

THE HORSE'S MOUTH

APRIL 2014

MISHO Announcements

We would like to offer a non-participating membership for our trainers (and others) that are not competing but still want to be part of MI-SHO. Cost will be \$15 and allows us to capture the banquet costs. They have full membership privileges but would not be eligible for EOY awards. Family memberships would remain at \$40.

MISHO is holding "Yoga for Equestrians" classes at Cornerstone Farm in St Jacob IL. See the calendar on the MI-SHO web page for dates and times.

New Masters Division in

2014: Members must be 50 years old or older as of Dec 1st 2013 in order to participate. This is a 2' hunter division. If there is no Masters division offered at a show, points can be earned from placings in any 2' or 2'3" division (if not eligible to compete in the 2' classes). You can only earn points from one division per show towards the Masters EOY awards.

MISHO Fleece jackets are available for only \$30.

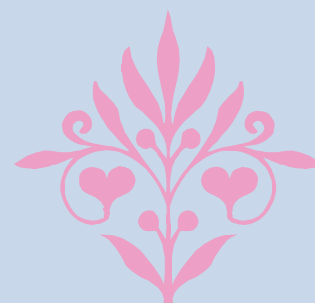
These ladies jackets come in sizes XS to 3XL in colors black, navy, purple, royal blue, fuchsia. Contact Lynn Coehoorn at

midilsport-horseorg@gmail.com to orders yours today.

Congratulations to all of the 2013 End of Year Award Winners!

SPECIAL POINTS OF INTEREST:

- ◆ Medical Arm Bands
- ◆ Horsemaster Program
- ◆ Young Rider Graduate Program



INSIDE THIS ISSUE:

Medical Bracelets Replace Arm Bands in Eventing

An extraordinary rule change approved in January by the USEF allows competitors the option to wear either an approved and completed medical card or a medical bracelet while jumping. Ride Safe ID bracelets may be worn instead of the traditional medical armband. They are an easy, comfortable way to wear your medical information on your wrist, and are designed to be worn all day, every day. With the bracelet, your medical information will

be on your person at all times and for every ride. In case of an accident where your emergency information is required, a "first responder" (can be anyone from a friend, family member, or trained medical staff) can gain immediate access to your medical information by entering the information on your medical bracelet into the website (www.teamridesafe.com) via phone or computer. This facilitates rapid medical response in an emergency, when expedi-

ence is critical. Learn more about Ride Safe ID bracelets at www.teamridesafe.com. To view the complete rule, check out EV113.3 MEDICAL CARDS/ MEDICAL BRACELETS in the USEA Rulebook.



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Overcoming Show Nerves Seminar with Dr. Eggeston

“WHAT ARE YOU
WILLING TO
GIVE UP TO
PURSUE YOUR
GOAL?”

On Feb 15th, MI-SHO held the second “Overcoming Show Nerves” seminar with Dr Eggeston, Certified Sport Psychology Consultant. During the two hour session, Dr Eggeston, challenged everyone to look at their riding in a new way. She started by having everyone do a quick self assessment by asking them to write down both their primary physical and mental challenges and strengths. “You will never be better if you can’t identify your challenges and strengths.” This helps you know what to work on.

Next she had everyone write down their short and long term goals. “You need to be able to articulate your goals. Otherwise you will never know what you are working toward.” She provided a great visual demonstration of what it takes to reach your goals. She filled up a pitcher of water. “This water represents all the energy you have for the day. These cups represent the things in your life: work/school, horses, friends, family, social media, hobbies.” Then she had one of the

participants pour the water into the cups to represent what portion of her energy she would devote to each. She quickly ran out of water before filling the cups. The bottom line? What are you willing to give up to pursue your goal? What cup are you willing to reduce to fill up that “horse” cup? Because if you want to “go to the Olympics you had better make that cup full to the brim!”

She pointed out that stress is normal and a certain level of stress is good and helpful. A good level of stress will put you at your optimum performance. Not enough stress and you’re bored with your task. Too much stress and you make mistakes. “So if you’re feeling stressed; tell yourself this is good. It will help me perform better!” Then take a deep breath and go for it!

