

# THE HORSE'S MOUTH

APRIL 2016

## ***MI-SHO Announcements***

### **WELCOME to the 2016 Show Season!**

We have a busy show schedule for this season and more shows are still being added. We are pleased to announce that we are now recognizing the Irish Fox show series at the NEC. We hope to offer more training clinics as well. More details to follow.

**New Division Announced: Newcomer Jumper Rider** is open to any child or adult in their 1st or 2nd year of showing. Fence height will be cross rails and it will be run as a Table IV class. The horse with the time closest to the optimum time will prevail in a tie. More details are in the MI-SHO Rule book on the MI-SHO web page.

### **MI-SHO Annual Horse Show**

**Save the date for the annual MISHO Show—Sep 17-18 at Cornerstone Farm.** This will be a two day show with hunters on Saturday and Dressage/Jumpers on Sunday. We are also adding Western Dressage and Combined Test to the class list.

**MI-SHO has gone electronic.** You will be able to register on line for our annual horse show and future clinics!

### **GRANT PROGRAM**

Yes we still have grant money available. Any current MI-SHO member is eligible for \$50 toward any clinic in which they are riding. Your only requirement is to volunteer 2 hours at any not-for profit organization and write an article for this newsletter about what you learned.

See the **Grant Program** page for further details and a grant application.

### **MI-SHO BOARD MEMBERS ANNOUNCED**

The MI-SHO Board would like to welcome our newest board members: Devon Isselhard, Kate Saulle, and Lynette Scott, as well as Junior Board Members Margo Wottowa, Ashley Edwards, and Lydia Latham. Welcome aboard ladies. We're so glad you joined us.

Looking for a fun group to enjoy your passion for horses with. The MI-SHO board meets monthly to discuss the future of MI-SHO and plan events and activities. We still need more board members. Join us! Contact any current board member for details.

Become a member today and stay connected with your local dressage community!

By joining, you also gain full access to an extensive online database dedicated to dressage education.



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**2016**

## SHOW SCHEDULE

*Check the MI-SHO Web page for updated Show Schedules and link to show bills. Shows may be added throughout the year!*

**Check the MI-SHO web site for the 2016 Rules. Make sure you know the rules for your division!**

### JANUARY

23-24 - Irish Fox H Show

### FEBRUARY

20 - 21 - Irish Fox H Show

### MARCH

19-20 - Grand Paradise D/H

### APRIL

2-3 - Irish Fox H/J Show

9 - Pam Davies Dressage Clinic

16 - TLM H/J Show @ Dublin Farm

17 - Avalon Farm Dressage Show

23 - Classic Acres H/J Show

23 - CWE Dressage Show

30-1 - Ridgefield H/J Show

### MAY

7 - TLM H/J Show @ Dublin Farm

14 - Brier Bank Farm H/J/D Show

21 - 22 - Briarstone H/J Show

28 - East Lake H/J Show

### JUNE

3-5 - Ridgefield H/J Show

4 - CWE Dressage Show

18 - Devinwood H/J/D Show

25 - Brier Bank Farm H/J/D Show

### JULY

9-10 - Briarstone H/J Show

16 - TLM H/J Show @ Dublin Farm

23 - MISHO Jumping Clinic

### AUGUST

13 - Brier Bank Farm H/J/D Show

20-21 - Kirkwood H/J/D Show

20 - CWE Dressage Show

28 - Avalon Farm D/J Show

### SEPTEMBER

10 - Brier Bank Farm H/J/D Show

17-18 - **MISHO SHOW**  
*DOUBLE POINTED*

24-25 - Ridgefield H/J Show

24-25 - SIDC Dressage Show

### OCTOBER

8 - TLM H/J Show @ Dublin Farm

15 - CWE Dressage Show

15-16 - Briarstone H/J Show

22-23 - Grand Paradise D/H/J Show

29-30 - Irish Fox H/J Show

### NOVEMBER

5 - Devinwood D/H/J Show

12-13 - Irish Fox H/J Show

19-20 - Avalon D/J Show

## 2016 Vaccine Requirements - USEF Rule Change. Are you prepared?

### USEF-recognized competitions

**GR 845: Equine Vaccination Rule:** Horses showing at USEF licensed competitions this year must have proof of **Equine Influenza Virus and Equine Herpes Virus (Rhinopneumonitis)** vaccinations within six months prior to entering the show grounds.

