

LA POLO

INTERNATIONAL

Hundred+39th Edition



Image credits: FEI

Latest News

Grant Ganzi lifts an award

Horse Racing

Belmont Park Barn goes under quarantine

Latest News

Kentucky Derby open for spectators

POLO



Lunging exercise for the Horse

Cover Story

HOW AGILE IS YOUR HORSE?

With horse race, show jumping and almost all equine activities getting back to track, it is time that you get your horses ready. If your horses have had a long rest and now are out of shape, it is advised to start with a lot of walks. Also, we bring to you four ways in which you can get your horses competition-ready.



Information source: FEI

1. LUNGING

You shouldn't allow lunges five times a week or for longer than 20-30 minutes, depending on the horse and their current fitness level. Done correctly, lunging once or twice a week can be a very useful tool in developing fitness. Lunge work can be useful for developing the muscles that go under the saddle without the weight of a rider, and you can add poles or transitions to keep the work varied and up the fitness level.

2. INTERVAL TRAINING

Interval training is the event's best friend, but that doesn't mean it can't be put to good use by riders in other disciplines. The idea is to replace long, low-intensity sessions with rides which are short in duration but work the horse hard by interspersing short bursts of high-intensity work in canter followed by a period of rest in walks....

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Cover Story

Looking After The Horses With The Pros

Equestrian and Arjuna Awardee Fouaad Mirza says: "Horses need to be exercised or have access to a paddock where they can perform exercises of free choice. Restricting them to the stable may trigger problems, from colic to laminitis to injury or development of bad stable vices through sheer boredom."

Mirza talks of basic care: "The basics like feeding, watering, grooming, cleaning the stable and light exercise are essential for the horses' well-being. Riding schools, training establishments and stud farms should safeguard their staff by making them reside on the premises and restricting their contact outside to the maximum possible. If their staff do not live on the premises, it would be good to have them work in shifts to ensure that if a staff member or groom should, unfortunately, contract the virus, there's always a healthy shift of professionals to pick up the slack."



Nick Verlies, Show-jumper from Belgium, says: "The biggest obstacles for the moment are to not to over-train your horses, to not lose your motivation and to keep your horses' mental health high. So, I try to focus on flat work, certainly for the older horses. Keep in mind that a good flexible, well-schooled horse is the base for every good jumping routine. This is THE moment to work on your technique. During these technique-trainings, I focus on half-turns, straightening the horse, travers, renvers, shoulder control, and so on."

Nick Verlies adds, "If you can't ride anymore, keep your horses moving on a low level: increase field time, add extra walks by hand, treadmill, aqua-trainer. Lounging the horse at a quiet pace to keep up the stamina is a good idea, but do not over-train."

Cover Story

THE EXPERT VIEW

Bernard Duvernay, an expert farrier remarked: “The diet of the horses has to be adapted for low exercise time. Please do not overfeed them, reduce the rich, energetic food with a high percentage of protein. Horses who have a tendency to be fat are at high risk to develop laminitis when we stop or reduce their exercises.” Furthermore, he said: “Exercise is very important for the health of the horses, and their feet. Leave them in a paddock a few hours daily or exercise them but please don’t leave them in the stables for days without any movements.”



Duvernay elaborated on the importance of keeping the condition of the feet in good shape. “Horses’ feet have to be kept in good condition. All sports activities are limited or stopped, nevertheless we have to keep the horses in good health, and the feet should not be neglected. If your horse has good feet and he is not exercising much, he can easily be kept without shoes. The trimming is the most important, keep the balance of the feet, keep them trimmed every four weeks and when their walls break a little, give a little rasp to prevent the wall from being too damaged.”

Latest News

KING POWER GOLD CUP COMMENCES

The King Power Gold Cup for the British Open Polo Championship, Europe's leading tournament, opened on July 1 at Cowdray Park, the Home of British Polo. The Final will take place on Sunday, July 26, 2020.

