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A HAPPY
NEW YEAR

2009

We are ringing in 2009 with a **DHF Fan Club** on www.Facebook.com! You can get to the DHF fan club page from our web site, just click: "Features" on the left hand menu and the "DHF Fan Club" will be an option.

DHF's "Facebook" Fan Club provides a simple method for "fans" to upload their own pictures and videos to share with everyone. It has discussion forums and places for notes and events - it seems to be a great place for our

community to talk about lessons, clinics, ask questions of Lindsay and Jen, and share fun, memorable horse-moments.

If you're not already a "Facebook" member, consider joining the fun! Several of the DHF staff has Facebook pages full of fun pictures and videos.

Another great reason to join the DHF Fan Club: DHF staff will update the *Horse Turnout Notes* every morning so that our

clients know if their horses got out to play, or if it's an Owner Turnout Only day.

Our Fan Club provides a great "subscription service" to our notes so that you can get a "live feed" to our updates and know immediately when something new has been added! Just click "subscribe to these notes" to bookmark the page. You will quickly see what's going on at DHF.

Come join DHF in Cyber Space – it's just a click away!

Barn Banter

"Owner Turnout Only"

Since Ohio is trying to switch to winter, it's time to talk about winter turnout rules. DHF does not require staff to turn out 40+ horses in extreme cold (<15 degrees). Spending all day walking horses in frigid temps will not keep staff happy and healthy! So, **when the temps are in the teens, the boarders will be responsible for turning out and bringing back their own horses.**

1. Boarders may only use the dry lots, lunging arena and mud lot for winter turnout.

a. The pastures may only

be used if the ground is COMPLETELY FROZEN, not just a little frozen or has snow on top, it must be completely frozen solid with no chance of thawing while your horse is outside so that the grass/topsoil is not destroyed.

2. Boarders must stay at the farm while their horse is turned out-Do not leave your horse unattended!

a. Boarders may work out a buddy system among each other so that one boarder turns the horse(s) loose and another brings them in, as long as there is never a time when horse(s) are turned out without having

a responsible person at the farm-this is for your horse's safety, because something could happen while in turnout without anyone realizing it.

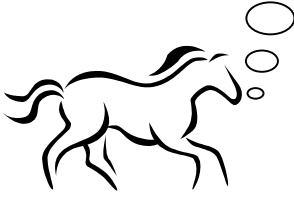
3. If your horse needs a babysitter horse, make arrangements with the other horse's owner ahead of time

a. Never assume that it's okay for you to turnout someone else's horse without prior permission.

4. No horse(s) shall be turned out for more than one hour in order to allow other boarders to turn their horses out while it's nice, too.

Thank You!

Hey, Create a journal to objectively track my progress



Basic Conditioning

by Lindsay Lechner

	At Rest
Avg. Temp.	99-101°
Avg. Pulse	28-45 BPM
Avg. Respiration	12-20 breaths/minute

Table 1

*“Horse sense is the thing that keeps a horse from betting on people.”
-W.C. Fields*

The New Year is upon us and many of us are deciding on goals for the upcoming competition season. This is the perfect time of year to decide on a conditioning program for your horse. A conditioning program can be set up for any equine whether they took the winter off, are recovering from an injury or simply need to develop the fitness that will make them a top performance horse.

Conditioning takes a lot of thought and many decisions need to be made before choosing how to pursue your conditioning schedule. Professional advice is beneficial and can come from veterinarians (horses overall health), farriers (horse's feet are in proper condition), trainers/coaches (to reach the desired goals), and will only improve your program.

Begin by making sure your horse is in good health, (weight, body condition, teeth, feet). Get to know your horse's average Temperature, Pulse and Respiration at rest (make a note of it), and regularly check for improvements. (See Table 1)

Conditioning the horse will allow for an overall

improvement of the horse physically and mentally. Physically they will improve their muscular system (increased aerobic capacity, muscle size and strength, and will change the type of muscle fiber), tendons and ligaments (strength), bone (increase quality and strength), cardiovascular (lower heart rate, stronger heart higher red cell count) and respiratory systems (lung capacity and oxygen intake). Mentally, they will be challenged through the use of a variety of techniques designed to engage them as they work.

