh CSI5\* - GCT/GCL with Iliana

London CSI5\* - GCT/GCL with Hollywood V

Knokke CSIO5\* with Iliana

Stockholm City CSI5\* - GCT/GCL with King Edward

Windsor CSI5\* with Iliana

St Tropez - Grimaud CSI5\* Grand Prix with King

Doha, Al Shaqab CSI5\* with Glamour Girl



#### Sporting philosophy / motto:

"If you don't step out into the unknown, you will never grow. If you don't fall and hurt your knees, you will never learn to cycle. If you don't risk something in life, you will never learn. But if you do, if you challenge yourself and step out of your comfort zone, you have a good chance to succeed. To win. And that to me is what life is." \_ (equilifeworld.com, 2017)

#### **MARTIN FUCHS**



#### SWITZERLAND



#### About:

Born July **13th**, 1992 in Switzerland, Fuchs is a Swiss Olympic rider. He competed at the **2016** Summer Olympics in Rio de Janeiro, Brazil, where he finished sixth in the team and ninth in the individual competition. In **2019** he won the individual gold at the **2019** European Championship in Rotterdam.

#### Hero / Idol:

Swiss riders Thomas Fuchs [his father] and Steve Guerdat. \_ (equnews.com, 2021; tagblatt. ch, 2019)

#### Sporting philosophy / motto:

"The most important things I believe are to work hard, be dedicated, try to understand your horse, and do your best every day." \_ (horsesport.com, 2020)

#### TOP 10 RIDERS

#### **JULIEN EPAILLARD**



FRANCE



#### About:

Julien Epaillard is a French international show jumping rider born on July 24th,1977. JULIEN IS AMONG THE ELITE IN HIS DISCIPLINE; Author of 76 victories in international competitions in 2022, he is currently number 3 in the world and number 1 in France. Impressive for his sense of rhythm and trajectory. (horsepilot.com)

#### Most influential person in career:

His parents. \_ (worldofshowjumping.com, 2017)

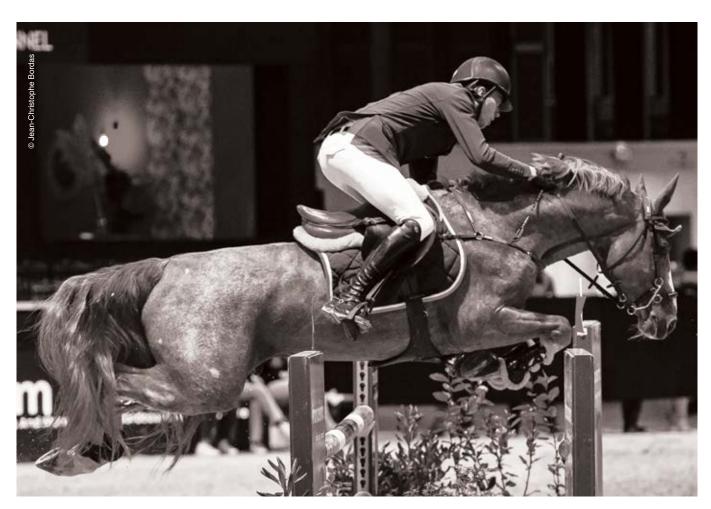
#### Sporting philosophy / motto

"I think my strongest point as a rider is that I am fast, but I think it is also my biggest weakness. Sometimes, if I prepare for a bigger class, I try to go slow. But if I think I can go fast, I try, and sometimes I lose, sometimes I win." (worldofshowjumping.com, 2017)

#### **HARRIE SMOLDERS**



**NETHERLANDS** 



#### About:

Smolders is a Dutch Olympic show jumping rider. He competed at the **2016** Summer Olympic Games in Rio de Janeiro, Brazil, where he placed **7th** in the team competitions. He also participated at the **2010** World Equestrian Games and at the **2009** European Championships.

#### Influence:

His grandparents; growing up in his family's farm

#### Sporting philosophy / motto:

"As long as the horses are healthy and love their job we'll keep scoring. I won't force any horse just to get some extra points." (equnews.com, 2018)

#### TOP 10 RIDERS

#### **CONOR SWAIL**



IRELAND



#### About:

Swail is an International Showjumper based in the US. He has had an extremely successful career to date with over **130** career wins. At the end of **2021** Swail claimed no less than three FEI World Cup's in North America. \_ www.redmillshorse. com

#### Hero / Idol:

British rider John Whitaker. (jumpernews. com, Nov 2022)

#### Sporting philosophy / motto:

"You can never stop learning, ever." \_(globalchampionstour.com, 2014)

#### **BEN MAHER**





#### About:

Born January 30<sup>th</sup> 1983, Ben Maher is a British show jumper. He represented Britain at the 2008 Beijing Olympics, 2009 European Championships in Windsor, 2012 London Olympics, 2016 Rio Olympics and the 2020 Tokyo Olympics.

In September 2013, he became the first British jumper in 20 years to be ranked world number one by the International Equestrian Federation [FEI]. In 2005 at age 22, he became the youngest person to have won the Hickstead Derby in England.

#### Hero / Idol:

British equestrian jumper Robert Smith, German equestrian jumper Ludger Beerbaum. (globalchampionstour.com, 2018)

#### Sporting philosophy / motto:

"Work hard. Everyone has different backgrounds, but if you're in the right place, you can always move up the ladder. Make sure you have goals and ambitions, and don't stop until you've achieved them."\_

(landrover.co.uk, 2015)

#### TOP 10 RIDERS

#### MARLON MODOLO ZANOTELLI



BRAZIL



#### About:

Born June 19<sup>th</sup> 1988, Marlon Zanotelli competed in the individual jumping event at the 2020 Summer Olympics. He is considered the first rider representing Brazil to win a gold medal in an individual equestrian event at the Pan American Games by claiming victory in the individual jumping competition at the 2019 Games in Lima, Peru.

#### Hero / Idol:

Brazilian Formula One driver Ayrton Senna, Brazilian jumper Rodrigo Pessoa. *(redmills.co.uk, 22 Jul 2016)* 

#### Sporting philosophy / motto:

"The only place where the result comes before work is in the dictionary." \_(globo.com, 27 Jul 2015)

#### MAIKEL VAN DER VLEUTEN





#### About:

Born February 10<sup>th</sup>, 1988, Maikel competed at the 2012 Summer Olympics in London, where he won a silver medal in team jumping and finished 37<sup>th</sup> in the individual. As of May 2020, he is ranked as the #15 rider in the world.

#### Hero / Idol:

German jumping riders Marcus Ehning and Daniel Deusser, Dutch jumping riders Gerco Schroder and Jeroen Dubbeldam. (Noelle Floyd Magazine YouTube channel, 30 Jul 2014)

#### Sporting philosophy / motto:

"Work hard, but have fun at the same time." \_ (Noelle Floyd Magazine, 2014)

#### TOP 10 RIDERS

#### **DANIEL DEUSSER**





#### **About:**

Born August 13<sup>th</sup>, 1981, Daniel Deusser is a German equestrian and Olympic bronze medalist. He represented his country at the Rio De Janiero ,2016 Summer Olympics

#### Hero / Idol:

British jumping rider John Whitaker, German jumping riders Franke Sloothaak and Ludger Beerbaum. (noellefloyd.com,2019)

#### Sporting philosophy / motto:

"A great rider is one who always wants to learn, who never sits still, who never thinks that he is finished with his career, one who always tries to get better." \_ (cnn.com, 2019)

#### TOP 10 RIDERS

#### **KEVIN STAUT**





#### **FRANCE**



About: Born November 15th, 1980. Kevin is an Olympic French showjumper who won the Gold medal in the team competitions in Rio De Janiero 2016 summer Olympics.

#### Hero / Idol:

British jumping rider Scott Brash, German jumping riders Ludger Beerbaum and Marcus Ehning. (equnews.com, 25 May 2015; Athlete, 20 Jul 2012)

#### Sporting philosophy / motto:

"Obtaining a good technique is difficult. You have to work hard and be very strict with yourself. The goal is to be able to do difficult things easily and this requires sensitivity. In fact, to be a good rider, you need a mix of technique and feeling." \_ (animoitalia.com, 2015)

® Reference : fei.org





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ADVANCED RIDING EXPERIENCE

#### THE 2023 SHOWJUMPING

# NEWS UPDATE

BY NERMIN MARWAN

WE BELIEVE THAT THIS SPECIAL BOOK SHOULD NOT MISS THE MAJOR LATEST UPDATES IN THE SHOWJUMPING WORLD.AT THE BEGINNING OF 2023, THERE WERE A LOT OF EVENTS THAT LED TO FORMIDABLE RESULTS.THEREFORE; WE GOT YOU SOME OF THE MOST IMPORTANT EVENTS & THEIR SPECTACULAR RESULTS.

#### NEWS UPDATE 2023

## JUMPING INTERNATIONAL DE BORDEAUX; AUDI GRAND PRIX CSI 5\*

Bordeaux, France – February 05, 2023; Started with an Epic performance for Grégory Cottard (FRA).

"When I was a teenager, I used to come to the Jumping International de Bordeaux CSI 5\*-W to admire the world's best riders. Today, I won my first 5\* Grand Prix here", he said.

Grégory Cottard seemed stunned after this brilliant victory as if surprised by what had happened to him.





### EGYPT'S ELZOGHBY CONQUERS THE GRAND PRIX TITLE IN DOHA

Egypt's Karim Elzoghby teamed up with Zandigo who claimed the coveted Doha International Showjumping Championship Grand Prix title at Longines Arena.

On a challenging course, the pair topped the 1.55m event worth €98,000 with a clear round in 70.78 sec. The Egyptian collected the winner's prize of €24,500 after a flawless performance.

Morocco's **Abdeslam Bennani Smires**, who was aboard his **15-year-old** bay **Davino Q**, emerged runner-up after completing the course in **74.03** sec, with a rail down.

The pair got richer by €19,600 for second place.

**Abdelkebir Ouaddar**, also from Morocco, was fastest in the event on **15-year-old Istanbull V.H Ooievaarshof**, zipping through the course in **67.22** sec but four faults cost him dearly as he finished third and collected a purse of **€14,700**.

#### NEWS UPDATE 2023

#### SAUDI ARABIA AND UAE TO PARIS OLYMPIC GAMES 2024

Saudi Arabia and United Arab Emirates equestrian jumping teams reserved their spots for next year's Paris Games after claiming the top two positions respectively in the Nations Cup Olympic Qualifier (1.60 m) at Longines Arena in Qatar.

