



# NEGS EQUESTRIAN

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## NEGS Newsletter

Term 3 Week 8 - Wednesday 2nd September 2015

### National and State Team Selections

Congratulations to Lucy Ramsay, Siobhan O'Mara and Bronte Dagg for their hard work in being selected on the interschools team to represent NSW at the National Championship in October this year. Well done to more of our hard working high performance squad members with Grace Cleary and Jessica Towns on their selection in State Pony Club show jumping teams to compete at Pony Club Nationals later this year.

Riding Out Permission forms have been sent to all equestrian students and must be returned to the EC for approval before students are allowed to Trail Ride.

### Water - a major nutrient

We all know how vital it is to supply plenty of fresh, clean palatable water for the health and wellbeing of our horses, but did you know that water intake rate is variable and the amount required is determined by the amount of fluid lost? As you would all know, water is essential for body fluid balance, digestive function and gastrointestinal health (NRC 2007), which means horses must have access to clean, fresh, palatable water for normal body function!



So how is fluid lost and what effects these losses? Fluid is lost through urine, sweat, faeces, respiration and lactation (NRC 2007) and is affected by the amount and type of feed consumed, environmental conditions and the health, physiological state and physical activity of the horse (Pagan 2008).  
Image obtained from: <http://archive.constantcontact.com/fs093/1105202361975/archive/1110411098208.html>

In order to maintain this fluid balance, water loss must be balanced with water intake. Horses can obtain water through the following sources:

- By drinking water
- Through the moisture in feeds
- Through the metabolic breakdown of dietary carbohydrates, protein & fat

Knowing that there needs to be a balance between water intake and loss and that majority of domestic horses in current management practices consume the majority of water through drinking, we as owners need to ensure our horses and livestock have access to clean, palatable water. This means regularly checking automatic water troughs and cleaning the dirty ones.

Happy Riding!

OMEGA FEEDS NUTRITIONIST – DANIELLE BOLAND