Start the conditioning process by recording the horse's overall condition to establish a baseline with which to track progress. As the conditioning process continues, document the changes, compare to the baseline and monitor the progress. Through this documentation, any holes in the conditioning or training process will be evident.

Overall there are two main ways to condition horses. The first is slow speed long distance conditioning, (trotting or less likely cantering). This method helps to build aerobic

production of ATP for energy and to improve tendon, ligament and muscle strength. Slow speed long distance conditioning will be increased in intervals over several weeks, so there is not too much pressure put upon the horse at any one given time.

The second conditioning method is Anaerobic Conditioning. It can be done several different ways and should be based on the individual horse (i.e. fitness and type of sport practiced). Anaerobic conditioning includes specific skills for a specific sport (jumping, lateral movements, etc) and speed (sprints, gallops, and changes of speed). This method will help increase the amount and the intensity that a horse can work.

Your conditioning program will consist of slow speed long distance conditioning, high-speed conditioning, skill work, strength training, and suppleness training. Conditioning of the horse will change when the fitness level of the horse changes. By varying the conditioning program you and your horse will be able to perform at the top of your game.

Bound for California

Jen is heading to California for intensive training with Sandy Howard the first part of February. She really enjoyed it last year and hopes to learn much more this year! Inevitably, she will return with information to share and to educate her students.

Please schedule your lessons and training accordingly and let her know ASAP if you have any concerns about what to do while she's gone.

Any questions please contact
Jennifer@DancingHorseFarmOH.com or
 937.532.3108.



Lydia, Jen, Nancy Wentz with Jane Savoie
Credit: M. King

USEF Revision

In case you haven't heard yet, we wanted to pass along some great news!

USEF has approved a revision to the whip length rule!

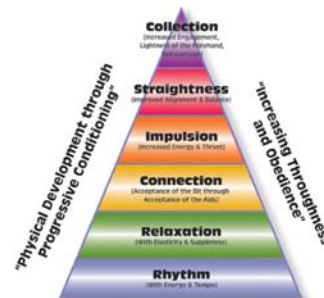
Effective 12/1, the **legal whip length is now 120**

cm or 47.2 inches including lash, so no more reaching around square saddle pads to tickle your horse (see: <http://www.usef.org/documents/ruleBook/2009/08-DR.pdf>)

Also, the proposed controversial Performance Standards have been

withdrawn and the USEF Dressage Committee will continue to develop Rider Tests of proficiency.

If you want more details about these topics, Jen is happy to discuss them with you email Jennifer@DancingHorseFarmOH.com.



USDF Pyramid of Training

Did You Know...

We are trying to keep up with all the good news and general changes to DHF's expanding community.

The website will reflect these changes and hopefully make it even easier to keep informed!

Take a look at the

www.DancingHorseFarmOH.com for the updates.

The **Calendar, Features** and **Working Student** profiles pages will help keep the DHF community connected! Other exciting changes include direct links to the **DHF Fan Club**

and **DHF Videos**. Sign up to be a Fan Today!

For our new competitors, we have some **Showing Tips** and coming soon **"What is Dressage?"** and **"What is Eventing?"** to attempt to explain our passions.

Warren County Tack Sale is March 8th, 11-4 pm. DHF pays for the 10 x 10 booth space for DHF clients **ONLY** to sell used items. Volunteer time required. Contact Lindsay 513.850.9359 for more.

Calendar Notes

Please note that the January saddle fitting seminar and dressage clinic both require registration.

January 16-17 Karen Borne of Borné Saddlery www.BorneSaddlery.com will be conducting a Saddle Fitting Seminar 10-12AM Saturday and offering Saddle Trials as well. Ellen Fitzgerald, an independent saddle fitter www.SaddleHands.com will also be available.

Ellen's rates when she travels are generally \$100 to evaluate the saddle fit and make an adjustment that doesn't

require her to drop the panel. She is extending to DHF students a cost of \$85 for the same service.

Evaluations usually take a half to full hour and if needed, an adjustment can take about one half hour in addition.

