

Volume 17

October 2024

# HOOFPRIINTS

*The Official Magazine of Equestrian Nova Scotia*



2024 Annual  
Report Inside



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JOURNAL  
is your magazine.

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# A Message from our President - Kris Foley

As we near the end of 2024, I welcome you to read this publication and be reminded of our past year's achievements. In it, you will also find our Annual Report in preparation for our upcoming Annual General Meeting. I would like to thank our Board of Directors and staff Heather, Sheila, and Charlotte for their hard work and dedication. I'd also like to acknowledge all the hard-working volunteers. You work tirelessly to ensure that our members have competitions, clinics and other educational events. To our clubs, trail riding organizations or equine welfare groups - Thank you!! If you see me out and about, please stop and say hello. I'd love to meet you and hear about your horse!



## Meet Our Team



**Executive Director**  
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1-800-263-2410

**Helen Smith and Roz Moskovits,**  
**Performance Program Coaches**



**Jennifer Murphy,**  
**Competitions Specialist**



# 2024 Board of Directors

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| Katarin MacLeod<br>902-425-5450                 | nsef@sportnovascotia.ca                               |
| Kim Fortin<br>902-691-2000                      | kfortin61@outlook.com                                 |
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*We gratefully acknowledge  
support from:*



*Our Cover features Lauren Grimby and her Equine partner, Happy Camper, competing at Red Ridge Farm's I Can Event Competition.*

*Cover and Power in Partnership article photo credit:  
Medina Velic @ Donovan Photography*

# Annual Awards Nominations Now Open

Equestrian Nova Scotia members are encouraged to nominate deserving individuals/organizations for the following awards to be presented at our annual Awards Reception:

**Volunteer Award** - The Equestrian NS Volunteer of the Year award recognizes an outstanding volunteer who has made a special and significant contribution to equestrian sport. Volunteer services may include years of participation, administration, contribution, innovation, or advancement. This Individual has also worked tirelessly and has had a notable impact on the sport and equestrian community in general.

**10-Year Service Award** - The Equestrian NS Service Award recognizes an individual for a minimum of 10 years of service to the NS equestrian community. This individual gives tirelessly and has made a significant difference and positive impact.

**Coach Award** - The Equestrian NS Coach of the Year Award recognizes an outstanding coach who has contributed to equestrian sport in this role throughout the year and whose accomplishments are considered exceptional.

**Official Award** - The Equestrian NS Official of the Year Award recognizes an outstanding official who has contributed to equestrian sport in this role throughout the year and whose accomplishments are considered exceptional.

**Sponsor Award** - The Equestrian NS Sponsor of the Year Award recognizes an outstanding company who has given generously to the sport of equestrian through monetary or product sponsorship. The company can sponsor local, regional or national events throughout the past year.

**Youth "Good Sport" Award** - The Equestrian NS Youth "Good Sport" Award recognizes a junior-aged member who exhibited exemplary conduct while participating and interacting with other participants/competitors and volunteers, working in the stabling area, etc. at a 2024 event/clinic or competition.

**Junior Athlete Award** - The Equestrian NS Junior Athlete of the Year Award recognizes an outstanding athlete who has contributed to equestrian sport in this role throughout the year and whose accomplishments are considered exceptional.

**Senior Athlete Award** - The Equestrian NS Senior Athlete of the Year Award recognizes an outstanding athlete who has contributed to equestrian sport in this role throughout the year and whose accomplishments are considered exceptional.

**ALL NOMINATIONS SHOULD INCLUDE A COMPLETE LIST OF ACCOMPLISHMENTS AND RECOGNITIONS THAT WOULD MAKE YOUR NOMINEE WORTHY OF THE AWARD.**

Scan to Nominate

AWARDS

NOMINATIONS are Open

Volunteer Award

10-year service

Official Award

Senior Athlete Award

Coach Award

Junior Athlete Award

Sponsor Award

Youth Good Sport

Deadline: October 18, 2024 | 4:00 p.m

[nsefprograms@sportnovascotia.ca](mailto:nsefprograms@sportnovascotia.ca)

***Award recipients will be recognized at the Equestrian Nova Scotia Awards Reception on Sunday, November 17th at The Delta Hotel (Burnside), Dartmouth, Starting at 1:00 pm***

**SCAN QR CODE FOR NOMINATION FORM**

Nomination Deadline:  
Friday, October 18, 2024

Equestrian Nova Scotia  
5516 Spring Garden Road,  
Halifax, NS B3J 1G6.

Email: [nsefservices@sportnovascotia.ca](mailto:nsefservices@sportnovascotia.ca)

# Bits and Bites

## IDEAs Initiative

Supporting Inclusivity, Diversity,  
Equity and Accessibility in Our  
Community



Inclusivity, diversity, equality and accessibility (IDEA) are vital components in creating programs and initiatives for equestrian clubs and riding establishments. We recognize that, like many others, our sport encounters challenges in providing opportunities that address these areas.

To help address this, we have developed the Equestrian IDEAs initiative with the intention of assisting qualified applicants with funding to support your program in its initial stages of implementation.

**Please contact us to learn more about the qualifications for this program**

**1-800-263-2410**

**[nsefservices@sportnovascotia.ca](mailto:nsefservices@sportnovascotia.ca)**

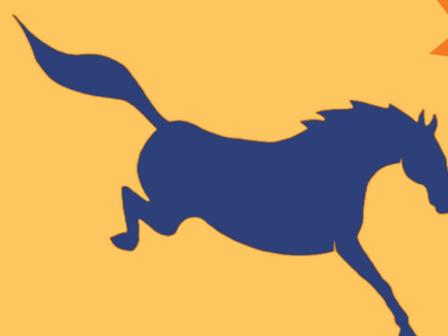
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# Education and Awareness



## RETURN TO SPORT After Concussion



### STAGE 1 | Rest/light activities

**Recommended activities:**

- Sleep/rest, as much as needed
- Limit screen time
- Light walking
- Household chores
- Preparing meals
- Other activities that don't require physical or mental exertion

MOVE TO NEXT STAGE | When symptoms begin to improve slightly OR after 48 hours of resting

### STAGE 2 | Light to moderate activities

**Recommended activities:**

- Avoid sport-specific & group activities
- Reading, board games, etc.
- Walking/yoga (light, ~50% max heart rate)
- Jogging/cycling (moderate, ~70% max HR)
- Increased peer contact
- **Contact coach/team to coordinate & plan the return to practice**

