

# HAPPY tails NEWSLETTER

January 2010



## Tips for the Cold Weather

Once again the frigid air has snuck up on us! While the winter may be chilly, it doesn't have to ruin your riding experience. To avoid becoming an ice cube yourself during your riding lessons follow these helpful hints:

- **Layer Up** – Wear lots of layers to keep you warm. Remember you can always take off layers of clothes, not add once you get to the barn.
- **Tights/Leggings** – Wearing tights or leggings under your riding pants or jeans really helps to keep your booty warm in that cold leather saddle!
- **Wear Gloves** – While riding gloves are ideal for a good grip on the reins, any well fitting glove works to keep hands toasty while riding.
- **Warm Up Your Bit** – If you are using your own horse or tacking up yourself, remember to warm you bit up before putting that cold metal in your horse's mouth. They will really appreciate it!
- **Warm Up** – While warming up you and your horse is always an important beginning to your lesson, it is even more important during cold weather. Putting hard work on cold muscles causes injury, so be sure to perform lots of warm up exercises before your workout.

- **Heated Office/Kitchen** – Parents and siblings, don't forget our office is heated. Warm up inside and enjoy a cup of coffee, hot tea, or hot chocolate! There is also a TV with movies for the younger ones to keep them busy while staying warm. The large window opens to the arena so you can still watch lessons while staying warm!



## Show Clinics Begin This Month

Don't forget to sign up for show clinics. These are open to anyone, not just show team. At \$25.00 for an hour, they are a steal!

January 11<sup>th</sup> – Showmanship 5:30-6:30

January 18<sup>th</sup> – Showmanship 5:30-6:30

### **Next Month:**

February 8<sup>th</sup> – Walk/Trot English

February 22<sup>nd</sup> – Walk/Jog Western

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## What is Showmanship?

You'll notice that in January Show Clinics we are concentrating on a class called Showmanship. So what is Showmanship and why is it important?

Showmanship is an event found at many horse shows which got started as a class for 4-H shows but grew quickly in popularity at schooling shows for beginners, then quickly to most open shows becoming highly competitive. In this event the horse is shown by the competitor on the ground leading the horse wearing a halter or bridle through a series of maneuvers called a pattern. The exhibitor is judged by how well he or she shows their horse to its best advantage and how well the pattern is executed, with additional scoring based on the grooming and overall presentation of both horse and handler.

Competitors learn the importance of grooming, ground skills, and showing in front of a judge and in a class with other horses and competitors. They teach their horse to respond immediately to commands such as: walk, trot, stop, backing up in a straight line, turning small circles called pivots in 180 and 360 degree circles, and standing still and quiet for extended periods of time.

## Seeking Sponsors

We are currently seeking sponsors for our show team. Sponsorship fees help cover the costs of equipment, tack and additional supplies needed for us to be competitive in horse shows along with prizes and awards at the end of the year. All sponsors will be recognized in our monthly newsletter publication, on our website, along with their names listed on team t-shirts and awards. Spread the word! If you know of any businesses interested in being a sponsor please have them contact Heather at (865)307-5468 or [heather@tnhorsetrainer.com](mailto:heather@tnhorsetrainer.com).



## Ask the Trainer

Have an idea for an article? A question you want answered? How about a style of riding or breed you would like to learn more about? Every month we will be featuring our students' ideas and questions in the *Ask the Trainer* section of our newsletter. Just submit your ideas or questions to either Mary or Heather and we will pick at least one each month to answer. You can also email us ideas and questions at [mary@tnhorsetrainer.com](mailto:mary@tnhorsetrainer.com) or [heather@tnhorsetrainer.com](mailto:heather@tnhorsetrainer.com).

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