She concluded with a TOP 10 Mental Tips for Success:

1. Remember your TRUE North and why you do what you do!
2. Focus on the controllables, don’t waste mental energy on the uncontrollable!
3. Maximize your strengths and

identify and conquer your challenges

4. Learn from your mistakes and then change and keep rolling
5. Set Long Term and Short Term goals! Use a calendar, journal, phone etc!
6. Positive self talk. Learn to reframe and talk to yourself like a good coach
7. Hard Work! Nothing can beat preparation! To do lists, document your work!
8. Answer this questions honestly, what will make you feel worse? Giving your all and failing or not giving your all and failing
9. Think about past successes, spend as much time remembering the good as you do the bad
10. Remember that you are a special person and much MORE than the outcome of any ONE event

If you need help or want more information you can visit Dr Eggleston’s web site www.thinktuff.com.

-Lynn Coeboorn

Silver Springs Horsemasters Program - - - It’s for Adults!

Thought you were too old for Pony Club? Check out the USPC Horsemasters Program for Adults

How many of you hear about all of the wonderful things that the kids in Pony Club get to do and think, “I wish I was a kid again and could do this.”? Or, “I wish I knew about Pony Club when I was a kid.”

Well we have something for you! We have started a Horsemasters

Program through Silver Springs Pony Club. This is for US, the adults! All the learning, all the activities, all the fun and community of Pony Club is for adults.

Formed in 2001, the USPC Horsemasters Program for Adults was developed to meet the needs of Pony Club parents and other adults who want to learn more about horses and ponies and ultimately

become more secure in their knowledge about horsemanship and riding skills. With a strong emphasis on volunteering, it also gives adults a chance to share what they know with local, regional, and national Pony Club events.

Horsemasters is for all types and levels of riders. Whether you primarily ride English or Western, there will be something for you. It is a great way for adults

Silver Springs Horsemasters Program - - - It's for Adults! (cont'd)

to learn more about horses and their care through unmounted and mounted meetings. Silver Springs Horsemasters, formed in January 2014, currently meets 2x a month – once for an unmounted meeting and once for a mounted meeting. In our first few meetings we have learned more about playing games on horseback, first aid care for

horses, bandaging, hot shoeing, pace work and conditioning. Ideas for our spring meetings include trailering safety, participating in a mini hunter pace or mock fox hunt, endurance riding, musical dressage and possibly an eventing clinic.

If you are interested in learning more about Silver Springs Horsemasters – how to

join, cost, future meetings – please contact Lara Peterson at avalonhorsefarm@gmail.com.

*-Lynette Scott
Silver Springs Pony Club
Horsemaster Member*



Intercollegiate Horse Show Association Team

Are you heading to college but still want to compete? Can't afford to take your horse with you or don't own your own? Well perhaps you should look at a school with an Intercollegiate Horse Show Association Team. Within the IHSA, riders can compete in English riding (Hunter Seat Equitation, aka, 'Flat,' and Over Fences), Western riding (Western Horsemanship and Reining), or both. In IHSA Hunter Seat shows, the riders may choose to ride in an over fences class, a flat class, or both.

The 8 hunter levels allow riders of all experience levels to compete as part of the team:

1. Walk-trot/jog (riders who have never cantered, jumped or competed in a horse show).

2A. Walk-trot-canter/Intermediate A, (rider who have not competed in any horse show competition)

2B. Walk-trot-canter/Intermediate B (rider has accumulated 18 points)

3 & 4. Novice division both Flat and Over Jumps set at 2'3"-2'9",

5 & 6. Intermediate both Flat and Over Jumps set at 2'6"-3'

7 & 8. Open both Flat and Over Jumps set at 2'9"-3'3"

