

THE HORSE'S MOUTH

APRIL ISSUE

VOLUME 1, ISSUE 2

MISHO offers Grant Program Towards Clinics!



MISHO would like to thank our newest Grant Program Sponsors: Waterloo Optimist Club and O'Brien Tire & Service Center of Granite City. Thanks to their generous support, we are able to offer \$50 to help you pay for your next clinic!

What clinics count? Any clinic, whether it's MISHO sponsored or not! How do you receive a grant? If you're a member for at least 6 months, all you have to do is apply! The Grant application is on the MISHO website www.midilsporthorseorg.com.

In exchange for the grant, we ask that you write an article for our newsletter about what you learned in the clinic and also volunteer 5 hours at any not-for-profit organization or any horse activity (such as MISHO approve shows).

Where can you volunteer? There is a list of suggestions on the MISHO Grant Program web page. Know of one that isn't listed? Let us know and it will be added to the website. Now you have no excuse not to attend at least one clinic this year!

We can't wait to see your application soon!

SPECIAL POINTS OF INTEREST:

- ◆ Earn \$50 towards any clinic
- ◆ Check out where to shop at Rolex!
- ◆ Tips on caring for your show horse in the heat of summer
- ◆ Tips on saddle fitting from Prestige Italia
- ◆ Overcoming Show Nerves



Stay tuned for the next issue on information of the new program, Thoroughbreds Helping Thoroughbreds! Or visit their Facebook page for more information at www.Facebook.com/ThoroughbredsHelpingThoroughbreds

Beating the Heat—Caring for Performance Horse In Hot Weather

Heat and humidity put an added burden on horses during training, showing and hauling. Horses are actually better equipped to work in cold weather than in the heat. They build up a tremendous amount of body heat due to the internal heat produced by fiber digestion and the large mass of working muscles, combined with insulation from their haircoat and body fat cover. Normal body temperature for a mature horse at rest is

99 - 101° F. Under working conditions this can rise to 102 - 104° F, but with the same work under hot, humid conditions body temperature can elevate dangerously to 106 - 107° F. Body temperatures of 104° F or higher for any extended amount of time can be life threatening. A horse's main cooling mechanism is evaporation of sweat from the skin surface. Increased blood flow in the veins and capillaries close to the skin and

elevated respiration rate help dissipate internal heat as well. Increasing humidity reduces the evaporation of sweat from the skin, thereby decreasing the cooling ability. Under extreme heat, especially when humidity is high, the body's cooling mechanisms may not work well enough to dissipate the heat generated. This can lead to heat stress which is hard on the body and can impair performance. (cont'd on pg. 3)

INSIDE THIS ISSUE:

<i>Rolex Adventures</i>	2
<i>USDF GMO</i>	5
<i>Area IV Eventing Adult Ride Program</i>	5
<i>Calendar of Events</i>	5
<i>Prestige Italia</i>	6
<i>Overcoming Show Nerves</i>	8

Rolex Adventures: Part 1

Midwestern winters can be long and bitterly cold. The carrot on the end of MY motivational stick is ROLEX. And no, I don't mean the watch.

Rolex Kentucky Three Day Event, or just "Rolex", is held annually in Lexington at the Kentucky Horse Park. Eventing, sometimes referred to as combined training, involves three phases: dressage, cross country jumping (over a long course of ditches, banks, water jumps, and natural elements) and stadium jumping (in an arena.) Rolex is a "four star" event, one of only four in the world and the only one in the US.

I have been trekking to Rolex for many years with a group of horse friends who consider it just about the high point of our year. Our experience has taught us where to stay, eat, drink and shop, so for those of you who may be considering a trip to Rolex, perhaps this will help.

Our excellent adventure starts as soon as we cross the Indiana line, stopping in quaint, historic New Harmony for lunch and a look at their many art galleries, antique and specialty shops.

From New Harmony we continue east on I-64, and our main objective is to make it to Equus Run Winery outside of Lexington before closing. Equus Run is the official winery of the Kentucky Derby, so it doesn't seem right that we'd drive past without stopping. One year after a

particularly intense wine tasting we flew a kite in front of their lovely stone tasting room. I don't know quite how that developed....we're only young once but we can be immature forever!

