



The discipline of

What's in a word?

The word discipline comes from the Latin word "disciplinare" which means to teach, instruct, educate. In higher education it refers to a branch of knowledge or field of specialization. With horses, it's how you get from one place to another with a confident partner through the systematic building on a previously learned lesson or skill.

With the correct discipline, we can use the tools that have been developed - like the training and equitation pyramids to the books that we read to gain mental toughness - to guide us forward into a fun and rewarding relationship with our horse. We are able to set up a safe and secure learning environment that encourages skill development and the positive attitudes we want to cultivate to keep growing in ourselves and our horses.

From the discipline you ride to the discipline you bring into your work with the horse, this word is a key word to your success.

Calendar

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 Camp registration opens to the general public on March 18th. Former campers and lesson students should already have received their invite  
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Next Littles Day
 May 5, 2024
 1:00-4:00
 Ages 3-8

15 minutes for \$15
 30 minutes for \$30
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After School Programs are happening. Email for information or check out the website under the DS Club  
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Mock Dressage show is on June 2nd. Opens April 22nd

DRESSAGE

Its purpose is to strengthen and supple the horse while maintaining a calm and attentive demeanor. It is an Olympic Sport.

EVENTING

Is also known as horse trials. It is a triathlon that includes dressage, cross-country, and stadium jumping. It is an Olympic Sport.

TREC

Is a triathlon sport that includes orienteering, obstacles, and control of paces. The European Cup is the highest level.

HUNTER JUMPERS

Two different stadium jumping sports generally grouped as one. Jumpers are an Olympic sport. Hunters are not.

Barn Notes

1st Sundays with the DS Club

February's meeting was an interactive presentation on the information you want to have before you call in the professional. Shelbie Gebert presented on what to look for when fitting an english saddle to your horse. We had help from two different horses (Zazu and Betty) and a half dozen saddles to show the good, the bad, and the maybes. Dena Meehan, DVM, covered the information that is needed for your vet to help you figure out what might be going on with an illness. We listened through stethoscopes, felt pulses, took temperatures, and checked hydration. It was a fun, albeit cold day in the barn.

The March meeting was all about in-hand obstacles training. We started with different ways of leading the horse, getting them to move around us, and introducing new elements. Nugget, Mitchel, Connie, Indiana, Zazu, and Betty all spent time working in the arena and the

day finished up with a simple obstacle course that had participants focused on doing the obstacles well within a specified time limit..

The next club meeting is April 7th.

Little's Days

We have three days set aside for the Little's this year
May 5th, July 7th, and September 15th
from 1:00 to 4:00 pm

These days are designed to introduce young people between the ages of 3 and 8 to the world of horses. The choice is theirs about whether they would like to groom, clean hooves, ride, or lead horses in the 15 or 30 minute sessions.

Camps

The camp season's schedule is on the website.

<https://delaneystables.com/horse-camps/>

Camps are a wonderful opportunity to spend time with horses with a group of people who have similar interests. Although the summer camps are designed for young people, please let us know if you're interested in an adult camp as we are happy to set up some options that are just as fun.

Monthly Challenge - Horse first

Purpose - To be able to have your horse walk past you.

Set-up - A quiet place where the horse can focus on you. There needs to be no obstructions in the area that the horse will be moving into and a confined area is best to start. A gate at a paddock or a door of the arena are good examples of places that are often safe.

Ideal - You wave your finger in a direction and the horse goes until they reach the end of the lead.

Training Tips - Make sure your horse is comfortable both with leading behind you and leading next to you. Have a lead rope that is longer than the horse's body but not so long that you get tangled up. Start by leading the horse through the opening until they are comfortable. Then you stop at the narrowing (gate or door) and wave your finger in the direction you would like your horse to continue. You can use light tugs on the lead or light taps behind their girth area to give them the idea of forward motion. If needed, go back to walking them through the opening. Reward generously the first few times they go through first even if stopping on the other side needs work. Continue to develop trust over time and this skill will be worth the effort when you need to load on a trailer or close a door behind you.



Barn Notes cont...

After School Programs

There are three options for after school programs (ASP) this year.

On **Tuesdays** the **Hartland Recreation Center** partners with Delaney Stables to bring kids directly from the Hartland Elementary school to Delaney Stables then back to the rec center. This program is open to grade 1 thru 8 and you sign up through the rec centers website.

If you do not go to the Hartland school, no problem, you can meet them at the barn.

Sessions

March 5th - April 2nd - \$170

April 16th - May 28th - \$235

The **Wednesday** sessions are for students who would like more barn time and includes chores as well as riding. It runs from 4:00 to 5:45. To apply, contact Jill.

Sessions

March 6th - April 24th - \$300

May 1st - May 29th - \$190

On **Thursdays** we have a 1:30 session that works great for the homeschoolers and the early release kids. This is a basic horsemanship and riding program open to ages 6 through 10.

