

June 2012

# SHERYL LYNDE & RICK HOFFMAN FOUNDATION TO FINISH TRAINING



## Hello Everyone



### FEAR - PART 3

#### Surviving Vs. Training - Step One

So, you are heading down the trail and your horse spooks - you've learned that you take the slack out of one rein without leaning forward and as firm as necessary bring your horse's nose to your toe and get his hip to disengage. You hold his nose until he stops moving his feet. If you release the rein and he spooks again - you have learned to simply repeat the whole process until he stops moving his feet. By getting his nose to your toe you have taken away his ability to bolt, buck, rear, jump, etc. You have just survived a potentially dangerous situation.

#### Training after the spook - Step Two

We want to do more than just survive - we want to build confidence and reduce the horse's reflex to spook as we come back from a trail ride with a better - safer - and more "broke" horse.

#### It starts with preparation.

Meet Loveland - a 5 year old Gypsy Vanner. The owner had purchased Loveland, but due to an injury - she was unable to ride him when he was delivered and her recuperation period took a year. He has come to us to prepare him for trail. Loveland has a tremendous amount of fear. I'm going to put him through our checklist to see where the holes are and fix the holes from the ground up. He was fine with the tarp - we moved on. He was fine with ground driving and dragging ropes - so we moved on to outside the round pen. I worked him under trees where the branches would brush against his sides and saddle - and this is where he was nervous - so we did it till he was calm. I worked the stirrups from the ground until he was calm. I put the bridle in and taught him to disengage from the ground until he was soft and compliant. Then I sat on him and could feel his tension build - so I just sat on him until he relaxed a bit then I dismounted. I built the length of time I sat each time I got on until we could take a few steps without feeling like he was a bomb underneath me waiting to explode. The key was the release - and the release was me stepping off after he gave me just one sign of relaxing, either exhaling, lowering his head, licking his lips, blinking his eye or cocking his leg. And then I repeated the process and asked for a bit more

Here is where the training comes in. After I got Loveland just walking calmly - I would put a leg on and he would spook - so I took the slack out of one rein - brought his nose to my toe and kept the leg on him that caused him to spook and kept bumping it at a rhythmic pace until he became calm - when he did - I released my leg and his nose. By taking the slack out of one rein I had control of his spook - I could survive the spook - and by releasing my leg when he was calm - I was teaching him not to react to getting his sides bumped by my leg. If I had released my leg when he was spooking, then that is what I would have taught. You Teach the Release. So, I survived the spook, and taught Loveland that he will get a release when he is calm. We are building a strong foundation - from the ground up.



**Loveland overcoming  
his fear!**

**EVENTS:** (*See page 4 for photos and results of 2nd race*)

### **American Horsemen's Cowboy Challenge Saddle Series**

This is the 3rd race of the 4 race Saddle Series for Novice and Amateur Divisions

**Where:** Reed Valley Ranch, Hemet, CA

**When:** July 14th and 15th

**Time:** Registration and check-in begins at 7:30 am on July 14th

Sign up sheets and flyer are available on the home page of our website  
( [www.sheryllyndeclinics.com](http://www.sheryllyndeclinics.com) )- just click, print, complete and send to:

This is an obstacle course event that will be featuring natural obstacles set against the beautiful backdrop of Reed Valley Ranch - an 835 acre working cattle ranch.

### **News:**

#### **The Big Move**

Rick and I are pleased to announce that we are moving to a larger training facility closer to Temecula. We are moving from 10 acres to 20 acres - from 15 stalls and 1 large turnout to 30 stalls and 4 large turnouts. Plenty of room to introduce cows to our training program as well as access to trails off property. We will be at our new facility and ready to work as of July 1st.

If you are coming from Temecula you would take 79S to Sage - make a left. Go approx. 3 miles to Powerline - make a left. Stay to your right - go approx. 1 mile - make the first left after you get down the hill - and stay on this till you end at our property - only about 1/2 mile further - 42425 Round Top Canyon Road, Aguanga, Ca. Looking forward to sharing our facility with you all.

#### **Master Chef**

Rick and I and Don and Janet Moore participated in an episode of Master Chef filmed in Norco along with 100 other riders. Episode should air in June - it was a lot of fun - should be fun to watch - they will let us know when the episode airs - supposed to be in late June

## Photos of our New Facilities



Clockwise from top left: Residence, Large Pasture, Panoramic View, Tack Shed, front entrance and 30 spacious corrals

### 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.

### Horse Training

If you would like to bring your horse to us for training such as colt starting, problem solving - etc, .we work the horses 5-days a week - Tues. thru Sat. Depending on the amount of time the horse is with us for training - we will build a strong foundation desensitizing to tarps, plastic bags, flags, dragging, obstacles as well as take them out on trail. Price includes working with the owner as often as they can fit coming into their schedule. Call us for additional information.

### Ultimate Camp Clinic

Limited to 4 riders - The Ultimate in strengthening your horsemanship skills and problem solving abilities. The change in riders and their horses from day one to day 5 is incredible!

### Darn Good Horses for Sale

This is Buddy - a Dunn Gelding fresh off a ranch in Pagosa Springs, Colorado where he spent his last 10 years riding the mountain trails. He has a great mind, kind disposition, and loves trail. He has a great paced walk - loves to cover ground. Would be best for an Intermediate to Advanced Rider.

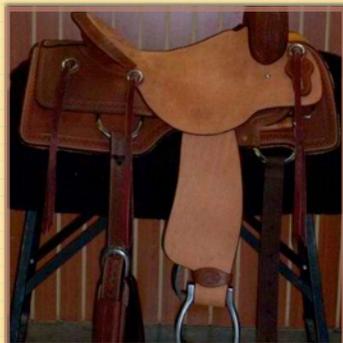
**Let us know how we can be of help to you - call for additional information or reservations for any of the above events.**



# PHOTOS AND RESULTS FROM REED VALLEY



## RACE FOR THE SADDLE CONTINUES



## NOVICE RESULTS

1. KARI ARNSON
2. DEANNA WILLIAMS
3. JAN HARVEY
4. KARLEEN ESPARZA
5. KRISTI VILLEGAS
6. GINNI BRADBURY
7. CAROL CINCOTTA

## AMATEUR RESULTS

1. PAULA BELLESI
2. ANN KIGGINS
3. DON MOORE
4. MAGGIE CINCOTTA
5. KARI SMITH
6. DON VEEN
7. MIKE TARRANT
8. LARRY VANDERPLOEG
9. GINNI BRADBURY
10. CAROL CINCOTTA

Check Website [www.sheryllyndeclinics.com](http://www.sheryllyndeclinics.com)  
for additional information or call  
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