The Saudi team was at its best accumulating a total time of 235.31 in the first round with nine penalties and 237.81 in the second round with six penalties. The team included Abdulrahman Alrajhi (riding Babalou HD), Khaled Almobty (Equine America Spacecake), 2012 Olympic medalist Ramzy Al Duhami (Untouchable) and the Asian Games champion Abdullah Alsharbatly (Alamo).



The UAE totaled 241.07 (eight penalties) and 236.38 (17 penalties) in the two rounds to seal their Olympic spot. The UAE team included Abdullah Mohd Al Marri (James V.D Oude Heihoef), Abdullah Humaid Al Muhairi (Chacolu), Omar Abdul Aziz Al Marzooqi (Dalida van de Zuuthoeve) and Mohammed Ghanem Al Hajri (G's Fabian).

"It's a great feeling to be in the Olympics. We are very happy with this achievement and now will target a good performance in Paris," UAE's Al Hajri said.

Egypt and Morocco, who competed at the Tokyo Olympics and represented Africa in the event, finished third and fourth respectively.

Reference: The Peninsula Qatar



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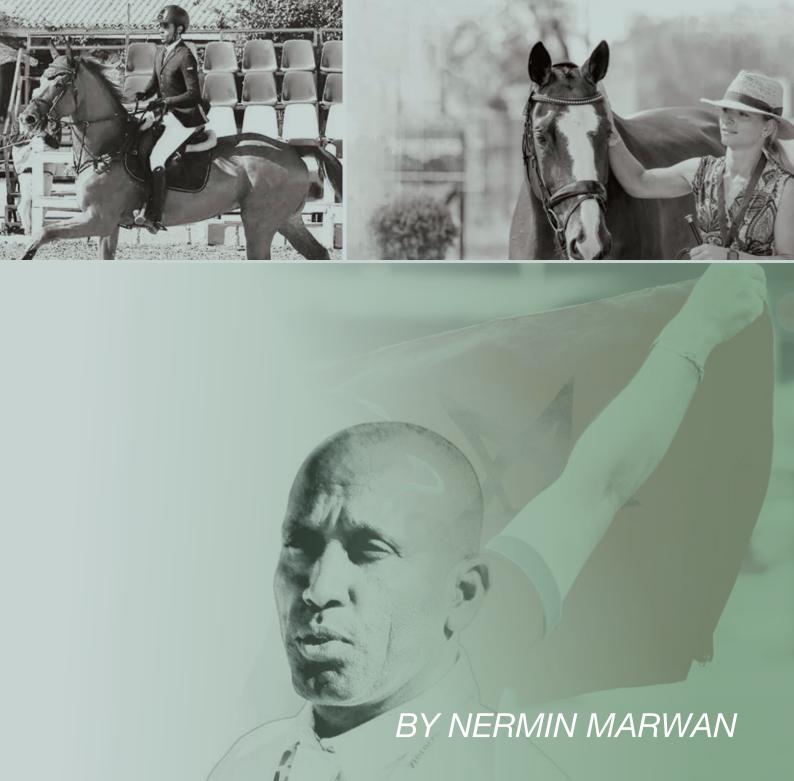
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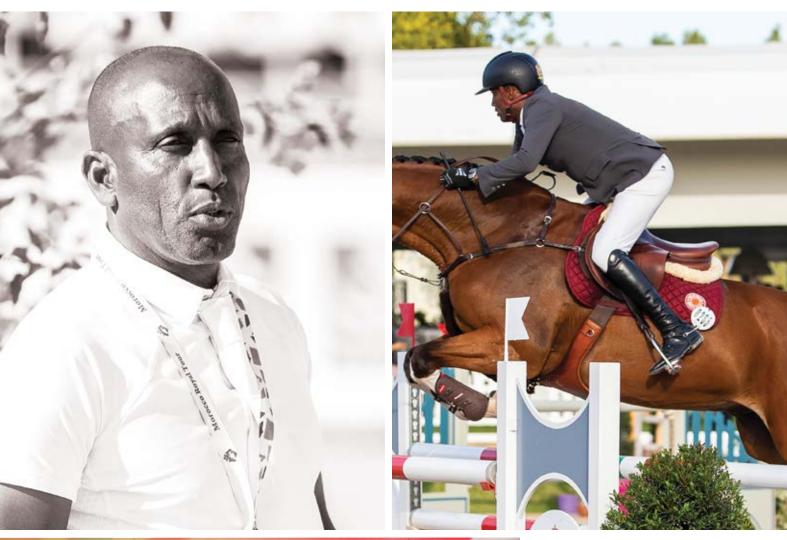
## IN-DEPTH WITH THE SHINING STAR OF MRT 2022

# ABDELKEBIR OUADDAR

IT'S HARD TO INTRODUCE A DAZZLING STAR LIKE HIM, BUT IF I HAD TO, I WOULD SAY THAT WE ARE MEETING TODAY THE TRUE MEANING OF HORSEMANSHIP & ONE OF THE MOST HUMBLE RIDERS THAT WE MET; ABDELKEBIR OUADDAR.

WE CAN'T MENTION THE MRT, WITHOUT MENTIONING ABDELKEBIR OUADDAR AND ISTANBULL V.H OOIEVAARSHOF. HAVING BEEN THE FAVORITE DUO FOR THE MOROCCAN CROWD, SINCE THEIR VICTORY IN TETOUAN AND THE INCREDIBLE FEAT IN EL JADIDA!









First of all Congratulations on your amazing performance in The MRT 2022 and your winnings in Tetouan and El Jadida, and let's begin with them;

#### WINNING AT HOMELAND MUST'VE BEEN AMAZING, HOW DID IT FEEL?

Nothing beats winning at home, with a crowd cheering and supporting you all the way to victory and singing the national anthem.

# HOW DO YOU SEE THE DEVELOPMENT OF THE MOROCCO ROYAL TOUR, STARTING AS A 1\* SHOW AND BECOMING A 4\* SHOW OVER THE YEARS?

The Morocco Royal Tour is no longer a secondclass show, the competitors know that if they want to win a class, they have to bring their top horses. Even in the 1\*classes, the young horses have to be competitive in order to win or be placed in a class.

The MRT is a really great show with a top atmosphere, everything is well organized from the moment the riders decide to come to the show (all the documents for the sea crossing are done with the MRT staff and the forwarding agents) until the

return to their stables or Europe. The installations are super for the horses, the arenas are great and the grooms are super taken care of with good food during the tour! We have nothing to envy other international horse shows!

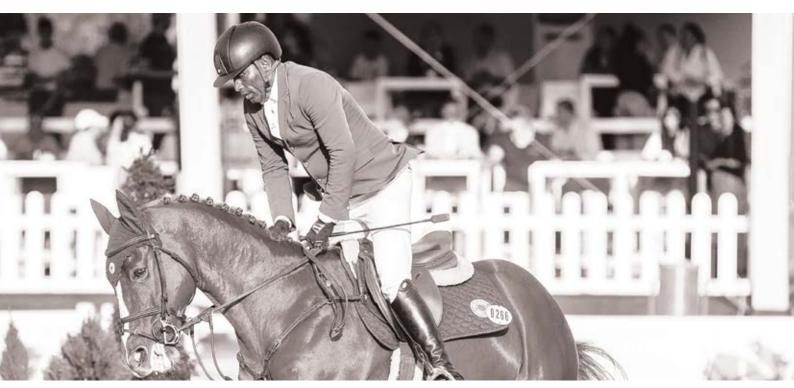
And at last, the concept is unique. The tour is organized in October while it's sunny in Morocco and not freezing or raining a lot. So the weather brings a plus at this time. The three shows are organized in three different cities, each one has its uniqueness and charm. "It's not only about the sport but the Moroccan culture as well".

#### WHAT DO YOU THINK OF THE STABLING; AND THE DETAILS AROUND IT?

In Tetouan, the horses sleep in real boxes and not stalls; they could almost feel at home. In Rabat and El Jadida, they are in stalls but they have a lot of space to walk during the day and with the sun all the Tour, we can't complain.

#### **HOW DID YOU FIND THE COURSES?**

Each week we had different course designers, they adjusted to the level of the riders on the first days to have a memorable Grand Prix each week. The



© Jean-Christophe Bordas

fences are atypic in Morocco with a lot of craft work, symbols of the cities and the country. We had the water jump during the Nations Cup in Rabat also.

Also the one star was a good formation for the young horses because the courses are very different each day and they can learn a lot.

#### HOW DO YOU COMPARE THE VENUES, DO YOU THINK THEY COMPLEMENT EACH OTHER?

The Tour is well thought out! Two big arenas and an indoor show to finish the tour and prepare for the European indoor season! Each one of the venues has a specialty: in Tetouan, we are inside the Royal Guard with an Andalusian feel, in Rabat the main event is the Nation's Cup and we could see the crowd cheering us from the moment we did the parade and in El Jadida, it's during the Salon du Cheval where we have not only the jumping competition but all the others disciplines where the Moroccan and Arabian horses are the main focus!

#### WHAT DO YOU THINK ABOUT THE QUALITY OF RIDERS THAT CAME TO THE SHOW?

As always, top riders came to this MRT of 2022.

We had Simon Delestre for the 3 shows, David Will, Luciana Diniz, and Emanuele Gaudiano and these are only a few names.

#### IS THERE ANYONE THAT YOU WANT TO DEDICATE THIS WIN TO?

I dedicate all my wins to His Majesty The King Mohammed VI, May God glorify him, he is the owner of my horses and thanks to him I am where I am today. I owe him my sports career.

#### TELL US ABOUT YOUR START IN THE EQUESTRIAN WORLD AND WHEN DID YOU START RIDING COMPETITIVELY?

I started riding in Dar Es Salam with the actual president of the FRMSE, Charif Moulay Abdallah Alaoui when we were young. From that first ride on a horse, I did not want to do anything else in my life.

#### WHO WAS OUADDAR'S IDOL AS A YOUNG RIDER?

All the big names, Pessoa, Rozier. I went to ride with Nelson Pessoa when I was 20 something like that and since 2012 Marcel Rozier has been my





coach. They taught me much more concepts than just riding a horse; like Horsemanship, the respect, and love of the horse and more.

#### BEING SUCH A PROMINENT RIDER; YOU MUST HAVE A PARTICULAR ROUTINE, WHAT DO YOU FOLLOW WITH YOUR HORSES?

I love to spend time with my horses, take care of them. I had this routine with Quickly to sit with him during his naps, now I do the same with Istanbull. I ride my horses a lot outside, to the beaches, the racetracks, and the forest of Bois-le-Roi.

I really like the work at home, all the efforts from the team, taking care of the horses, and spending time with my staff. One of my favorite activities is cleaning the stables, washing, sweeping the stables, and maintaining the arenas with my favorite engine: the tractor.

