

Rider Journals

A guide for candidates



PONY CLUB
WESTERN AUSTRALIA

Rider Journal

The PCA 2019 Syllabus says:

C* / B

“A journal in an appropriate format of the year’s riding and training is required for assessment.”

K

“Candidates should keep a journal of their progress in an appropriate format, which will be included in assessment.”

Rider Journal

With thanks to Pony Club Victoria, we have the following translation:

“The rider journal is a valuable record to keep track of your journey over at least 12 months as you work towards achieving your C*, K or B Certificates. The journal should record lessons, clinics, rallies, training exercises, saddle fitting appointments, competitions, feeding routines and plans (document any changes made), weight changes in your horse, volunteering, appointments such as vet, farrier, equine dentist etc.”

Candidates will submit their journal prior to the practical assessment.

Two examples follow ...



VENUE / EVENT	DATE	INSTRUCTOR	HORSE	COMMENTS
Tooradin Estate – Zone Clinic	2 Feb 2022	Sally Francis	BP Sox	Dressage Lesson; Improved tempo during ride. Need to watch Soxy doesn't lose balance in lengthen trot, prepare better for transitions in and out (half halts).
Equine Dental Check Up	3 Feb 2022	Mark Burnell	BP Sox	Soxy had his annual check-up. Mark reported his teeth were in good health and maintenance floating was performed. Next booking Feb 2022.
Werribee Park Pony Club Dressage Jackpot	6 Feb 2022	N/A	BP Sox	Novice Dressage tests 2A & 2B 2A 72% 2B 68% Test scores improved from last competition (4 weeks ago). Soxy was relaxed and attentive. He was a bit tired in second test. Could have reduced his warmup time given it was getting warmer.



Planner 2022

	January	February	March	April	May	June				
Mon										
Tue		1	1							
Wed		2	2			1				
Thu		3	3			2				
Fri		4	4	1		3				
Sat	1	5	5	2		4				
Sun	2	6	Dressage Day	3	PC rally	1	5			
Mon	3	7	7	4	2	6				
Tue	4	8	8	5	3	7				
Wed	5	9	9	6	4	8				
Thu	6	10	10	7	5	9				
Fri	7	11	11	8	6	10				
Sat	8	12	12	9	Dardanup	7	11			
Sun	9	13	PC rally	13	PC rally	10	ODE	8	PC Rally	12
Mon	10	14	14	11	9	13				
Tue	11	15	15	12	10	14				
Wed	12	16	16	13	11	15				
Thu	13	17	17	14	12	16				
Fri	14	18	18	15	13	17				
Sat	15	19	19	16	14	18				
Sun	16	20	20	Dressage Day	15	19				
Mon	17	21	21	18	16	20				
Tue	18	22	22	19	17	21				
Wed	19	23	23	20	18	22				
Thu	20	24	24	Interschools	19	23				
Fri	21	25	25	Interschools	20	24				
Sat	22	26	26	Interschools	21	25				
Sun	23	27	27	24	SJ Champs	22	26			
Mon	24	28	28	25	23	27				
Tue	25		29	26	24	28				
Wed	26		30	27	25	29				
Thu	27		31	28	26	30				
Fri	28			29	27					
Sat	29			30	28					
Sun	30				29					
Mon	31				30					
Tue					31					
Wed										