We've learned to book a hotel FAR in advance and get one very close to the Kentucky Horse Park. After checking in, we'll plot our weekend strategy for attacking Rolex and the famous Horse Park, which is akin to an equine amusement park and full of activities that kids love.

Friday AM is the second day of dressage during Rolex. But before we head to the Horse Park we'll make the short drive to Keeneland Race Track, the only American track visited by Queen Elizabeth. Classy stone architecture, lovely landscaping, sleek thoroughbreds and decades of history make for a great experience for horse lovers. Breakfast at the track kitchen is cafeteria style with a 'suthern' slant. Over plates heaped with biscuits and gravy, sausage and grits, we'll gaze in awe at the clientele, conjecturing that surely that's the famous trainer Bob Baffert sitting at the next table.

I love the Keeneland china and tried to buy a few pieces one year, but alas, the cashier said it was NOT for sale and menacingly peered over her bifocals to warn me not to try sneaking any out. Really? Was I that transparent? Keeneland's gift shop, although pricey, is a fun stop for

equestrian souvenirs, and you can swing through the historic paddock on your walk over from the track kitchen.

From Keeneland we'll head to KHP and begin our Rolex experience. Reserved seating is available for dressage but I also enjoy sitting at the warm-up arena where a spectator can get very close to riders and coaches. Who wouldn't want to eavesdrop on the advice a coach gives to an Olympic rider immediately before they enter the dressage ring?



Because dressage sometimes ends early, Friday is my shopping day. Rolex' trade fair is equivalent to the Mall of America for equestrians. It features booth after booth of tack, clothing, home décor, jewelry and gift items. I've learned over the years which booths tend to offer bargains to draw shoppers in. Stubben normally has a rack of tack on sale but get there early; it will go fast. The last couple years there's been a booth in the indoor arena that sold riding clothes at deep discounts. (*cont'd pg. 4*)

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Beating the Heat—Caring for Performance Horse In Hot Weather (cont'd)

A simple calculation of **Ambient Temperature (° F) + Relative Humidity (%) – Wind Speed (mph)** will indicate heat stress risk level. For example, ambient temperature of 98°F with a 55% relative humidity and wind at 5 mph; $98 + 55 - 5 = 148$. If the calculation equals 130 or less, then the horse's own cooling mechanisms will work effectively. Between 140 and 170, the horse has partial cooling capacity and may need some assistance cooling down. When the result is greater than 180, the horse has a significantly impaired ability to cool and is at high risk for heat stress or even heat stroke.

Horses unaccustomed to the heat or those not properly conditioned will sweat more for a given amount of work than fit or acclimatized horses. While it is necessary for horses to sweat to help cool the body, sweat generated during work robs the body of fluids and important nutrients that must be replenished. Horse sweat is more concentrated than human sweat, meaning it contains a higher concentration of electrolytes. Electrolytes are electrically charged mineral salts that play a large role in water balance and are integral to nerve and muscle function. An electrolyte imbalance can lead to heart problems, digestive dysfunction, muscle cramps and nervousness. The primary electrolytes lost in equine sweat are sodium, potassium, and chloride.

Horses working at light to moderate levels will receive adequate electrolytes from nutritionally balanced feed, good quality hay and a salt block or a couple ounces of loose salt per day. Even if these horses **are** sweating a bit, a good diet along with clean water will replenish everything lost in the sweat. However, horses working very hard in hot, humid climates and sweating a great deal may need additional electrolyte supplementation.

Electrolyte supplementation should be approached carefully. First, never give electrolyte supplementation to an already dehydrated horse. Second, the body has a set requirement for electrolytes but doesn't store any extra. If supplemental electrolytes are provided in excess amounts, the body will become very efficient at eliminating them in the urine. This causes the horse to urinate more frequently, thus increasing water needs and making it more difficult to stay hydrated. Also, if the body is flushing excess electrolytes out of the system to keep the balance, on a day when additional electrolytes may be needed, they won't be available.