See the Rule Book for further

details, class descriptions and rider experience restrictions. In both Hunter Seat and Western divisions, riders are judged on their equitation, i.e., each rider is individually judged on their effectiveness in communicating with their horse, as well as their ability to appear aesthetically pleasing (i.e. posture and positioning on the horse), and to make riding appear smooth and effortless. Competitors are not permitted to ride their own horses. IHSA show horses are provided by host stables or "donated" for the day from other teams, coaches, or area equestrian facilities. Each horse is schooled (warmed-up) before classes begin by non-competing riders, while student competitors observe to ascertain particular attributes of each potential horse. Riders participating in the competition are not allowed to choose the horse they would like to ride. Each rider is assigned a horse. The rider mounts the horse he has been assigned just before his class is scheduled to begin. Competing riders are not permitted to warm-up or get used to their assigned horse. One of the goals of the IHSA is to provide all riders with an equal chance of performing well

in their class; by not allowing riders to compete on horses that they are comfortable with judges can accurately rate the ability of the rider to effectively control the horse and ride well.

This is a team competition and "team" points are accumulated by the placings in all the divisions. You will have to try out for the team. Be prepared for the fact that more advanced riders may not be selected in favor of inexperienced riders if that is the division that needs to be filled. Contact the coach of the school you are interested in to see what experience their team is looking for. Some well know colleges in our area with an IHSA team are SIU Carbondale, St Mary of the Woods College, Illinois State University, Saint Louis University, Murray State University, Midway College and University of Illinois. For a complete list of schools and their coaches see www.ihsainc.com.

In case you were wondering, there is also an Intercollegiate Dressage Association (IDA). Unlike The IHSA competitions, you will be happy to know that as a competitor you get a 10 min timed warm up period prior to riding your test. Some local (all private) colleges with IDA teams

are Midway College, Albion College, Lake Erie College, University of Findlay, and Otterbein University. Check out a complete list at www.teamdressage.com/about-us/member-schools. If your school doesn't have a team, maybe you can ask to form one!

The Thoughtful Rider

Dressage riders must be quick-thinkers and problem solvers. I instruct my students to break down their difficulties and have them quickly tell me what they need to do as a correction. Many times riders feel overwhelmed with the fact that their figures and movements aren't maintaining quality. I encourage them to think in terms of gradual improvement. Instead of riding for perfection, I have them ride to do better.

As they ride the long side they tell me what they feel is needed fundamentally to improve. Impulsion, straightness, steadying the tempo etc. On the short side

they make their corrections. The next long side they ride having isolated the main problem. The idea is to quickly use the tools the instructor has given them and do "better" each long side. They must be quick to assess and correct. The fundamentals are the key to achieving the lightness and harmony we all seek to perform the exercises with ease both for us and our horses. Remember the fundamentals are in the training scale. No matter what sport you engage in or what level you have achieved, the key to success is a strong understanding and ability to perform the "basics".

I encourage all riders to take the responsibility of knowing the fundamentals of our sport and to develop their skills in explaining them to their partners.

-Melonie Kessler
USEF "S" Dressage Judge

"DRESSAGE
RIDERS MUST BE
QUICK
THINKERS AND
PROBLEM
SOLVERS."

Highlights from the 2014 Young Rider Graduate Program

I was fortunate enough to be selected for the 2014 Young Rider Graduate Program, hosted by the United States Dressage Federation and The Dressage Foundation. It was held in West Palm Beach, Florida on January 18th and 19th. This was such a great experience for me in that I learned a lot, met many great professionals and aspiring professionals in the industry, and had a blast getting out of the Polar Vortex for a while. I wanted to share some of the highlights and tell you a little bit about my first trip to Dressage Heaven, AKA Wellington, Florida.

