

THE HORSE'S MOUTH

FEBRUARY ISSUE

VOLUME 1, ISSUE 1

MISHO Offers Clinic with Olympic Sport Psychologist Coach



What athlete has not experienced pre-competition nervousness and feelings of self doubt? When equestrians experience these feelings in the extreme, the jittery nervousness can affect not only their own performance but also that of their equine partner. Mid Illinois Sport Horse Organization is excited to offer area equestrians a seminar with sports psychologist Dr. Tami Eggleston, Ph.D., Associate Dean and professor at McKendree University.

Dr. Eggleston received her PhD in psychology from Iowa State University and is a member of the Association for Applied Sport Psychology (AASP), is a certified performance enhancement consultant, and served as an on call consultant to the US Olympic Team. AASP is the leading group dedicated to certifying sport psychology performance enhancement consultants. Individuals looking for sport psychology services or consultants should only select individuals with AASP certification. Dr. Eggleston's website, which offers insight to her philosophy regarding sport performance, is www.thinktuff.com.

The seminar will be held Sat., Feb. 23 at 1:30 at the Marion Piper Academic Center (PAC), room 222. Eventers, H/J riders, barrel

racers, rodeo participants and even trail riders.....ALL equestrians, no matter where their interests lie, can benefit from Dr. Eggleston's seminar. Please join MI-SHO at this unique opportunity. MI-SHO members are free, non members \$5. Encourage your friends, no matter what age or what type of riding they do, to take advantage of this opportunity to benefit from a professional coach's advice! Light refreshments will be served. Please RSVP on Facebook or call Jane at (618) 322-4519. Take advantage of this fabulous opportunity to improve your self confidence before the show season launches into full swing!

-Jane Netzler

SPECIAL POINTS OF INTEREST:

- ◆ Clinic with Olympic Sport Psychologist Coach
- ◆ New for MISHO in 2013
- ◆ St. Jude's Benefit Trail Ride
- ◆ AWS Inspection locally hosted for 2013



New for MISHO in 2013!

MISHO has added Eventing to our End of the Year Awards. Members may compete at any recognized USEA Event or MI-SHO approved mini-event, submit their placings on the MI-SHO Eventing Reporting form and earn points toward EOY awards. Check the 2013 Rules for more information. Also new for 2013 is the Grant Program. Members in good standing can apply for \$50 to be used for participation in any approved clinic. The applicant must volunteer 5 hours at any

not-for-profit charity in order to be eligible. Once the clinic is completed they must also write an article about what they learned for publication in the MI-SHO news letter. The application and program specifics are located on Grant Program page at midilsporthorseorg.com. Need something to spice up your college application? This year, we would like to invite two of our junior members to join the MI-SHO Board. Your input is important to the future of our organization.

We will be taking recommendations from your coaches or Board members for candidates. Just let them know if you are interested. You must be a High School student to apply. We have four new committees that need your help. The Show Committee, the Communications Committee, the Banquet Committee, and the Clinic Committee. These committees can use your help, so sign up now!

INSIDE THIS ISSUE:

<i>Bluefield Sporthorses</i>	2
<i>Hosts AWS Inspection</i>	
<i>Derby Ride for St. Jude's</i>	2
<i>Calendar of Events</i>	3
<i>Bridle 'n Spur PC</i>	3
<i>Dressage Rider Tests</i>	4

Bluefield Sporthorses to Host American Warmblood Society Inspection

“BUTCH & BLUE
ARE
CONSTRUCTING A
NEW ARENA TO
ACCOMMODATE AN
AMERICAN
WARMBLOOD
SOCIETY
INSPECTION.”



Constructions sounds have been emanating from Bluefield Sporthorses in French Village MO. Hammers, saws, and earth moving equipment seem to be regularly seen and heard. Fortunately, the neighbors aren't complaining. Butch and Blue are constructing a new arena to accommodate an American Warmblood Society (AWS) inspection which will be held on October 5, 2013.

The inspection consists of each horse being individually shown in hand (2-year olds and younger are also shown at liberty) while a trained judge assesses the horse's conformation. Typically, the judge takes the opportunity to verbally share her assessment and explains the importance of correct conformation. Questions in between horses are encouraged as the AWS wishes to educate anyone who is interested. It turns out to be a very enlightening experience for participants and volunteers alike!