Therefore, the best recommendation is to provide a well balanced feed, good quality hay and free choice salt and water on a daily basis. Provide additional electrolyte supplementation the day before, the day of, and the day after an event in which the horse works extremely hard and

sweats excessively.

There are many commercial electrolyte supplements available, or a home-made mix of 3 parts salt (sodium chloride) and one part *lite salt* (potassium chloride) is an option. Remember though, for the vast majority of working horses, the sodium and chloride requirements can be met with a couple ounces of plain salt per day and the potassium, calcium and magnesium requirements will be met by a well balanced quality feed and hay. Therefore, additional electrolyte supplementation is needed only at those times when a horse will be sweating large amounts for an extended time frame.

- Karen E. Davison, Ph.D., Manager
– Technical Services, Purina Mills, LLC (Source: Purina Mills)



Rolex Adventures (cont'd)

You'll have to dig through the piles for your size, but that's part of the fun. And while you're in the indoor arena you can take a break from power shopping at the seating area, complete with a huge TV to watch the dressage rides live.



"THE CROWD
CLAPS EACH TIME
IT IS ANNOUNCED,
"ACCEPTED!"

Saturday is everyone's favorite day at Rolex, cross country day. If you're willing to walk, you can move from jump to jump and get very close to the action. The water jumps are very popular and have bleachers to accommodate crowds. Stand close to a gallop lane and watch the concentration on a rider's face as they blow by. A few minutes at the finish can be very interesting also, where you learn to appreciate the teamwork of dedicated grooms who immediately begin caring for each horse as it crosses the finish line.

After the cross country, a separate competition begins, the International Reining Three Star. It's in the huge new indoor arena that was built for the 2010 World Equestrian Games.

Western riders love this show and occasionally a few of the Rolex riders will make a guest appearance. You may also have time to visit the Horse Park's museum and "Hall of Champions," a barn housing famous retirees, before the reining begins.

Sunday is the final phase of Rolex, the stadium jumping, but first each horse must pass an inspection or "jog out" to insure that it is sound and able to continue the grueling competition. Get there very early to get a good seat for the individual presentation of each beautifully groomed horse as it is jogged up and down the lane in front of judges. The crowd claps each time it is announced, "Accepted!" and holds their collective breath when a horse appears a bit "off." Occasionally a horse is not allowed to continue the competition; sometimes they are re-presented and pass inspection after a second try.



In addition to being up close to the gorgeous horseflesh, it's entertaining to analyze the clothing that the riders choose. Stiletto heels, colors that clash with the horse, argyle socks that

flash when a rider races down the lane....all make for a fashion critique on a par with describing actresses dresses on the Oscars' red carpet. And of course my friends and I consider our good taste to be the definitive source for jog-out attire. As if WE'VE ever had the opportunity to jog a Rolex horse before!

Now we're on to the last phase, stadium jumping, which commences Sunday afternoon. The jumps are beautiful representa-



tions of famous Kentucky thoroughbred farms. The order of go is from last to first and usually there is not much separating the highest riders, so the winner may not be determined until the final horse goes over the last jump. Quite exciting!

Rolex weekend in Lexington is a great trip for any horse lover, especially those who enjoy jumping and dressage. Let's start planning a MI-SHO tailgate party there next year!

-Jane Netzler



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



Earn Awards in Dressage by joining USDF Through MISHO!

A USDF GM makes you eligible for USDF Rider Awards. In addition, Group Members receive the award winning USDF Connection magazine, eligibility to earn university credits, and eligibility to receive member discount rates for USDF events. Group Members also have the inside track on local dressage happenings and GMO-sponsored USDF educational clinics and programs. For a \$20 fee (opposed to the regular \$75 fee) you can get these great benefits by joining USDF through MISHO. Contact Lynn Coehoorn at lecoehoorn@hometel.com!

Area IV Eventing Adult Riders Program Coordinators Report

Area IV is a large area encompassing much of the Upper Midwest. The Area stretches from the Canadian border to the Boot Heel of Missouri and reaches from Eastern Illinois through to Western Kansas. Keeping AR in touch with each other is always a challenge.