**What counts as proof:** Proof can be documentation from the veterinarian stating that the horse received the vaccination, the name of the vaccines, and the date of administration. If someone other than a veterinarian administered the vaccines, the exhibitor must be able to provide a receipt of the vaccine purchase signed by the owner or agent; name, serial number, and expiration date of the vaccine; and the date the vaccine was administered.

In the rare case where a horse cannot receive either of the vaccinations because they have a history of adverse reactions, the exhibitor must have a letter from the veterinarian on official letterhead, stating that the horse cannot be vaccinated due to medical concerns and providing a log of temperatures taken twice daily for the week prior to entering the competition grounds. The horses must also have their temperature taken and logged twice daily while on competition grounds.

### USHJA-recognized competitions

**EQ103: Eligibility to Compete:** Horses showing at USHJA licensed competitions, starting on December 1, 2017, must be micro-chipped in order to compete for points or money, or to be eligible for year-end awards. The microchip must be implanted in the horse's nuchal ligament. In 2019, this rule will likely extend to horses at all USEF-recognized competitions.

### For all equestrians

Don't forget that you will need a negative Coggins in order to compete — or even to travel off the property where your horse is stabled. If you are going out of state, be sure to check whether you will need a health certificate (chances are, you do!).

Not sure what vaccines your horse needs: here is a resource from the American Association of Equine Practitioners. AAEP

<http://www.aaep.org/info/vaccination-guidelines-265>

Of course always consult your Veterinarian

CORE Vaccines:

- *Tetanus, EEE/WEE, WNV and Rabies*

RISK-BASE

- *Anthrax, Botulism, EHV, Equine Influenza, EVA, Leptospirosis, Potomac Horse Fever, Rotaviral Diarrhea, Snake Bite and Strangles*

## YEAR END AWARDS

**Congratulation to all our GRAND and RESERVE Winners**

### Hunter Awards

#### Newcomer Walk/Trot

1. Fly Me to the Moon ~ Lily West
2. Little Bit Even ~ Helena Akridge
3. Wildwych Hazel ~ Reagan Bierman
4. Heri Diva ~ Kayla Edwards

#### Youth Cross Rail Hunter

1. Fly Me to the Moon ~ Ellie West
2. Calico Chocolate Mousse ~ Nicola Rikand
3. Bound to Have ~ Lauren Bardill
4. Cloud Nine ~ Jolene Weaver
5. Sovereign Sweep ~ Lydia Latham
6. Call Me Classy ~ Elise Mannix

#### Adult Cross Rail Hunter

1. Jato ~ Karen Zinn
2. Monkey Business ~ Brandy Rhoades
3. Hero Ground Zero ~ Jessica Hasemann
4. Mako ~ Nikki Wheeler

#### Short Stirrup Hunter

1. Call Me Classy ~ Elise Manix
2. Wildwych Hazel ~ Charlotte Rowe
3. Chesney ~ Emily Buss

4. Fly Me to the Moon ~ Ellie West
5. Taste the Rainbow ~ Matthew Fulton
6. I'm Skyhawk ~ Lauren Erb

#### Children's Pony Hunter

1. Chance of Flurries ~ Dravin Kennedy
2. Call Me Classy ~ Elise Manix
3. DB Jamilah ~ Rebecca Marseille
4. Chesney ~ Emily Buss

#### Beginner Rider Hunter

1. DeStarru ~ Cheri Drennen
2. Sambucca ~ Nicole Thomas
3. Blue Bonnett ~ Kayla Edwards
4. Prince Charming ~ Ally Brotherton
5. DB Bin Sharooq ~ Aspen Foster
6. Cloud Nine ~ Jolene Weaver

#### Low Hunter

1. Fine Design ~ Dravin Kennedy
2. DeStarru ~ Cheri Drennan
3. DB Jamilah ~ Rebecca Marseille
- 4T. Ace Afleet ~ Anne Orcutt
- 4T. Private Bryan ~ Kara Blevins
6. Mad Mad Skillz ~ Delaney Toensing

#### Baby Green Hunter

1. Fine Design ~ Dravin Kennedy, Karen Zinn
2. Whisky Julius ~ Cara Van Leuven
3. Cookies and Cream ~ Morgan Musel, Debi Musel
4. Ace Afleet ~ Anne Orcutt
5. Private Bryan ~ Kara Blevins
6. Cloud Nine ~ Jolene Weaver

