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Steward's Hub Newsletter TM

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Educating the Competitor and Trainer—This is definitely not the approach you should be using!!!!

Have you seen this approach before? I have.....and this is not the sign of a steward being **Helpful**. I invite all colleagues to think back to a situation where a competitor/trainer has broken/bent or just plain said they didn't know a rule. How did you handle it? Yes, I know that some competitors/trainers actually know the rule but play up the "I didn't know" line. In many, many cases they truly did not know the rule. So, take the time to **Educate** them and provide the rule information in a calm and **Helpful** manner.



Try this fun technique to educate and develop great relations with the competitor and trainer. Watch "The Steward Has a Question" under the [Steward Tools](#) section of our website.



Meet the Steward—Lucia Delamare

- FEI Level II Jumping Steward and Brazil Federation Jumping Steward and Judge
 - Started Stewarding and Judging in 1996
 - Still Rides Professionally
- Career Highlights;
- ◆ Pan Am Games 2007 Rio De Janeiro
 - ◆ Spruce Meadows Tournaments, Athena Onassis Horse Shows
 - ◆ World Cup Qualifiers
- Personal Officiating Mission Statement: *“To Help and Prevent before a Major Situation happens”*

Eat Right - Ideas for those long Horse Show Days by Susan Adey



We all know as Stewards we can put in some very, very long days. Some of our days start well before the sun is even up. This job also means that at times we have to endure days with hit and miss opportunities to actually sit down and have any type of lunch. With this in mind, it is very important to prepare or pack a suitable snack bag for the day. Keep in mind that the food will have to remain in the elements for many, many hours. Working long hours can also lead to poor food choices as sometimes all that is available is a food booth with burgers, fried food, cookies and baked goods.

To start, the first thing I recommend is investing in an insulated lunch bag. They are easy to pack in suitcases and can provide some sort of protection to your food during the day. Also, some hotels have fridges with freezers that you can keep a small flat gel ice pack in. I also always travel with a pack of zip-lock bags, a couple of small sealable Tupperware bowls and plastic plate complete with plastic fork, knife and spoon.

As everyone has varying diets and meal plans I suggest you visit Lauren Blacker's website CreativelyDelish.com. She is an equestrian coach at the Dana Hall School in Massachusetts, USA.

One idea that Blacker suggests is “salads with combinations of black bean, corn, red peppers and spinach with dressing, chopped walnuts, crumbled goat cheese, dried cranberries and simple oil and vinegar mix”. Blacker also talks about “the importance of incorporating protein and healthy fats into your lunches to keep energy levels high for long afternoons”. *Bon appetit!!!*

“The Steward has a Question” : Fun Game for Competitors/Trainers



Recent winners of “The Steward has a Question” game at horse-show in Canada. Video can be viewed under [Steward Tools](#) on our website.

Easy game to play.

- ⇒ First, the Steward picks a question. (ex: Can you wear a standing martingale in the jumper ring?).
 - ⇒ Then, have the announcer pose question to those in the warm-up ring.
 - ⇒ 1st person to come to announcer or steward with the correct answer wins a prize.
 - ⇒ Fun way for everyone to learn the rules.
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STEWARDS HUB

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stewardshub.com**

The Stewards Hub

Our Mission

Since 2013 The Stewards Hub goal has been to provide a one stop information site with helpful links and features to assist stewards with their duties and responsibilities as well as providing innovative tools to achieve excellence in the field.

In 2015 we launched our on-line training videos series to Stewards Hub Members.

Our Therapy Booklet has recently been updated. Download the latest version from our website.

Thanks to all the FEI Vets who recently used our booklet and for all their great input .



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This issue features our new section highlighting Stewards from around the World. If you know of any Stewards that you would like others to meet please email us at info@stewardshub.com.