MOVE TO NEXT STAGE | No new/worsening symptoms for 24 hours after 30-60 minutes of moderate exercise

### STAGE 3 | Sport-specific exercise

**Recommended activities:**

- Avoid resistance training & group activities
- Hockey: skating/stickhandling
- Basketball: shooting/running
- Baseball: catching/fielding
- Agility ladders
- **Communicate progress with coach/team to coordinate the return to practice**

MOVE TO NEXT STAGE | No symptoms for 24 hours after 30-60 minutes of sport-specific exercise

### STAGE 4 | Non-contact team drills

**Recommended activities:**

- Limited involvement in group activities, gradually increasing intensity/time
- Light resistance training
- Drills involving sprinting or jarring motions (tennis, badminton, golf, etc.)
- **Acquire medical clearance for contact (if feasible)**

MOVE TO NEXT STAGE | No symptoms for 24 hours after 30-60 minutes of non-contact team drills

### STAGE 5 | Full-contact practice

**Recommended activities:**

- Avoid participation in competitive activities
- Full involvement in group activities, gradually increasing intensity/time
- Resistance/weight training
- **Communicate with coach/team to coordinate competitive return**

MOVE TO NEXT STAGE | No symptoms for 24 hours after 30-60 minutes of full participation

### STAGE 6 | Return to sport

Return to normal, unrestricted participation. Monitor symptoms and return to stage 3 if symptoms return

*This is a condensed version of our full Return to Sport guidelines*

View the full guidelines & more resources at [www.BrainInjuryNS.com/Concussion](http://www.BrainInjuryNS.com/Concussion)



**15% Discount for ENS Members**

**Join the Herd!**

**SHORT ONLINE COURSES - REGISTER NOW**

**On-Demand**

|   |                              |
|---|------------------------------|
| Equine Business 101                     | Self-Paced (Open for 1 year) |
| Horse Behaviour & Safety for Youth      | Self-Paced (Open for 1 year) |
| Introduction to Body Condition Scoring  | Self-Paced (Open for 1 year) |
| Provincial Foundations Officials Course | Self-Paced (Open for 1 year) |

**Fall 2024**

|   |                 |
|---|-----------------|
| The Senior Horse                              | Sep 16 - 27     |
| Horse Care & Welfare                          | Sep 30 - Oct 11 |
| Sport Horse Injury/Lameness Prevention & Care | Oct 28 - Nov 8  |
| Fire & Emergency Preparedness                 | Nov 11 - 18     |

**Winter 2024**

|  |                |
|--|----------------|
| Introduction to Body Condition Scoring | Jan 20 - 27    |
| Gut Health & Colic/Ulcer Prevention    | Feb 10 - 21    |
| Horse Behaviour & Safety               | Feb 24 - Mar 7 |
| Introduction to Forage                 | Mar 10 - 21    |
| Sickness Prevention in Horses          | Mar 31 - Apr 7 |
| Equine First Aid                       | Apr 7 - 14     |



**TheHorsePortal.ca/ENS**

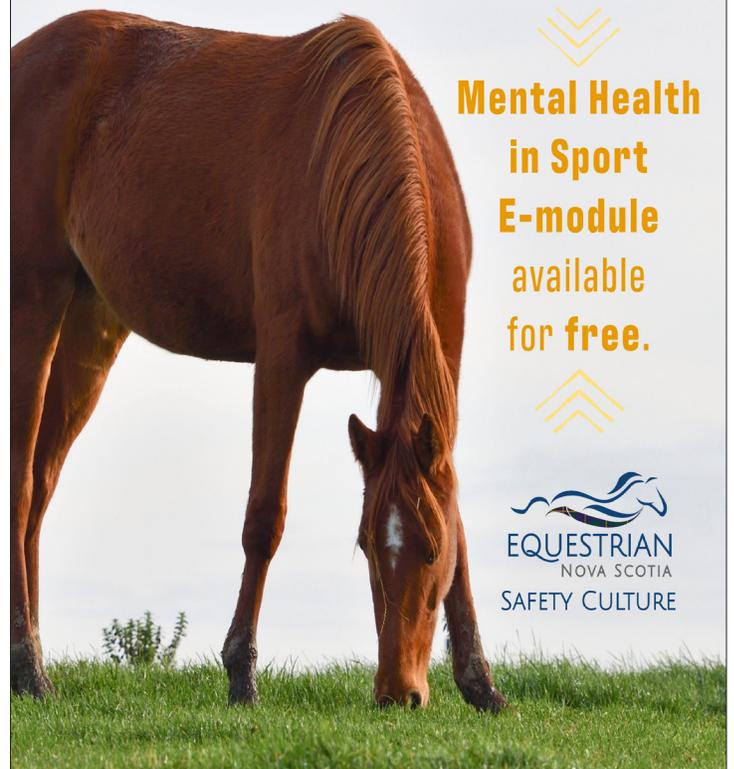
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## Mental Health Literacy for Coaches

Leading to improve coaching practices and coach mental health!

Resources available at [Coach.ca](http://Coach.ca)



**Mental Health in Sport E-module available for free.**



# Power in Partnership by Charlotte Grace

Recognizing the need to grow and foster eventing at the grassroots level, the I Can Event (ICE) pilot took flight this summer thanks to the collaboration between Equestrian Nova Scotia, Equestrian Canada, and Horse Trials Nova Scotia (HTNS). This new competition series introduced athletes to the sport of eventing—a three-phase discipline that includes dressage, cross-country, and show jumping. While traditional eventing competitions can last for several days, ICE offers a more approachable format, targeting entry-level and active-for-life athletes.

ICE's unique structure consists of two phases: a dressage test and a jumping phase. The jumping can be show jumping, cross-country, or a mix of both. ICE makes eventing accessible and enjoyable for athletes by offering a more condensed and simplified experience.

This year, Equestrian Nova Scotia and HTNS successfully sanctioned three ICE competitions in the province. Julia Young at Clay Hill Farm held two events, while Red Ridge Farm, a brand-new venue operated by Shauna and Glen Thompson, hosted the third. These events were made possible by the tireless efforts of volunteers and competition organizers, who worked closely with HTNS and ENS.

The ICE pilot has empowered organizers to deliver safe, sanctioned, and community-focused competitions. It has provided an opportunity for athletes from various equestrian backgrounds to experience the exhilarating, yet sometimes intimidating, sport of cross-country jumping.