The structure of the program involved speakers all day on Saturday and Sunday and a dinner with guest speakers on Saturday night. The weekend started with JJ Tate of Team Tate Dressage and Jenny Van Wieren-Page of the USEF. They spoke about the essential character traits for

success. These traits were as follows: Hard Work, Discipline and Endurance, Courage, Dedication, Physical Fitness, Knowledge, and Integrity. On hard work, JJ said to plan for long hours and ride whatever you can as often as you can. A great quote was "Every opportunity comes from someone being impressed with you." I think this is so important to remember as you deal with anyone and everyone you meet. On discipline and endurance, JJ said to "strive for excellence every day in your riding" and to "pretend whoever you admire the most is watching you". She also talked about the importance of self-control in public. My favorite quote on courage was to "be brave enough to take risks to follow your dreams". In regards to dedication, JJ reminded us to make sure we determine to what we are truly dedicated. She told us how important exercise, eat-

ing right, and stretching are to maintaining ourselves professionally. On knowledge, the highlights I took away were the importance of being an expert and to learn at every opportunity. JJ said using education is effective in fighting the pressure from clients to rush the horse. Finally, on integrity, she said to "be humble but be confident" and to be grateful to those who have helped you along the way. Next, we had an attorney from Chicago named Yvonne Ocran speak to us about liability issues in the equestrian world. This was especially eye-opening for us as most of us knew very little on the subject. There was so much learned here that I cannot begin to share it all, but I will share some of the highlights. She stressed the importance of having a liability release tailored to your business and drafted by an attorney. We learned spectators are not covered by your



Highlights from the 2014 Young Rider Graduate Program (cont'd)

liability release unless you have them sign their own, so they could sue you unless they are somewhere they clearly are not supposed to be. When she discussed exceptions to your release of liability, I found it interesting that the history of the horse will make you more exposed to legal liability if you knew the horse had behaved this way in the past. She said if an accident does happen, get as much information as you can from the situation and record it on paper. On Sunday, Yvonne talked about the importance of contracts and helped us understand what we should include in our contracts.

We had two people speak to us about gaining sponsorships: Debbie Witty of Trilogy Saddlery and Johnny Robb. Debbie emphasized the importance of having a business plan and being persistent. She said handwritten letters mean a lot more than e-mails. They both mentioned the importance of good use of social media (Facebook, Twitter, YouTube videos). Companies want the most “bang for their buck” from a representation standpoint, so they like someone who is active on social media and presenting a good, professional image. They both agreed gaining sponsors was all about selling yourself and setting yourself apart.

Lindsay McCall of the United States Para-Equestrian Association spoke to us about PR and Media Training on Saturday and Vicki Trout of the USDF spoke about Social Media and Image Awareness on Sunday. Both of these speakers had gone into each of our Facebook accounts prior to the program, so that was quite the surprise for some of

the Graduates! Lindsay told us to buy a domain name now so it was done when we wanted our own website. She spoke about the importance of promoting your brand at all times and having an “elevator speech” prepared in the event of an interview. Vicki talked about how important it is to have a professional Facebook page and to use the privacy settings appropriately. She also encouraged us to remove any pictures in a top hat and if we didn’t, to put a disclaimer on them about the fact that we now wear only helmets. Also on Sunday, Roz Kinstler, dressage trainer/instructor, spoke about the importance of quality customer service. She said reputation and honesty are paramount. She also emphasized being organized and timely and if you do run late, text the client and let them know. Finally she told us to be mindful of taking on more than we can handle.

To finish up the program, we learned about educational opportunities. Janet Foy spoke about the L Program offered by the USDF. Lots of information is online about this, but I will share something I didn’t know before. FEI judges do all their work for free, in addition to paying for their expenses to get to the shows where they judge. We also learned judges really do not make decent money until they are a Senior judge, a designation that takes about 10 years to obtain. Lendon Gray spoke about training opportunities in the United States. She emphasized the importance of watching whenever possible, scribing or just sitting with a judge, and reading as much as you can.

Catherine Haddad-Stallar spoke about her experiences in Europe and training opportunities there. She spoke highly of the British Horse Society’s instructor certification program.

More information about this is available at www.bhs.org.uk. She impressed upon us the importance of buying, selling, and upgrading when it comes to horse training as a business. She said “you are what you ride” so you need to ride nice horses.

Finally, Lilo Fore spoke about the Instructor Certification Program in the United States. She emphasized networking, education, and involvement as the keys to success. Beth Baumert of The Dressage Foundation spoke about grants and scholarships available through The Dressage Foundation to help make education financially feasible.

