

The D word

Why is it that when the word Dressage is mentioned so many people cringe? The word dressage comes from the French and its definition is "training". As we all know, without proper training a student cannot perform, a worker cannot excel, and a dog is a chore. Should this be different with a horse?

At the highest levels Dressage is a dance, with two skilled partners, who have had the discipline to develop mental and physical skills, over time, in a thoughtful progression that includes many moments of fun and athletic prowess for both partners. At the lowest levels it instills a basic understanding of the aids to both the horse and rider that are easily taken everywhere.

Dressage is the training that successfully takes a partnership onto a cross country course while competing at speed in eventing, over the countryside during orienteering phase of a TREC competition, and out for a fun pleasure ride with you and your horse having trust and confidence in the partnership.

Dressage competitions test the skills of the partnership in a ring allowing for a uniform testing platform. There are 2 different sized arenas, 20 x 40 meters and 20 x 60 meters, with letters for markers. These tests are designed in a progression that encourages the rider to develop the partnership in a clear and succinct manner that starts with the most basic of walk and trot work and progresses up to the highest level - the Olympics.



Calendar

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 DS TREC Clinics  
 1st Sundays  
 10 to noon  
 Free to members  
 \$15 per workshop  
 for all others

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 DS Club
 Boot Camp
 Tuesdays
 5 to 6 pm

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 Camp Dates are  
 now posted on the  
 website. The weeks  
 are filling up fast so  
 get your  
 applications in  
 soon!

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 Check the website
 for TREC event
 Dates!

BASE COAT COLORS

There are 3 base coat colors determined from 2 genes - the Extension gene and the Agouti gene. These colors are red, black, and bay.

RED (CHESTNUT)

A reddish to brown colored coat with no black hairs. The mane and tail are the same color or lighter (flaxen) than the coat color.

BLACK

A black coat color including mane and tail. There are no lighter colors on a real black horse although fading can occur.

BAY

A red body with black points (mane, tail, legs, ear edges). Bay horses have been found in cave paintings dated ~25,000 years ago.

Barn Notes

TREC Clinics

The TREC Winter Series has been a big success.

The first two clinics covered the obstacle phase. Everyone learned how to read the data sheets that describe the obstacles and the requirements for executing them successfully. Participants worked with the horses through these obstacles while others learned about how to judge the obstacle with everyone who was interested changing roles throughout the session.

The next two clinics covered the orienteering phase. We developed knowledge of the compass, topographic maps, routes, scales, and paces with lots of practice and laughs. These were great skills development days that were very well attended.

There are two clinics left in this series and if the weather stays as mild as it has been we will be developing these skills outside.

Contact Jill at DelaneyStables@gmail.com if you would like to be added to the invite email list or check it out on our FB pages - Delaney Stables or the DS Club.

Peanut Update

Peanut has happily been spending this winter as a kid growing and learning life lessons from the other horses. He is being groomed and handled regularly while his ridden training is on hold to let his body mature. He is getting better at having his hooves trimmed regularly and according to the farrier he has big healthy hooves.

The equine dentist was also here recently. He thought Peanut was closer to two than three because he has not yet lost his three year old baby teeth that are known as caps.

Currently the plan is to put Peanut back into ridden work late this spring on a three day a week schedule through the summer season. He will again have his three year old winter off

The Peanut Gallery

Hay, hay, hay

Hay is the mainstay of the horse's diet with the nutrients being balanced out with grain, hay balancers, and mineralized salt. Horses consume more than 2% of their body weight in hay daily.

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Monthly Challenge - COP (pace)

Purpose - To be able to regulate your horse's speed over time.

Set-up - A straight 2 meter wide corridor 150 meters long.

Training Tip - Mark a 300 or 400 meter corridor off at 100 meter increments. Mild curves over this distance are fine as long as they do not affect the horse's pace. With a stopwatch on that you can easily see, establish your gait before the start line then try to maintain it to get through each 100 meter section in the same amount of time. You can modify each gait after you establish your horse's average pace.

TREC - In the sport of TREC the Control of Paces phase has two sections, 1) canter out, 2) walk back. Stepping on or out of the lines receives a score of 0 for that section. To receive the best score in the canter section you need a pace of ~16 km per hour. In the walk section the best score is with a pace of ~8 km per hour. Traveling the 150 m earns points when done in 26.9 to 33.8 seconds in canter and in 67 to 96.01 seconds in walk.

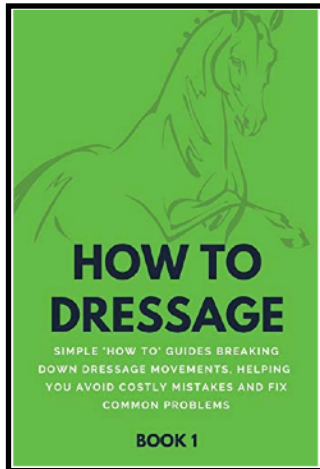


Whatcha Reading?

By Laurie Hausler

How to Dressage (book 1): Simple “How-To” Guides Breaking Down Dressage Movements, Helping You Avoid Costly Mistakes and Fix Common Problems. By *HowToDressage*, 2018.

How To Dressage has put together a very handy reference tool that provides easy to understand explanations of dressage movements in short, easy-to-read articles written by British Dressage Judges and Grand Prix riders.



I really enjoy the layout of this book. If I’m reading the section on *How to Ride Good Circles*, there are tips on accuracy, using your aids, and a brief discussion on riding the 20 meter circle all in the span of three pages. At the end of each chapter, there is a section on “related reads” suggesting other topics that correspond to the subject I just read about. From *How to Ride Good Circles*, I’m led to read further on “Training Scale two: Suppleness” or “How to Ride Good Corners.” I often refer to the book after a lesson - it helps me to reinforce what I’ve learned or answer a question I may not have known to ask.

This seemingly simple “how-to” guide is full of useful information presented in an accessible format. *How To Dressage* also has a podcast that covers all things dressage - you can find it at

<https://podcast.howtodressage.com/>

Laurie Hausler is a serious student of riding and the secretary of the DS Club.

Hay, Hay, Hay

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In our area there are usually two mowings of hay per year. First cut has more roughage (thicker stems), seed heads, and the highest fiber content. Second cut is softer with lower fiber content but higher protein content.

Good hay comes off well maintained fields, is cured correctly, and is stored appropriately. The weather is a huge factor for getting good hay off the field, correctly dried and stored in the hay barn.

In normal hay years we generally feed out 75% first cut to 25% second cut however this ratio can vary significantly depending on the weather. Moldy and dusty hay cannot be fed to horses as it will cause many serious health issues.

Delaney Stables buys its hay in bales that weigh between 35 and 60 pounds. Each of these bales is sectioned into flakes. Although it is ideal to feed the hay out by weight, using the flakes is the easiest way to start. Interested in knowing more? Check out the hay stall when you’re at the barn.

Delightful Distractions

Delaney Stable Horse Colors

Chestnut, Dark Bay, Grey, Bay, Roan, Chocolate, Black, Pinto, Buckskin

C	R	I	O	J	S	W	B	M	E
L	T	E	B	R	G	R	E	Y	S
M	P	C	L	F	D	C	R	B	Y
C	N	H	A	D	A	F	O	U	K
S	O	O	C	R	R	N	A	M	L
B	U	C	K	S	K	I	N	Y	K
P	T	L	O	P	B	A	Y	M	N
R	O	A	A	I	A	N	G	I	R
U	N	T	S	N	Y	K	C	E	Y
C	H	E	S	T	N	U	T	H	M
T	D	Y	A	O	R	B	L	T	S