A Tribute to Andy

At each event, organizers noticed new faces in both the audience and the athlete lineup. Julia Young remarked, "Trying a new discipline can be intimidating, and eventing, in particular, might seem a little hardcore and scary to a newbie. The ICE pilot program opens the doors and invites new athletes in with easier courses and a friendly feel. I have seen a lot of new faces this year, and attendance is up. That is very exciting."

Shauna and Glen Thompson were equally enthusiastic about the second ICE event of the season at Red Ridge Farm. This was the first competition the farm had ever hosted, and the Thompsons were thrilled with the outcome. "We were fortunate to have great weather and the support of family, friends, volunteers, officials, ENS, EC, and HTNS to make Red Ridge Farm's ICE competition a success," Shauna shared.

The event also honoured the late Coach Andy Wadowski, a beloved figure in the Nova Scotia eventing community who

passed away in May. Andy had been a strong advocate for the development of grassroots programming like ICE and its mission to introduce new athletes to eventing. Reflecting on his legacy, Thompson said, "He was pleased that ICE was developed to introduce athletes to the sport of eventing, and we wanted to reflect that at our competition." Though Andy wasn't physically present, his spirit was felt throughout the event. His wife, Pam LeDrew, and many of his friends and students were there as volunteers, adding a poignant sense of community to the day.



Adanya Hellerschmid and Million Dollar Baby

The success of ICE is a testament to the strength of partnerships between ENS, Equestrian Canada, HTNS, and competition managers. Danielle Semel, an Equestrian Canada Eventing Technical Delegate and committee rep, emphasized the importance of these collaborations. "The partnership between EC, ENS, and HTNS is important for the sport to continue in NS. As a small province, it is important we continue to provide safe, educational competition opportunities at the grassroots level. The ICE competitions ensure that both athletes new to the sport and those training for larger competitions have access to safe cross-country courses, EC dressage tests, and trained officials in order to provide a meaningful competition experience."

Amanda Leadbetter, President of HTNS, echoed this by highlighting how critical ENS's ongoing support has been to the program's pilot success. "There is so much going on in the background to launch a new program, and being able to have ENS partner with HTNS to bring this format to competitors in NS has been a highlight of the season."

As a first-time host and competition manager, Shauna Thompson also found the partnership invaluable:

"The collective knowledge and expertise were crucial, from managing the administrative side of organizing the competition and schedule for show day to designing the jumping phase, including cross-country obstacles. Having dedicated provincial support through ENS was extremely beneficial. They were responsive and supportive throughout the process."



Shiloh Pictou and Bonnie

On behalf of our eventing community, a heartfelt thanks to HTNS, Equestrian Canada, Amanda Leadbetter, Danielle Semel, Julia Young, Shauna and Glen Thompson, Irene Guenzel and so many dedicated volunteers who helped make Scotia Series ICE competitions a tremendous success. Through safe, fun, and accessible sanctioned events, athletes of all ages and experience levels embraced the opportunity, showcasing the true mission of the program.

# VISIT SABLE ISLAND

## NATIONAL PARK RESERVE

**BRANCH**  
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SOMEWHERE  
DIFFERENT



**PICTURE**  
PERFECT TOURS



# Opportunities for Coaches and Athletes

Make your plans...

- ▶ Analyze Beginner Equestrian Performance Theory Module - January 21 & 28
- ▶ Coach Symposium - February (Online Only)
- ▶ Online Education Series Beginning in February
- ▶ Coach Classroom - Open Year Round
- ▶ LTED Bursary Deadline - March 1st
- ▶ Education Bursary Deadline - May 1st
- ▶ Coach Cohort - Fall
- ▶ Performance Program Deadline - November

[equestriannovascotia.ca/Calendar](http://equestriannovascotia.ca/Calendar)



As you wind down from a busy competition season, mark your calendars for the next several months. Our goals include supporting coaches and athletes by providing Professional Development, Educational, and/or certification opportunities. We are planning for 2025 and will post dates as they become available. In the meantime, here are a few coaching events in the works for 2025 and the approximate time-frame.

We welcome all “coaches” to attend our sessions. When we say “coach” we mean both non-certified and certified; instructors and competition coaches; those coaching in their backyard or at a facility; those teaching basics; or those coaching at an international level.

human & equine athletes, as well as structuring lessons with long-term equestrian development in mind. We support learning by providing unique opportunities that coaches may not have in their circles whilst meeting provincial and national requirements. Although most are technical in nature, many opportunities focus on non-technical learning in the areas of diversity, emotional intelligence, and mental health training. We have sessions specifically for those looking to get certified and other sessions open to all! Some courses like the Long-Term Equestrian Development Module are even open to parents or athletes!

What are the courses we offer?

**Analyze Beginner Equestrian Performance Theory Module:** This module teaches equestrian instructors/coaches how to apply a basic framework to detect & correct skill errors in beginner participants. In addition to detecting common errors, it includes prioritizing common errors for correction, analyzing performance errors, and helping participants understand and make corrections. It is being offered as part of our 2024/2025 Cohort but you can also sign up for just this session.

**Coach Symposium –** Our coach symposium is an annual networking and learning opportunity. The 2025 symposium will be offered on-line. One component of the coach symposium is the coach update (program updates, national and provincial requirement updates, etc). The other components include networking and other learning sessions. These sessions vary from year to year but often include something “for the coach, for the equine, for the athlete”.

continued on next page



The “social license to operate” is evolving and experiencing a culture-shift. We are constantly learning new things about equine health, athlete development, and mental health. Life-long learners are key to supporting athletes with diverse needs, viewing new training approaches for

# Opportunities for Coaches and Athletes Con't....

**On-line Education Series** – Based on feedback from coaches, industry participants, and sport, we have identified some focus areas to better coaches' professional needs (i.e. business, employment law) Offered via zoom at various times throughout the year, we will begin with a “business” focus. Stay tuned for dates!

A graphic for the Coach Cohort. It features a dark blue background with white text. On the left, there are two photographs: the top one shows a horse's head in a stable stall, and the bottom one shows the interior of a large wooden riding arena. The word 'coach' is written vertically on the left side of the top photo, 'teach' on the left side of the bottom photo, and 'learn' on the right side of the bottom photo. The main text reads 'Coach Cohort For Instructors and Competition Coaches'. Below this, a yellow speech bubble contains the text 'A Coach Cohort is a virtual training, mentoring, and certification opportunity.' There are three white starburst icons scattered around the text.

