THA NEWS

Late Summer/Fall '21

Hunter 🔷 Jumper

ASSOCIATION-



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Editor & Publisher - Suzanne Warmack

Cover photo is Rider Laurel Walker and Horse Charly by Winslow Photography, LLC

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Bon Chomiak, Red Dog Creative

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A letter from the publisher

Dear Members,

Welcome back to Texas! I know many of you have enjoyed horse showing elsewhere this Summer. Lucky you to get out of the heat! Summers in Traverse City are the best!

We've got a few great shows left to the 2021 Show Year. The all new THJA Medals are coming up soon. Points were tabulated from 12/2/20 through 8/15/21. Check your Equitation points to see if you've qualified!

In this issue, you'll see various scholarship applications. These are on our web site, but I thought I would include these to make it easy. If you're going to any of the big indoor shows and need a little help, apply! We want to help you and your horse reach your goals.

As we hit the final stretch for the 2021 Show Year, check your points! Don't forget to renew your membership and make any changes to your horse registrations. There's a form for just about everything you need (that's THJA related) under the FORMS tab on our web site.

Wishing you the best... as always,

Kindly, Suzanne Warmack, Editor & Publisher





Equestrian Portraits by Kristie Nichols

www.moonfyrephotography.com

THJA Recognized Shows through the end of the 2021 Show Year

September 8-12, 2021

Texas Rose Sport Horse Cup (THJA & USEF A Rated) Tyler, TX

September 15-19, 2021

Texas Rose Classic (THJA & USEF A Rated) Tyler, TX

September 22-26, 2021

Southwest Showdown (THJA & USEF A Rated) Katy, TX

September 30 - October 3, 2021

Great Southwest Fall Classic (THJA & USEF A Rated) Katy, TX

October 7-10, 2021

Texas Rose Autumn Classic (THJA & USEF A Rated) Tyler, TX

October 14-17, 2021

Fall Fun (THJA & USEF A Rated) Tyler, TX

October 21-24, 2021

Monster Mash (THJA & USEF A Rated) Katy, TX

October 28-31, 2021

Texas Rose Octoberfest (THJA & USEF A Rated) Tyler, TX

November 3-7, 2021

Harvest (THJA A & USEF AA Rated) Katy, TX

November 10-14, 2021

Great Southwest Autumn Classic (THJA A Rated & USEF AA Rated) Katy, TX

November 16-21, 2021

Final Chase (THJA A Rated & USEF AA Rated) Katy, TX

4 WEEKS OF EXCITING COMPETITION!

FEBRUARY 2-27, 2022



NEW! \$25,000 THURSDAY GRAND PRIX

I-IV PREMIER HUNTERS
I-III USEF JUMPER LEVEL 4
IV USEF JUMPER LEVEL 5

\$300,000 IN GRAND PRIX PRIZE MONEY!

\$25,000	HYGAIN TAILGATE GRAND PRIX	WEEKI
\$25,000	AVALON GRAND PRIX	WEEKII
\$50,000	AMERICAN NATIONAL GRAND PRIX	WEEKII
\$25,000	TX RV ADVENTURES GRAND PRIX	WEEK III
\$50,000	ANTARES SELLIER GRAND PRIX	WEEK III
\$25,000	RERIDE TACK GRAND PRIX	WEEKIV
\$100,000	LONE STAR STATE GRAND PRIX	WEEKIV

EQUESTRIAN CLOSET USHJA INTERNATIONAL HUNTER DERBY WEEK III
LUBRISYN HA USHJA NATIONAL HUNTER DERBY WEEK II
BVEH USHJA NATIONAL HUNTER DERBY WEEK II
RUNAMOK TRANSPORTATION USHJA NATIONAL HUNTER DERBY WEEK III
DE CILLO EQUINE CLINIC USHJA NATIONAL HUNTER DERBY WEEK IV

\$30,000 HUNTER RIDER BONUS

JR/AO JUMPER CLASSICS WEEKS I-IV
CHILD/ADULT JUMPER CLASSIC WEEKS I-IV
CHILD, ADULT, JR, AO WEEKS I-IV
PONY HUNTER CLASSICS

WORLD CHAMPION HUNTER RIDER WEEK III
TEXAS GREEN HUNTER SUPER STAKE WEEKS I-IV
USHJA GREEN HUNTER INCENTIVE WEEKS I-IV











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#WINTERSERIES 2022



2021

GREAT SOUTHWEST all Classic

SEPTEMBER 30 - OCTOBER 3



OCTOBER 21 - 24

Autumn Classic NOVEMBER 10 - 14 **Final Chase** NOVEMBER 16 - 21

TEXAS WINTER

DECEMBER 16 - 19

2022









save the Date GSWEC.COM

PEMF

Equine Bodywork Series

Amber Dawn, Adept Equine, LLC

"What are they doing over there?" I asked a trainer pointing towards a horse with hoses laid across their back. The horse was yawning while the machine ticked rhythmically.

