



EQUESTRIAN DREAMS

Serving Milton, Burlington, Hamilton, Oakville and Campbellville for over 25 years

Come and ride the difference.

www.equestriandreams.ca

Newsletter - Summer 2010

Hello All – both Summer and the Show Season are now in full swing and I have barely had time to sit down and write the newsletter!

First I want to welcome our new students and boarders as well as thank our existing boarders and students for allowing us to be part of their equestrian dreams.



One of our new students, looking focused!

Some of our younger coaching students have been making a real impression this year! Kaytlin took 1st in the Entry Level at the recent Caledon Event – congratulations Kaytlin! Chase took 5th at the same event in what is only his third show – well done Chase!



My youngster, Francisco happy to be working again.

My youngster, Francisco is coming along nicely after his layup and has been keen to show me his moves as we work on strengthening his muscles. I am looking forward to taking him to his first schooling shows next year as he seems to want to show me more of what he can do every day now.

Our latest addition 'The Kissing Bandit' (Bandit) – a 12hh, 3yr old is settling in as if he has been here forever (seems such a wise soul for such a young age).

Winston's training is continuing well, he has competed in his first show taking 1st, his transitions are getting crisper and he still retains that beautiful 'lift' in his canter.

We have just a few boarding spaces available so if you know anyone who is looking for good boarding in a friendly environment have them talk to me soon. In addition, we will be kicking off a Dressage Lesson Program in August focusing on highly effective dressage techniques in a semi-private or private format. Perfect for those looking to learn the basics or refresh their dressage skills, keep an eye on our new website for more details.

Read on to see some tips and tricks and our new 'Ask the Trainer' section.

Remember to have **fun** during show season and stay safe!

Debbie Dobson

Founder, Equestrian Dreams

Top 5 Tips For... Beating the Heat!

Looking to ensure that your horse performs at their best and stays healthy in the heat during show season? Try these tips:



1. Offer plenty of water to your horse during breaks (an average size working horse can drink over 20 gallons of water a day on hot days).
2. Provide shade for your horse in between classes where possible - ideally in a well ventilated area.
3. Loosen the girth between classes and before removing the saddle – loosening the girth prior to removing the saddle allows blood to slowly return to the area before the saddle is removed.
4. Take more frequent breaks during your warm-up.
5. After classes hose your horse down – starting from the legs and working upwards to avoid shock.

Don't forget to keep yourself cool with plenty of water, your performance will affect your horse's performance – you both need to be at your best!

Ask the Trainer...

Q - How can I improve my young horse's steadiness through corners in the arena? He is starting to move nicely in a straight line but I still have trouble with him 'escaping through the shoulder' on some corners but when I try to correct him he seems to over-correct.

A – There are several methods you can use to work on your horse's balance and flexion through the corners. First ensure that you start with an oval shape on the short side, don't be tempted to push him too far into the corners initially as this will require more bend and flexion from him which you will want to reserve for when he has the hang of the basics and is warmed up. After you squeeze the rein to ask for the bend, when he gives you the bend you are looking for soften the rein slightly as a spontaneous reward and be sure to keep your fingers and wrists flexible so you have a 'living' hand.

Make sure you are applying your aids clearly and start from a walk in a straight line encourage him to flex and counter flex just a small amount to begin with, to help him interpret your aids and the strength of your aids with the amount you want him to respond. The horse needs to be going forward (but not rushed) and be relaxed while working on rhythm and responding to your aids.

I find that a few steps of 'shoulder-fore' (not 'shoulder-in' to begin with) where your horse's front feet are just a few inches on an inner track and his hind feet are on the outer track can also help to encourage him to respond to your inside leg and outside rein, without escaping through the shoulder.

Be sure to be patient and respond by softening when he gets it right, to encourage him to carry himself. The softening/yielding of the rein creates a positive re-enforcement. Good luck!

499 Campbellville Rd, RR#2, Campbellville, Ontario, L0P 1B0

Phone: 905 659 3574

Email: debbie@equestriandreams.ca Website: www.equestriandreams.ca