**Coach Classroom** – The coach classroom is a free google “classroom” built to assist coach candidates in accessing prerequisites information for certification, all in one place! Everything has been set up as an “assignment” so after candidates have read the section or submitted the item, the section is turned in. It helps everyone to track what is done and what is left to complete/read. We developed the classroom in response to candidates who said things were confusing to find – the theory modules alone are offered in 3 different places! Better yet, it is a classroom that doesn’t have grades! To join the year-round classroom, simply email Sheila at [nsefprograms@sportnovascotia.ca](mailto:nsefprograms@sportnovascotia.ca)

**Coach Cohort** – Don’t want to wait until next fall? Contact Sheila to join the cohort that kicks off on October 22nd. What is a cohort? A virtual training, mentoring, and certification opportunity for Instructor or Competition Coach candidates or professional development for coaches.

This cohort will work together for 12-15 sessions via Zoom over several months. This approach addresses several challenges candidates commonly face:

1) Evaluation Prep – Without a mentor, access to training and clear instructions of what is expected, evaluations can be very stressful for candidates. The cohort provides excellent and knowledgeable mentors and clear

information on the current program requirements.

2) Cost – Traditional coach certification is expensive. The cohort offers a cost-effective learning environment with mentoring, training, networking and an optional low-cost evaluation fee (i.e. reduced travel costs, better preparation for the evaluation, more frequent shorter training times to allow a coach to work around their coaching and other life situations and avoid given up a full day of coaching or life, etc.)

3) Process – Traditionally, the certification process has made some candidates feel overwhelmed and take longer to complete. The cohort provides clear resources, a step-by-step process, time-commitment expectations and supports – from beginning to your successful end!

4) Location – It can be difficult for coaches to travel to mentors, training, and evaluations. The cohort removes that barrier as it is virtual (for the most part).

**LTED Bursary Deadline** – An athlete bursary supporting athletes in their commitment to continuing their skill development. Coaches may be asked to provide a reference for their athletes. A coach who is an athlete can also apply. This bursary does not have an age restriction. Annual deadline is March 1st.

**Education Bursary Deadline** – This bursary supports the post-secondary educational endeavours of our members. Coaches may be asked to provide a reference for their athletes Coaches, if you have an athlete that is eligible for this bursary, please encourage them to apply. Annual deadline is May 1st.

**Athlete Performance Program** - Twenty athletes and their coaches from various disciplines worked with our Performance Coaches Helen Smith & Roz Moskovits, and Canadian Sport Institute-Atlantic sport science experts on mental performance, strength and conditioning, and nutrition.

One of the new benefits introduced this year was a fundraising opportunity (Sport Split) used by the program’s athletes to offset their individual competition and training costs.

For those not familiar, this program is targeted towards athletes whose goals include North American Youth Championships, medaling at a qualified national championship, or representing Team Canada at a qualified international championship. While continuing to work with their coach, they are supported by our performance coaches and integrated sport science team to achieve their short- and long-term goals.

Know an athlete like this? Encourage them to apply!



# Member Achievements Recognized

Throughout this past year, members have been celebrated for their achievement both inside and outside the ring. Here is a compilation of those we honoured through our formal recognition programs and announcements..



**2024 EDUCATION BURSARY RECIPIENTS**

Teaghan Savoury Elmsdale  
 Julia Corsten Halifax  
 Raeann Young Newcomville  
 Kate Avery Antigonish  
 Nicholas Kearney NewWaterford  
 Ella Ross Riverton



**2024 LTED RECIPIENTS**

KYLEE ROBERTS  
 GILLIAN ALLAN  
 ELSA HOLT  
 SARAH CLARKE

## Support4Sport Award Equestrian Recipients



Top L to R:  
 Wallace River Carriage Club (Gillian),  
 Deanne Hemphill, Greenhawk Halifax (Sara),  
 Kaidyn Goodwin  
 Bottom L to R:  
 Lindsay Bradshaw, Weldon Conrad,  
 Ainslie Matheson, Melissa MacDonald,  
 Gary Harris

**CONGRATULATIONS TO THE ATHLETES WHO COMPETED AT THE 2023 ROYAL HORSE SHOW!**

Medium Pony Hunter  
 Olivia Flick and Mr. Jones  
 Josee Oulton and Olivia O

Children's Hunter  
 Kayleigh Hansen and Nostalgia

Adult Amateur Hunter  
 Abby Brennan and Whyala

Amateur Hunter 3'6"  
 Rhyan Rusaw and Rivercross Regent

Amateur Hunter 3'3"  
 Kate Haworth and State of the Art

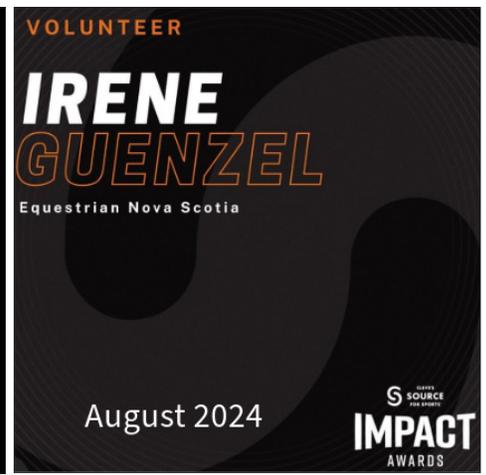
Junior-Amateur Jumper 1.30m  
 Rhyan Rusaw and Casquinova

*Royal* 101  
 NOVEMBER 3-12, 2023  
 EQUESTRIAN NOVA SCOTIA

## 2023 Awards Reception



# Member Achievements Recognized Con't....



Nominate an Athlete, Coach, or Volunteer who has made an impact!

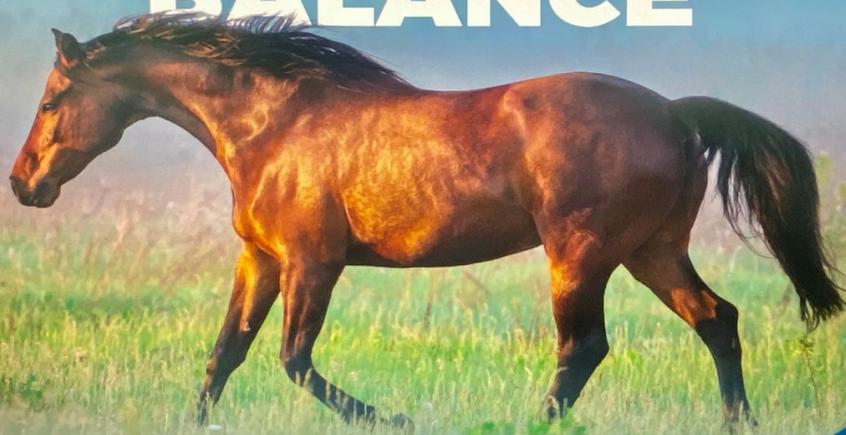


Nomination Deadline is the 1st of each month



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# Scotia Series Competition Date Application Deadline