"They are pulsing it"

"Ok but what does that do?"

The trainer shrugged back "I'm not sure exactly how it works. It helps the horse recover faster. I used it on my ankle once and it felt so much better. It was like magic."

And so started my research into PEMF for Equine Bodywork.

PEMF stands for Pulsed ElectroMagnetic Field. A quick internet search reveals PEMF was FDA approved for human use in 1979. Since then they have been reclassified as Class 2 wellness devices and FDA approved for uses such as: healing of nonunion fractures, urinary incontinence, muscle stimulation, depression & anxiety, and brain cancer. PEMF first made its way into the equine industry via race tracks. Race horse trainers were looking for holistic ways to help their horses recover from the rigors of training and give them a competitive edge. Since then PEMF has been used for many things in the horse world as it may increase circulation, reduce inflammation and improve overall wellness thus helping the horse heal itself. People pulse their horses for reasons varying from relaxation and exercise recovery to helping find and heal injury.

PEMF is often referred to as cellular exercise and healing at a cellular level. It is believed to work on the Nitric Oxide pathways in the body with the important function vasodilation and increasing circulation. By working with the body at a cellular level and increasing cell performance, the body is then capable of performing its best and healing itself. It's believed that PEMF helps improve the electric potential of our cells restoring them to their correct electrical state. We are electrical beings and use energy to send signals throughout our body every moment of our life. This has led some people to begin calling PEMF 'recharging the cells'.

Ill admit that PEMF sounded like magical nonsense to me. However skeptical, I believe we do not always understand how something works and that humans have lots left to discover about biomechanics and body function. I've seen magic like results from massage, fascia release, acupressure, chiropractic and other holistic practices. It was time for me to be the test dummy and see if I would find any personal benefit from PEMF. I called several of the main PEMF equipment suppliers for demos and trials. After several individual company pitches, I decided to try Pulse Equine and Magna Wave equipment.

The knowledgeable sales representative arrived and set up the human equipment. She had me take a seat in the PEMF chair for a full body session and then explained we would focus on a problem area afterwards. I could hear the machine clicking as we began. Interestingly I only felt the pulsing in my left shoulder and lower back. The rep explained you typically only feel the pulsing where your body needs it most. My entire left arm pulsed with muscle contractions as I sat. I explained to her that I had a 15 year old torn rotator cuff caused from an involuntary dismount.

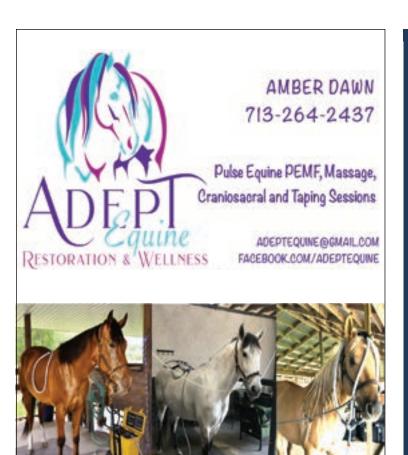
She placed the human paddles on my left shoulder. One paddle was placed behind me on my shoulder blade and the other paddle was placed similarly but on the front of my chest. She turned up the PEMF machine and it was the strangest sensation. I felt the pulsing between the two magnetic paddles inside my shoulder! I felt it exactly where I so often felt pain that prevented me from sleeping or lifting my arm all the way up. It felt like scratching an itch that I had never been able to reach. I pulsed the specific area for 15 minutes.

By the time the rep packed up and left, my shoulder felt different. A little more range of motion perhaps and less grinding when i moved my arm in circles. I wondered if the machine worked or if I was having a placebo effect. The next morning I woke up laying on my left side for the first time in 15 years. I called the sales representative that morning and purchased the equipment. My personal results lasted about 2 weeks after that session. I now pulse my shoulder 1-2 times a month and am pain free with better range of motion.

Since then I have seen PEMF help draw out hoof abscess, ease stiffness and help a hock recover after being kicked by another horse, relax tension of the Poll and TJM, and relax muscles that started creating a hunter's bump. As with any equine bodywork, PEMF is intended for use on well animals. Diagnosis and treatment of injury must be performed by a veterinarian. If your veterinarian feels PEMF can help your injured athlete they create a plan for the PEMF practitioner to follow.