Sessions

March 7th - April 4th - \$175

April 18th - May 30th - \$245

All of these programs teach basic horsemanship and riding skills. They also teach a unique blend of self-reliance, responsibility, team work, and sharing that can only be found in this type of setting. The students are thrilled and amazed at what they are capable of doing within a very short period of time and it is a delight to watch them learn and grow.

Mock Dressage Show

Mark your calendars for this event happening on **June 2nd**.

The whole day is set up as a learning opportunity for everyone. Have you thought about riding in a dressage show? Have you thought about volunteering for a show? Has your horse not been off farm? This is the place to start.

Introductory classes for both English and Western dressage will be offered as well as a test of choice class for those who would just like the practice. There will be 15 minutes between tests so that the competitors can have warm up time in the arena.

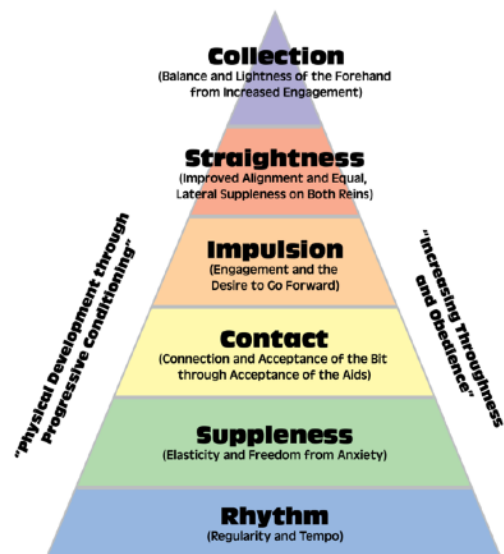
Opening day is April 22nd. Prize lists will be available at the end of March.

The Peanut Gallery

"Why use the training pyramids?"

These tools are designed to guide the training of horses and humans alike and when used correctly they do a wonderful job.

There are two pyramids that we use regularly here at the barn. The training pyramid is used for horse training and the equation pyramid is used for people training.

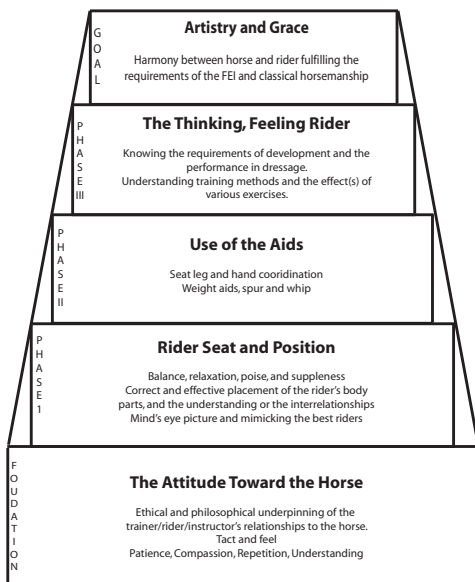


The Peanut Gallery Cont...

The bottom tier of each pyramid is the starting point. For training, the regularity and tempo of the horses gaits is most important with suppleness being a very close second as without one the other does not happen. From here the relationship of the tiers is fluid meaning that as you start to develop contact, you must make sure that you still have rhythm and suppleness otherwise the contact is not beneficial to continued development of the partnership.

The equitation pyramid first encourages the correct attitude towards our relationship with the horse then has us developing our seat and position.

Both these tools are wonderful resources for developing training programs that allow us the best relationship we can within our partnership with the horse. Use them well.



Working with horses is a fulfilling lifestyle choice that creates so many opportunities to grow and learn about oneself and the world we inhabit. It brings with it the pleasures of success, the heartbreak of failure, and the discipline we need to be able to embrace all of it to move forward into being someone we can enjoy.

Whatcha Reading?

By Laurie Hausler

Stewart, Daniel. *Pressure Proof Your Riding - Mental Training Techniques to Gain Confidence*. North Pomfret, Vermont. Trafalgar Square. 2013.

This month, I've been reading Daniel Stewart's *Pressure Proof Your Riding - Mental Training Techniques to Gain Confidence*. This book presents an educational sports psychology

perspective "to teach riders how to use mental skills like positive thinking, goal settings, stress management, and mental imagery" to improve their performance both in lessons and in the show arena.

Throughout the book, Stewart discusses how to develop positive mental traits to support the rider when things are going well as well as when they are not; taking inventory of your personal strengths and needs; noting how you manage stress; developing your personal goal list; and using mottos and cues to keep your mind on track. Regardless of your own desire to compete, the strategies Stewart outlines are useful and accessible. This is an enjoyable read with many take-aways.

I found I could take much of this book into my own learning at the barn. I have a good sense of how much I've grown as a rider while understanding that there is always more to learn. My mindset during lessons truly impacts the outcome.

Setting goals, remaining positive and focused, and being willing to see mistakes and challenges as opportunities for growth is as important as showing up.