And speaking of volunteers, the inspections are typically very efficiently run, yet volunteers are still needed. No experience is necessary; you will be trained prior to the start of the inspection. Results Runners, Scorer, Scribe, and Gate Steward are the general jobs to be filled.

To learn more about the American Warmblood Society, visit them at

www.americanwarmblood.org or “like” them on Facebook.

Get Down and DERBY at the Annual Party For St. Jude's!



If you're not fortunate enough to have a box seat at this year's Kentucky Derby, here is a great option for you to enjoy all the fun and pageantry of the Derby.....PLUS, you can help raise money for St. Jude's!

Sat., May 4, the annual KENTUCKY DERBY PARTY FOR ST. JUDE'S will be held at Hayes Canyon Campground in the beautiful Shawnee National Forest. If you've never trail ridden in Shawnee, you'll be amazed at the spectacular scenery. Trail riders may arrive any day during the week and ride independently. For non riders, there are miles of hiking and biking trails, antique shops, wineries, and the ever popular Chocolate Factory. The annual Derby party will begin Sat., May 4, 3:30 at Hayes Canyon's "Loafing Shed" meeting room and will spill outside where party go-

ers can enjoy the bar, betting booth and delicious potluck dinner.

Ladies, get those hats decorated and prepare to “wow the crowd” with your Derby outfit!

This year's silent auction already has donations of vintage cowboy items, a hand carved cowboy caricature by Kentucky artist Jerry Markham, and equestrian pottery.....but many more items will be added by Derby day. Traditional mint juleps will be available, (\$5 each, all proceeds to St. Jude's.) Our bookie will be taking \$5 and \$10 wagers (50% to St. Jude's, 50% pay back.) A delicious **free** pulled pork dinner will be available; please bring a dish to share in the potluck. Multiple TV's will be set up to insure everyone catches all the pre-race coverage, but stake your spot out early, because once it's

post time, the crowd surges in and you'll think you're actually AT Churchill Downs.

Last year's party raised over \$5200 and organizers aim to top that figure in 2013. If you'd like more information about the party, or if you have an item to donate to the silent auction, please contact Jane at (217) 537-3430 or Stacey at (618) 541-4921. To make a reservation at Hayes Canyon, please call (618) 672-4751. We guarantee you'll have a great time, enjoy the beauty of southern Illinois, and come away feeling good about raising money for St. Jude's Children's Hospitals.

-Jane Netzler

Bridle 'n Spur Pony Club

At several past USHJA national meetings, there is much discussion over the "watering down" of our sport. The lowest division that used to be offered at shows was 3'6". There were no cross rails, or 2'. There was no 2'6"-3'3". Riders in those low division were kept at home and developed until they were competent and ready to show. When did the bar become so low, that we began taking children that cannot yet canter to the show? Some debate that it is the show organizers trying to make more money from the increasing entry fees. Others blame the trainers that hang out a shingle that have no credentials, that are not capable of producing riders that can ride at a higher level. There is always much finger pointing, griping, and no resolution. In 2011, I decided that I could not cast the first stone, unless I made a valiant effort at equine education.

In the past, the United States Pony Club has been mainly geared towards eventing, but in 2010, a Hunter/Jumper track was also added to the curriculum. Jena Guldner and I created the club because we felt there was a gap in many St. Louis/Southern IL area hunter/jumper training programs that we could help fulfill. I can personally attest to junior riders that have come to our farm that were competing at the Grand Prix jumper level, yet unsure of basic information, such as what their horse ate, what type of shoes it wore, how to set a horse up at night, and why their horse had a particular bit in its mouth. An Olympic gold medalist once admitted to me that he had no idea how to give a shot. I heard horror stories of trainers drugging ponies, while the young riders stood by and had no idea what was being injected. As a young rider that grew up showing multiple horses and doing all of my own grooming, I have a huge problem with this.

For some, it may be a luxury that they have gotten by with and not had to learn basic horse care because their parents have paid to take care of it for them. On one hand, if the horse is competing at such a high level and the owner has multiple horses, it make sense to pay for the best care from an educated groom with years of experience, which creates a job market for some that do not have the ability to ride at the top levels.

