

## NZ Riding for the Disabled

# Para Equestrian

### The Road to the Paralympic Games 2008

RDA Australia Nationals and International Dressage Competition

May 2004

Fran is from Nelson. She is an Assistant Instructor at Richmond RDA and she is also a caregiver for a child with a disability.

Champ.”

We have no doubt Frances will represent NZ at the Paralympic Games in 2008.

NZ Series Dressage

2004 / 2005

Frances has been riding for 16 years and competing for as long as she can remember.

To get there she needs the support of sponsors and contributors:

RDA Australia Nationals and Trans Tasman International Competition Wimbree, Victoria

27 -30 Oct 2005

Classified in 2004 internationally and competing in her first international event Fran placed 2nd and 3rd in her grade.

#### To support Fran's campaign:

Frances Dick

Pig Valley Road, Wakefield

(03) 541 8666

NZ Series Dressage

2005 / 2006 Season

Her Coaches were not surprised, a rare talent, we call her “The

RDAA Nationals and Trans Tasman International Competition Sydney

TBA 2006

## Kelly Gabbott

Kelly is from Feilding and is Head Coach with Manawatu RDA.

Kelly has the drive of a champion, a supportive family, a positive attitude to her Multiple Sclerosis and talent to burn.

NZRDA Nationals Inc Asia Pacific International Auckland

May 2007

Kelly is a Level 2 RDA Coach and holds the NZ Community Coach Certificate.

Kelly needs financial support to make her dream come true.

NZ Series Dressage

2006 / 2007 Season

Kelly's sport is Equestrian and she rides because she loves it and because it helps keep her healthy.

#### You can contribute directly to Kelly's campaign:

Kelly Gabbott

1141 Waughs Road,

RD 5, Feilding

(027) 407 7714

IPC World Games Hartpury, England

16-22 July 2007

Internationally classified in 2004 she is eligible to compete at international events and her goal of competing in the Paralympics in 2008 is right on track.

NZ Series Dressage

2007 / 2008

Paralympic Games

2008



Frances with another ribbon she won at the 2004 RDA Australia Nationals



Kelly and her horse Wally are the poster girl and boy for RDA in New Zealand and recently for the MS Society

General Donations to Para Equestrian Sport Funds can be sent to NZRDA Sport, PO Box 58-110, Whitby, Porirua

Please make cheques payable to NZRDA and indicate your donation is to be forwarded to The Para Equestrian Sport Fund.

## NZ Riding for the Disabled



NZRDA  
Unit 1, Harcourts Lakeside Centre  
Discovery Drive, Whitby, Porirua  
PO Box 58-110, Whitby, Porirua

Phone: +64 4 234 6090  
Fax: +64 4 234 6094  
E-mail: admin@rda.org.nz

*"Confidence, independence and well being for people with disabilities through therapeutic horse riding and horse care".*

A riding programme at RDA is an individually tailored programme to enable riders to achieve sporting, therapeutic, educational or recreational goals.

Riding develops, improves and promotes:

- Balance and co-ordination, posture and muscle tone
- Concentration, self-discipline and self-esteem
- Perception and spatial awareness
- Communication and social skills
- Independence and encourage decision making.

RDA is about providing opportunities to individuals with disabilities. Having sporting role models for children with disabilities provides pathways and encouragement for our 2870 Riders nationwide.

## Para Equestrian Sport

To begin with, Equestrian Sport for people with a disability contributed to the rehabilitation and improvement of physical skills. It was not until the 1970's that Equestrian sport developed as a competitive sport.

International Dressage competitions for riders with disability began at the 1984 World Games in New York. Since then, many international competitions have been held. The first World Championships took place in Sweden in 1987, followed by others Denmark, Great Britain, Denmark again and Belgium in 2003.

At the Atlanta 1996 Paralympic Games there were only 16 nations taking part in the Equestrian Sport of Dressage. For the sport to continue, a minimum of 24 countries from three continents had to widely practice the sport. The task of finding the extra nations fell to the IPEC, which is the governing body for the sport worldwide. By 2003, 40 countries were widely practicing the sport.

At Paralympic Games, riders compete only

in Dressage and are judged on their display of horsemanship skills as they ride their horse using a series of commands for walk, trot and canter.

All riders are grouped according to their functional profiles with male and female riders competing on equal terms.

Equestrian competition is open to athletes with a physical impairment including those with conditions such as cerebral palsy, amputation of limbs, paraplegia, head injury, multiple sclerosis etc. Those with visual impairment also compete, some are totally blind, others are partially sighted. Many competitors do not have the complete use of various parts of their body so they develop authorized ways to communicate with and guide their horses.

The IPC, as the governing body, approves, sanctions and promotes equestrian competitions through the International Paralympic Equestrian Committee (I.P.E.C)

For further information on rules and competitions. [www.ipec-athletes.de](http://www.ipec-athletes.de)



Frances Dick, Coach Colleen Trappitt and Rabble Panache in the practice arena prior to Frances winning 2nd place in the individual competition at the RDA Nationals 2004.



Kelly Gabbott and Sky Warning both concentrating hard to perform the perfect test. RDA Nationals 2004