#### Limit Rider Hunter

1. Rolie Polie Olie ~ Kaitlyn Nance
2. Mad Mad Skillz ~ Delaney Toensing
3. Kokopelli ~ Shelby Wright
4. Good to the Last Drop ~ Claire Doll
5. Shamrock ~ Ashley Soucek
6. Shine On ~ Christina Ward



### Childrens Hunter

1. O'Yes ~ Darby Wright
2. Cvzall Good ~ Darby Wright
3. Point South ~ Nicole Lauzon

4. Freeze Frame ~ Lauren  
Wratchford

5. Turn the Paige ~ Sidney  
Snyder

### Adult Amateur Hunter

1. What's on Tap ~ DeeDee  
Westermeyer
2. Whisky Julius ~ Cara Van  
Leuven

## Equitation Awards

### Cross Rail Equitation

1. Karen Zinn
2. Ellie West

3. Jessica Hasemann

4. Jolene Weaver

5. Lydia Latham

6. Helena Akridge

### Short Stirrup Equitation

1. Elise Mannix

2. Charlotte Rowe

3T. Ellie West

3T. Emily Buss

5. Matthew Fulton

6. Lauren Erb

### Beginner Rider Equitation

1. Nicole Thomas

2. Lucie Rowe

3T. Ally Brotherton

3T. Cheri Drennen

5. Kayla Edwards

6. Aspen Foster

### Limit Rider Equitation

1. Kaitlyn Nance

2. Delaney Toensing

3. Shelby Wright

4. Claire Doll

5. Christina Ward

6. Mackenzie Fulton

### Advanced Equitation

1. Darby Wright

2. DeeDee Westermeyer

3. Nicole Lauzon

Hunter Winners



## Jumper Division Awards

### Beginner Jumper

1. She's Got Jazz ~ Sidney Snyder
2. This'll Floor Ya ~ Ashley Edwards
3. Captain Crown ~ Morgan Cooper
4. DB Jamilah ~ Rebecca Marseille
5. Charming Romeo ~ Sarah Cole
6. Class Act ~ Sidney Snyder

### Novice Jumper

1. Sambucca ~ Rebecca Marselle,  
Sarah Sanders
2. Saluki Steel ~ Allyson, Tina Medley
3. Freeze Frame ~ Lauren Wratchford
4. DB Khrush ~ Sarah Sanders
5. Taxco ~ Delaney Toensing, Sarah  
Sanders
6. Temeclua Harm ~ Morgan Musel

### Level II Jumper

1. Rumba ~ Jessie Skaggs
2. Whisky Julius ~ Cara Van Leuven
3. Win One for the Gipper ~ Margo  
Wottowa
4. Freeze Frame ~ Lauren Wratchford
5. Hildegard ~ Nicole Lauzon
6. Shamrock ~ Ashley Soucek

### Hunter Derby

1. O'Yes ~ Darby Wright
2. What's on Tap ~ Dee Dee  
Westermeyer
3. Charming Romeo ~ Sarah Cole
4. DeStarru ~ Cheri Drennen
5. Wildwych Hazel ~ Lucie Rowe
6. Turn the Paige ~ Sidney Snyder



Jumper Winners

Eventing Winners





## Dressage Awards

### Intro Dressage

1. Captain Crown ~ Morgan Cooper
2. Third Times A Charm ~ Rowan Sandbothe
3. Silent Retreat ~ Nikki Wheeler
4. Bound to Have ~ Lauren Bardill
5. Dapple Apple ~ Kateri Peterson
6. I'm Skyhawk ~ Lauren Erb

### Training Level

1. Regal Lady Regina ~ Leah Duff
2. Western Zen ~ Lynette Scott
3. Emily ~ Katherine Pottorf
4. Cytrina SF ~ Kathy Brand
5. I'm Skyhawk ~ Lauren Erb
- 6T. Measure Your Wager ~ Leah Duff
- 6T. Shamrock ~ Ashley Soucek