#### A difficult win that has special value to you.

That's a hard question! But El Jadida's win is one to remember! It's the first victory for Morocco since the beginning of the MRT and I am very proud to be the one winning the Grand Prix Sa Majesté Le Roi Mohammed VI.

Also, the indoor is not an arena with a lot of space and you need to have your horse with you 100% and a horse like Istanbull is really sensitive, and to win with this horse this grand Prix has a special place in my heart.

I also have two wins that have a special place in my heart, it was with Quickly, the Saut Hermes in 2016, and the 1m55 in Stuttgart in 2013.

#### HORSES THAT YOU FELT WERE GREAT PARTNERS AND WHY?





© Agence R B Presse

I have fond memories with all of my horses, grand Prix horses, fast classes' horses, I love my horses very much and they gave me a lot of great moments during my career so I can't choose only a few names.

#### SOME PEOPLE ARE ALWAYS THERE DURING THE JOURNEY OF SUCCESS. WHO SHARED YOURS?

My whole team (my trainer, grooms, riders, vets, farriers, the FRMSE) and my family for sure.

#### IN YOUR OPINION, WHAT IS THE KEY TO BEING A SUCCESSFUL RIDER?

Hard work pays off . But it's important to stay humble and keep a goal in mind.

WHO WERE THE MOST INFLUENTIAL COACHES IN YOUR CAREER?

Marcel Rozier for sure, we did more than 10 years together and it's still the one I go to after the course walk to watch the first riders (if I can, depending on the startlist). We always watch a few riders and see where the difficulties are in the course.

He's almost the first one to come to the stables at home! He loves horses so much, Grand Prix horse or not, he likes to watch the horses get their treatments after each show... And he's very nice with all my staff, he keeps on giving advice to the grooms and riders and that's what makes us a really good team.

#### WHO IS THE ONE YOU GO TO FOR ADVICE IN REGARD TO RIDING?

Marcel for sure.

#### HT EXCLUSIVE INTERVIEW WITH

# BEZIE MADDEN



OUR MEETING WITH THE FOUR-TIME OLYMPIC EQUESTRIAN CHAMPION, THE SUPERSTAR SHOWJUMPER; BEEZIE MADDEN







FIRST OF ALL, HORSE TIMES IS REALLY DELIGHTED TO MEET YOU, AND I BELIEVE WE HAVE A LOT TO DISCUSS TOGETHER. LET'S START WITH YOUR CHILDHOOD, WHEN IT ALL STARTED.

#### HOW DID YOU GET STARTED AS AN EQUESTRIAN?

My parents, Joe and Kathy Patton, owned a horse farm near Milwaukee, Wisconsin. My brother and I grew up riding horses and at age 4, I was given a pony for Christmas.

#### WHEN DID YOU START RIDING COMPETITIVELY?

I started when I was around the age of 6 with my first pony, Flicka.

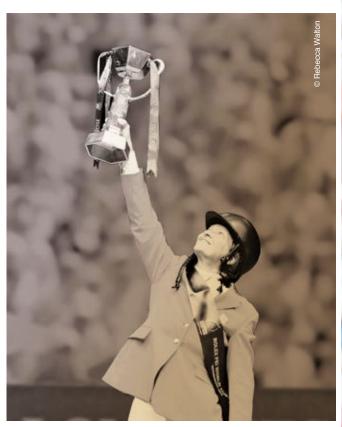
#### BEING SUCH A PROMINENT RIDER; YOU MUST

#### HAVE A PARTICULAR ROUTINE, WHAT DO YOU FOLLOW WITH YOUR HORSES?

Each horse is different with different needs, but generally we set annual goals for each horse and work back from there to formulate the best plan for their development both at home and in competition. On a day-to-day basis we make sure that all of our horses get turned out, go on the walker to move some and get varying types of exercise from trail riding and flat work to gymnastics and jumping.

# WHAT ARE THE CRITERIA BY WHICH YOU CHOOSE YOUR HORSES? HOW DO YOU TEST IT? AND WOULD YOU MIND BUYING A HORSE THAT WAS RIDDEN BY ANOTHER TOP RIDER AND WAS ALREADY SUCCESSFUL?

We generally try each horse at least twice and





evaluate their athletic ability as well as a veterinary evaluation, but temperament is a big factor, as well. Ultimately, though, it really comes down to my feeling when riding the horse and John's impressions and feelings when watching me ride the horse. I would not discount a horse ridden by another top rider, but generally we look for younger horses to develop.

#### IS THERE A HORSE THAT MADE YOU BECOME A BETTER RIDER, AND WHY?

Each horse and each relationship with each horse is very different. I would say that I have learned something new from every horse I have ridden that has made me better. In our sport you are constantly learning and working to improve.

#### TELL US ABOUT THE MOST CHALLENGING TIME IN YOUR CAREER, AND HOW DID YOU GET THROUGH IT?

One of the most challenging times was when Judgement ISF first came to us. He was a big and powerful stallion, and he had a fear of the water jumps. John and I really took our time with him and utilized positive reinforcement clicker training, which had been used quite a bit with marine animals, but not as much with horses at the time. Thinking outside the box and taking our time really paid off, as he went on to have an incredible career in show jumping.

YOU'VE BEEN AN OLYMPIC MEDALIST 4 TIMES TILL NOW, HOW DO YOU PREPARE YOURSELF FOR SUCH AN EVENT EVERY TIME? AND HOW DID YOU CHANGE SINCE YOUR FIRST WIN TILL NOW?

My first Olympics was very much a first-time experience, and I really didn't know fully what to





expect. Certainly, now with experience and multiple games, I know what to expect and at the end of one we are already planning for the next putting competition schedules together etc. so that we have horses that have the experience horse need to be ready for the Olympics at the right time. However, one thing never changes and that is the feeling you get from the honor of representing and riding for your team and your country.

#### YOU HAVE COMPETED ALL AROUND THE WORLD; TELL US ABOUT YOUR FAVORITE ARENA AND WHY DO YOU FIND IT SPECIAL?

There are many great arenas, but one of my favorites is Aachen. The atmosphere and competition are like no other in the world.

#### IN YOUR OPINION, WHAT IS THE KEY TO BEING A SUCCESSFUL RIDER?

There is no key, trick, or shortcut to success. The key is actually hard work and taking the time to do things right even if it takes a little longer one small decision at a time and eventually the totality of those decisions results in success. You must also be diligent in your pursuit of your goals and not view setbacks or obstacles as barriers but instead learning opportunities to teach you and make you better so that you can progress to the next level. Talent is helpful but it is not everything, having a passion for the sport and the horses and doing what is right for your horses is necessary to be successful for a long period of time.

#### WHO WERE THE MOST INFLUENTIAL COACHES IN YOUR CAREER?

I had many different trainers through my junior years, but I was very fortunate to work with Katie Prudent and then my husband John. I would say that he has definitely been the most influential coach in my career.

HOW DO YOU SEE THE EQUESTRIAN SHOWJUMPING SPORT DEVELOPING FROM BEING A SPORT TO BEING AN INDUSTRY? ARE WE ON A POSITIVE ROUTE OR ARE WE



Agence R B Presse

#### GOING TO SUFFER FROM SOME CHANGES TO THE FACT THAT THE SPORT IS BECOMING INDUSTRIALIZED?

I think there are positive and negatives to the way the sport is growing and developing. There are more and more people participating in the sport on an international level, and I think more and more countries have riders that can be competitive at a high level. I think on an average, the level of riding is better, and this benefits the sport and our horses. The growth has led to more prize money which helps our riders and owners and makes our sport more important in some ways. All of this has also raised the price of horses which is good for dealers but not as good for involving more people into the sport. I also think that even though it's difficult to find top horses, there are more good horses being bred and developed.

The biggest challenge in our sport is going to be sorting out what events are considered the top-level events, and for the riders to be able to schedule their horses to peak at these events and also have

some down time.

#### WHO IS THE ONE YOU GO TO FOR ADVICE IN REGARDS OF RIDING?

My husband John.

#### WHO WAS MADDEN'S IDOL AS A YOUNG RIDER?

Katie Prudent, I was fortunate to be able to train with her and work for her and be a part of her team for a period of time.

#### AS BEEZIE MADDEN, WHO GAVE SO MUCH TIME DEVELOPING HER TECHNICAL & RIDING SKILLS, HER WINNING CAPACITY, NOW WHAT ARE YOU LOOKING FORWARD TO?

I look forward everyday to being able to do what I love to do as a job. We have some great young horses and riders we are working with to develop, and I am looking forward to competing with them and working towards the goals we set for each horse and rider.

# PROFILES AND INTERVIEWS HORSETIMES MEETS THE PROMISING

# CHAMPION HAYA ELBORAIE

WHAT DOES IT REALLY TAKE TO DEVELOP A YOUNG RIDER INTO BEING A STAR?

INITIALLY, STRUCTURE AND TECHNICAL KNOWLEDGE ARE ESSENTIAL. FOLLOWED BY RING CRAFT, WHERE THE NUMBER OF SHOWS STRUCTURES YOUR BACKBONE, THAT HELPS YOU CONTROL YOUR PERFORMANCE AND MOST IMPORTANTLY YOUR CHARACTER. ALL OF THAT FINALLY ENABLES YOU TO TRAIN YOURSELF TO DEAL WITH FEAR, DOUBT, AND STRESS.







OUR GUEST TODAY IS THE PROMISING YOUNG RIDER HAYA ELBORAIE, THE DAUGHTER OF THE RENOWNED EGYPTIAN RIDER MOHAMED OSAMA ELBORAIE, WHO RECENTLY REPRESENTED EGYPT IN THE YOUTH EQUESTRIAN GAMES 2022 IN AACHEN.

#### COULD YOU PLEASE TELL US A LITTLE BIT ABOUT YOURSELF?

My name is Haya Elboraie and I'm 16 years old. I started riding at a really young age and I competed in my first full season at 9 years of age.

#### **HOW DID YOUR PASSION FOR HORSES START?**

My passion for horses started at a very young age because I was always present around horses and always watched my parents ride.

#### BORAIE BEING YOUR COACH, WHO ELSE ADDED TO YOU?

There are many people who have helped me develop and learn more including, Alice Debany as her clinics were extremely beneficial and full



of new things to learn.

Congratulations for your great performance in the Youth Olympics in AACHEN, let's talk About it

#### HOW DID YOU PREPARE FOR SUCH A GREAT EVENT LIKE THE YOUTH OLYMPICS?

When I knew about the games, I started preparing by riding different horses that I haven't ridden before just practice the feeling as the horse I was going to ride there was a horse that I haven't ridden before.

TELL US ABOUT THE MOMENT, WHEN YOU KNEW THAT YOU HAVE BEEN SELECTED TO RIDE AT THE YOUTH EQUESTRIAN GAMES IN AACHEN.