Today's equine sports medicine extends far beyond the poultice and hoof packing of the past. New and safer pharmaceuticals have greatly improved in efficacy and can safely help keep horses comfortable. We have whirlpools, treadmills, lasers, acupuncture, TENS units, and compression machines. We believe these are all things a well-rounded horse person should know about, creating the next generation of equine professionals, self-sufficient amateurs, stable managers, etc. that have competency that will allow them to outshine their peers. (cont'd pg. 4)



*Hopkins Equestrian Sports kicks off 2013 with a
George Morris Clinic lock-in.
Follow us on Facebook!*

Calendar of Events

February

- 2: SLADS Schooling Show @ NEC
- 2-3: Dolly Hannon Dressage Clinic @ Royal Oaks Eq. Center
- 2-3: Irish Fox Show @ NEC
- 6-10: Queenie Productions @ NEC
- 13-17: Queenie Productions @ NEC
- 16: CenterLine Dressage Winter Lecture @ StarWest
- 23: Sport Psychologist Seminar with Tami Eggleston Go to www.midilsporthorseorg.com for information!

March

- 1-3: Illinois State Horse Fair at the fairgrounds in Springfield
- 2: Queeny Park Equestrian Events Trivia Night at the Museum of the Dog at Queeny Park, MO
- 16: Area IV Eventing Annual Meeting
- 20-24: Queenie Productions @ NEC
- 23: Bridle N' Spur Pony Club Trivia Night @ Fairmount Park
- 27-31: Queenie Productions @ NEC

Bridle 'n Spur Pony Club (cont'd)

MI-SHO
P.O. Box 302
Troy, Illinois 62294



(cont'd from pg. 3) The exciting part of USPC is the strict ratings program that extends beyond a simple letter of recommendation, as it is a set in stone validation for competency at a certain level. In addition to learning and improving horsemanship skills, members also develop communication skills, teamwork, teaching and public speaking skills, time management, conflict resolution, budgeting and record keeping skills, critical thinking, interpretation, and problem solving. We are very excited to begin this well rounded program to our side of the hunter jumper world.

In 2013, we added the Bridle 'n Spur Horsemaster's Group to our club. The Horsemaster's program was created by the USPC for members over the age of 18 that still want to participate in many of the educational and riding clinic opportunities we provide to the younger group. There are separate ratings and goals to achieve for a variety of levels.

If our members are truly hungry and willing to learn, then we are very excited for the rider's enthusiasm and will do whatever we can to help them succeed. I personally have had many such mentors in my life that have invested a great deal of time, emotion, and effort into developing my riding and horsemanship skills. This is now our opportunity to pay it forward and ensure the well-being of horses in the future.

We are hosting a Trivia Night and Silent Auction at Fairmount Park Race Track on Saturday, March 23, 2013. For more information on attending, please contact Cynthia Amelong at (314) 550-1818. Bridle 'n Spur Pony Club is a 501(c)3, not-for-profit organization and is an affiliate of the United States Pony Club, Inc. For more information about the USPC, please visit www.ponyclub.org, or join us for one of our meetings held with-in the St. Louis Metro area. BSPC is also looking for passionate hosts that will share their equine expertise with our club members. To schedule something at your farm, please contact Jen Robertson at (618) 670-9052. -Jen Robertson

USEF Announces Dressage Rider Tests



The United States Equestrian Federation (USEF) is pleased to announce the new Dressage Rider Tests Program for the 2013 competition year. Designed and drafted by a joint working group from the USEF Dressage Committee and appointees from the United States Dressage Federation (USDF), these tests are available for use by riders at Training, First, and Second Levels. While neither these tests nor their subsequent scores are a requirement to progress through the levels, they are intended to help riders measure their progress.

"The new tests are designed to evaluate the proficiency of the rider relative to the requirements of the given level, without giving extra credit for

the horse's gaits, impulsion and submission," said Subcommittee Chair Lisa Gorretta. "Riders will receive constructive evaluations that they can put to use in improving their abilities as a rider. The principles of correct application of the aids, correct riding biomechanics and the accurate geometry of the figures are accessed through 5 scores evaluating rider's position, correct and effective use of aids, horse's response and performance, accuracy of the exercises and harmony between rider and horse plus written commentary."

The purpose of the rider test at Training Level is to ensure that the rider has mastered the fundamentals of riding.

In the First Level test riders

are asked to continue to demonstrate the requirements of the Training Level in addition to showing increased balance and effectiveness of aids while performing more intricate movements.

The aim of the rider test at Second Level is that the rider can demonstrate consistency in all gaits and lateral work while showing enhanced skill from First Level.

For more information about these tests contact Hallye Griffin at (859) 225-6918 or via email HGriffin@usef.org.

-USEF

