

ERIE HUNT AND SADDLE CLUB, INC.

NEWSLETTER

AUGUST 2012

CALENDAR

- Aug 18-19th EHSC Horse Trials
- Aug 26th Hunter Pace I
- Sept 4th EHSC Board Meeting
- Sept 9th Hunter Pace II
- Sept 16th Hunter Pace III
- Sept 18th EHSC Elections Meeting
- Oct 2nd EHSC Board Meeting
- Oct 6th Nell Hardy Combined Test
- Oct 7th EHSC Jumper Derby
- Oct 14th EHSC Closing Day

Aug 19th @ Tailwind - Lake Effect Jackpot Reining
Sept 21st - 22nd @ Tailwind - Francesca Nicoletti
Sept 23rd - @ Tailwind Lake Effect Jackpot Reining
Sept 30th - TREC Benefit Ultimate Cowboy Race

50th Anniversary Coffee Mugs

If you would like to order any of the EHSC 50th Anniversary Coffee mugs, please contact Tina Liebel 814-440-2075 or CML6565@aol.com
The mugs are \$6.00 each and we will be placing one order end of the season.

"We can't expect the horse to try to understand us; we have to understand and not only gain but maintain his trust."

- "The Seven Deadly Sins of Dressage," by Douglas Putterbaugh & Lance Wills

Hogback Hill Farm Cross Country schooling course open for schooling throughout the autumn season. Starter and Beginner Novice Jumps. Also full show jumping course. Call to make an appointment 814-398-9369.

Helpful Hint

From Debb McCaughtry

If you are trying to rid a blanket or a pad of horse hair... get a pair of gloves with the little rubber pimple grips on them... put one on and start taking swipes at the hair... it comes right off.

Lesley's Corner

MyVirtualEventingCoach.com

Keep Your Hips Moving to the Jumps

A Big THANK YOU goes out to Jake Learn for all the work he put into the new Jump Trailer! It's so much more convenient and easy to use, a great addition to our club! Thanks again!

We want to know what our High School Seniors and College Grads are doing! Send a blurb to shout out your news to vita@eriehuntandsaddleclub.org



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I first heard the phrase "keep your hips moving to the jump" from Eventing great Ralph Hill. And there is no doubt that thinking about it made a big difference in the success of my jumping with the somewhat timid horse that I had at the time. What does it mean exactly?

Many riders unconsciously stiffen and *stop riding* right in front of their jumps, especially if they find that they are meeting the jump at a less than ideal takeoff spot. And that can make the horse feel like you have jumped ship!

All horses jump their best when the rider can maintain consistency in the takeoff zone area. But the tentative or timid jumper can *really* lose confidence if they feel like the rider has abandoned them in the final strides before a jump! So it's especially important when you have a horse with confidence issues.

One good way to ensure that you keep riding those last few strides in front of each jump is to consciously think about *keeping your hips moving* each stride until takeoff.

Now this is *not* the same as a driving seat, as you are *following* the stride rather than *pushing*, with your seat. It's more a function of staying relaxed, and being *aware* of the following motion of your hips - right up until the point of takeoff. You can "move your hips" with the motion both while up off of your horse's back or while seated.

The other thing that you will find is that keeping your focus on the following motion of your hips in the final strides quiets the part of your brain that *causes* you to panic and freeze. So you will be more effective, and more aware of everything that is happening in the final moments before takeoff. And when that starts to happen, you become a rider over jumps- rather than a passenger.

Have suggestions for the club? Visit the website and submit your ideas in the Suggestion Box on the main page.

www.eriehuntandsaddleclub.org

The EHSC Sign was recently spruced up! Do you have an idea or project you'd like to work on at the club? Getting involved is easier than you may think and it is greatly appreciated!

Stop by EHSC this weekend to watch some of the riders in Dressage, Show Jumping or Cross Country! The Horse Trials is exciting and fun! Did you know we host the second longest consecutive running nationally recognized Horse Trials in the Country?!

