

NEWSLETTER & UPCOMING EVENTS

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I LOVE THIS QUOTE AND I CAN ATTEST TO ITS TRUTH.

If you want to grow in your abilities and skills as a horseperson, that means you need to break through your comfort zone - and when you do, every time you do, magic happens - you are given an incredible gift - the gift of growth.

Every colt I start, every "problem" horse I ride has shaped me, taught me, and inspired me, but not as much as a little colt called Keeper.



Eleanor Roosevelt was quoted as saying "**Do something everyday that you are afraid of**". I take this as push yourself each day, not in a reckless way - but get out of the safety zone. As we discussed in previous newsletters, Keeper once saddled would take one step and explode into bucking - he would check out. He would also Flip over backwards or just jump up and throw himself on his side.

His back legs were rapid fire when anything came close. I worked him through this - first by laying him down, putting him out to pasture with our geldings, and then chipping away at sacking him out. I did everything until he was bored - he stopped bucking after being saddled and cinched up and learned that he could walk out. I jumped him over barrels so he could feel the grab of the cinch - again - no more bucks. I dragged ropes and tarps until he accepted it with his hind legs. I ponied him out on trail over different terrain - up and down hills, through ravines, over logs, through sand. I packed him like a pack horse, filled the panniers with sacks of grain. I pushed to find any holes or any remnants of his previous behavior.

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WORKING WITH THE FEARFUL HORSE

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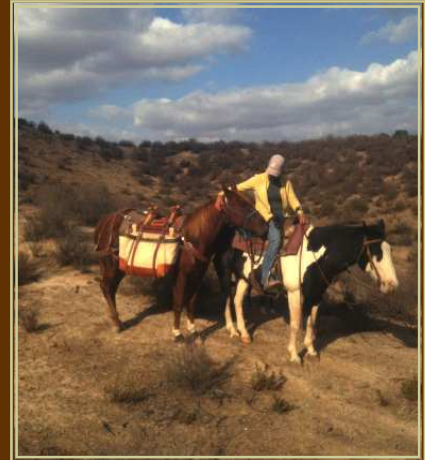
The thing is... I've seen people come off their horses and when they hit the ground they say "I knew that was going to happen." They envisioned it and it came true. I had all the visions of Keeper's bucking tirades and his flipping over backwards, but I chose not to focus on that - I had to have trust in my ground work as well as my preparation for our first ride. I had to trust in his change. He had to feel my confidence.

I made sure all my steps were covered. For the first ride - I got on and off from each side until he was bored - the first ride Rick ponied me off of Lee - a pasture horse that Keeper knew and trusted. We walked trotted and cantered in the round pen while being ponied. Then I rode solo in the round pen at a walk and trot - and then moved to the trail. Prior to his first Trail Ride I ran through our checklist - was there anything in his ground work that I missed or told me he wasn't ready - the answer was no. Do I have my one rein emergency stop - yes - I practiced it from the ground and as well as from the saddle. Is this next step above my riding ability - and I really thought about this - the answer was no.

Time to ride. What I had envisioned was a successful ride - not thoughts of the Keeper that bucked and reared - but the Keeper that had made huge strides and an effort to change. We stepped on a water bottle about 5 minutes out and he shot out like a cannon - no problem - I used the one rein stop. He had a couple of other spooks which we got through with the one rein stop and all in all the first ride was a success - just like I had envisioned.

The next day was even better. It would be easy not to make time for him - I ride between 6-8 client horses per day. But number 9 is always keeper because we need to break through each of our comfort zones and the reward has been grand. I've trailered him with me to clinics I have taught off site as well as to other trail destinations - Keeper is bred to Cut - my goal is to train and guide him to his full potential in that discipline and hopefully one day show him if that is where his heart is and I am 100% committed. Author Mark Nemo quoted that Fear is a waste of air. Fear and Faith have one thing in common - they are both focused on something in the future that hasn't happened. Fear has debilitating effects while faith is liberating. Your thoughts are your choice.

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Keepers first ride

WORKING WITH THE FEARFUL HORSE

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Its a tremendous amount of work breaking through your comfort zone but I can say - when you do - that's where the magic happens - its a gift of growth.

What is your comfort level keeping you from doing?

Not wanting to canter because you think he is going to buck, speed up or bolt, can't let go of the reins when you are standing because if you let go he will take off, afraid of spooks out on trail or feeling like a beginner as you try and learn new skills?

I can tell you that you can break through all of these ceilings - and I can help.

**NEWS AND UPCOMING EVENTS:-**

Sheryl took 1st place and won a buckle in the SCRCHA in Limited Open Bridle on Machs Peppy Lena owned by Rick Hoffman.

Rick took Reserve Champion in the SCRCHA in Limited Open Hackamore on Nu Ring of Cash owned by Troy and Kari Smith. Ringer has been started by Rick and Sheryl and has remained in training since she was 2 years old.

UPCOMING EVENTS:-

**Introduction to Cows
January 11th, 2013**

9 am — 4 pm
\$185.00.



**Training Day
Every Saturday**

9 am — 4 pm
\$100.00

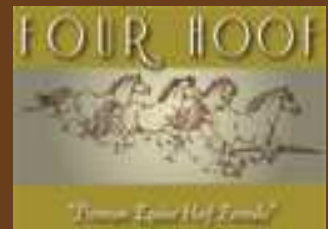
Come out and bring up to 2 horses and ride with us as we train. We will give instruction on any issue you need addressed.

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**

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Rick Hoffman

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