### First Level +

1. Win One for the Gipper ~ Margo Wottowa
2. Reilly ~ Emily Raynor
3. Desert Fox ~ Emily Raynor

## Eventing Awards

### Youth Eventing

1. Ghost ~ Amberlyn Kapusta
2. Chance of Flurries ~ Dravin Kennedy
3. Sugar and Spice ~ Margo Wottowa
4. Good Galahad ~ Lauren Baur
- 5T. Win One for the Gipper ~ Margo Wottowa
- 5T. Freeze Frame ~ Lauren Wratchford

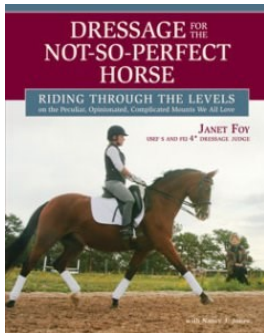
### Adult Eventing

1. Western Zen ~ Lynette Scott
2. Bird is the Word ~ Courtney Carson
3. Queen of the Slip Stream ~ Kate Saulle



Dressage Winners

## *Janet Foy Clinic* by Lynn Coehoorn



Janet Foy was at Epique Equestrian LLC in December for a dressage clinic. Janet is an FEI “I” judge, USEF “S” dressage judge, and an USEF Sporthorse “R” breeding judge and has judged at all major shows in the United States, including the FEI North American Young Rider Championships, the FEI North American Junior Championships, the USA World Cup League Finals, the FEI North American Championships, Dressage at Devon, and USET Festival of Champions.

Janet is a flamboyant instructor with an amazing eye for detail. When you audit a clinic of this level, you better be ready to speed dial your brain. Information comes fast and furious. And everything thing is related to the training scale! Memorize it!

<http://www.dressageforjuniors.com/Pyramid-of-Training.html>

The horses were far from perfect which surprised me. There were some major behavior issues that she helped the riders work through. “Consider me your marriage counselor.” Her solution was not to fight with the horse, but to “test him, before he tests you” by using flexion at walk and trot if necessary. Your goal is to get a consistent gait, the same gait every time. Be patient, get a speed and a contact before you adjust anything.. That training scale again!

If you have a backward thinking horse, always go forward. Don’t correct him by stopping. Fix it in the gait. Always create a reason to let go.

**Create a reason, get a reaction  
and let go!**

Get a reaction! “If you say go, then go!” Horse training is black and white. Get what you are asking for, everytime! Don’t take half the arena (or half a circle) to get the reaction. Your seat needs to say go forward too. First your seat and then your leg.

Loosen the poll to improve suppleness. Once again it was all about flexing. Both inside and outside while the body stays straight and the direction of travel doesn’t change. Janet gave some riders the “Extreme Bend” exercise, but cautioned that it should only be attempted under trainer supervision, as preparation for the half pass. And release before the horse gets uncomfortable. Every movement should have a flex in the neck.





Insist on quality, even if its only for a few steps. Ask for more than you need because you will lose 10% at the show.

Janet rewarded improvement by allowing the horse to trot in a stretching circle in rising trot. And then once you have a good working trot transition, let him walk on the buckle. "Most people are afraid to let them have the buckle..

Where do you think they are going inside this arena?" The free walk does not have to have his nose in the dirt. But the nose must be out past the vertical and he must be moving. Put him on the buckle and let him walk. If he's not moving out add leg not hand."

Warm up is important. New research indicates that it takes 10 minutes at the walk on a long rein to lubricate the joints. Take your time and let them walk.

## Foy'isms

**Consider me your marriage Counselor**

**The most important part of your body is your BRAIN**

**We bore the crap out of our horses—ask for more!**

**Horse training is black and white—get what you are asking for!**

**He's too smart. I think your next horse needs to be a little dumber.**

**Create a reason to reward**

**Ask, Expect, Reward**



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## Get Conditioned by Whitney Hopkins