It was definitely surreal!

As Aachen is one of the biggest shows in the world and it's an amazing opportunity to ride there.

#### HOW WAS YOUR EXPERIENCE IN AACHEN?

My experience in Aachen was truly amazing, it was such a great experience. I was surrounded by so many world-class riders and I got to meet new people and make new friends. It is a life-changing experience that I will never forget.

#### TELL US ABOUT THIS WIN, AND HOW DID YOU FEEL?

To win a bronze medal in such a show was just truly amazing and I'm really grateful that I was lucky enough to come home with a medal.



# AMONG THE HORSES YOU'VE PARTNERED WITH, WHO WAS THE MOST INFLUENTIAL HORSE?

That's a really difficult question; each horse was a different experience for me and each one definitely taught me something new.

#### **HOW DO YOU BOND WITH YOUR HORSES?**

For me getting to know the horses is extremely important so it always takes a little bit of time until you know the horse you're riding by heart.

#### TELL US ABOUT THE MOST CHALLENGING TIME IN YOUR CAREER, AND HOW DID YOU GET THROUGH IT?

The most challenging time for me was when my horse broke his leg in the arena. I just didn't understand what was happening and I was extremely confused. This horse taught me so many things, so when he broke his leg I was heartbroken, because I knew I had lost him.

#### WHAT WAS THE BEST ADVICE YOU WERE GIVEN?

That fear is just an illusion and it really helped, as it allowed me to teach myself how to control my nerves during a show and in the arena.





#### WHAT ELSE DO YOU DO BESIDES HORSE RIDING?

I enjoy playing sports like Padel and Football.

#### WHO WAS HAYA'S IDOL AS A YOUNG RIDER?

My idol as a young rider was and will always be my father because I love to watch the way he handles things, and everything I know I got from him. My father is my biggest inspiration in this sport and it's an honor to be his daughter and student.

#### WHAT DO YOU HAVE IN MIND FOR THE FUTURE?

I really want to focus on riding more international shows and to jump U25 classes.

#### DO YOU HAVE SPECIAL MESSAGE FOR YOUR FATHER?

"Thank you very much for believing in me and giving me so many opportunities that no one else could've given me. I'm truly thankful for all the work you put towards my education and I hope that I could make you proud one day."

#### **EXCLUSIVE WITH TOKYO OLYMPIC CHAMPION**

# JULIA KRAJEWSKI

IN PART OF OUR OLYMPIC COVERAGE OF TOKYO 2021,
WE WERE REALLY LUCKY TO MEET WITH GERMANY'S
CHAMPION JULIA KRAJEWSKI; THE FIRST WOMAN EVER
TO WIN A GOLD MEDAL IN INDIVIDUAL EVENTING.





# FIRST OF ALL, CONGRATULATIONS; TELL US ABOUT THIS WIN? DID YOU SEE IT COMING, ESPECIALLY THAT YOU ARE THE FIRST FEMALE ATHLETE EVER TO WIN THE GOLD?

Thank you very much!

Obviously, winning the Olympics is the ultimate dream, to be honest, that kind of dream you have but don't think you will actually achieve it. And no, I didn't see it coming a year ago, or even when I knew I will go to the Olympics. I was hoping for a top 5-8 finish. Eventually winning was then the most emotional feeling and still difficult to realize sometimes. It's an achievement that stays forever and I am mostly thankful to my horse Amande, my team around me and all the people that kept believing in all the difficult times I certainly had in the years before.

Being the first female athlete was a bit surprising for me, as we have many very successful female riders in our sport, but I think or hope it sends the signal to all the girls out there, that everything is possible of you have a passion and a dream.

#### PREPARATIONS FOR THE OLYMPIC GAMES MUST'VE BEEN DIFFICULT WITH THE PANDEMIC AND ALL, HOW DID YOU PREPARE?

Well yes, there was a lot of uncertainty, and also the delay of one year with many shows being cancelled. The delay certainly helped me, because it only opened up the chance to qualify and prepare my horse Amande, which would not have been possible the year before. When I knew it was scheduled for the summer of 2021, I decided to develop a plan and tried to stick to it as much as possible, and if not, adjust which what was possible.

I decided not to worry too much about what might be, but rather think step by step along the way. It was a close call to make it to the Olympics at all, so that was a huge success already. I focused on trying to be as prepared as possible from fitness



and training point of view. I also kept my focus on believing in Amande as well as my abilities. And of course, I wouldn't have done all that without the help of my coaches and my boyfriend, they kept reassuring me a lot

#### LET'S TALK ABOUT THE OLYMPICS COURSE OF EVENTING, HOW CHALLENGING WAS IT? THE DIFFICULTIES YOU FACED?

Everything about the Olympics is somehow special and different from 'normal' shows and even other championships, Starting from the preparations before, the travel, the attention, the competition itself, the pressure that builds. In this case the fact that it was held during a pandemic, also brought its challenges as daily testing that created worries like, what if someone tests positive.

Luckily it didn't happen. Regarding the competition itself, Amande felt great from the day she arrived. So, I tried to stick to my plans and took it discipline by discipline. She had a very nice dressage, couldn't

have been better in her abilities, and I was positively surprised to be that far up the leaderboard.

On the Cross Country I was quite optimistic that the course would suit her, and she made it feel easy eventually, she was so focused, quick and trusting all the way round. It felt amazing to cross the finish line with just 0.4 penalties for time. With that in the bag I felt that the most challenging phase was behind me as she has always been a very good jumper. After the excitement, she felt very fresh and jumped a superb clear round in the first round for the team. After that round I was in the lead and knew I would jump for gold, but I didn't think about it very much. Of course, there was a lot of pressure and a very electric atmosphere, even without spectators, but for some reason I was not very worried that it could go wrong. Amande is the horse you would like to sit on a day like that. She jumped incredible and I had the feeling she was even another 20% better. She gave me an enormous amount of confidence and it felt as if she knew it really mattered that day!



# HOW DO YOU SEE THE PREPARATIONS AND THE ORGANIZATION IN TOKYO OLYMPICS? IF YOU HAD THE CHANCE TO CHANGE SOMETHING, WHAT WOULD BE?

I think they succeeded in making everything run as smooth as possible. At least I as an athlete felt that way. Surely it wasn't easy during such challenging times, but the facilities, arenas and tracks were incredible, I personally loved the decorations in the main stadium in dressage and show jumping. Of course, it would have been even better to compete (and eventually win) in front of spectators, but I'm super grateful anyways.

# YOU WON A SILVER MEDAL IN TEAM EVENTING IN 2016, WHEN YOU COMPARE BETWEEN JULIA IN 2016 AND JULIA IN 2021, WHAT HAS CHANGED IN YOU?

Well, so much happened in 5 years!

I have ridden many top events and won quite a few major ones like the CHIO Aachen, CCI5\* Luhmühlen, CCI4\* Bramham, National Championships twice, just to name a few. I have been to the World Equestrian Games and European Championships, all of that with many ups and downs along the way and on three different horses that I brought up myself.

So, I would say I really developed my own system that I trust in, learned to cope with pressure, gathered people around me that I know I can trust, so in 2021 I was just way more up to the challenge of competing at the Olympic Games. So, I would say I really developed my own system, I also learned to cope with pressure and surrounded myself with people that I know I can trust. In 2021, I was just way more up to the challenge of competing at the Olympic Games. Plus, having participated in the Olympics before really helped in being there for the second time.



© Stefan Lafrentz

#### TELL US ABOUT THE MOST CHALLENGING TIME IN YOUR CAREER, AND HOW DID YOU GET THROUGH IT?

Well, there certainly have been a couple of ups and downs. If it was disappointing championships, public criticism, a positive medication case that stayed a mystery until now or private difficulties. In the end, it's down to doing what I love, which is riding and spending time with horses, plus learning to believe in myself with the help of the people around me.

Naturally, after a big blow, there is disappointment and doubt, but with time passing I just always found the 'spirit' again and just started to look for new goals, made new plans and just like that, the new year had started. Also, I have to say, I always had big successes in between challenging times, so I always had good reasons to believe in myself again.

#### TELL US ABOUT YOUR FUTURE PLANS.

In 2022 there are the World Championships in Pratoni in Italy where I would like to successfully compete with Amande. Before that, maybe a 5\* in spring, but that will depend on the winter and the preparations. Also, I have some nice horses coming up, an 8 yo and two 7 yo that I hope with make their way into top sport in the coming years.

Generally, I want to keep enjoying what I do as well as being able to live in it.

#### IN YOUR OPINION, WHAT IS THE KEY TO BEING A SUCCESSFUL RIDER?

Hard work, patience and always wanting to improve combined with a good feeling for horses. I also think perseverance in improving yourself counts more than talent.



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#### "BRINGING UP A CHAMPION" SERIES

#### YOUSSEF GALAL



#### SHERIHAN ELGHAMRY

ONE MUST ALWAYS WONDER ABOUT THE JOURNEY
OF BRINGING UP AN EQUESTRIAN CHAMPION; HIS
LIFESTYLE AND THE ROLE OF HIS FAMILY IN SUCH
SUCCESS. HORSE TIMES MAGAZINE DECIDED TO WORK
ON A SERIES OF INTERVIEWS THAT EXPLORE THE
VALUE OF HORSEMANSHIP, AS WELL AS HOW FAMILY
BONDS CAN LEAD TO FURTHER SUCCESS THAT ENDS
WITH INTRODUCING A HERO TO THE EQUESTRIAN
WORLD.

THIS MEETING IS WITH A BEAUTIFUL FAMILY; A MOTHER
OF 4 NAMED SHERIHAN ELGHAMRY, AND HER
TALENTED PROMISING SON YOUSSEF GALAL.





#### **TELL US ABOUT YOURSELF?**

My name is Sherihan El-Ghamry. I am 40 years old, a mother of four, 2 boys and 2 girls. I used to live in Saudi-Arabia with my husband, and I worked there as a KG teacher. But now I'm back in Egypt and I chose not to work to spend enough time with my children.

#### WHY WAS "HORSE RIDING" YOUR SPORT OF CHOICE FOR YOUSSEF?

Actually, he did! I was always pushing him to play a sport such as basketball or swimming but, he always avoided that and never enjoyed these sports.