Existing Scotia Series  
Competitions - Dec. 1

NEW Scotia Series  
Competitions - Dec. 15



## Benefits of Participating in Scotia Series

- Trained and Recognized Officials
- Safe Sport Standards
- Multi-discipline Competitions
- Largest Competition Series in Atlantic Canada
- Year End Awards and Reception
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- Driving, Western, and English Manuals, DVD's
- Equestrian NS ball cap & crossbody bag
- Memberships




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The deadline for in-person pick up is December 20th.

visit: [Kidsport.ca](http://Kidsport.ca)





EQUESTRIAN  
NOVA SCOTIA

# 2024 Scotia Series Provincial Championships

Presented by



**October 11-14, 2024**

**Hants County  
Exhibition Grounds**

# Membership Has Its Benefits

As Atlantic Canada's largest equestrian sport organization, we are pleased to provide members with amazing benefits, programs and initiatives. We offer individual and family memberships starting January 1st. We strongly encourage you to join/renew early in the new year to take advantage of everything we have to offer, especially, the Automatic Insurance Coverage of \$5,000,000 Personal Liability Insurance and \$40,000 Principal Sum Accidental Death & Dismemberment Insurance.

## **AFFILIATES**

When you join Equestrian Nova Scotia, you can join the following clubs at the same time:

Horse Trials NS (HTNS)  
Nova Scotia Hunter Jumper Association (NSHJA)  
Cape Breton Western Riders Association (CBWRA)  
Central Nova Horse and Pony Association (CNHP)

## **REFERRAL CREDITS**

Refer new members to Equestrian NS and receive a credit of \$5 per referral. Credits go toward your cost of the next calendar year's membership. (To receive referral credits, the new member must submit your ENS membership number when signing up.)

## **NEWS, UPDATES AND EDUCATION**

- Our members receive direct communication on latest news, events and important messages related to equestrian sport and industry.
- Ability to list on Equine Directory
- Access to ENS-hosted coach and official courses and professional development.



## **MEMBER DISCOUNTS**

- Member-preferred rates for Optional Insurance coverages such as Emergency Life Saving Surgery and Tack insurance, just to name two.
- Member-preferred rates for Atlantic Horse and Pony and Canadian Horse Journal magazines.
- 15% off on-line short courses through Equine Guelph's Horse Portal
- Discounted or free on-line courses through Equestrian Canada's *E Campus* and Coaching Association of Canada's *The Locker*.

## **ACCESS TO EXCLUSIVE PROGRAMS**

- The opportunity to compete at Sanctioned Competitions across the province
- Sanctioning of Scotia Series Competitions and Provincial Championships
- Educational and Athlete Development Bursaries and other sport related funding
- Access to Equestrian NS programs (Horseplay, Athlete Performance, Annual Awards, IDEAS)
- Access to Equestrian Canada's programs (Rookie Riders, National Learn to Ride Program, Coach Certification and Licensing)
- Access to the Equestrian NS team as your resource – we're here to support your equestrian journey!

***equestriannovascotia.ca***



# ANNUAL REPORT

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# NOTICE OF ANNUAL GENERAL MEETING

Notice is hereby given that the Annual General Meeting of  
Equestrian Nova Scotia will be held on  
Sunday, November 17, 2024 at the Delta Hotel in Dartmouth, NS.

Delegate Registration: 10:00 a.m.  
Meeting Begins: 10:30 a.m.

## AGENDA:

1. Call to Order, including declaration of quorum
2. Approval of Agenda
3. Consideration and Approval of Minutes of 2023 AGM
4. Business arising/action items from 2023 AGM Minutes
5. New Business, including:
  - A) Reports of Officers and Committees - Included in our Annual Report, on Equestrian Nova Scotia website at [equestriannovascotia.ca](http://equestriannovascotia.ca) and available on the day of meeting.
  - B) Consideration and Approval of 2023/24 Equestrian Nova Scotia Financial Statements – Financial Summary included in Annual Report. The Financial Report in its entirety will be available at the AGM
  - D) 2023/24 Equestrian Nova Scotia Annual Review Presentation
  - E) Election of Directors
6. Adjournment

## 2023 Equestrian Nova Scotia Annual General Meeting The Inn on Prince Conference and Convention Centre November 19, 2023 Unapproved Minutes

### 1. Call to Order and Roll Call/Welcome

• Called to order at 10:36 am by President Kris Foley.  
Present: Voting Members: Gillian Allan, Kim Beaton, Loretta Buchanan, Kris Foley, Lesley Langley, Barbie Lewis, Melissa MacDonald, Katarin MacLeod, Jennifer MacNeil, Valerie McDermott, Mary-Clare McLaren, Roz Moskovits, Scott Roberts, Adrienne Smith, Helen Smith, Hannah Tower, Jessica Wood, Andy Woolaver Staff: Heather Myrer

### 2. Declaration of Quorum

Based on registration quorum was met.

### 3. Approval of Agenda

Motion was made to approve the agenda by Mary-Clare McLaren, seconded by Gillian Allan. No contrary minded, motion carried.

### 4. Approval of Minutes of the 2022 Annual General Meeting

Motion was made to approve the 2022 NSEF AGM Minutes by Mary-Clare McLaren, seconded by Barbie Lewis. No contrary minded, motion carried.

### 5. Business arising/action items from 2022 Minutes (old business)

- None

### 6. New Business

a. Reports from Officers and Committees – as submitted and presented.

Motion to approve all committee reports was made Valerie McDermott, seconded by Adrienne Smith. No contrary minded, motion carried.

b. Annual Financial Statements Review

The 2022/23 Financial Statements Review was completed by Shellnutt Accountants and presented at the AGM by Treasurer Barbie Lewis, with assistance from Executive Director, Heather Myrer. Motion to approve the 2022/23 Financial Statements Review was made by Barbie Lewis, seconded by Mary-Clare McLaren. No contrary minded, motion carried.

### D. Annual Update to Members

Equestrian Nova Scotia's Annual Update/targets were based on our Strategic Vision and were presented by Executive Director, Heather Myrer. A Motion to accept the Equestrian Nova Scotia Annual Update as presented was made by Helen Smith, seconded by Val McDermott. Motion carried.