Planner 2022

July	August	September	October	November	December						
		1				Mon					
		2				Tue					
		3				Wed					
		4	1			Thu					
1		5	2			Fri					
2	Dressage	6	AR Champs	3	1	5	3	Sat			
3	Champs	7	Serpentine	4	2	6	4	Sun			
4		8	5	3	7	5	Mon				
5		9	6	4	8	6	Tue				
6		10	7	5	9	7	Wed				
C* School	7	11	8	6	10	8	Thu				
C* School	8	12	9	7	11	9	Fri				
9	Mortlock	13	10	Eventing	8	12	10	Sat			
PC Rally	10	Hickstead	14	PC Rally	11	Eventing	9	PC Rally	13	11	Sun
11	PC Rally	15	12	10	14	12	Mon				
12		16	13	11	15	13	Tue				
13		17	14	12	16	14	Wed				
14		18	15	13	17	15	Thu				
15		19	16	14	18	16	Fri				
AR Qualls	16	20	17	15	Capel ODE	19	17	Sat			
Bald Dress	17	21	18	PC Rally	16	20	18	Sun			
18		22	19	17	21	19	Mon				
19		23	20	18	22	20	Tue				
20		24	21	19	23	21	Wed				
21		25	22	20	24	22	Thu				
22		26	23	21	25	23	Fri				
Serpentine	23	27	Capel	24	22	26	24	Sat			
ODE	24	28	Hickstead	25	23	27	25	Sun			
25		29	26	24	28	26	Mon				
26		30	27	25	29	27	Tue				
27		31	28	26	30	28	Wed				
28			29	27		29	Thu				
29			30	28		30	Fri				
30				29		31	Sat				
31				30			Sun				
				31			Mon				
							Tue				
							Wed				



28
Monday

59 - 306 Week 9

09
10
11
12
01
02
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04
05

1
Tuesday

King Island Show Day (TAS)

60 - 305 Week 9

09
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05

9am - Farrier

Replaced front shoes, trimmed back - \$120

2
Wednesday

61 - 304 Week 9

09
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January	February	March	April	May	June
M T W T F S S	M T W T F S S	M T W T F S S	M T W T F S S	M T W T F S S	M T W T F S S
31 1 2	1 2 3 4 5 6	1 2 3 4 5 6	1 2 3	30 31	1 2 3 4 5
3 4 5 6 7 8 9	7 8 9 10 11 12 13	7 8 9 10 11 12 13	4 5 6 7 8 9 10	2 3 4 5 6 7 8	6 7 8 9 10 11 12
10 11 12 13 14 15 16	14 15 16 17 18 19 20	14 15 16 17 18 19 20	11 12 13 14 15 16 17	9 10 11 12 13 14 15	13 14 15 16 17 18 19
17 18 19 20 21 22 23	21 22 23 24 25 26 27	21 22 23 24 25 26 27	18 19 20 21 22 23 24	16 17 18 19 20 21 22	20 21 22 23 24 25 26
24 25 26 27 28 29 30	28	28 29 30 31	25 26 27 28 29 30	23 24 25 26 27 28 29	27 28 29 30

3
Thursday

62 - 303 Week 9
09
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05

63 - 302 Week 9
4
Friday

09
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4pm - SJ Lesson with Tina
Focussed on rhythm and pace across the whole course
I need to practice maintaining the same rhythm before and between jumps.

64 - 301 Week 9
5
Saturday

a.m.
p.m.

65 - 300 Week 9
6
Sunday

a.m.
p.m.

Dressage - 1B & 2B
See notes pages

July	August	September	October	November	December
M T W T F S S	M T W T F S S	M T W T F S S	M T W T F S S	M T W T F S S	M T W T F S S
1 2 3	1 2 3 4 5 6 7	1 2 3 4	31 1 2	1 2	1 2 3 4
4 5 6 7 8 9 10	8 9 10 11 12 13 14	5 6 7 8 9 10 11	3 4 5 6 7 8 9	7 8 9 10 11 12 13	5 6 7 8 9 10 11
11 12 13 14 15 16 17	15 16 17 18 19 20 21	12 13 14 15 16 17 18	10 11 12 13 14 15 16	14 15 16 17 18 19 20	12 13 14 15 16 17 18
18 19 20 21 22 23 24	22 23 24 25 26 27 28	19 20 21 22 23 24 25	17 18 19 20 21 22 23	21 22 23 24 25 26 27	19 20 21 22 23 24 25
25 26 27 28 29 30 31	29 30 31	26 27 28 29 30	24 25 26 27 28 29 30	28 29 30	26 27 28 29 30 31