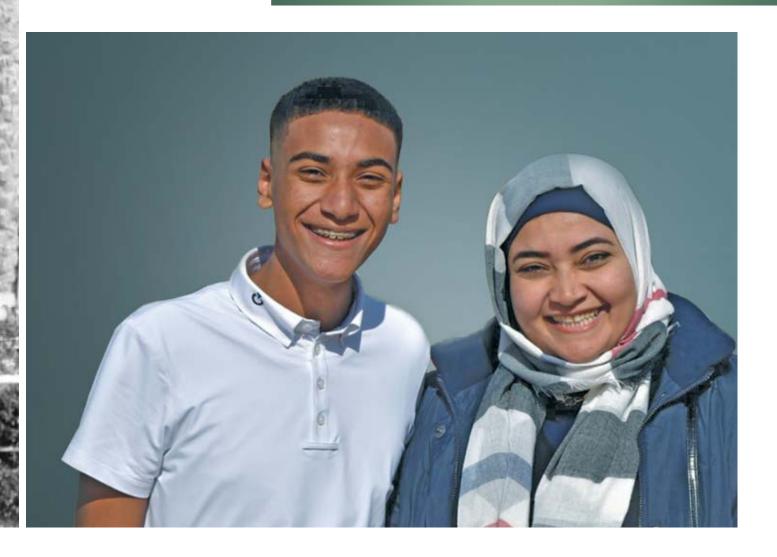
Until he came across the place designated

for equestrian games, and kept watching it for hours without getting bored, so he asked to join the equestrian training.

At the time, I had no information about horseriding, even though I did not know that it had tournaments and training, but as a result of his persistence and determination, I complied with his request and we began our journey together in this sport and from here this became our daily break, visiting horses and equestrian training; it became our home that we start and end the day with.

#### HOW DID RIDING CHANGE YOUSSEF'S PERSONALITY?

Youssef was a very shy child who refused to play with other children, afraid of strangers, and



not a team player at all. When he started riding, I noticed that he began to talk to his trainers and fellow riders too.

Now, Youssef has changed 180 degrees, he tends to socialize more, express himself and his opinions, loves his friends so much and even attends tournaments to encourage them.

#### SOME ACCIDENTS HAPPEN TO RIDERS, DID THAT EVER FRIGHTEN YOU?

I didn't know that the game was that dangerous, until I started watching him improve his level and his falls from the horses increase by the way.

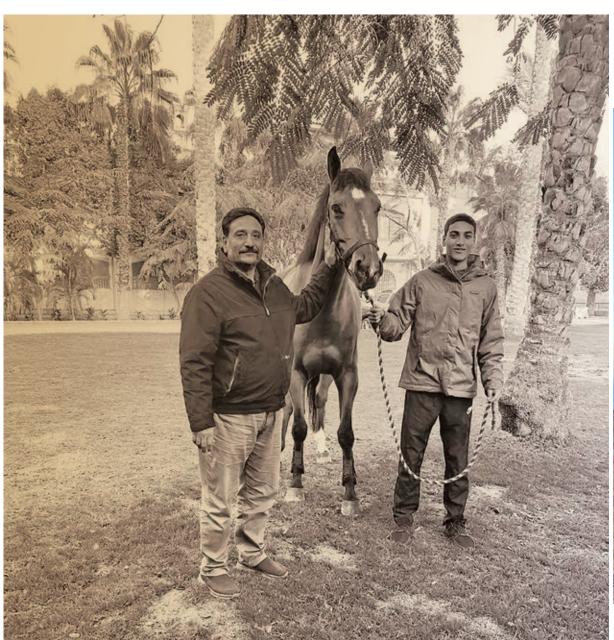
Every time he falls, it frightens me so much, but

I do not convey my fear to him, I do not show it to him, this fear is inside me, because I do not want to raise him as a person who easily gets intimidated.

#### HOW DO YOU FEEL WHEN YOU SEE YOUSSEF'S RIDING IMPROVE DAY BY DAY?

I feel so happy, even though we face many challenges, but also his father, my husband supports us very well, so with every improvement I am very happy because I see the return for our efforts.

In addition, I have a goal for each of my children to pursue, so any step towards this goal makes me very happy.





#### TELL US A BIT ABOUT THE CHALLENGES YOU FACED.

This sport is concerned with two things, the player and the horse, not like other sports in which the interest is limited to the player only. This makes the boy take responsibility as there is another creature he is responsible of and he has a duty to take care of him.

I definitely have moments of frustration, anger and a sense of failure, especially in the beginning; we did not have the ability to buy a horse for Youssef, so we resorted to allocating or renting horses.

In the policy of renting horses, the horse always has a problem, so we take him and work hard on him in order to solve this problem, and when horse has improved and we start to step forward with him, the owner of the horse comes to retrieve it to sell it because he initially rented it for the purpose of selling it.

But Youssef was always very patient with that and never got upset like me, and he was always satisfied and confident that god will compensate him with something better than what he lost.

#### WHAT'S THE HAPPIEST MOMENT RELATED TO YOUSSEF YOU REMEMBER?

### PROFILES & INTERVIEWS





There are many moments of happiness between me and Youssef, the time when he first started competing, I used to videotape him and once he finished his routine he would come running to me to watch his performance together and see what we failed in and what we did well.

And yet, every time he shares his interests with me, it's been one of the happiest moments of my life.

In Horse-riding, every time I hear "Youssef Galal came in the first place so far" I come into tears.

### DO YOU LOOK FORWARD TO SEEING YOUSSEF IN INTERNATIONAL SHOWS?

Sure, it's his dream and we won't give up until we reach the Olympics.

#### WHAT DO YOU WISH FOR HIM?

My wish for Youssef is that he never suffers from emptiness or deficiency in any aspect of his life, succeeds in everything he does, be a productive person and has an imprint in society, be a lovable and happy person.

### HT MEETS WITH

### SEIF ABBAS & FATHER ESSAM ABBAS

"BEING A FATHER FOR SUCH A SPECIAL, TALENTED
CHAMPION LIKE SEIF, MAKES ME VERY HAPPY AND
PROUD. I THINK SEIF IS ONE OF THE RIDERS WHO
PUTS A LOT OF EFFORT FOR THE SAKE OF THE GAME"

### PROFILES & INTERVIEWS





### TELL US MORE ABOUT YOURSELF. YOU ARE A FATHER OF A BIG EQUESTRIAN CHAMPION; HOW DOES THIS FEEL?

I am Essam Abbas, I was an equestrian rider at Alexandria sporting club, but I had to stop when I became a prosecutor and now, I am a Court Counsellor.

I am a very proud father, Seif works hard to stay in the top sport, he feels obligated to be on top of his game all the time, he doesn't just seek perfection as a rider but he is so keen to see this sport moving forward as well, I always try to support him as much as I can because he really deserves the best.

#### DO YOU HAVE ANY RIDERS IN THE FAMILY?

Yes, we are 3 brothers, and all of us are riders. I can definitely say it's a family sport.

### PROFILES & INTERVIEWS



### WHEN AND HOW DID SEIF'S JOURNEY START WITH HORSE RIDING?

I used to take Seif with me to my trainings when he was still a baby. The first time he touched a horse he was 6 or seven months, then I tried to test his interest in horse-riding when he was 8 years old. I was so keen to let him travel abroad and learn a lot about the sport from an international perespective, in order to gradually become well-educated in everything related to horse-riding. Till now, Seif trains regularly with prominent riders like Alan Waldman and Abd Elkader Saeed every year to improve his performance.

### HOW DID HORSE-RIDING CHANGE SEIF'S PERSONALITY?

Seif has become more independent and has learnt to make decisions; as horse riding always





obliges you to take a decision in a second. A rider has to be a quick thinker and has to take the right decision, because you are dealing with a very intelligent creature who has his own personality as well.

### MANY ACCIDENTS HAPPEN TO HORSE RIDERS, HAS THIS EVER AFFECTED YOUR SUPPORT TO THIS SPORT?

Unfortunately, the equestrian sport has its risks, I had 3 accidents before while riding, and sure Seif had many accidents till now but that didn't

urge us to give up or leave what we love.

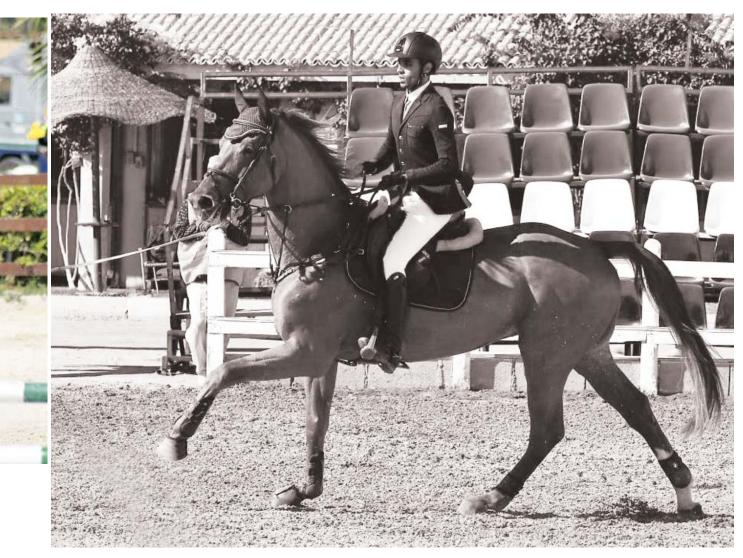
### WHAT'S THE HAPPIEST MOMENT RELATED TO SEIF THAT YOU REMEMBER?

When I saw him for the first time riding my horse Roshe Noir, he was very young at that time, and then he competed with him and won.

#### A MOMENT YOU FELT SO PROUD OF SEIF.

When he was competing in Germany with his team. With more than 30 teams in competition, he had a clear round and entered the jump-off

### PROFILES & INTERVIEWS



© Mohamed Hamdy

and won the class.

### WHAT DO YOU THINK WAS THE MOST CHALLENGING PERIOD IN SEIF'S LIFE AND HOW DID HE COME OVER IT?

I believe it was that time when he had more than six well-trained horses, and we sold two of them, and then the other three died in less than a year. He only had one injured horse left and he trained it a lot, till he eventually had very successful results with him. It was a very difficult period because these horses were dear to him and they were some of his best horses.

### WHAT'S THE PIECE OF ADVICE THAT YOU ALWAYS GIVE TO SEIF?

Never stop learning. Whatever level you reach, you have to always be updated with every new technique, with every style, and always seek to become better.

### WHAT DO YOU WISH FOR HIM?

To always be well and happy, and to make great steps in his path until he rocks.