If she does need to drop the panel, the adjustment can be from \$60 – 100 in addition and will be done 'after hours' or the saddle may need to be shipped to her in Denver depending on the level of needed adjustment.

January 23-25 Dressage Clinic with Joan Bolton. ONE spot left – email Jen ASAP to reserve it. Costs: \$150 for a single ride, \$285 for two, or \$400 for one ride each day. Ride Friday, Saturday, and/or Sunday.

Email Jennifer for appointments and clinic ride times: Jennifer@DancingHorseFarmOH.com

Daily Schedules posted on the web! Choose "Calendar" from main menu and "Daily Schedule" will be an option.



Christina and Pallas
Credit: M. King

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Manager and Newsletter Editor
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We're on the Web!

See us at:

www.DancingHorseFarmOH.com



DHF Clients have listed these items for sale. Contact the individuals listed. Pictures and more information online:

Trailer

2003 Sundowner C-575 Two horse straight load gooseneck with dressing room (7'6" tall), all aluminum construction with many upgrades. Asking \$12,500 Contact Jen: 937.532.3108, available online:

<http://dancinghorsefarmoh.com/forSale.html>

Jen's New Appointment

Jen has just been officially appointed the **USDF Region 2 Youth Council Coordinator!!**

Over the next few weeks, Jen will learn how this appointment will enable her to

become even more involved in the Region's youth Dressage community.

According to Jen, "I am very excited to be able to influence the direction of the youth

dressage education programs for our entire region!"

We will learn more and will keep you, our DHF Community, informed.

Congratulations, Jen!

Kyra Kyrklund: *Competition Attitude*

by Jen Truett

Jen recently attended a Kyra Kyrklund symposium and shared these notes. The full write-up is available on our **Features** page.

Born in Helsinki Finland, Kyra Kyrklund now lives in Surrey, England, with her husband, Richard White, and their dog, Ludwig. A five-time Olympian, Kyrklund trained with the late Walter Christens, and Herbert Rehbein. In addition to the Olympics, Kyrklund earned a silver medal at the 1990 World Equestrian Games in Stockholm, Sweden, and placed first at the 1991 World Cup Final in Paris, France. She recently began riding and competing the 17.2-hand Oldenburg gelding Andiamo Tyme in Grand Prix.

Competition Attitude

1. *Preparation* – use every show as a rehearsal for the next level
 - Don't school entire tests often at home. Train parts at home, canter one day, extensions another,

2. *Nerves* – the more confident you are at home doing the movements, the less nervous you'll be at shows
3. *Goal setting*
 - *Calculate* your average score, and then figure out what it will take to drop the lowest score. This way, you don't put greater expectations on yourself at important shows because you should only work to do a little better than your average
4. *Arrive* at show – don't worry about what everyone else is doing, you have no influence on others, only on *yourself*
5. *Warm-up* check out warm up environment, consider weather
 - Kyra arrives 3 hours before class, checks out

6. *Rider* is own worst enemy
7. *Test Ride* every step. Always focus on what's happening but do not pay attention to score boards, audience or judges
8. *Feedback* sit down and mentally rehearse the very good tests and make notes about how it felt, what went right; video feedback is very useful for rider
9. *Disappointment* is often caused by over expectation. Remember: The horse doesn't know if one show is more important than another!

More on "Features":

<http://dancinghorsefarmoh.com/features.html>

Saddles

- 1) 17 1/2" Passier dressage saddle and a 26" shaped leather girth. Asking \$1500. Contact: Lynda Abraxan@yahoo.com
- 2) 17" Kincade dressage saddle, \$250. Contact: Sarah 513.503.0237
- 3) 17.5" Wintec Isabella dressage saddle \$750. Contact: Connie Patrick 937.383.7793

Bridles

- 1) Cob/Arab size dressage bridle Used \$60. Contact: Sarah 513.503.0237
- 2) Sabre Cordoba cob-sized black dressage bridle asking \$250. Contact: Lynda Abraxan@yahoo.com.

Just Click:

<http://dancinghorsefarmoh.com/forSale.html>