Our purpose is to provide fun, education, and recognition to our AR members in our Area. To that end, we hold receptions at most of the horse trials in our area for AR and friends as a way to relax and meet people. We hosted a "New to Eventing" clinic this year and supported AR who participated in the

July Young Riders Clinic.

In 2012, Area IV hosted the *Chronicle of the Horse* Central ATC. Eleven teams participated and many prizes and ribbons were awarded, so nobody went home without something to show for their participation. We also sent embroidered towels and ear bonnets along with our Area IV AR competing in the Nutrena USEA American Eventing Championships, presented by Bit of Britain.

Speaking of awards, we always have a "Low Score Award" ribbon at every Horse Trials for the AR with

the lowest overall score, regardless of actual placing in a division. Pictures, when we have them, are placed on our Area website, and all AR competing in the Area IV Championships received horse treats, an embroidered towel, and a few other things, too.

Communication is kept up through regular emails from the Coordinator to keep members posted on what is happening with the program and to ask for input, too.

-Kathy Kerns, Adult Rider Coordinator, Area IV (Source: USEA)

Calendar of Events

April

14: Ellen Sadler Eventing Clinic @ Capitol Farms
20: Devinwood Schooling Show @ Devinwood Farms
25-28: Rolex 3-Day Event @ Kentucky Horse Park
27-28: Ridgefield H/J Show @ Ridgefield Arena

May

4: East Lake H/J Show
5: Cross Country Schooling @ Queeny Park
12: Mother's Day Hunter Pace @ Queeny Park
18: Brier Bank Dressage Show @ Brier Bank Farm
18-19: Cornerstone H/J Show @ Cornerstone Farm
31-2: Ridgefield H/J Show @ Ridgefield Arena

June

1: Devinwood Schooling Show @ Devinwood Farm
8-9: Queeny Park Horse Trials @ Queeny Park
15-16: Cornerstone H/J Show @ Cornerstone Farm
22: Brianna Zwilling Dressage Clinic @ Epoque Equestrian, LLC
23: Phancy Pharm H/J Show @ Phancy Pharm
29-30: Briarstone H/J & CT @ Briarstone Riding Academy

The Prestige Tree: Characteristics & Merits

The tree in Prestige saddles has been designed to adapt perfectly to the horse and to maintain the best seat for the rider. Made of a special mix of fibres, it is at least 1 kg lighter than traditional saddles and needs no metal reinforcement.

This saddle has advantages over those made of natural materials, like wood.

Though wood is elastic, it still has “life” in it. For this reason as atmospheric conditions change and the years go by the characteristics of the wood change, becoming less stable and less resistant.

The Prestige tree, on the other hand, was purpose designed to provide the same elasticity as one made of wood while, at the same time, ensuring maximum stability over time. It is no chance matter that it offers a lifetime's guarantee, except in the case of an accident.

In addition, the width of a Prestige saddle can always be altered. It can be narrowed or widened, depending on the shape of the horse, without having to take the

saddle apart. For this reason even when the shape of the horse changes the product remains usable.

The saddle must be positioned in such a way that there is enough space between the shoulder and the saddle so that shoulder movement is not restricted. The way to do this is to run the end of your hand over the shoulder of the horse until you detect the scapula bone. Allow for a minimum width of about four fingers and that is the place to position the saddle. This will leave a space, the width of the palm of your hand, between the scapula and the girth. Remember that the front part of a jumping saddle could project upfront the shoulder of the horse but the fixed part, the tree, must never do so.

FIVE CARDINAL RULES

1 - Tree size: If a saddle is correctly positioned the tree will extend parallel to the back of the horse and as close as possible to it.

2 - Consideration for the horse's backbone A and withers: The width between the saddle panels must make proper allowance for the horse's spine and not bear down on it under the weight of the rider. The size of the front arch of the saddle must be such as to enable compliance with the age-old "4-fingers" rule (corresponding to about 5 cm) between the pommel and the withers of the horse.

3 - Balancing: Once the right tree size has been found, the next step is to ensure the saddle is properly balanced. When it rests in position, the saddle must

conform to the horse's back in a way that evenly distributes the weight of the rider over the entire surface and so prevents it bearing down too much to the front (the scapula bones of the horse) or to the back (the loins of the horse).