### e. Election of Directors

Equestrian Nova Scotia's Nominations Committee Chairperson, Kris Foley, presided over the Election of Directors and presented a slate of candidates for consideration as per the nomination process. Lesley Langley, Director of Competitions, 2-year term Adrienne Smith, Director of Recreation, 2-year term Kim Fortin, Director-at-Large 3-Year term Valerie McDermott, Director-at-Large 3-Year term At a meeting of Member Clubs, Melissa MacDonald was acclaimed as the Director of Clubs – one-year term Motion to accept the 2023/2024 Equestrian Directors as elected by the membership was made by Andy Woolaver, seconded by Helen Smith. Motion carried.

A formal acknowledgement and thanks were expressed to Jennifer MacNeil for her dedication and commitment to Equestrian NS as a Board member.

### 7. Termination of Meeting

The business of the 2023 Equestrian Nova Scotia AGM was addressed. A Motion to terminate the meeting as of 11:35 a.m. was made by Lesley Langley. Motion carried.

Submitted by,

Jennifer MacNeil,  
Equestrian Nova Scotia  
Volunteer Secretary

## PRESIDENT'S REPORT - Submitted by Kris Foley

I would like to take this opportunity to talk about a very important topic, equestrian's Social License to Operate (SLO) – the term given to society's acceptance of the practice of equestrian sport and all its related activities. Though the bond between horses and humans has been around for centuries, ensuring that this relationship continues to flourish in the future requires ongoing support and approval from society at large. Equestrianism, whether it involves sports, recreational activities, or breeding, relies heavily on the endorsement and acceptance of the wider community. As such, it's crucial for all of us—whether owner, leaser, breeder, show participant, trainer, coach, rider, or caretaker—to take responsibility for the well-being of these animals. For equestrianism to thrive in the long term, we must not only maintain but also actively strengthen our social license to operate. This means consistently prioritizing horse welfare and making sure that this commitment is visible to the public at all times. It's essential that everyone involved in equestrian activities demonstrates this dedication to horse welfare, showing through

actions and transparency that horses are always put first. Mistakes are inevitable in any field, and the world of horses is no exception. However, what I feel sets our responsible equestrian community apart is the ability to learn from these errors and continually strive to improve. By acknowledging and addressing our mistakes, and by proving through our efforts that we are committed to the highest standards of care, we can build and maintain trust with society. When the public sees that we are genuinely dedicated to the welfare of our horses, they are more likely to support and endorse equestrianism. In doing so, we ensure that our social license remains intact, securing a positive future for the equestrian world.

I'll wrap up with a round of thank you's to the wonderful staff and my fellow Board members; to all individuals who volunteered your time at one of our many events; and finally, thank you to those who took the time to chat with me this year. It was so nice talk with you about your horses, your lessons, and your thoughts on a variety of topics.

In closing, please stay safe and be respectful. Be Kind!

## EXECUTIVE DIRECTOR'S REPORT – Submitted by Heather Myrer

As we immerse ourselves into the final programs and events of 2024, I am delighted to share some updates and insights from our operations team – many highlighted throughout this publication.

Paramount to our vision, Equestrian Nova Scotia is fully committed to fostering a safe sport environment for equestrian in our province. One year ago, we initiated board-approved, mandatory Safe Sport standards for Staff, Board and Coaches/Persons Responsible at our Scotia Series competitions. As a Provincial Sport Organization, this program was guided by Sport Nova Scotia and the Government of Nova Scotia. A culture shift such as this had its challenges and push-backs, but we persevered. I am pleased to report that, in 2024, we were 95% safe sport compliant under these guidelines. We also included safe sport standards for those coaches whose students access Sport Nova Scotia's Kidsport program. As we move into the next phase of safe and inclusive sport, please help us in doing your part to ensure a smooth transition.

As you will read, we had a remarkable year in celebrating our members' successes and supporting educational and equine welfare initiatives such as Everything Equine Expo and the Atlantic Canada Equine Symposium.

Scotia Series continues to grow, including a significant increase in dressage participation with the hard work from competition managers in many areas across the province! A successful pilot called I Can Event was launched under Scotia Series and we anticipate that this will be a regular division in

the future! As proven in our feature article, there's power in partnerships!

As we focus on inclusive and barrier-free access to our programs, we are proud to offer care-giver funding, Kidsport Equestrian, IDEAS Initiative, on-line program options and payment plans that support the needs of you, our members. If you ever have difficulty in participating in any of our programs, please reach out and we will do our best to assist you!

It's membership renewal time and we are thrilled to report that we have exceeded the 4000-member mark already. It is strongly recommended that you renew before the end of the year to retain your insurance benefits, and have access to events, educational and funding opportunities, participation awards such as Horseplay, and much more. Remember to refer a new member to ENS and you can save on the cost of your own membership. Every referral earns you \$5 towards your next renewal!

We are a small but mighty operational team! My sincerest thank you to Sheila Currie and Charlotte Grace for their dedication, commitment, and hard work. We also have amazing support on a contractual basis from Helen Smith and Roz Moskovits, our Performance Program coaches, and Jennifer Murphy, our Competition Specialist. Everything we do is made possible by you, our members, our clubs, our sponsors, our volunteers, and our Board of Directors, especially our President, Kris Foley, who guides us daily with her leadership! Have a safe and wonderful rest of 2024!

## DIRECTOR OF RECREATION REPORT – By Adrienne Smith

I am very pleased that our annual Ride and Drive event finally happened on June 1, 2024, after being postponed from last fall due to an equine health concern. Many thanks to Evangeline Trail Rides for hosting this awesome event that even a rain shower couldn't dampen! People braved the forecast and trailered in to ride along with volunteers from Evangeline Trail Rides who provided much guidance and information about the trails. The trails are all named and suitable for all levels of riders. A map was provided for the riders. In all, there were 28 participants! Once again, a huge thank you to Crystal Joyce Manning and her amazing crew at Evangeline Trail Rides for the awesome day on the trails!

The interactive Horseplay Rewards Program has been in use for a while now, allowing you to track your equine related activity while accumulating points towards rewards.

Take advantage of our educational programs such as Learn to Ride/Drive, P'Tit Trot, Rookie Rider, Safe Sport, and information for those both new to the sport or interested in Long Term Equestrian Development. Our website is

a wealth of information on these topics and has links to many more, such as Horse Welfare. Keep an eye on our E-News and website for upcoming courses partnered with Equine Guelph's Horse Portal.

