



Equestrian SA Interschool

Equestrian South Australia (ESA) is the peak body for the administration of Equestrian Sport in South Australia. Equestrian SA has over 1400 members, 20% of which are junior members between the ages of 6 and 18.

What is Interschool?

Equestrian Interschool is a series of competitions for school students with horses across the disciplines of Eventing, Show Jumping, Dressage, Show Horse and Combined Training. Competitions are held across the state from January to May and are open to all school students from 6 years old.

The main objectives of Interschool are:

- To promote equitation education and equestrian sport in school programs across South Australia;
- To provide a competition structure that will give opportunities for South Australian Interschool riders a platform to progress from grass roots level to a National level with the aim of developing excellence in equestrian sport
- To encourage the development of discipline, character, sportsmanship, teamwork and a sense of achievement in Interschool riders in South Australia; and
- To reward and educate riders in horsemanship and horse management with the aim of creating a competitive sporting environment that places the welfare of the horse at the fore.

What does the school need to do?

Students from any school can participate in Equestrian Interschool, the school does not need to be actively involved. All we ask is that the school acknowledges that the student is representing the school, recognises the achievements of the students and notifies the students of upcoming events.



Benefits to students of participating in Equestrian Interschool:

- Earn SACE Stage 1 credits under the area of Sports Skills and Management
- A chance to connect with other students that have similar interests and goals
- Being part of a team in a sport that is often focussed on the individual
- Learn leadership skills and communication
- Develop sportsmanship
- Supportive environment to develop equestrian skills
- Opportunities to receive coaching from high profile coaches including Megan Jones (Silver Medal Olympian) and Clive Reed (National Selector for Show Jumping)

Events:

Official Interschool events are held between February and May for all disciplines. Students need to register with the Equestrian SA office and can then compete at these events. Each competition earns points for the school and is also used for selection of the State Team.

South Australian Interschool Team:

In 2017 the SA Interschool State Team compete in the Australian Championships at the Toowoomba Equestrian Centre in September. The Australian Championships represents the highest level of competition in the country with over 400 riders from all states competing at the event.

Olympian Megan Jones travels with the team, helping them with the logistics, team building and competition preparation. South Australia is proud to have won the Team Spirit trophy in 2010, 2011, 2012, 2014 and 2016.

School trophy

Each year we award the Perpetual Interschool Trophy to the school with the highest points accrued at qualifying competitions. All students registered for Interschool are eligible to earn points for their school, points are awarded for each class entered based on placing within the class. Presentation of the Perpetual School Trophy will be at an awards night on June 23rd, 2017.

Further Information:

Information regarding upcoming events, the Interschool Handbook for riders and team selection criteria is available on the ESA website at www.sa.equestrian.org.au/interschool or by emailing interschool@equestriansa.com.au

Keep up to date by liking our Facebook page Interschool – Equestrian SA





Testimonials from Team SA Captains

Sophie Ludbrook – 2016 Captain, SA Interschool Team

I was privileged to be selected as the 2016 Team SA Captain for the Australian Interschool Championships in Sydney. Having represented the state in the three years prior to this I was excited to travel to the Olympic Equestrian venue and not only compete but lead the entire team. I was fortunate to do so alongside an awesome team of 4 leaders, Liv Beissel, Mary Nitschke, Sophie Knight and Demi Taylor.

Being Captain and a Team SA member this year allowed me to return all that I had gained from the previous Interschool experiences to the community and competitors. We were able to continue Team SA's traditions of positive support for all team members across all five disciplines and win back the Team Spirit award having been neck and neck with Queensland for the entirety of the event.

The Interschool program allows riders to strive towards something throughout the season, be it earning a place in the state team or gaining the experience of Interschool competitions. The Australian Interschool Championships provides an opportunity to form new and build upon current friendships not only within our state but nationally. The program also allows riders to gain competition experience in a friendly and inviting environment along with competing not only in an individual aspect but also in a cross-discipline team. This is a unique experience that competitors may not be able to have again.

I was fortunate to begin competing in Interschool in 2013 and qualified for the state team in that year and those following. The Australian Interschool Championships have allowed me to compete in showjumping across the country in Perth, Sydney and Werribee. From the start I loved the camaraderie along with healthy competition involved in the program. I was able to explore different disciplines and levels in a supportive environment.

It is for these reasons that I truly encourage all school-age riders interested in competing to become involved in the interschool program. Not only does it provide opportunities for your riding but expands your social circles across discipline and age groups. Interschool is a truly unique and incredible experience that I will dearly miss upon graduating school this year.

Louisa Robins – 2014 Co-Captain, SA Interschool Team

I was first a part of Interschool in 2009 when I participated at the state championships in the showman class, I didn't make it into the state team but I had so much fun that year that I continued to compete at Interschool events for the next 5 years, until year 12. I attended the National Championships in 2011 and was blown away by how much of a family the team felt, we ate together, rode together, cheered together and eventually won the team spirit award together. Team SA is now renowned for its team spirit and this I obvious when you walk down our stable block and see the amazing posters and decorations everyone has spent so much time creating. This first experience of nationals was what made me strive to become team captain in 2014 and has definitely left me recommending interschool to anyone, as I will never forget the remarkable memories and friends I gained during my time as a Team SA Member

Caitlin Keith – 2014 Co-Captain, SA Interschool Team

My first introduction to Interschool was in primary school when I competed as part of the Tatachilla College team. Our school won the perpetual school team trophy that year and we had the privilege of seeing it displayed in the school foyer for the next twelve months. While I had competed before it was my first time in an equestrian team and one that had a lasting effect on me. As part of a team the success seemed amplified and it gave me a whole new set of friends and role models. In a sport which is usually conducted as an individual, Interschool is a chance to connect with other riders at school of all ages and levels through a common goal. From here I went on to attend several National Championships as part of Team SA which included team building sessions, uniforms, mascots, chants, camps, coaching and social functions where we learned that we could be competitors and friends.

In 2014, I was appointed Co Captain of Team SA, something I had strived for since my first Interschool National Championships in 2009. Together with Louisa Robins, I lead Team SA to bring home the coveted National Team Spirit Award. As a team we set the Team Spirit Award as our goal and worked on strategies to achieve it. Even our youngest riders and families contributed and it was a great opportunity to encourage their creative ideas. At the Championships team members and families were encouraged to gather in groups to support each other wearing their visible red uniforms and volunteer to assist the organising committee whenever they could. This leadership role provided me opportunities and responsibilities such as public speaking, Captain's pledge and role modelling. It was a highlight of my Year12 studies.

Interschool has contributed to my personal riding success in areas from training with Olympians to education about the health and welfare of my horses. I have learned the importance of goal setting, personal best performance, knowledge of and adherence to rules, a positive attitude, setting high standards and competing only against myself. I have developed skills such as sportsmanship, attention to detail, leadership, communication, conflict resolution, perseverance, dedication, critical self-analysis and determination.

Through my involvement with Interschool I have made many friends and had great experiences. I would encourage all schools and school aged riders to participate and embrace Equestrian South Australia Interschool.