4 - Contact by the panels: The panels must, in their entirety and along their full length, form a snug fit with the horse's back.

This will ensure proper distribution of the weight of the rider.

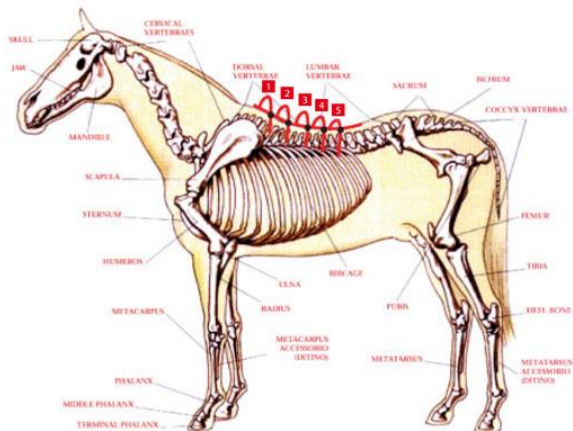
5 - Symmetry: Look at the horse from the rear and check that the saddle rests parallel to the backbone of the horse and is positioned symmetrically about it. If the saddle complies with these five rules it will be properly positioned and be comfortable for the horse.

MADE TO MEASURE SADDLES

Prestige Italia has developed a way of measuring a horse's back that is unique and absolutely innovative. It enables the exact morphological features of a horse to be transferred onto paper by using a withers gauge. This special rod-shaped instrument is able to maintain whatever shape it is bent into and is notched for measuring purposes. Prestige also uses a special level that finds the exact point at which the horse's backbone is horizontal. In this way panels can be made that are customized to its morphology.

The aim is to make higher or lower panels that ensure the rider has the proper balance in the saddle.

A Made-to-measure saddles for horses: the technical





The Prestige Tree: Characteristics & Merits (cont'd)

characteristics.

Because panels can be made with increased or reduced thickness horses can be fitted with saddles perfectly adapted to their individual morphology.

Made-to-measure saddles for riders: The technical characteristics show how Prestige can make saddles to measure for riders, too. All of its saddles (except the TREKKER models) have 5 flap lengths: from XS to XXL. Its show jumping saddles have, in addition, 3 flap projection sizes: standard, +2 cm, +4 cm.

They also have large, medium-sized, or small blocks to suit your style of riding.

SADDLE CHARACTERISTICS

All models in the "PREMIUM" line are available in black, tobacco brown, or cognac. Seat sizes are 16", 17", and 18" except for the following models: Atena and Atena Flaps (just 17" and 18"). Joy Jumper and Lucky Dressage (just 16"), and the Trekker saddle line, which has just a standard seat and width size. Width sizes vary between 29 and 37, with the exception of the following saddles: D1, D1D, D1 K, D1D K, SALAMANCA, ICELAND D1, ATENA SFC and ATENA SFC FLAPS, which offer a more restricted size range: S – M – L.

MATERIALS

The leather used in Prestige Italia products is naturally tanned and originates from cattle bred outdoors.

Any slight shadow, differences or markings are not faults but guarantees of a natural product.

GUARANTEE

All Prestige Italia saddles come with a lifetime guarantee against any damage to the tree (apart from any accident).

The leather and stitching is guar-

anteed for two years from date of manufacture.

STIRRUP LEATHERS

Do not use rigid stirrup leathers, which can damage surfaces.

Prestige's nonstretch are excellent and soft and have the slimmest on the market.

BOOTS

Be careful with boots that incorporate rubber or coarse material. They accelerate the wear on calfskin-lined saddle flaps through rubbing up against them.

DETAILS

Saddles which have flaps made from calf skin leather provide instant softness along with additional grip, therefore this must be taken into consideration as it is not as durable as traditional saddle leather.

The leather, which is used for the panels and the girths, is treated with an antisweat process, thus reducing the amount of maintenance required and reinforcing strength within these areas.

We do not recommend using hard leather stirrup leathers as this will only damage the saddle. Therefore, we recommend that A17 soft leathers be used. This will prolong the life of the saddle.