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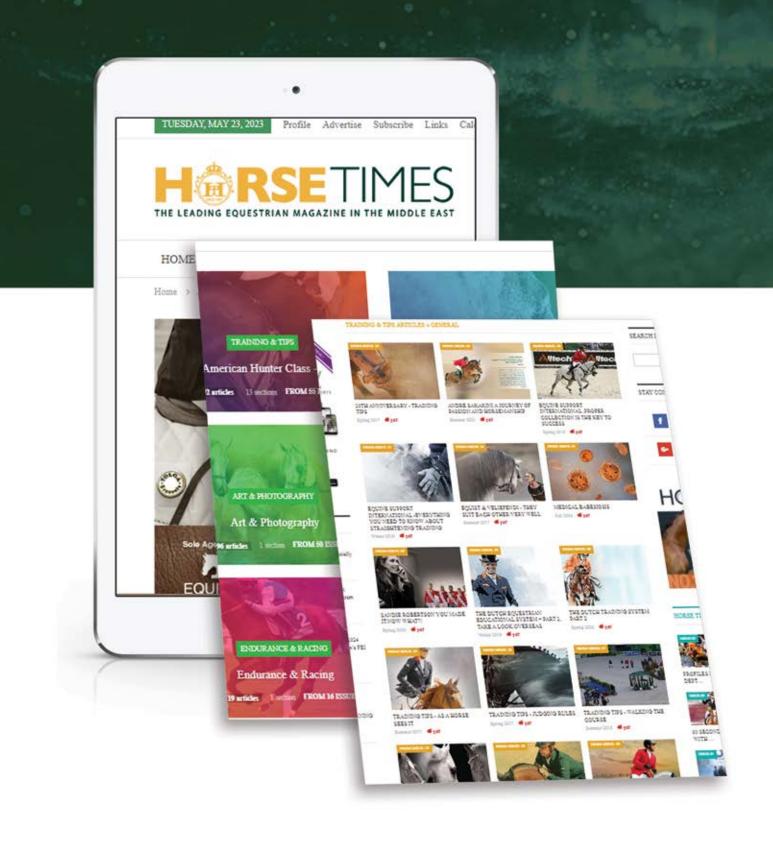


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### **UNDERSTANDING & BUILDING YOUR CONFIDENCE**

### CONFIDENCE SERIES

BY JOHN HAIME

IN THE FIRST OF OUR THREE-PART SERIES
ON BUILDING CONFIDENCE, WORLD-CLASS
HUMAN PERFORMANCE COACH AND SPORT
PSYCHOLOGY CONSULTANT, JOHN HAIME,
EXPLAINS WHY CONFIDENCE IS A KEY FACTOR
FOR THE SUCCESS IN THE PARTNERSHIP WITH
YOUR HORSE.

### PART 1 EQUESTRIAN TRAINING





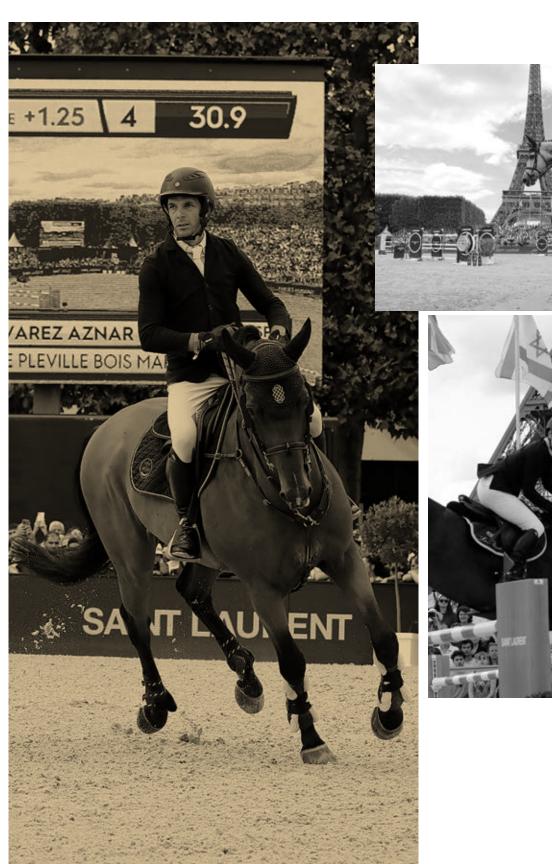


"The mental and emotional muscle development that took all elite riders to the top, he says, is within your reach with the right mindset and some key steps."

Welcome to your 3-part series to help begin your understanding and building of your confidence.

Equestrian sport and life are about patterns and cycles. Sometimes you "have it" and other times you don't. No exceptions. So, a rider must work on important areas like confidence: first, understand it and second, learn how to build it. The mental and emotional aspect of your equestrian performance is like your physical training—prepare, do some work to build your skills and if your training is done well, it will translate to the show ring.

Working on your confidence is an investment in yourself as a rider, but this skillset is more than that. Confidence is a must and transferable to





© Philippe Lemire

### PART 1 EQUESTRIAN TRAINING

everything you do in life—business, career, relationships and any other "performance" activity you engage in. Consider it an investment in your future. Confidence may be the single greatest asset for you as an equestrian athlete.

At every high-level show class we see wonderful displays of skill and grace—riders handling their partners with precision and efficiency, taking calculated risks to gain advantage and expressing their riding abilities and those of their horses. It's part of what makes elite riders so good—making it look effortless and easy. Being courageous in this way takes confidence, which is something many amateur riders lack, but that doesn't have to be the case. The good news is there's plenty you can learn from these elite equestrian athletes to make yourself a better rider.

A key area for any rider—whatever their skill level—is confidence. Confidence is your bullet-proof vest. World-class riders know it. If you want to be like them, you have to understand it and learn how to develop it.

### WHAT IS CONFIDENCE, ANYWAY?

Well . . . it really boils down to knowing. Knowing in your heart you can do it under the pressures of competition. You know the feeling: You're riding well, your horse feels great and everything is going right for you. There is an easy belief in what you are doing, and you just know you can do it.

You undoubtedly also know the other feeling: You just don't have it, you and your horse don't feel "on," and nothing is going right. There's lowered belief in what you are doing, and you're

not quite sure what's wrong. That's when you have to be able to trust and believe in your abilities and decisions, and express them in challenging circumstances.

### "I'VE LOST MY CONFIDENCE"

When my phone rings, it's often a rider, coach or parent on the other end, voice panicked, telling me a rider has "lost his confidence." The rider may be struggling to perform when it counts, is very anxious before and during show ,and often not enjoying playing the experience of equestrian sport.

I always ask these riders or their supporters where they think their confidence has gone. Some may be up-and-coming riders and some have risen near the top of the sport. It's funny that these riders don't really know where their confidence has gone. Something small has triggered some initial doubts, and the spiral downwards begins from there. This scenario can seemingly happen overnight. One poor show or even show class and the rider declares that they have lost their confidence and the difficulties begin.

This is where riders get confused. Confidence requires some understanding—and some work.

### **UNDERSTANDING & BUILDING YOUR CONFIDENCE**

### CONFIDENCE SERIES

### ARE YOU CHOOSING CONFIDENCE?

IN THE 2ND OF OUR THREE-PART SERIES ON BUILDING CONFIDENCE, WORLD-CLASS HUMAN PERFORMANCE COACH, SPORT PSYCHOLOGY CONSULTANT AND AUTHOR OF THE NEW, ACCLAIMED EQUESTRIAN BOOK "RIDE BIG", JOHN HAIME, EXPLAINS WHY SOME RIDERS SUDDENLY LOSE CONFIDENCE AND WHY CHOOSING CONFIDENCE IS IMPORTANT IN YOUR RIDING EXPERIENCE.



### PART 2 EQUESTRIAN TRAINING





### Welcome to Part 2 of our series to help you understand and build your equestrian confidence.

Let's begin with a concept that might be unfamiliar to you.

Many riders believe that confidence is an exclusive idea reserved only for great riders with lots of talent and experience.

But, from my experience, that's not quite the truth.

I regularly have trainers saying to me "it's easy to have confidence when you are a great rider, but, if you aren't a great rider, it's difficult to have confidence."

There might be some degree of truth to this – but I emphatically express to you that every rider, at any level, can be confident. I work with riders at all levels and each one develops a level of confidence to find enjoyment in their equestrian experience.

Simply, finding and maintaining confidence is within your control and is more of a choice than you know. Accepting this reality helps you take responsibility for your own confidence and can change your riding experience.

### Be proactive

Consistent riders are proactive with their confidence. Meaning, when they're riding well, you can be sure they remind themselves that they've

done it before and have built the fundamental foundation at each level of their development to handle any situation at their current level. They have built an ability to develop their riding in steps - and each step forward (big or small) is another little notch on their confidence belt.

This kind of proactive confidence is a decision that you choose to be confident from all of the great, positive experiences you've had in the sport (and I'm sure YOU have had many in both training and showing). It includes all the work you've done on your riding skills, the work to connect with your horse and the positive coaching and support you receive. This is the foundation of your belief in yourself as a rider. Proactive confidence is a choice to rely on a solid, fundamental foundation (all of the work you've done on your riding) and connecting with all the positive experience you've had in the sport. It means your confidence won't be shaken by small, unavoidable downward cycles when you're not riding or feeling your best.

### Be careful of reactive confidence

It has been my experience that many riders don't give enough weight to all of their training and great experiences in the sport and unfortunately sabotage their belief in their abilities. Reactive confidence is a decision that one small collection of challenging circumstances or difficulties will prevail over your many successes and support. The rider allows this small down cycle to crack

### PART 2 EQUESTRIAN TRAINING



© Philippe Lemire

their long-term riding foundation of confidence. In this scenario, the rider personally declares that his confidence is shaken by small downturns in performance.

### Who's in control?

### Does this sound familiar to you?

Do you forget about all the positive things you have done in the sport and allow little challenges to penetrate the foundation of your confidence?

I see it every day, even among the top riders in the world. For some reason, they aren't performing well on a certain day, a week or even a few weeks - and the foundation of confidence they've built over many years seems to suddenly disappear. A few mistakes become the basis for a crack in their foundation of confidence. They declare that their confidence has mysteriously disappeared. The public declaration that they have "lost their confidence" creates doubt and uncertainty.

The good news for these riders is that after being gently reminded that their confidence is about everything they've achieved, the skills they've developed, the obstacles they've overcome and all the work they've done over time, there's a realization that they really haven't lost their confidence. A small downward cycle in performance has initiated some doubt that they may be losing their confidence. But, after a reminder that they have a thick foundation of confidence from training and successes in riding, they recognize they haven't lost it.

This is important for you to know. If you are creating the doubt and can feel your confidence slipping away, you have the choice to reel it in and not declare to yourself that you're losing it. Realize you are responsible for your confidence and have control over it. This is what the top riders do to ensure consistent, sustainable performance.

### Confidence is your choice

Allow yourself to build confidence slowly over time. Each time you train or show you are developing your skills, growing a partnership and learning about the sport. These small developmental steps forward become the foundation of your confidence (all the little pieces that grow on top of each other) and must be your main focus. From experience, we all know that there will be difficult times. Riding goes in cycles – some days work well and others may not. But also remember that through these little down periods you haven't lost your confidence – you are still the same rider developing and growing. The only way you can truly lose it is if you choose to lose it and give it away.