The other highlight of the program for me was the dinner on Saturday night. I was lucky enough to sit at a table with a few of my friends and George and Roberta Williams (George is the President of the USDF) and Stephan Hienzsich, Executive Director of the USDF. Robert Dover (Chef d’Equipe of the US Dressage Team), Debbie McDonald (US Developing Dressage Coach), and Scott Hasler (US Young Horse Coach) were the keynote speakers during the dinner. They all told wonderful stories during the Q&A, with Debbie making me tear up during her talk about her proudest moment – her Respect freestyle with Brentina. Debbie happens to be one of my heroes and it was such an honor to meet her and get a chance to talk to her. Catherine Haddad-Stallar was kind enough to allow me to

come to her barn on Monday and watch her and her riders work horses. It was hugely beneficial to watch them work and listen to their dialogue. I will share a few things I noticed. First, Catherine rode one of her early horses without stirrups. I am personally a huge fan of this and was glad to see her doing it as well. She also cantered very forward in the warm up with almost every horse. There was plenty of long and low riding in the beginning with each horse in all three gaits. When struggling with something, they would ask for something simpler, rebuild the horse’s confidence, and then ask again. In the one-tempi, her leg didn’t appear to change position. Instead it came on and off the horse with the seat mostly riding the changes. When Catherine was teaching, she was highly complementary of her students and focused a lot on their position and relaxation in their bodies. She also mentioned her mentor, Willi Schulteis, saying the ratio of driving aids to the hands should be 9:1. The experience was one I would definitely like to repeat. If you get the opportunity to experience Wellington, take it! It is a wonderful place to get exposed to the sport at a higher level. I completely agree with the sentiments at the program regarding the importance of watching and learning as much as you can by observing riders you want to emulate. I also highly recommend the Young Rider Graduate Program. More information can be found at www.usdf.org/education. Happy Riding!

-Jackie Jackson

A Look into the Life of a Budweiser Clydesdale Handler

Everyone is constantly exclaiming to me how lucky I am to have my job. While I will forever appreciate everyone's support and well-wishes, this idea of luck really got me thinking. To me, my job is not just some cool horse opportunity that happened came along and I thought it'd be neat so I managed to snag it. What some people fail to realize who may not know me extremely personally is that this job

is a VERY specific dream I've held since I was a very young equestrian girl. Clydesdale figures, post-cards from St. Louis visits,

mugs and other horse toys line my bedroom shelves. You better believe when Build-A-Bear released a limited edition Clydesdale bear back in 2005, I went straight to Fairview Mall to get one. I used to tell my Uncle Rich that I would only drink Budweiser like he did solely because the gorgeous, big ponies were the ones who delivered it. I forced my parents in the freezing cold weather to bring me to the Chicago Southside Irish parade hours before the events began so I could watch the team of horses be hitched up and then

stay until the very end to watch the boys close the parade with such elegance and style. So, here I am years later, and every time I walk around the corner to our paddocks, I all but tear up when familiar brown ears perk forward and I get "that look". Simply, because I am just so happy to be where I am in that moment. My other co-workers laugh and say that eventually the effect will wear off. I can't help my find humor in it myself in a different way because they just have no idea what my job means to me. Yes, while I recognize that I am beyond lucky to achieve my dream career at such a young age, I also worked every part of my being endlessly hard. After hitting rock bottom multiple times and have other equine opportunities be ripped from underneath me; to the point where I started to believe maybe I wasn't meant to be in the horse world anymore. Then I was finally blessed to finally achieve my truest of all dreams. We all know more than well that when you fall off, you're supposed to get right back on. Well, I was at that point of sitting on the ground in the dirt starting on a riderless horse-type feeling when I decided to try and get back on that horse of life and try again. I can only hope that everyone, horse person or not, be able to find what passion makes them as truly content and joyful as I feel about being a handler for the World Renowned Budweiser Clydesdales. Although I get asked frequently if my only job requirement is to take constant pictures of Prince, Charlie, Fez and Big Jake or any other of Anheuser's herd of over 170 Clydesdales, the team of handlers actually do throw our cell phones in the pockets of our

