



Calendar

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 DS TREC  
 Workshops  
 1st Sundays  
 of the month  
 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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 Wassail Parade  
 Dec 10  
 2:00  
 Woodstock, VT  
 more activities  
 in Woodstock  
 throughout  
 the weekend

**Why TREC?**

What other sport combines the challenge of obstacles, the skills developed in dressage, the fun of being able to navigate, the knowledge of pace, and the discipline of true horsemanship while allowing you to travel distances across the country? TREC is a true cross training sport that keeps our attentions as well as the horses'.

There are multiple levels ranging from in-hand classes up through the challenge of international competition. Skill sets are developed over time in all phases and the control of paces phase can offer a trot option. TREC is the only sport I know of that offers an 'opt out' option of an obstacle without being disqualified. And, you do not need to break into a bank to afford a horse that's competitive. All breeds and riding styles are not only welcome but welcome to excel!

Why TREC? Because TREC is awesome!

**NEAR SIDE**

The near side of the horse is the horse's left side.  
 Confused?  
 Face the same direction as your horse and your lefts are on the same side.

**OFF SIDE**

The off side of the horse is the horse's right side.  
 Most horses are trained from the near side only.

**INSIDE**

The most common meaning in riding is to the inside of the bend. When just learning about riding, it is taught as to the inside of the arena.

**OUTSIDE**

The most common meaning in riding is to the outside of the bend. When just learning about riding, it is taught as to the outside of the arena.

## Barn Notes

### TREC Workshops

The first obstacle workshop, held outside on November 6th, was very successful. The weather was perfect - nice enough for some to be in short sleeves without any bugs! Everyone worked on learning how to set-up the obstacles. We then took turns schooling the obstacles and judging the obstacles so everyone could participate. The big focus was on setting up well before the obstacle to allow the horse to successfully navigate through.

### Boot Camp

Boot camp has been happening regularly on Tuesday nights at 5:00. It has been great having a scheduled time to work on improving physical strength directed solely towards riding. The balance board, yoga ball, trot poles, cavaletti, light weights, mounting block sit-ups and planks are all finding their way into our individualized work outs. Come! Join us.

### Peanut Update

Peanut was an excellent student this fall earning himself a winter vacation. He now leads next to or behind a person, lunges in both

directions in walk and trot, and carries a rider quietly around the arena in walk and trot. Generally, I do teach a horse to canter in this first round of training but I chose not to do this with Peanut because he is growing a bit funny. His withers are a couple inches lower than his bum! Let's hope that over the course of the winter they catch up. Fingers crossed. He will be placed back into work as a 3 year old this spring and stay in work through the fall on a two or three day a week schedule.

### Resources

#### The DS Club

[https://delaneystables.com/about-ds-club/Membership Form](https://delaneystables.com/about-ds-club/Membership%20Form)

<https://delaneystables.com/trec/>

#### TREC

##### Local

<https://delaneystables.com/trec/>

##### National

<https://trec-usa.org/>

##### International

<https://fite-net.org/>

#### Horse and Rider books

<https://www.horseandriderbooks.com/>

## Monthly Challenge - Corridor

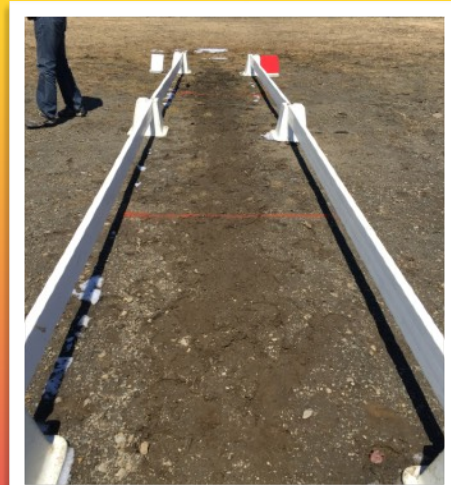
**Purpose** - To competently get through tight situations

**Set-up** - A corridor marked by poles placed on level ground in a straight line. Poles should be not less than 8 meters in length. Width can vary between 1 meter to 0.5 meters. Start in-hand.

**Ideal** - To move through the corridor without touching the poles while keeping to the initially chosen gait.

**In-Hand Training Tip** - In order to do this well, work in-hand teaching your horse to stay behind you with a smile in the reins.

**TREC** - In the sport of TREC this obstacle may be presented in-hand, mounted or both. For maximum points in-hand it needs to be done with a smile in reins and at trot; mounted it needs to be done at canter.

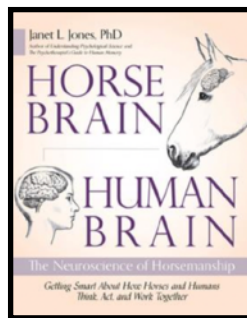


## Whatcha Reading?

By Laurie Hausler

*Horse Brain, Human Brain: The Neuroscience of Horsemanship, 2020, by Janet Jones, PhD.*

Janet Jones, PhD, applies brain research to the training of horses and riders. As a developing rider, I am always on the lookout for reliable information that will assist me in deepening my understanding of horse behavior and the impact of my actions on the horse. While at first glance, this book may appear to be academic, it's actually quite engaging and accessible with insight into horse and human behavior.



The author asks the reader to think about the horse brain and the human brain as they work together as a team. Developing an understanding of how horses take in information as well as how they communicate is key to building relationships between horse and rider and likely aids both members of the team in enjoying their time together. I find myself re-reading chapters as they align with where I am in my own learning. Lately, it's the chapter on "Building an Equestrian Brain." During my lessons, I'm thinking about my body alignment while on the horse. Dr. Jones provides a series of exercises to practice both on and off the horse that focus on joint alignment, balance, muscle isolation, gradation of pressure and the transfer of proprioception (a fancy way of saying "where your body is in space"). Taking the time to feel your horse's body and noticing your own body will improve the communication between horse and rider.

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

## The Peanut Gallery

"You worm horses?"

Well, actually, we deworm horses.

Worms are in every horse. In small amounts, worms are thought to be beneficial to the horse. However, if the burden grows, horses are at risk of colic, diarrhea, and other on-going long-term problems which can be significant.

Horses ingest worms through their water, pastures, and self-grooming. It was once thought that deworming horses on a rotation of dewormer medications through the year was best. However, this led to the worms being resistant to the medications.

In my area, the most common practice is to deworm the horse in the fall with a complete spectrum paste wormer after the first hard frost then take a fecal sample to the vet later in the year to assess the level of worms present. Some vets also recommend a three way dewormer in the spring. Talk to your vet about the best practice for each of your horses.

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Wishing you and yours all the best
now and in the New Year.

Thank you for being part of this adventure!

Delightful Distractions

