

FEBRUARY 2011

SHERYL LYNDE & RICK HOFFMAN FOUNDATION TO FINISH TRAINING

Hello Everyone

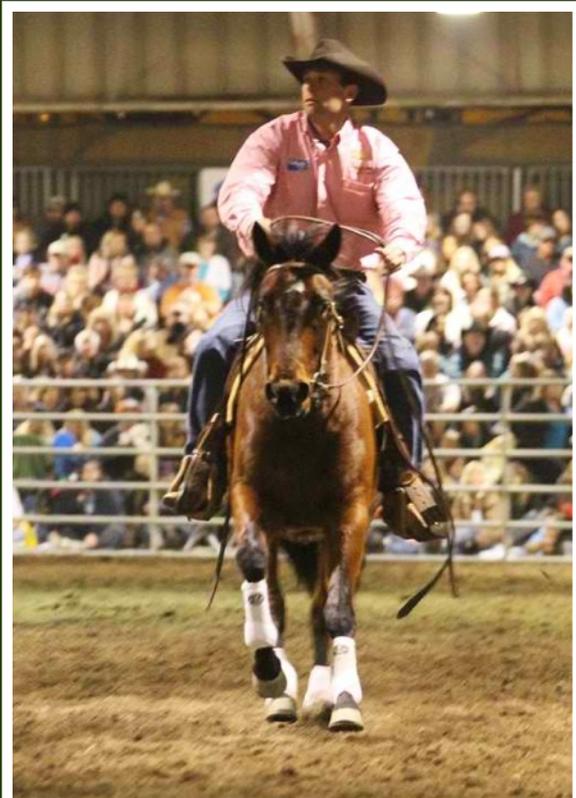
RIDING WITH YOUR SEAT AND LEGS

Rick and Gypsy Chic came in 2nd at the Pomona Equine Affaire EXCA Expo Race which is an open race meaning there are no age limits. For a 3 year old competing against seasoned horses in her 2nd competition – we think she did great. Rick never rode Gypsy beyond her training – which brings me to my next topic – Riding with your seat and legs.

The following weekend after the Equine Affaire we held a clinic and we ran the first of the Triple Crown 3-Race Buckle Series –Novice only EXCA Race. Wow – what a great group of riders and they all did terrific – my hat is off to each and everyone – They all had a lot of heart, supported each other and most of all – had a lot of fun.

Even though the race is a timed event, the main theme of the clinic was control over speed. The first priority is to have control – especially speed and emotional control while maneuvering each obstacle. Forget about being timed and focus on control. While at the EXPO race at the Equine Affaire - it is exciting to watch horses go through a course with speed – but without control you see a high headed

2011 POMONA EQUINE AFFAIRE EXCA EXPO RACE



Riding with your seat and legs continued...

horse, tight reins, the horse's mouth usually gaping, and forced stops by the rider pulling on the reins. Using your legs and seat will help accomplish getting more.

You should always be aware of where your legs are – this sounds like I'm stating the obvious but think about it. Do you have contact with your legs on the horse or are they off and bracing or even standing up in the stirrup. We always ride cupping our horse with the inside of our calves – not giggling with the spurs – just hugging with our legs. If I want to turn to the left – I first look, use my right calf, release a bit on my left leg to open the space for my horse to step into and guide with my reins and off we go. As soon as my horse makes the turn – both calves are cupping her again. When I want to stop – I have both calves cupping my horse, I look forward, exhale and get heavy in the saddle and drive my heels down and by doing so it will adjust my posture to the correct stopping position by allowing me to sit deep in the saddle and not lean forward, slightly releasing my legs and my horse slows its speed – if I say Whoa – my horse will stop. Since I'm always cupping my horse with my legs and having contact – she knows the difference when I take them off and sit deep – this means something to her – it means either slow down or stop. Being consistent is key – the more consistent you are, the more you are reinforcing your cue. Use your entire body to ride – not just your hands – your horse will be more responsive and appreciative.

Upcoming Events

5-Day Ultimate Camp Clinic at Historic Reed Valley Ranch

I Opening left
March 14th -18th

3-Day Horsemanship Clinic at Beautiful Garner Valley

Focus: Seat and legs – how to get better control with lighter hands
March 18-19th
9am - 4pm
\$375.00 per person

2nd Race Triple Crown EXCA Buckle Series EXCA Novice only Clinic and Race

April 9th and 10th
\$85.00 day or
\$150 for both days
Rosamond, California

Check Website

**www.sheryllyndeclinics.com for
additional information on each
event or call 760-285-0160**

RICK AND GYPSY RESTING BEFORE THE RACE