The tree, which is constructed using various fibres, does not require any metal support. The withers bar can be altered using one of our machines without dismantling the saddle.

This allows the saddle width to be changed every time your horse changes shape.

SPECIAL VERSIONS

"Special" versions of lined saddles are so called due to the presence of added material in leather on the lower part of the flap exposed to contact with the stirrup leathers.

SADDLES WITH FLOCKED PANELS

Panels flocked with a special synthetic fibre that prevents compression of the material and therefore requires less maintenance. These panels are especially suited to horses that are asymmetric between their front and back or vice versa.

They also offer more options: panels +1 cm / +2 cm at the back or with half stuffing.

SADDLES WITH LATEX PANELS

These soft-latex panels have reduced weight in the area of the withers and shoulders. This allows greater freedom of movement when airborne during jumping, so avoiding pressure on the withers.

Panels with increased-thickness at the back or half-thickness panels are available for horses that are asymmetrical from front to back and vice versa.

SF CONCEPT LATEX SADDLES

These special panels are designed to give freedom to the trapezius muscle and, by the same token, leave the shoulders unhampered. They are especially suited to stallions or horses with less developed shoulders.

(Available only for 17" and 18" seats).

(Source: Prestige Italia)

Overcoming Show Nerves Seminar

Dr Tami Eggelston, Sports Psychologist, had MISHO members really thinking about "why we want to ride our horse" at the Seminar at McKendree University on Feb 23rd. Her point was to find "Your True North" and clarify what is really important to you. Members came up with many answers to this question: that illusive feeling of connection, the thrill of the ride, the partnership, and the love of our horse were just a few.

Once we figured out why we want to ride, it was time for a little self assessment. She asked us to list what were our "Primary Challenges" and "Primary Strengths" (both physical and mental). Challenges: being out of shape, fear, patience with my horse/myself, letting go of my mistakes, fear of being judged. Strengths: not focused on winning, being prepared, having a good attitude, knowing I can do it, being willing to learn/put in the work. Dr Eggelston gave us an analogy to deal with "letting go of our mistakes" "When your brain is on fire, Stop, Drop and Roll." Stop thinking about it, Drop it out of your thoughts, and then Roll back into work. Carrying the weight of a mistake from just the last fence let alone from the last class will blind you to what you need to do next. Its like riding with sticky notes all over your face – impossible to do. "Stop, Drop and Roll" the mistake immediately so you can ride your best from that moment on!

Now that we had looked at our weaknesses, it was time to set some goals. Many had the same issue: carrying stress of our life into the ring. Her suggestion was to compartmentalize using the stop light method. You have one hour before you get to the barn. So you get 15 minutes in the red zone to think about your day/issue/problem. Now take 15 minutes in the yellow zone as a transition time (listen to music, take a walk around the barn, think about something else – let it fall away. You are now ready to enter the green zone –to focus on your horse/riding/lesson without the rest entering in. It takes a conscience effort to move from one stop light (compartment) to the next so you get the most out of your time with your horse.

Your next step – do not engage in any negative self talk. It should never be "I can't do _____"; it should always be, "I have the opportunity to improve_____". She also suggested the 1 hour rule be implemented at every horse show. (Parents listen up – I'm guilty as well) You should never talk about what happened in competition until 1 hour after you leave the show! Give your rider (and their coach) the chance to deal with what just happened. Also, before you ever get to the show, ask them what they want to hear from you when they leave the ring. You may be surprised that its – NOTHING! Maybe they just want your smile of approval!

Then respect their wishes!

Stress is a normal reaction to competition and a certain level of stress is good and helpful. Dr Eggelston gave us one technique to control our stress: 4/4/4/4 method. Breath in for a count of four, hold your breath for a count of four, breath out for a count of four, wait for a count of four. Now do it four times. You'll be surprised how it makes you relax and slows the pounding in your chest!

Finally, she pointed out that there are many things at a show that we have absolutely no control over: noise/speakers, weather, photographer flash, loose kids/dogs, other riders are but a few. So stop trying to control them. Focus on the items you can control and "stop, drop and roll" the rest!

Have a great show season and give yourself only positive self talk!!!!

-Lynn Coeboorn