PEMF has shown great results assisting with exercise recovery & relaxation at shows and can be used in short sessions to assist with muscle warm up and relaxation prior performing. I like to combine PEMF with massage to assist with fascia release and longer term results.

If you feel like PEMF may benefit you or your horse, Pulse Equine and Magna Waves individual websites list their certified practitioners. Your vet, trainer or other horse owners are an invaluable resources for personal experience and references as well. Like massage, chiropractic, acupuncture and other alternative modalities sometimes trying it for yourself is the best way to determine its usefulness for your equine athlete.



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CONGRATULATIONS

Congratulations to all who qualified for the 2021 THJA Medal Finals!

The following finals will be held at the Southwest Showdown Show in Katy, TX at the Great Southwest Equestrian Center on September 22-26, 2021.

3' Children's THJA Medal Finals

3' Adult THJA Medal Finals

3'6" Junior THJA Medal Finals

The following finals will be held at the Great Southwest Autumn Classic in Katy, TX at the Great Southwest Equestrian Center on November 10-14, 2021.

Pony THJA Medal Finals

2'6" Modified Children's THJA Medal Finals

2'6" Modified Adult THJA Medal Finals

Good luck to all qualifiers!











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Fort Worth International CSI4*-W

DECEMBER 14-19

WILL ROGERS MEMORIAL COLISEUM

TUESDAY, DECEMBER 14

100. FEI Jog

WEDNESDAY, DECEMBER 15

- 5. eHorses I.0m II.2.d
- 8. I.10m II.2.d
- 13. \$500 1.20m II.2.bd
- 17. \$500 ESI Footing 1.30m II.2.d
- 20. \$1000 I.40m II.2.d
- 25. \$37,000 1.45m FEI Power/Speed

THURSDAY, DECEMBER 16

- 9. I.I0m II.I
- 14. \$500 1.20m II.1
- 18. \$500 ESI Footing 1.30m II.1
- 21. \$2500 1.40m II.1
- 27. \$75,000 Restylane 1.50m FEI Welcome Qualifier 238.2.2







FRIDAY, DECEMBER 17

- 31. Closets by Design I.0m Ch/Ad II.2.d
- 34. \$2000 I.I0m Ch/Ad II.2.d
- 37. \$2000 I.20m Jr/Am II.2.d
- 40. \$2000 I.30m Jr/Am II.2.d
- 43. \$2000 Horseflight I.40m Jr/Am II.2.d
- 22. \$20,000 1.40m Winning Round II.2.e

SATURDAY, DECEMBER 18

- 35. \$5000 WIHS/NAL 1.10m Ch/Ad Final II.2.b
- 38. \$5000 NAL 1.20m Jr/Am Final II.2.b
- 41. \$5000 1.30m Jr/Am Final II.2.b
- 44. \$5000 Horseflight 1.40m Jr/Am Final II.2.b
- 28. \$215,000 Longines FEI Jumping World Cup Fort Worth presented by LUGANO Diamonds

SUNDAY, DECEMBER 19

- 32. Closets by Design I.0m Ch/Ad II.2.b
- 11. \$2500 1.15m Mini Prix II.2.a
- 16. \$5000 1.25m Mini Prix II.2.a
- 25. \$40,000 LUGANO Diamonds 1.45m FEI Speed 238.2.1
- 23. \$20,000 Restylane 1.35m National Prix II.2.a

ENTRIES CLOSE NOVEMBER I

Send entries to kaitlin@splitrockjumpingtour.com



splitrockjumpingtour.com



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Young Amateur Exhibitor Scholarship!

The THJA will award two \$2,000 scholarships for education to young adult exhibitors competing in THJA hunter/jumper horse shows.

Eligibility: Must be a THJA Member.

THJA will award a \$2,000 scholarship to the young adult with the most points showing in the Adult Hunter or Amateur Owner divisions.

A second \$2,000 scholarship will be awarded to the young adult with the most points showing in the Amateur Owner Jumper divisions.

Points: THJA will track the points of the following divisions and will award the scholarship to the horse and rider combination that has the highest number of points overall.

Hunter:

Adult Hunters 18-35

Amateur Owner 3'3" 18-35

Amateur Owner 3'6" 18-35

Jumper:

Amateur Owner Jumper

Hunter and jumper exhibitors may ride multiple horses but only the horse with the most points will count towards the scholarship.