Sponsored by King Power, the tournament is regarded as one of the top three polo competitions in the world, alongside the US and Argentine Opens. The Final attracts thousands of spectators annually who flock to the prestigious 'Lawns'-- polo grounds in West Sussex. However, this year, due to the government restrictions on spectators at sporting events, the competition will be held behind closed doors.

Spectators will not be permitted to attend the matches, but all games will be live streamed via Cowdray TV.

Image credit: Cowdray Park Polo Club



Players in action during the King Power Gold Cup

Latest News

Earning The Southwestern Circuit Amateur Cup

During the weekend of June 13, the Central Texas Polo Association (CTPA) hosted the Southwestern Circuit Amateur Cup, on the two fields at Two Wishes Polo Club in Lockhart, Texas. The tournament was broken into two flights, an A-flight (2-goal) with four teams and B-flight (beginner) with two teams.

After two competitive days, JD Polo won the A-flight. B-flight honors were awarded to the Texas Yellow Jackets.



Image credit: USPA

Polo players at the Southwestern Circuit Amateur Cup

Latest News

Stella Challenge Arrives

Season 29 of the Newport International Polo Series continues with the Stella Challenge on June 27, 2020 when Newport faces off against Stella Artois for a 6-chukker showdown.

Notices in view of Covid-19:

Seating capacity is limited for social distancing. Masks are mandatory at all times when not in your seating area. Maintain at least 6 social distancing at all times from others that are not in your group. No gathering. Restroom use limited to 1 adult inside at a time; hand washing and hand sanitisation is urged. Admission by online reservation only. Carry-in/carry-out trash. Violators will be referred to the police. Do not enter if you are not feeling well.

Image credit: Discover Newport



Season of Newport International Polo Series continues

Latest News

Grant Ganzi Awarded LLS Man Of The Year

Under very different campaign circumstances due to the Covid-19 pandemic, Grant Ganzi rallied in his ten-week fundraising efforts to forge ahead of other candidates securing the title of LLS Man of The Year Palm Beach.

The Lynn University senior, third generation polo player, and The Polo School's USPA delegate reached out to one of the most generous communities in sports, as well as family and friends to raise money for the Leukemia & Lymphoma Society (LLS) Palm Beach chapter.

In ten weeks, Ganzi raised a total of \$149,063.00. The total raised by all candidates was \$670,848.00.

Image credit: mlaspennpeak



Grant Ganzi

Announcement

CHANGE OF GUARD:

Indian Polo Association



Lt Gen SS Mishra, VSM
Vice President &
Army Chief Steward, IPA

Indian Polo Association notified the nomination of Lt Gen SS Mishra, VSM as the Vice President of Indian Polo Association(IPA) by the Chief of Army Staff.



Col Rohit Dagar,
Commandant, 61st Cavalry
Hony Secretary, IPA

Col Rohit Dagar, Commandant 61st Cavalry has been appointed as the Honorary Secretary of IPA. Col Dagar is an accomplished horse rider, with expertise in the realm of dressage events. He was appointed after Col Ravi Rathore, VSM successfully completed his duties at the position.

LA EQUUS



A horse never runs so fast as when he has
other horses to catch up and outpace.

-Ovid

Latest News

BATTLE TO CLAIM

The race to secure a slot in The Kosciuszko, 2020, began in earnest with tickets now available to purchase for punters looking to claim a spot in the \$1.3 million race.

From July 1, people can buy \$5 tickets which will be randomly drawn on Wednesday, September 9, to determine the slot holders for the country trainers' only sprint.

The 14 winners will get to negotiate with owners and trainers of horses based in country NSW or the ACT before July 1.

It will effectively see the slot holders become part owners in the horse for the day and split prize money as agreed upon.



