

# NEWSLETTER & UPCOMING EVENTS

SHERYL LYNDE & RICK HOFFMAN

## NEWS FLASH!

### 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!

### Lessons:

1 Hour—\$50

1/2 Day Lesson  
includes cow work—  
\$125

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



### Inside this issue:

<b>Fear— continued</b>	<b>2</b>
<b>Got Cows? We Do....</b>	<b>3</b>
<b>Clinics &amp; Upcoming Events</b>	<b>3</b>
<b>Sponsors</b>	<b>3</b>

October 2012

36400 DePortola Rd, Temecula, CA 760-285-0160

## FEAR....

We recently had a 9 year old horse come to us whose fear had escalated to the point of putting a rider in the hospital for 2 weeks with injuries that included a collapsed lung. The owner had purchased this horse less than a year ago and slowly the horse had "come undone" - spooking more with each episode increasing in severity culminating in the rider coming off on the last 3 rides - the last one necessitating a hospital stay.

When the owner had first purchased the horse - she enjoyed riding him out on trail - arena - he was great for the first few months, but little by little his spooking escalated.

By the time he got to us - as I led him to the round pen from his stall he was snorting and spooking with each step. *He was beyond fearful.*

### Connecting in the Round Pen

***The round pen tells me about the horse*** - is he fearful, aggressive, disrespectful, a little of each - and from there I can determine my game plan. I already know that he can and has been ridden - but if I were to ride him now - I would just be riding issues. My plan is to get rid of his issues first so that when I do ride - the spook will be gone.

He was 100% fear. So let the desensitizing begin. I sent him around me with a halter and 15 foot lead at a trot with a saddle pad sitting on his back until his movement allowed the pad to drop to the ground. His reaction was huge, bolting from the pad. He was far enough away from me for me to be safe in case he jumped towards me but I could still get a hold of him with the lead rope to stop any bolting away.

***Again - always keeping in mind my 3 rules, #1 - I cannot get hurt, #2 - The horse cannot get hurt and #3 - The horse has to be calmer at the end of the session than when he began.***

There is a couple of reasons for doing this - There has been several times when saddling a horse that the pad has fallen off the horse



***Ground driving jack desensitized him to feeling pressure on his hocks learning to yield rather than bolt***



***I guide jack and his movement causes the pack to slide off the saddle and hit the ground***



*Jack checking out the pack after it hit the ground. His first reaction was to bolt but now he stands calm.*



*Getting Jack soft to disengaging hips and getting him to yield to leg pressure. He is crossing over his hind legs as he gives to the bit. Disengaging Jack - if Jack were to bolt - this is my emergency stop.*

## FEAR --continued

while tied - due to wind or other reasons and because of this -they will have no reaction and stand calm.

Second reason - the more people fell from this horse the more his fear escalated, so I wanted him to feel the sensation of an object falling, touching his sides and feet and not have him panic.

After his improvement with the pad - we began with dragging a rope - allowing it to touch his sides, his chest as he makes an inside turn and his hocks as he makes an outside turn - with each touch he would blow. But we worked slowly and carefully until he accepted the touch with no reaction. I let him rest at the end of session. Each session from the ground began and ended the same, slowly, carefully and ending with him calmer at the end than he started. Lots of breaks to let him settle and think every time he made a hint of improvement.

I kept building on this foundation with tarps, jumping barrels, etc. until there was a significant change. This spanned 2 weeks. Then it was time to get on - the first ride lasted a couple of minutes - I got on and off from both sides several times, making sure I was quite big in my movements, until I sat on top rubbing his neck and hindquarters. When he became calm, then I dismounted. End of session.

The rides increased in time and speed and he remains calm with each ride. The more I train the more I have learned how important breaks are for them to soak on the lesson, easy does it. Changing his feeding program was equally important to take into consideration - we reduced his alfalfa - giving him grass in the am and one half grass and one half alfalfa in the pm.

Take your time - define the issue. Don't take the issue into the arena or out on trail, fix the issue prior to riding.

*Stay safe.*

## NEWS



*Rick working Machs Peppy Lena on cows keeping his training sharp*

## 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.

# Clinics

Had a wonderful clinic in Descanso Sept. 28th - 30th. The difference in the participants riding ability from the beginning of the clinic to the last day was inspiring - the riders were dedicated and hard working - great job to everyone.

## Riding Fearless Clinic

When: October 13th and 14

Time: 9-4

Cost: \$250.00

Where: 36400 DePortola Rd, Temecula, CA

How to connect in the round pen, take your ground work to the saddle. Get your horse soft and supple and learn exercises to get that speed control, control of the hindquarters and forehand, correct lead departures, and rein management.

## Horsemanship Clinic

When: October 26th-28th.

Where: Pioneer Town

Cost: \$450.00

Take your riding to the next level. Increase your skill level - develop softness and exercises to develop more control at the jog, trot and lope. Get control of the shoulders, a lighter back-up, deeper stop and smooth transitions.

## Lessons:

**1 hour - \$50.00**

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

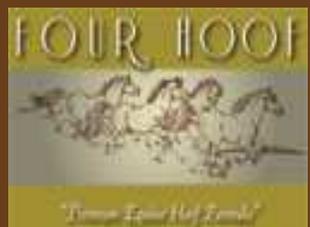
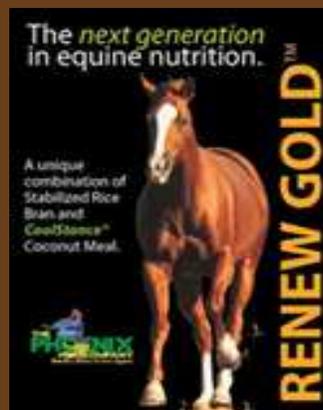
**We are available for full day private lesson - your date and time - call for additional information.**



## 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!**



# Sheryl Lynde

**John and Josh Lyons  
Certified Trainer**

**760-285-0160**

[www.sheryllyndeclinics.com](http://www.sheryllyndeclinics.com)



# Rick Hoffman

**AI Dunning Accredited Trainer**

**951-764-2274**

[www.equineperformance.org](http://www.equineperformance.org)