The scholarship funds will be paid directly to the college or institution of advanced learning and/or training in which the winner is enrolled, as approved by the Sponsorship committee of the THJA. The winner must be enrolled in such institution at the time of payment.





Junior Exhibitor Scholarship!

The THJA will award three \$2,000 scholarships for education to junior exhibitors competing in THJA hunter/jumper horse shows.

Eligibility: Applicants must be junior exhibitors (showing as 17 and under) with a THJA membership.

THJA will award a \$2,000 scholarship to the Junior with the most points showing in the Children's Hunter division or the Junior Hunter division.

A second \$2,000 scholarship will be awarded to the Junior with the most points showing in the Junior Jumper divisions.

The third \$2,000 scholarship will be awarded to the Junior with the most points showing in the 3'3" or higher Equitation classes.

Points: THJA will track the points of the following divisions and will award the scholarship to the horse and rider combination that has the highest number of points overall.

Hunter:

Children's Hunter

3'3" Junior Hunter

3'6" Junior Hunter

Jumper:

Junior Jumper

Equitation:

Dover Saddlery/USEF Hunter Seat Medal

Junior/Young Amateur Exhibitor Scholarship!

The THJA will award three \$2,000 scholarships for education to junior and amateur exhibitors competing in THJA hunter/jumper horse shows.

Eligibility: THJA will award a \$2,000 scholarship to an equitation rider, a hunter rider, and a jumper rider. Applicants must be junior/amateur exhibitors with a THJA membership.

Application Requirements: Application must include application form, school transcript, and a one-page essay written by the applicant on what their participation in THJA horse shows means to them. In addition, a letter of recommendation is required. The letter may be emailed directly to Patty@memorialparkhunters.com and does not need to accompany the application.

Deadline: Applications must be received by September 27, 2021. Visit the THJA website for application form and send all application materials to:

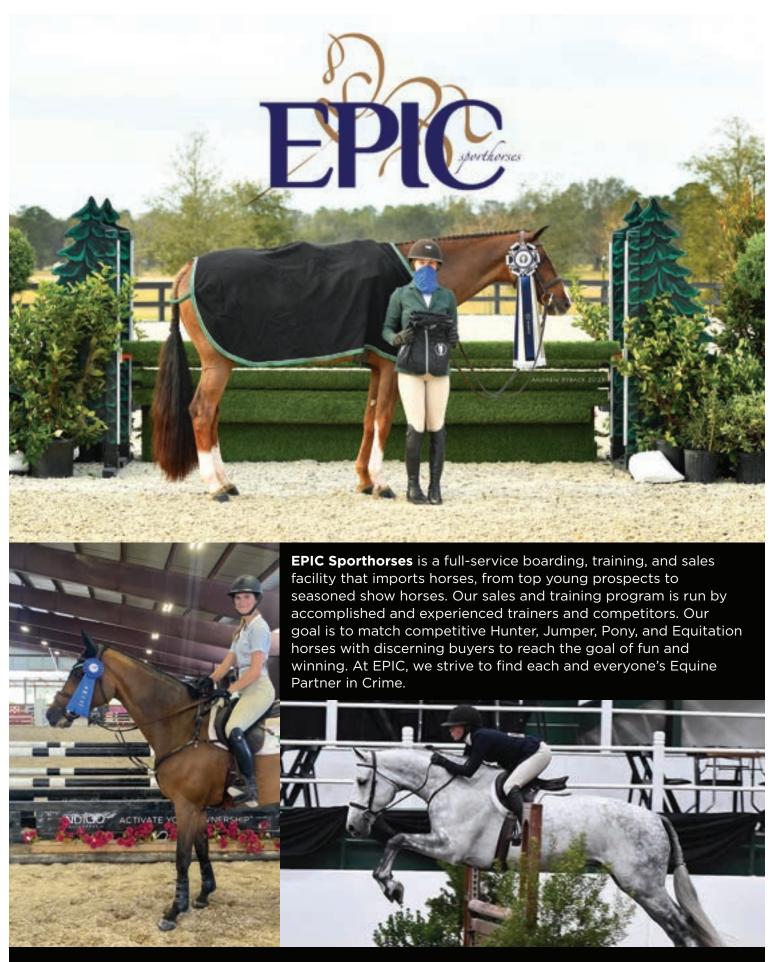
Patty Roberts

Sponsorship Committee

8552 Memorial Drive

Houston, TX 77024

The scholarship funds will be paid directly to the college or institution of advanced learning and/or training in which the winner is enrolled, as approved by the Sponsorship committee of the THJA. The winner must be enrolled in such institution at the time of payment.





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