March 2022

7

Monday *Labour Day (WA)*

66 - 299 Week 10

09
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8

Tuesday

67 - 298 Week 10

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04
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9

Wednesday

68 - 297 Week 10

09
10
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01
02
03
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05

January	February	March	April	May	June
M T W T F S S 31 1 2 3 4 5 6	M T W T F S S 1 2 3 4 5 6	M T W T F S S 1 2 3 4 5 6	M T W T F S S 1 2 3 30 31	M T W T F S S 1 2 3 4 5 6 7 8	M T W T F S S 1 2 3 4 5
3 4 5 6 7 8 9	7 8 9 10 11 12 13	7 8 9 10 11 12 13	4 5 6 7 8 9 10	2 3 4 5 6 7 8	6 7 8 9 10 11 12
10 11 12 13 14 15 16	14 15 16 17 18 19 20	14 15 16 17 18 19 20	11 12 13 14 15 16 17	9 10 11 12 13 14 15	13 14 15 16 17 18 19
17 18 19 20 21 22 23	21 22 23 24 25 26 27	21 22 23 24 25 26 27	18 19 20 21 22 23 24	16 17 18 19 20 21 22	20 21 22 23 24 25 26
24 25 26 27 28 29 30	28	28 29 30 31	25 26 27 28 29 30	23 24 25 26 27 28 29	27 28 29 30

March 2022

10

Thursday

69 - 296 Week 10

09
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10 Vet visit and teeth - \$256
 He had been a little unsettled and was due to have his teeth done.
 Vet said there were a few sharp edges starting to come up so these were filed down, otherwise his teeth were good.
 He also had a general check up and there were no issues.

11

Friday

70 - 295 Week 10

09
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12

Saturday

72 - 293 Week 10

13

Sunday

71 - 294 Week 10

09
10
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05

a.m.

Pony Club Rally

p.m.

July	August	September	October	November	December
M T W T F S S 1 2 3	M T W T F S S 1 2 3 4 5 6 7	M T W T F S S 1 2 3 4	M T W T F S S 1 2 3 4 31	M T W T F S S 1 2 1 2 3 4 5 6	M T W T F S S 1 2 3 4
4 5 6 7 8 9 10	8 9 10 11 12 13 14	5 6 7 8 9 10 11	3 4 5 6 7 8 9	7 8 9 10 11 12 13	5 6 7 8 9 10 11
11 12 13 14 15 16 17	15 16 17 18 19 20 21	12 13 14 15 16 17 18	10 11 12 13 14 15 16	14 15 16 17 18 19 20	12 13 14 15 16 17 18
18 19 20 21 22 23 24	22 23 24 25 26 27 28	19 20 21 22 23 24 25	17 18 19 20 21 22 23	21 22 23 24 25 26 27	19 20 21 22 23 24 25
25 26 27 28 29 30 31	29 30 31	26 27 28 29 30	24 25 26 27 28 29 30	28 29 30	26 27 28 29 30 31



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Notes

Reflections

6 March - Murray Dressage Day

Weather was fine, he felt a bit looky when I first got on, but settled after 10 minutes of warm up.

Prelim 1B - 66%

A little rushed into canter transitions, trot work was good.

I received 8 for both my centre line halts - straight and square :)

Novice 2B - 61%

Canter transitions were better in this test, judge commented that it seemed hurried, we have been working on more balance and our corners and transitions were generally better.

13th March - Rally

For this rally we had groundwork and flatwork with Nérine, SJ with Tina, theory with Sam and then games training with Chris.

GW/FW - Discussed and practiced pressure / release on the ground, then worked on this in flatwork. It's really important to release / reward as soon as he responds to the "request". After a few go's, he was responding to a lighter aid.

SJ - Tina put out a grid with a turn to another jump that could be jumped on each rein. We both realised that we can't rush through, but need to keep an even rhythm, otherwise he jumps too big and that affects the next jump.

Games - We did really well, hopefully we can make the team this year!

Notes



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