So, when you do feel like you may want to give it away, sit a little taller in the saddle, tell yourself you have what you need to meet the current challenges of your riding ,and bigger.

### **CREATE YOUR FOUNDATION OF CONFIDENCE!**

# CONFIDENCE SERIES

IN THE FINAL PART OF OUR THREE-PART SERIES; JOHN HAIME EXPLAINS HOW YOU CAN BUILD YOUR FOUNDATION OF CONFIDENCE AND SOME KEY COMPONENTS THAT WILL HELP BUILD YOUR CONFIDENCE IN THE SADDLE.

### PART 3 EQUESTRIAN TRAINING



Welcome to the final segment of our series to help you understand and build your equestrian confidence.

First, there is a wide range of factors that will impact your confidence. At every corner there are traps for you set to erode your confidence and make you question it. That's why having a solid foundation is key to your success. Create the foundation and you'll be more likely to sustain confidence over time.

So let's look at a few areas that are critical to you developing your confidence – and then keeping it

Know who you are as an equestrian athlete. The most critical element in high performance is self-awareness. An equestrian who clearly understands strengths, limitations, triggers, purpose, values, vision and how emotion impacts them moment to moment is always ahead in the

game. Self-awareness precedes confidence and is the building block of it. Very simply, it's easier to maximize your abilities believing in something you understand vs. something you don't. Know yourself well in order to understand what you can and can't do when it counts.

Preparation & testing. Great equestrian athletes do the work and functionally train to "know" what they are doing when they are tested in a show class and pressure elevates. Great equestrians train each part of their performance and then test it in the training ring so they will be ready to take it into the ring when it count. Great preparation (working on the technical aspects, integrating them into real action and then testing under some pressure) creates the truth that you know you can do it when it counts.

Own your narrative. What you tell yourself is the final gatekeeper to whether you will "do it" or not.





The most important voice in your life is talking to you 24/7. It questions you, protects you from threats and keeps you safe. It has the ability to create doubt and shake your confidence-but only if you let it. If you don't have the foundation of steps 1 and 2, the voice may carry some weight and have a point when it suggests that "you may not be able to do this." But if the truth is that you know yourself, have done the work, trained, prepared well and tested, you can challenge the voice and not accept the suggestions of doubt as the truth. Pushing back and challenging the voice is important. When the voice suggests doubt, push back and clearly state the facts that dispute the voice ("I have done the training", "my trainer trusts that I can handle this class", I have a great partnership with my horse", "I am a very capable rider" etc.)

Here are a few more steps that will help you build your confidence:

Be proactive and allow all the great experiences you've had in your equestrian career to be the foundation of your confidence. Decide that temporary low points in your riding will pass quickly and will not shake the thick wall of confidence you have built over time.

Align with the right coach. You need complementary coaching matched up to your values and needs. The greatest thing a coach can do for a rider is believe in him and believe in his abilities - bolstering his own confidence. A coach's belief in you can matter.

Create a clear and defined goal plan. If you know where you are going and have the steps and actions in place to get there, there is a sense of security that you are on the right track. Knowing exactly where you are going and how you are going to get there builds confidence.

Focus on your good classes, not the bad ones. You'll have good classes and not so good ones from week to week. Evaluate why classes may

### PART 3 EQUESTRIAN TRAINING





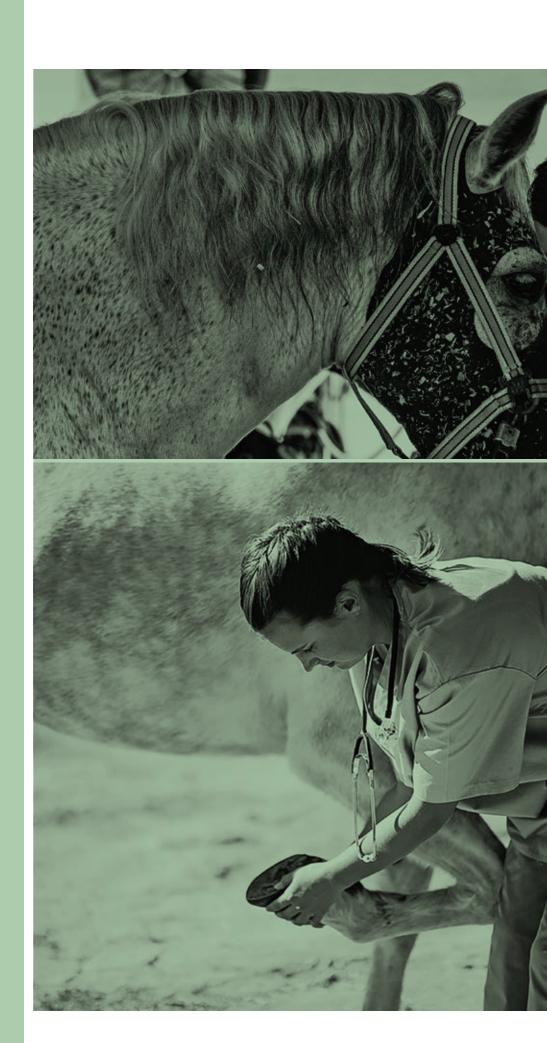
not have gone the way you wanted - after the class, but focus on your good classes and build on the energy from those strong performances. Allow these strong performances to become a part of your long-term confidence.

Focus on your development as a rider and the process to reach the next level of improvement. Step by step, target to become a little better each day through disciplined work in training. Falling in love with a very solid process will inevitably lead to desired results.

Finally—have fun! Great riders enjoy themselves in the ring and love the sport. When you enjoy something, it creates positive feelings and performance elevates – leading to enhanced confidence.

Remember that you are in control of your confidence. Create your foundation and follow the steps to build it. It will make a major difference in how you experience the sport.

John Haime is President of John Haime Performance and a renowned global human performance coach who is trusted by some of the world's leading riders and coaches. His world-class approach to elevate equestrians is a winning formula from performance psychology, emotional intelligence, neuroscience, sport psychology, business planning, communication and executive coaching. He is the author of the acclaimed new book Ride Big - The Ultimate Guide to Building Equestrian Confidence published by Trafalgar Square Books (May 2021). John is based in Ottawa, Canada. See www.johnhaime.com.



### BY DR.DAVID RAMEY



## THE FORELIMB FLEXION TESTS

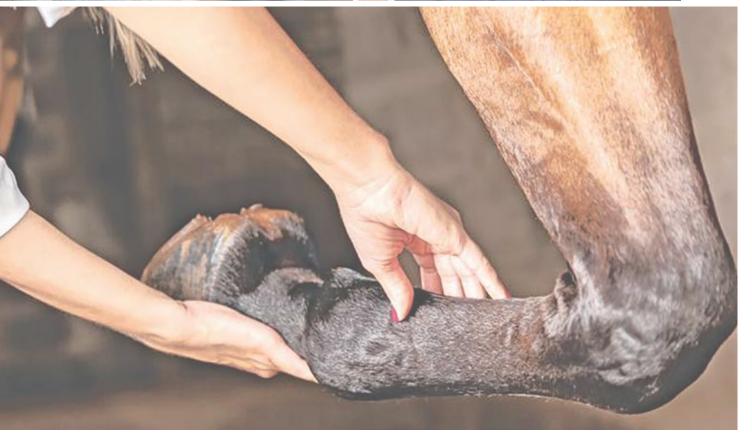
YOU'VE DECIDED TO SELL YOUR HORSE AND THE POTENTIAL BUYER HAS SENT A VETERINARIAN TO YOUR STABLES TO PERFORM A PRE-PURCHASE EXAM OR YOU'RE THE BUYER, AND YOU'RE EXCITED TO COMPLETE YOUR PURCHASE. SO. AS YOU STAND BEAMING WITH SATISFACTION. THE VETERINARIAN PICKS UP THE HORSE'S LEFT FRONT LEG, BENDING IT AT THE FETLOCK, HE OR SHE HOLDS IT IN THE AIR FOR 60 SECONDS OR SO, RELEASES THE LIMB, AND ASKS THAT THE HORSE BE IMMEDIATELY JOGGED DOWN THE DRIVE. IN ASTONISHMENT, YOU WATCH AS THE HORSE THAT YOU'VE KNOWN - OR HOPED - TO BE SOUND MOVES OFF WITH AN OBVIOUS BOB OF THE HEAD. HE'S MOST DECIDEDLY LAME AFTER THE TEST.

WHAT HAPPENED? WHAT DOES IT MEAN?













you might feel could signal a problem (such as a bad knee).

This test used to make me confused, and to some extent, it still does. That's because I'm often not too sure what to make of the state of things when a horse takes some bad steps after a flexion test. I mean, I know I might not pass such a test. So, who's to say that every horse should? Because of that question, back in 1997, I did the study. It's still timely. Let me tell you about it.

In my study, I looked at fifty horses (100 legs) of various breeds, ages, sex, and occupation. The owners were gracious enough to let me explore my curiosity about forelimb flexion tests. The horses were from my practice, and included a wide variety of pleasure and performance horses — including some world class jumping horses — but overall, they were a representative sampling of all of the horses that were in my practice.

I took a lameness history of all of the horses in the study; I watched them trot and lunge on hard ground, and I felt their legs for abnormal swellings or areas of soreness. If a client's horse was lame, or showed some obvious physical abnormality, I didn't use him — I just

What you have witnessed is a phenomenon that is not necessarily of the veterinarian's creation, but something that can sometimes occur following a procedure called a forelimb flexion test. In a forelimb flexion test, various joints and soft tissue structures of the lower limb are stretched and/or compressed for a brief period of time by bending the limb. Afterwards, the horse is immediately trotted off and observed for signs of lameness.

Simple, really. But it gets messy.

Forelimb flexion tests were described in Swedish veterinary literature as early as 1923. Since then, they've become something of an integral part of the evaluation of the lame horse. But not only that, forelimb flexion tests are generally routinely included in pre-purchase evaluations of horses intended for sale.

The test is not unlike what you might experience if someone asked you to sit in a crouch for sixty seconds and then run right off. Usually – and especially if you've never had knee problems – you can run off just fine, particularly after a couple of steps. If you've never had a problem, chances are that you're fine, no matter what happens in those first couple of steps. Very occasionally, that stiffness and soreness that



wanted to study sound horses. And then I did two tests – a "normal" (for me) flexion test, and a test that was as hard as I could flex the leg without the horse going up in the air and trying to kill me (for my study, I held the horse's leg up in the air for 60 seconds, but there's no agreement on the "proper" amount of time – which is another problem). I recorded the responses. In addition, I took X-rays all of the lower legs of the horses.