Our IDEAs Program provides funding to qualified member clubs and riding establishments for programming that support Inclusivity, Diversity, Equity and Accessibility in equestrian sport.

ENS is a partner on Nova Scotia Trails as a trail user group and I have attended several meetings. Through their website, interactive trail maps are available. Please use your safety equipment and conduct yourself in an appropriate and safe manner while enjoying these riding opportunities. We all need to respect each other on the trails.

Now that the heat of the summer is over, the fall presents a great opportunity to get outside and enjoy our beautiful province in the company of your equine partner. Be aware of hunting season and wear appropriate safety orange for visibility. Wishing you safe and happy riding/driving!

## DIRECTOR OF EDUCATION REPORT – By Kris Foley

**Focus on Education -** Our commitment to enhancing the quality of education through innovative coaching programs remains steadfast. This year, we have introduced several key initiatives aimed at supporting our coaches and instructors, ensuring they have the best tools and resources available.

**Coach Cohort -** We are excited to announce the launch of our new Coach Cohort program, a fantastic tool designed to support candidates in their coaching journey. This program works in conjunction with our Coach Classroom, providing a comprehensive support system. We have successfully trained two facilitators through Ontario and are now equipped to offer our own full cohort. The first full cohort will commence this fall. Interested candidates are encouraged to register now, with the registration deadline set for October 10th. For more details, please refer to our calendar of events.

**Coach Classroom -** Launched last year, the Coach Classroom has been instrumental in providing the certification requirement information all in one, organized place. The feedback has been overwhelmingly positive, highlighting the program's effectiveness and administrative efficiency. We are thrilled to see the positive impact it has had on our candidates and look forward to its continued success.

**Coach Symposium -** Our Coach Symposium continues to be a cornerstone of our educational offerings, providing a platform for coaches to share knowledge, strategies, and best practices. This symposium is integral to our strategic goal of promoting Diversity, Equity, and Inclusion (DEI) within our coaching community. By fostering an inclusive environment, we aim to ensure that all voices are heard and valued.

**Strategic Goal – Equity Diversity and Inclusion -** We are dedicated to creating an inclusive coaching environment where diversity is celebrated, and equity is paramount. Our initiatives are designed to support this goal, ensuring that all coaches and instructors feel valued and empowered.

In addition to our main programs, we offer various sessions at different times throughout the year. These sessions are open to all coaches and instructors, providing opportunities for continuous learning and development. To stay updated on these offerings, we encourage everyone to follow our social media channels, check our calendar of events, and subscribe to our e-newsletter. We are committed to making coaching the best it can be and look forward to another successful year of growth and development.

## DIRECTOR OF CLUBS REPORT – By Melissa MacDonald

Fifteen member clubs took advantage of our Club Membership. These clubs were offered support for governance, access to funding initiatives, listing on our website, and promotion of events.

This year, we introduced the IDEA Initiative which aims to help clubs and riding establishments develop programming to increase Inclusivity, Diversity, Equity and Accessibility in the sport. The 2025 Club Applications and are open and available on our website! For more information on

Club Membership or the IDEA's initiative, please contact Charlotte at [nsefservices@sportnovascotia.ca](mailto:nsefservices@sportnovascotia.ca).

Our Volunteers are working hard within their respective clubs and organizations so that our athletes can grow in this sport both with their horses and with their fellow competitors. I want to personally thank all the volunteers that work countless hours in hosting competitions, running events, and making sure our athletes are advancing in out sport.

I have heard some great feedback this year from our

clubs about how this sport is growing and advancing. Our coaches are working very hard with their students so that they can be at the top of their game whether for

competition or for the enjoyment of riding. Our sport has grown so much over the years, and I am so proud to be part of it with you. Part of this growth has been our Scotia Series competitions which added a new discipline this year, Eventing!

Competition managers and their team of volunteers are supported by Equestrian NS with live system

training opportunities and assistance during competition. The HorseSport.Pro on-line competition system allows competitions, both big and small, to competently handle entries, schedules, officials, and essential competition information. If your club is interested in hosting/seeking information on a Scotia Series competition, please contact Charlotte at [nsefservices@sportnovascotia.ca](mailto:nsefservices@sportnovascotia.ca).

Again, I want to thank all our clubs, coaches, and athletes on a fantastic year. I am excited to see what 2025 holds for us!

### 2025 Club Applications NOW OPEN

#### Club Membership Benefits

- Access to Funding Initiatives
- Governance Assistance
- Event Promotion
- Website Listing



Scan here for Application

## DIRECTOR OF INDUSTRY REPORT – By Barbie Lewis

2024 has been very different from 2023 with new issues to deal with, very high heat and humidity plus, of course, rain. I'm sure our members did the very best they could to help their equine partners.

I would again like to keep you informed about our ongoing partnerships with some of the national equine organizations who offer very beneficial programs, educational opportunities and services that may be of interest to you, our member. The first is Equine Guelph and their Horse Portal that offers numerous courses including Health and Welfare, Equine Business 101, and many more. Second, Horse Welfare Alliance of Canada (HWAC). They offer the Equine Code of Practice on-line course and other advocacy programs. They have resources posted on their website ([horsewelfare.ca](http://horsewelfare.ca)) such as Understanding Canada's Transport of America Regulations. HWAC also keeps us informed on health issues affecting the horse community and offer health and welfare resources.

It is also important to recognize the tireless efforts of our insurance partner, ACERA. Mike King and his staff have supported us with many educational and equine welfare initiatives over the past 15 years; from optional insurance

benefits to funding to help with seminars and programs that we have been able to offer to you!

This year, we had supported members who were impacted by the extreme snowfall along with Cape Breton's Everything Equine Expo, the Atlantic Canada Equine Symposium, both important educational opportunities for our members.

### EQUINE WELFARE

#### RESOURCES AND LINKS

VISIT OUR WEBSITE  
[equestriannovascotia.ca](http://equestriannovascotia.ca)  
or scan QR Code



## DIRECTOR OF COMPETITIONS REPORT – Submitted by Lesley Langley

The 2024 competition season started strong with the first Scotia Series show in May having 100 competitors over two days. In total, there will be 24 Scotia Series shows, in various disciplines. This also includes the multi-disciplined shows such as exhibitions or those combining general performance with hunter and jumper.

It is exciting to see the addition of the ICE events on the Scotia Series schedule. This is a pilot program with EC and a great starting point for riders wishing to get into eventing. Thank you to Red Ridge Farm and Clay Hill Farm for hosting the three well attended competitions. It was the first year these venues have hosted a Scotia Series ICE competition and we look forward to many more! The ICE course design clinic was well attended giving our future ICE competition organizers a good selection of course designers to choose from.

