

Training - Basic or Not

Training starts the same for both the rider and the horse. A good attitude with a willingness to learn is the first step. Both need to learn how to groom or be groomed. Then comes an introduction to the tack and learning how to work within its constraints. The next step for the rider is to figure out how to stay supple and light while on top of a thinking, breathing being that moves underneath you while the horse has to figure out how to carry this moving weight that has jumped onto its back without falling over or being pulled into circumstances that are not navigable.



Ember asking Indiana to step over to the mounting block

As physical fitness levels progress and education levels increase, basic movements are introduced. Walking then trotting around the edge of an arena, changes of directions, then circles are where we start. The systematic introduction of material continues to build on the previously learned skills to build a solid rider and/or horse.

During all levels of skill development, challenges have to be met, understood, and decidedly navigated through to make it successfully to the next skill. When sticking points are ignored or skipped there are holes in the foundation of the training that will show up again and again during the development of each new skill until the challenge is met and the skill is learned. Both riders and horses need to understand the fundamentals, learn about their work in different environments, and have time to develop the strength and understanding to be successful.

Calendar

~~~~~  
Camp registration is open. Check out availability on the website  
~~~~~

Next Littles Days
July 7th
Sept 15th
1:00-4:00
Ages 3-8

15 minutes for \$15
30 minutes for \$30
~~~~~

After School Programs (ASP) will start again in the fall. Email for information or check the website under the DS Club  
~~~~~

Interested in a Saturday morning Barn Rat program where you learn about the daily life of horses? Let Jill know to have it set up for fall

TRACK

In the beginning, the track is the path that is next to the wall, fence, or rail. Over time, it develops into a path of travel.

CORNER

A corner is a quarter (¼) of a circle. Deeper corners are a ¼ of a smaller circle, shallow corners are a ¼ of a larger circle.

CIRCLE

A circle is a continuous arc. It has no corners or straight edges. A correctly executed circle is a building block for training.

DIRECTION CHANGES

The simplest change of direction is across the long diagonal. There are many other ways as skills progress.

Barn Notes

Mock Dressage Show

The 2nd annual Mock Dressage Show was held on June 2nd. Janine Blake competed with her Quarter Horse gelding Dillon - their 1st time out, yippee Janine! - in the USSF Introductory Test A for seniors.



Shelbie and Zazu

Charlie Witzgall showed Indiana in USDF Introductory tests A and B having two successful rides. And Shelbie Gebert showed Midnight Trubadour, known in the barn as Zazu, in the USEF test of Training Level 3. They also made their debut in USEF First Level 1.

Everyone who competed had a successful day!

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

Camps cont....

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.

Little's Days

There are 2 more dates for the Little's this year
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.



Milo and Bellamy are regular students who enjoy camps. Otto comes to the Little's Days

After School Programs

The After School Programs will pick up again in the fall. Check the website under the DS Club Tab (<https://delaneystables.com/about-ds-club/>) in August for the fall schedule.

Quarterly Challenge - Transitions

Definition - A transition is any change within a gait or between gaits.

Purpose - To learn the timing of a transition.

Set-up - Cones set up on a straight line or side.

Ideal - To have the transition done when the cone is between your horse's shoulder and your body.

Training Tips - Whenever possible, start in-hand. This allows the horses time to learn what is being asked of them without the weight and influence of the rider affecting their balance. Develop clear voice signals that can be used in-hand and under saddle. For instance in up transitions, crisper words in an encouraging voice like "And (command)". For down transitions, soothing words like "Woop (command)". Practice one transition at a time until your horse is consistent and you will be well on your way to smooth and effective transitions.



Lessons from the Barn

By Laurie Hausler

September will mark 4 years of learning at the barn. On one hand, it's hard to believe that much time has passed, on the other hand, it's been a quick 4 years of good work to develop my riding skills. It didn't take many lessons to realize that riding is a commitment to actively learning each and every time you are with a horse.

I watch new students start at the barn and remember myself as a complete beginner eager to learn everything - eager to be with horses. Honestly, I had no real idea of what was to unfold. The amount of deep learning that has taken place over those years has been humbling. Learning to ride is an exercise in knowing yourself as much as it is knowing your horse.

I once told Jill that I keep a list of things I've learned from Connie. Mostly, it's been a mental list, but goodness, Connie (and Jill) have taught me so much.

Here are a few of the learning points that I keep in mind both on and off the horse:

- ~ Learning a new skill is hard. I know, I know, it's not always hard, but this dance between horse and rider that includes balance, communication, respect, and not giving up is serious work for both the body and the mind.
- ~ Horses are always communicating - you just need to listen.
- ~ Be clear in your intention and communication. If you're not clear on what you want, how can the horse know?
- ~ Making mistakes is part of learning. Learn from your mistakes, don't get hung up on them. If something isn't working, try something different.
- ~ Challenge yourself. Set goals and practice being the rider you want to be.
- ~ Take care of yourself. For me, riding is part of taking care of myself as it brings me joy to be at the barn and even more joy when I am riding. It

Lessons from the Barn cont....

also gives me one more reason to maintain a level of fitness.

It's never too late to learn something that you've always wanted to learn. My younger self is thanking me every day for writing Jill a quick email to say "I'm interested in learning to ride." It's been one of the best decisions I've made in my life and I hope it is for you, too.

The Peanut Gallery

"Yumm! Grass"

There is nothing prettier than seeing a group of horses out grazing in a big pasture amongst the wildflowers. As well as being a beautiful sight, pastures can grow with minimal maintenance for the owners and are an easy feeding solution since horses are very happy to eat it.

These thoughts can often lead to horse health issues as quite a few breeds of horses and many breeds of ponies can get quite sick if pasture intake is not carefully considered and monitored. The thing that makes pastures so yummy is sugar. The two regulars - glucose and sucrose - are scrumptious to horses and can be digested easily. The third sugar - fructose - is ok to horse's taste buds if the better tasting sugars are not there but it is the problem maker as it cannot be digested correctly. The gist of it is that the body has an inflammatory response which is the ignition switch for metabolic conditions. Metabolic conditions include all sorts of problems ranging from obesity to colics to insulin resistance and include laminitis, lethargy, and infertility.

All sugars are produced in response to the season but can vary with time of day, stress on the pasture, nutritional inputs, heat, and rain. They also vary within the grasses and plants with stems, seeds, and overgrazed pastures having more fructose (bad sugar).

The take home point for pasturing horses is BE CAREFUL. Pay attention to what your horse is saying and consult your vet with your concerns.