I examined the horses again 60 days later. If an individual horse incurred some lameness in the 60-day period following the initial examination, the lameness was correlated with clinical, flexion test, and X-rays findings.

Here's what I found.

I found that forelimb flexion tests couldn't tell me anything about the future of a sound horse. I could make every single horse lame with a hard-enough flexion test, with the exception of one particularly annoying Arabian gelding who was always trying to bite me (no Arabian jokes, please).

Horses that had "something" on their X-rays weren't any more likely to be lame after a "normal" flexion test than horses that had

"clean" X-rays.

Horses that had positive "normal" flexion tests weren't any more likely to be lame 60 days out, either (those horses that were lame mostly had things like hoof abscesses, which nobody could have predicted anyway).

If you follow a group of horses for 60 days, there's a decent chance that a few of them might experience an episode of lameness. Who knew?

So, what did I conclude? Well, I said – right there in front of an entire meeting of the American Association of Equine Practitioners – which I didn't think that it was a good idea to rely on forelimb flexion tests to make a diagnosis of some current or future problem without some other supporting sign. I said I didn't think that they were very sensitive, or that they were very specific. And I said that I didn't think it was a good idea to turn a horse down based solely on a response to a forelimb flexion test, either.

Which caused a bit of a kerfuffle, but I still feel the same way. That is:

Flexion tests appear to also have no predictive value for the occurrence of forelimb lameness for at least 60 days after you do the flexion test.

Otherwise stated, if a previously sound horse goes lame after a flexion test, the lameness could not have been reasonably predicted by forelimb flexion.

Some folks apparently feel that there is a potential for hurting a horse with forelimb flexion tests. They may be concerned that by flexing the joint, one could apply sufficient stress to the tissues to injure them. I couldn't find any sign of such a thing in the horses I looked at, and I flexed them really hard. They did a study on flexion tests in Belgium a couple of decades back, in which horses were subjected to as many as six flexion tests a week, and that didn't cause any problems for the horses either.

## HORSE

I'VE BEEN ASKED A COUPLE OF TIMES IF I THINK
THAT HORSES HAVE EMOTIONS. PEOPLE HAVE
WONDERED ABOUT ANIMAL EMOTIONS FOR A
LONG TIME, FOR EXAMPLE, CHARLES DARWIN
COMPARED FACIAL EXPRESSIONS IN HUMANS
TO THOSE IN ANIMALS BACK IN THE 1800'S. THAT
SAID, IT MAKES ME SOMEWHAT EMOTIONAL
TO LEARN THAT THERE ARE AT LEAST A FEW
PEOPLE OUT THERE INTERESTED ENOUGH IN MY
OPINION TO ASK.









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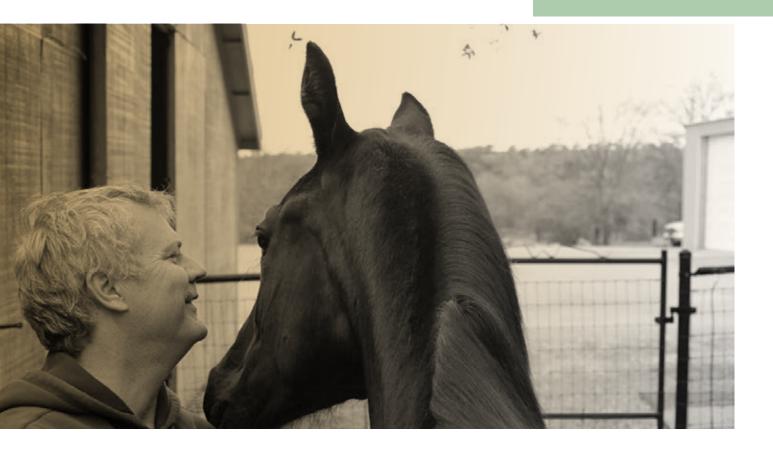
If you have a horse, or work around them, it's pretty easy to come up with a convincing answer to the question. For example, when asked if your horse loves you, you might say, "Of course – my horse loves me. That's why he nickers when he sees me! (No, it is not the carrots.) For some people, the answer is so obvious that they really won't see a need for this page. For them, if you ask, "Do horses have emotions?" the answer is simple, and emphatic. "Yes!!!"

But I think it's more complicated than that, and especially because there are so many emotions. Does a horse feel each and every one of them? It's interesting to consider.

My personal favorite is, "My horse hates men." This one is usually delivered with a straight face, and generally right before I'm supposed to engage in some procedure that might be unpleasant (for the horse). Nothing like a bit of an earnest and somewhat terrified warning to get things to a great start.

Far be it for me to suppose that the persistent drumbeat of, "Easy, easy, it'll be OK," the anxious look, or the incessant jerking of an almost palsied lead rope has anything to do with raising the horse's level of apprehension; it's gotta be me (and maybe the needle in my hand). Of course, when I do manage to get my work done around the man-hating horse, and he's behaved like a gentleman, it's always, and "I can't believe how good he was". Iam still waiting for the, "Wow, Dr. R., you must be some sort of genius at handling horses!" Sometimes, you just can't win, but I digress.

All kidding aside, the question is actually a bit complex. There may be lots of opinions but there really aren't any answers in the scientific literature. I asked the question as to whether horses have emotions to an instructor and researcher in equine behavior, and she was unaware of any papers regarding "emotion" in horses. It would be a difficult area to research – equine cognition and equine



personality are tough enough to study, and emotion would be almost impossible. That said, the term "emotionality" is often used in the literature and texts on horse behavior, but it refers more to personality, that is such things as the repeatability of responses to novel or unpleasant stimuli, or the ease of learning tasks.

There's no doubt that horses have behaviors to which people input emotions. But these interpretations may or not be an accurate reflection of what's actually going on inside the horse's head. Of course, this differs from evaluating emotions in humans because... because... hmm... I'll have to work on that one. Nevertheless, in trying to determine if horses have emotions, we are limited both by our own perspective but perhaps more importantly, by language. We can only use words that describe human emotions to describe the sensations of animals. When people use words like "love" or "anger" or "fear" they describe a wide range of actual emotion and thought. Just as

each human perceives the world differently; it's entirely likely that animals perceive the world differently from people. Therefore, our ideas regarding the sensations that horses experience – ideas that are based on our own experiences, and then projected on horses – may be inaccurate.

I think that it's interesting that it's been recently shown that horses apparently produce different types of vocalizations in negative and positive contexts. I think that most people that have spent some times around horses have some sense of that. Otherwise stated, different whinnies appear to have different meanings, and can evoke certain behaviors (e.g., anxiety). But that appears to be more of a communication thing.

Scientists have also looked at eye wrinkling to see if the eyes are really a mirror of the horse's soul.

ASIDE: Here's the whole quote: "The eyes are the mirror of the soul and reflect



everything that seems to be hidden; and like a mirror, they also reflect the person looking into them." That quote is attributed to Brazilian author Paulo Coelho, but the sentiment appears to be a lot older.

Anyway, researchers have recently investigated whether variations in the expression of eye wrinkles caused by contraction of the inner eyebrow raiser reflects emotions. They confronted horses with positive and negative conditions and tried to bring about positive and negative emotional states, figuring that negative emotions would increase eye wrinkles (and positive ones would reduce them). The results weren't consistent, but eye wrinkling did relax during grooming, and increase during food competition; Interesting, but not conclusive.

It does seem that horses can recognize emotions in people. They seem to be able to distinguish between positive and negative facial expressions. That's probably not that big of a surprise to most people, either, but it does give you something to keep in mind when you are approaching your horse. They certainly do feed off of – and appear to recognize – certain emotions in people.

So, "Do horses experience sensations of fear, love, hate, loneliness, etc.?" Personally, I think so, at least on some level. "Are these the "same" feelings that people have?" I have no idea, but I'm inclined to think not. Regardless, I'm pretty sure that it's a question that would be very difficult to answer. Plus, even if we got a confirmed, scientific answer, people would most likely discount it anyway if it didn't agree with what they already thought ("What, horses don't love? Well, I don't care what anyone says, my horse loves me.")

But if you ask me what I think about your horse, I'm not falling into that trap. You're never going to hear me saying that your horse doesn't love you; what purpose would that serve? And if you tell me that your horse hates me, I'm really going to pay attention, no matter what the research says.

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#### BY NERMIN MARWAN



#### THE HORSE ARTIST

## GEORGINA LEIGH

BY NERMIN MARWAN

WHETHER WE CONSIDER OURSELVES ART
AFICIONADOS OR NOT, IT IS PROBABLY SAFE TO SAY
THAT THE VAST MAJORITY OF US HAVE SEEN HORSE
PAINTINGS AT LEAST ONCE IN OUR LIVES. THE TRUTH
IS THAT PAINTINGS OF HORSES ARE AMONG THE
MOST PREVALENT TYPES OF ARTWORK, THEREFORE
IT'S POSSIBLE THAT IT HAPPENED MORE THAN ONCE.
THEREFORE, WE ARE HAPPY PRESENTING SOME OF
GEORGINA LEIGH'S GREATEST WORK, SHE IS ONE OF
THE BEST EQUINE ARTISTS.







#### THE AMERICAN HORSE ARTIST

# BROOKE MAJOR

BY NERMIN MARWAN

BROOKE MAJOR IS AN AMERICAN ARTIST BORN IN 1979 IN ATLANTA, GA. BROOKE HAS BEEN LIVING AND WORKING AS A PROFESSIONAL ARTIST, SHARING HER TIME BETWEEN GEORGIA, USA AND FRANCE FOR THE PAST 20 YEARS. BROOKE SCULPTS OIL PAINT, USING PALLET KNIVES CHALLENGING BOTH TECHNIQUES OF PAINTING AND SCULPTING AND EXEMPLIFYING LIGHT AND SHADOW.









#### THE EGYPTIAN ARTIST

# SIHAM MOHARRAM

BY NERMIN MARWAN

THE EGYPTIAN PROFESSIONAL WOOD-BURNING ARTIST SIHAM MOHARRAM STARTED PAINTING IN 1959.

HER PASSION FOR ART AND WOOD-BURNING WITH OIL COLORS STILL RADIATES ENJOYMENT AND LIFE IN HER DAILY ROUTINE AND SOOTHES HER SOUL. HER LOVE FOR HORSES, NATURE, AND HER FAMILY IS EVIDENT IN HER CHOICE OF ART PIECES.

SHE CREATED MORE THAN 100 PIECES OF ART AND 10 LOCAL EXHIBITIONS. AND STILL INVESTS HER TIME IN WOOD CARVINGS TILL NOW

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