We also welcomed Hunter’s Creek Farm for their first Scotia Series sanctioned hunter/ jumper show and Swell Equestrian will be hosting a total of three dressage competitions; the last which will be October 5th and count towards 2025 Scotia Series Awards and Championships. There are 6 scheduled EC Hunter/ Jumper competitions and 2 Dressage competitions. This year, Gold competitors in Dressage and Eventing will

also be ranked for national awards.

Thank you to all Competition Managers, Officials, Volunteers, Persons Responsible and Athletes for their continued efforts to help achieve 100% Safe Sport standards met. If you aren’t Safe Sport compliant as of yet, it is never too late. Most courses can be done at no charge. Course links can be found on our website. Safe Sport benefits everyone in competition.

Charlotte and Jennifer have been a great team in the Equestrian NS office, working hard with competition organizers to get the competitions set up and approved as quickly as possible. The HorseSport.Pro software has been updated and Jennifer continues to make herself available to organizers to help troubleshoot any issues they may have.

With so many competitions in varied disciplines available, this could be an exciting year for new and returning competitors, and ultimately end with an incredible Provincial Championship in October! As an additional note, if you cannot compete this year, but want to be involved with competitions, please reach out to the organizers in your area. There is always a need for volunteers and these opportunities can be a great way to learn about the various disciplines offered.

## FINANCE REPORT

### EQUESTRIAN NOVA SCOTIA STATEMENT OF OPERATIONS AND CHANGES IN NET ASSETS FOR THE YEAR ENDED MARCH 31, 202

Summary only provided by Shelnutt Accountants - Full review will be available in AGM Package

|  | <u>2024</u>              | <u>2023</u>               |
|--|--------------------------|---------------------------|
| <b>CONTRIBUTIONS</b>                   |                          |                           |
| Technical/Competitive Programs         | \$ 119,002               | \$ 81,247                 |
| Organization operations                | 348,344                  | 307,806                   |
| Participatory Programs                 | 20,310                   | 36,610                    |
| Investment revenue (loss)              | 4,882                    | (2,482)                   |
|  | <b><u>492,538</u></b>    | <b><u>423,181</u></b>     |
| <b>EXPENSES</b>                        |                          |                           |
| Technical/Competitive Programs         | \$ 112,369               | \$ 89,552                 |
| Organization operations                | 332,324                  | 353,120                   |
| Participatory Programs                 | 48,198                   | 43,722                    |
|  | <b><u>492,891</u></b>    | <b><u>486,394</u></b>     |
| <b>EXCESS OF EXPENSES OVER REVENUE</b> | <b><u>\$ (353)</u></b>   | <b><u>\$ (63,213)</u></b> |
| Net assets, beginning of year          | <u>289,621</u>           | <u>352,834</u>            |
| <b>NET ASSETS, END OF YEAR</b>         | <b><u>\$ 289,268</u></b> | <b><u>\$ 289,621</u></b>  |

## BOARD OF DIRECTORS NOMINATION APPLICATION

Equestrian Nova Scotia is recruiting new volunteer Board members with varying professional backgrounds and skill sets. We are committed to a culture of inclusion and equity by welcoming members with skills, competencies, talents, identities, backgrounds, and perspectives across a broad and diverse range to apply.

Our robust application process is led by the Equestrian NS Nominations Committee (“the Committee”). The Equestrian NS Board-approved process allows for the Committee to seek out members with a specific skill set and interest in serving on our Board. Once the Committee completes its role, a slate of successful candidates is presented for vote at the Annual General Meeting (AGM). This process is considered critical to fulfill our moral, legal, and ethical responsibilities to all those we reach, including members, employees, and volunteers. The benefits of a pre-determined slate of nominees include:

- Ensuring that the candidate skills and experience are aligned with the needs of the organization and BOD.
- Ensuring that conflicts of interest do not affect the quality and safety of programs and services offered by Equestrian NS.
- Reducing the risks and liability for members, employees and volunteers.

As a result of this nomination process, the Committee can ensure that all candidates presented to the membership are qualified and evaluated using a consistent criteria and process as outlined in the Candidate Package.

### Competency of Nominees

All nominations shall be reviewed by the Committee. The Committee shall provide the Members with a list of candidates, taking into consideration their skills and diverse needs and the community it serves with a balance of new and experienced directors. If possible, the list of candidates shall exceed the number of vacant positions by at least one and at most double the number of vacant positions. No candidate may be eligible for election as a director until such candidate has been reviewed by the Committee as per the nominations process.

### Nominations

The nomination of an individual for election as a Director shall be submitted to the Committee by a member in good-standing, in accordance with our policy, procedures and timelines. The Nomination shall include a written confirmation by the candidate expressing a willingness to stand for office, including a detailed profile of the candidate. Please note that portions of each successful candidate’s application may be

used to promote a candidate to the general membership. All applications will be destroyed following the presentation of the slate of candidates to the membership.

### Candidate Application Package (scan QR code)

Candidate application packages must include the following items to be considered by the Nominations Committee:

1. Letter of Interest (max. 1500 words) including why you would like to serve on the ENS Board, and the value you would bring to the Board and organization.
2. CV (maximum five (5) pages). Please consider personal/confidential information within your CV before submitting with your Candidate Application Package.
3. Social Media profiles (optional);
4. Completed Candidate Nomination and Acceptance Form
5. Photograph (to be used in candidate package)

### Vacancies

At the Annual General Meeting in November of 2024, five directors will be elected, as per Bylaw Article 33,

| Position                          | Term        |
|-----------------------------------|-------------|
| Director of Education             | 2-Year Term |
| Director of Industry              | 2-Year Term |
| Director-at-Large (two positions) | 3-Year Term |

Director of Clubs, 1-year term, to be decided at a member club meeting prior to the AGM.

**Deadline:**  
**OCTOBER**  
**18 4:00 p.m**

Welcoming members with diverse skills, competencies, talents, identities, backgrounds, and perspectives.

[nsef@sportnovascotia.ca](mailto:nsef@sportnovascotia.ca)

**Please submit your completed Candidate Application Package by  
4:00 p.m. Friday October 18th, 2024 to:  
Equestrian Nova Scotia, 5516 Spring Garden Rd, Halifax NS B3J 1G5  
ATTN: Chair, Nominations Committee or via email: [nsef@sportnovascotia.ca](mailto:nsef@sportnovascotia.ca)**



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