

ERIE HUNT AND SADDLE CLUB, INC. NEWSLETTER

JUNE 2012

CALENDAR

- June 16-17th Lost Hounds Horse Trials
- June 27-July 1st LHPC Camp
- July 3rd EHSC Board Meeting
- July 7th Horse Sports in Erie Hunter Show
- July 8th EHSC Hunter Show
- July 15th EHSC Summer Show III
- July 21st EHSC Dressage Show II
- July 22nd EHSC Mini Trial

- June 23 - Karen Lenehan H/J @ Tailwind
- July 7-8 Steuart Pittman - Tailwind/Ferghana
- July 13-14 Francesca Nicoletti @ Tailwind
- July 28-29 David O'Brien @ Tailwind

2012 Show Chairs Needed

Show Chairs are needed for:

- *Ring 1 at Summer Show III, July 15th
- *Dressage Show July 21st
- *Jumper Show August 11th
- *Ring 1 at Summer Show IV, August 12th

Please contact Lew Trumble if you would like to become part of the action at EHSC!!! 814-434-3319

THANK YOU

To all our wonderful volunteers who help keep the shows running and the club looking beautiful, we thank you. Please don't forget to ask for/pick up your Tuits - you can spend EHSC Tuits on entries, stall fees, kitchen items, etc.

CONTRIBUTE

Anyone who would like to contribute to the newsletter please contact vita@eriehuntandsaddleclub.org
We are interested in finding an accomplished Western trainer who might like to donate articles to the newsletter.

CONGRATULATIONS

To the Vincent Family on the birth of Emma Caroline Vincent, April 23rd 2012!! Welcome to our newest EHSC member!

Hunter Pace Series Award Info

There are some changes to the Hunter Pace Series Awards this year. It is \$30 to enter, but EHSC members can enter for \$15 IF they have already signed up for regular EHSC Year End Awards. You may as well sign up now so that you can accrue any points you might earn! So why is the Hunter Pace Series Awards entry fee higher this year? New prizes!!! Everyone likes to win embroidered coolers, right? Get ready to ride!

Announcements

Condolences to the family of Mary Moon. Also to Carla Werling on the loss of Evelyn and Bonnie Staszak on the loss of Cody. Our thoughts are with you all.

HYVISC Area 8 High Point OTTB Award

This new award will go to the Area 8 Off The Track Thoroughbred who has accumulated the most points at 2012 Area 8 USEA-sanctioned competitions. Please see the News section of EHSC site for more information and the application form.

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Lesley's Corner
MyVirtualEventingCoach.com

The Sit a Few Strides, Post a Few Strides Exercise

The exercise of alternating between a few strides of sitting trot and a few strides of posting trot can be very useful for both horse and rider. It can help the rider learn how to keep their hips relaxed to better follow the motion of the sitting trot. It can also encourage the horse that has a tendency to stiffen in the back and brace against the rider when they sit the trot to instead stay relaxed and swinging. But it is *most* useful for preparing for transitions from posting trot to either walk or canter.

This is because it is a good way to test that you can maintain a *consistent* working trot as you move from posting trot to sitting. In Dressage, when asking for an upward transition to canter (or a downward transition to walk) from the rising trot, you *must* sit the trot to ask for the change of gait. And it's quite common for riders to restrict their horses and slow them down as they move to sitting trot. Which ruins the quality of their working trot, and ensures a less than stellar transition.

The judge wants to see a fluent transition from working trot to walk, without a trot in the interim that is slow and inactive. And they also want to see the working trot maintained fluently until the first stride of canter in the upward transition. This exercise will help you to work on your ability to keep the trot *exactly the same* as you sit the trot to prepare to ask for your transitions.

Start with a posting trot on a 20 meter circle, and when you feel like you have a good working trot, sit a few strides and then go back to rising. Did your horse lose impulsion in the few strides of

sitting trot? Did he stiffen and resist the bit? Did he go crooked?

If you find that your horse loses impulsion or shortens his stride when you sit, you need to ride more actively forward the next time. Keep your hips moving, really following the motion of the sitting trot, and make sure you don't unconsciously tighten the reins. Many riders make that mistake as they move to sitting trot, and it will cause the horse to resist or slow down. Keep your leg on, and maybe even add a touch with the whip if necessary to remind your horse to keep thinking forward.

If your horse shows resistance in the bridle as you go to sitting trot, immediately go back to rising trot, and increase your bending aids to put the horse more solidly up into the connection of the outside rein. Then try a few strides of sitting trot again with that improved connection, focusing on maintaining the bend and the suppleness of your aids.

Keep repeating the exercise until you can fluently maintain the same trot through the changes, and then gradually increase the time spent in the sitting trot. When you can sit 5 or 6 strides with no change in the quality of the trot or the connection, you are ready to add the transitions to walk or canter to this exercise.

Once you have added the transitions to this exercise, you may find you have a new problem - that your horse *anticipates* the transition when you sit. This is another problem that this exercise is great for! If your horse begins to anticipate either the upward transition to canter or the downward transition to walk when you sit - go back to the exercise of alternating between the sitting and the rising trot, until he realizes that he actually *does not know* what is coming next. And that he needs to just relax and wait for instructions. As always, make sure to reward

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when you feel him come to that conclusion - to reinforce that frame of mind.

Add little bits of this exercise into your flatwork routine. You will find that it is not always as easy as it sounds! And when you can do it successfully, you know that you have a good connection, and are well prepared for making good upward and downward transitions.

use at the mini trial! Also, it's a great spot to get a friend or family member to take a photo of you and your horse at the club to commemorate your participation in our 50th Anniversary!

EHSC has recently purchased discs and is in the process of fixing up our arena drag for better arena maintenance – new and better equipment combined with our new footing means we'll have some seriously nice arenas to show on!

Definitions from Debb McCaughtry

Alignment – The lining up of the horse's body parts from tail to poll. One of the three aspects of straightness.

Amble – An irregular walk rhythm in which the time intervals between the beats are not equal (the interval between the hind hoof and the same-side fore hoof is shorter than the interval between the fore hoof and its diagonal hind hoof).

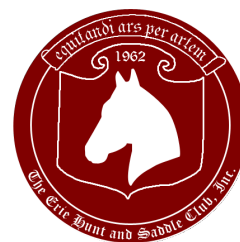
Amplitude – Largeness of range of motion. Same as scope, reach and roundness of movement, and freedom.

Reference: 2012 USDF member Guide

2012 Show Books are published! They are available at the club and various other locations in the region. You can also download the Show Book from the website on the Documents page.

www.eriehuntandsaddleclub.org

See you at EHSC!



New at EHSC

The North Barn stalls are getting top dressed with crushed limestone to level them off and eliminate the rock issue.

The arenas have gotten new footing added in the last couple weeks and we have a new watering wagon to keep the footing moist during shows!

Work has begun on the new Clubhouse Jump. It is in place and just needs some finishing touches to the footing and the jump itself – it will be in

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

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