

NEWSLETTER & UPCOMING EVENTS

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STRENGTH AND FLEXIBILITY ... FOR RIDERS



Its important that your horse is in good shape for the level of exercise we expect him to do. But its equally important for the rider to be in good physical condition - you will literally ride better and more efficiently by improving your strength and flexibility.

All too often the rider lacks control and is unable to get their horse to perform to the horses full potential because their skills as a rider and conditioning levels are not a match for their horse. First of all the rider needs a strong core to keep their seat in the saddle and develop balance. They need strength in their legs for leg cues and both leg and upper body strength for mounting - if the rider has a good sense of balance and the ability to effectively use their legs - just these skills alone will benefit the horse tremendously by keeping the rider out of the horses mouth - so many riders balance and guide the horse by reins alone - they never really let go of their horses mouth because they have a fear of not being able to stay on. When your body is moving uncontrollably, its hard to hold your arms and hands steady to cue the horse clearly. If the rider has strong legs and upper body - this will help mounting with ease instead of pulling the horse over and risking injury to the withers. Your stomach and back work together to support your stability and provide control for the rest of your body.

Your own body strength and coordination can help or hinder your horses ability - when you are physically able to respond with corrections during a ride you make positive contributions to the team effort. When you are out of shape or don't have strength in your body to maintain a balanced and steady seat, then you may be hampering your horse or making him compensate for your shortcomings and the horse learns to brace against the pressure.

There are benefits to being in shape - there's a confidence that comes from knowing that you are capable of riding smoothly and maintaining control.

Many people have desk jobs - literally losing the strength that is needed for riding with any speed. When you get home - there isn't time to exercise and ride - but you can actually develop your core strength and leg strength while riding.

Exercise One

Sit in the saddle while your horse is at a calm walk and make sure you are positioned correctly - your ear, shoulder, hip and heel should be in a straight line. In this position - stand up in the stirrups. If you fall forward - use your hand on the saddle horn to push yourself back ...

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News & Information

Strength & Flexibility -

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but don't use the horn to balance and do not let your hand on the reins move. Don't pull on the horse's mouth to maintain your balance - use your legs, back and stomach to balance. Keep your heels down - do this for a minute, relax back in the saddle and repeat after a couple of strides. When you can do this and balance - then you are ready for the next step. Stand up in the stirrups while your body - ear, shoulder, hips and heel are in the correct alignment and take your feet out of the stirrups - you will find you are using your inner thighs to hold yourself up - don't let your butt touch the saddle. Try to hold the position and use the horn only for correction if you fall forward or backward. Try and maintain the position as your horse walks forward, count to 30 and relax - then repeat.

Each day try to go a little longer until you can build your leg and core strength to do this for 5 or 10 minutes at a time. The more you improve your strength, the more you can control your body to give clear and deliberate cues.

While standing without stirrups - don't let your legs swing back or forward. When you are able to do this at a walk then graduate to a trot.



EXERCISES FOR STRENGTHENING & FOR FLEXIBILITY



FOR SALE

Skips Thunder Jack

Jack is a 9 year old Buckskin gelding that is double registered – Foundation and AQHA. He is 16.3 hands and stout. Very kind temperament – very trusting. I have ridden him out on trail by himself and with about 7 other riders where we all lope off in different directions and he has been a gentleman. He is good going out and coming home. We have him in a pasture with our other geldings including a couple of yearlings and there has never been a problem. I have ridden him in one of our clinics – and he did great. I've exposed him to cows and again – he was a good boy. His talent is trail riding – just a good ole trail riding horse.

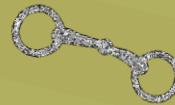
We are asking \$3,500 to the right home – the best rider would be at an intermediate level.

Lessons & Clinics

Ultimate Camp Clinic

5-day clinic designed to give you the time you need to spend with your horse and improve and take your horsemanship skills to the next level. Learn what effective ground work can do to strengthen your bond, earn respect and gain control - we don't do anything from the ground that isn't designed to benefit us in the saddle. We go from the round pen to the arena - learn how to get that speed control, how to ground tie, learn to balance with your seat, control of the 5 body parts, stops and more. Then we go out on trail and take what we have learned and put it to the test - learn how to fix the jigger, the buddy sour mount and more.

Limited to 4 riders only
875.00 per rider
Monday thru Friday 9-4
Our Temecula Facility - you can stay on property if you have a trailer with living quarters



Got Cows? We do...



Working your horse on cows is an excellent training tool and gives your horse a reason for the training- the turning on the hindquarters, stopping off your seat, etc. In addition to taking the horses out on trail and getting them used to different terrain, hills, ravines, etc., working in the round pen, teaching them to drag, jump barrels, and emotionally handle tarps, and then to the arena to work on speed control, loping, lead departures, etc., cattle is another wonderful tool to add to your training program.

Lessons:

1 hour - \$50.00

1/2 day lesson - including cow work - \$125.00

We are available for full day private lesson - your date and time - call for additional information.

Sheryl Lynde

**John and Josh Lyons
Certified Trainer**

760-285-0160

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Rick Hoffman

AI Dunning Accredited Trainer

951-764-2274

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NEWS

Rick took another first with high scores in the reining work and cow work on Nu Ring of Cash owned by Troy and Kari Smith at the SCRCHA (Southern California Reined Cow Horse Association) Show held at Casner's Equestrian Center. I showed Machs Peppy Lena and took a first as well.

Kaylie Mason - 11 years old and a student of Ricks competed in her first event - an Obstacle Course put on by Stacy Kuhns - Redshank Riders. Kaylie brought home a third place ribbon and a smile. She overcame fear in her first run in Youth, signed up for Novice and did a better run and improved. Her Mom - Michelle also competed in the same event - it was a great place to build confidence and see what we need to work on. Going to events like this builds confidence and shows you what you need to work on - it really improves your level of horsemanship. Really proud of both Michelle and Kaylie.



When: August 10th

Time: 9 am—4 pm

Cost: \$100.00

**Call for reservations
or additional information**

760.285-0160

UPCOMING EVENTS

OPEN TRAINING DAY

We have had a great success with these clinics - come out and ride with us and work on whatever issue you would like to work on - flying leads, lead departures, confidence in loping, speed control, ground control - whatever you would like to work on - come on out - you can bring up to 2 horses - everyone improves - bring a lunch and enjoy the day.

If you would like us to come to you and hold a clinic at your facility - let us know - we would be happy to do so. Call us for details.