Image credit: Racenet

Last years Kosciuszko winner- Handle The Truth

Latest News

Belmont Park Barn Goes Under Quarantine

A barn at Belmont Park has been placed under a precautionary quarantine because of a suspected case of equine herpesvirus Type 1. New York Racing Association officials said a 4-year old colt trained by Chris Englehart exhibited fever and neurological symptoms associated with EHV-1 and is being treated by a private veterinarian.

The colt named Freudnme last raced at Finger Lakes in upstate New York in June 2019. EHV-1 can cause upper respiratory infection in young horses. If a number of horses are housed together, they can become sick and then recover uneventfully. However, equine herpesvirus-1 can also cause a severe neurological disease that affects a horse's brain and spinal cord, and may result in paralysis and death. NYRA said all 37 horses stabled in Barn 37 will be monitored daily for fever and other signs of illness. They won't be allowed to enter races or train among the general horse population.

Image credit: Republic World



Horse race practice at the Belmont Park

Latest News

Kentucky Derby To Open Gates For Spectators

The Kentucky Derby, which was rescheduled for September 5 due to the novel coronavirus, will allow spectators onto the grounds to watch the Run for the Roses even as Covid-19 infections surge across parts of the United States and the Churchill Downs Racetrack.

“Our team is deeply committed to holding the very best Kentucky Derby ever, and we will take all necessary steps to protect the health and safety of all who attend and participate in the Derby,” said Churchill Downs Racetrack President Kevin Flanery in a statement. Normally run on the first Saturday in May, the first jewel of North American thoroughbred racing’s Triple Crown instead finds itself this year sandwiched between the Belmont and Preakness Stakes.

Image credit: MSN



An exercise rider practicing at the Churchill Downs

BEYOND



Image credit: Khatu Designs

Polo inspired scarf designs

Mark XVIII caseback with airplane engraving

Image credit: Watchuseek



Feature Story

Polo Grabbing The Attention of Designers

A designer's collections are the reflections of their passion, taking inspiration from the surroundings, heritage, craft, culture, and life around them. In such an attempt to capture all of this, Khatu Designs comes up with one collection every year taking one of the many things that inspire them.

Talking about their latest inspiration, they told LA POLO as to how the sport of Polo grabbed their attention. Chandra Vijai Singh, owner Khatu Designs, said: "After the legendary Mayo College and the World Heritage City, Jaipur, the next inspiration that caught our attention is the historical, royal and charismatic game of Polo and the most endearing animal, the Horse, that is associated with it. Our Polo Collection, like our Cherish Jaipur and Cherish Mayo collections, will leave the target audience i.e. the Polo and Horse lovers with a pride and nostalgia to own a piece and wear a little bit of Polo, the game they love, on themselves in the form of a small wearable memento-lapel pin, pocket square, scarf, cufflinks, shirt, dress and even sari. All the polo and horse elements are put together in the collection to make it exclusive. The horseshoe, the bit, the mallet, the horse and the player himself in action, all form the source of inspiration. The colours, rich red and maroon, deep blue and yellow along with pastels and bright for the lovely ladies, who form a very important part of the Polo match, are true to inspiration.

All this in pure materials makes the collection look rich, royal and charismatic like the game."



Feature Story

SUSTAINING FASHION

Questioning the fast fashion movement, Khatu Designs believes in sustainable design, making products which are pure in material, premium in quality and aesthetics, and therefore long lasting, never to be discarded as they have souvenir value.

“Our vision is to provide well-designed products to the users which will be cherished by them. The aim is to develop rooted products that are reflective of our understanding of traditional & contemporary aesthetics, materials & techniques along with functionality & quality.”

- Chandra Vijai Singh, owner Khatu Designs

The collection falls true to our design philosophy of making products that are: Not more, nor less – just true to themselves – Bespoke, Nostalgic, Inspirational; ‘Contemporary Classics’.

[Click to read more >](#)

“

It isn't enough just looking for the quality in the products we buy, we must ensure that there is quality in the lives of the people who make them.

”

- Orsola De Castro



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info@lapolo.in