khakis and spend long hours working quite hard. I'm proud to say that we care for an icon that is over 80 years in creation in representing Anheuser Busch. The STL hitch team reside on historical stables on the brewery grounds that belonged to the Busch family back in 1885. However, when not home at these stables, all of our 3 hitch teams (Fort Collins, Co, St. Louis ,MO, & Meramack, NH) travel over 300 days a year to various festivals, events and parades with a team of 6 or 7 handlers. We do everything from drive the custom made semi-trailers, set up the portable box stalls and clean harnesses, to grooming and washing white feathers. An unbelievable amount of routine work and preparation go into the system of readying the Clydesdales for an appearance. It could be thought of as the OCD prep required for an A-rated show, on steroids. It is a large amount of work for just what normally is a quick appearance in comparison. I could go on and on about everything Anheuser Busch and Clydesdale related, but instead of taking up too much room, I encourage everyone to come on over the river and visit me and my favorite horses on the planet.

-Anne Marie Connelly



What is the Desired Contact or Weight in the Hands?

MI-SHO
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It is nothing more than the ultimate feeling between horse and rider, of the horse is on its own. A state of complete and total harmony, in self-carriage with maximum mental and physical expression, the horse stepping all the way through into its mouth with positive energy and the rider has a full release into the hands. Then riding turns into art. That is the sought after feeling of when it comes to the desired contact in the hands.

The energy comes from the hind legs over the supple back and out to the front of the horse without any restraints by the rider. All of it maintained by only the positioning of the body, and there is literally no weight in the hands. The horse is capable of maintaining such a state of full expressive beauty for 3-5 horse lengths and then needs it the guidance from the rider. The very last action by the rider is the full release of the reins and nothing is lost, and everything is gained, the horse on its own. And riding becomes living art with the horse.

There exists the supporting contact and the stiffness or tension type of contact, the leading contact and the stopping or slow down contact. But at the very end of any such contact there is the full release of the rider's hands. During that moment of self-carriage there is a feeling of only energy passing through the reins, no weight in the hands and the horse on its own. And that is the desired contact.

This is not an issue of the straight line from the riders elbow and the reins into the horse's mouth as stated in the books. It goes beyond the wording into the other side of fully letting go. At that moment, there will be a visual looped rein but the energy follows the direct line path into the horse's mouth. Energy works in direct lines most efficiently in all systems including riding; it's the way energy behaves from one place to the other.

Trust energy and how it works, without it there is no life and life was here before us. Trust requires the full and complete letting go on our part. Only then do

we acquire and have self-carriage with the horse. And only then do we see the horse on its own. And then we have riding become an art form.

-Hector Carmona, Jr.

Calendar of Events

April

- 6: Yoga for Equestrians @ Cornerstone Farms
- 12: "From the Judge's Chair" Clinic @ Dublin Farms
- 12: Grand Paradise Ranch Dressage & Hunter Jumper Show
- 16: MISHO Meeting @ Zapata's in Collinsville
- 26-27: Ridgefield Arena Hunter Jumper Show

May

- 3: Dublin Farm Hunter Jumper Show
- 4: Queeny Park Cross Country Schooling Day
- 10: Phancy Pharm Hunter Jumper Show
- 11: Queeny Park Mother's Day Hunter Pace
- 17: Brier Bank Dressage Show
- 17-18: Cornerstone Farms Hunter Jumper Show
- 21: MISHO Meeting @ Zapata's in Collinsville
- 31: Ridgefield Arena Hunter Jumper Show

June

- 1: Ridgefield Arena Hunter Jumper Show
- 7-8: Queeny Park Horse Trials
- 14: Dark Horse Riding Center Hunter Jumper Show
- 18: MISHO Meeting @ Zapata's in Collinsville
- 21: East Lake Farm Hunter Jumper Show
- 22: Phancy Pharm Hunter Jumper Show

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