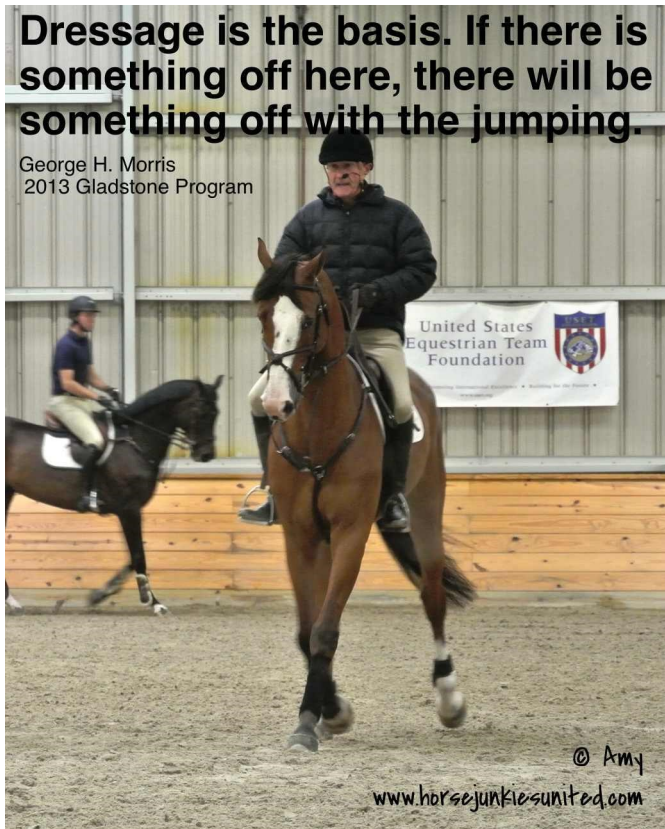
The equestrian world is ever changing. Often it is hard to figure out how to prepare one's horse for the next competition and the years to come. As overwhelming as it may be, putting a conditioning schedule together for both you and horse is crucial.

The resources that are available to horse and rider are endless. Whether you are a hunter, jumper, eventer, fox hunter, or just enjoy the leisurely weekend trail ride, the importance of a conditioned horse is often overlooked. It is easy to get caught up constantly training for your next show and practicing the same routine over and over. Many riders understand that working on the flat is as important as over fences, so today we will discuss what it means to have a conditioned horse and rider.

Conditioning a horse and a rider is often looked at as cross training. A couple of years ago, I attended the USHJA Training Certification program, hosted by Peabody Fox in KY and instructed by George Morris. George was very clear when describing how he conditions. Every horse deserves a warm-up and a cool down and breaks; these are opportunities to stretch our horses. When it is time to work it is time to focus on what the horse and rider want to achieve. He, also, gets all of his Hunter-Jumpers out of the ring. He explained how important it is for the horse's body and mind to get out of the nice show ring footing, that we Americans are spoiled with, and get them onto the turf. He schools them over cross country jumps and exposes them to many different experiences. A great resource is the George Morris Horsemastership Training sessions, that you can find on The Chronicle of the Horse website.

**Dressage is the basis. If there is something off here, there will be something off with the jumping.**

George H. Morris  
2013 Gladstone Program



Stuart Black, a Canadian Olympic Eventer, who I had the opportunity to be a working student for, gets his horses out of ring several times a week. Each horse gets 1-3 trot sets a week and his upper level horses do gallop sets. So what is a trot set? Depending on the horse's condition, often a trot set starts off with a 5-10 minutes of walking, flexing and stretching warm-up. This allows the horse to get settled in his tack, to loosen up and prepare for the trot work. The trot work is often only 10-15 minutes long. Just because you are not riding in the ring (unless the ground is frozen and in that case are in an indoor), does not mean the horse gets to lead and be flat. The horse needs to be bending and flexing on a connected rein. The rider should have complete control and allow the horse to work as if in the ring. The rider should allow

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**The old horseman's saying is that for every day off, your horse needs a day of training to return to the prior level.**

<http://www.horsechannel.com/horse-health/safe-horse-conditioning.aspx>

the horse to lift its back and work uphill, while being connected through the ride. Let's not mistake connection for collection. After the 10-15 minutes trot is complete, he returns the horse to a walk for its cool down. The cool down is the same as the warmup. He allows the horse to stretch and flex, and then finishes the ride on the buckle (a loose rein) and allows the horse to hack out. In addition to trot sets, Stuart includes a dressage day, stadium jump day and a cross country day. These are very goal focused. He explains that it is important to get on your horse with a goal and to ride the horse that you have that day. No horse is ever the same every day, and every horse is different on show day. So ride the horse you have each day. One may have to adjust their goals accordingly.

Conditioning schedules may change for your individual goals. It is important to have a plan and to work with your instructor, vet and farrier to keep you on track. Conditioning does not only take place in the tack. Conditioning can also be described as overall wellness for horse and rider. Just as it is essential for a rider to be fit and have a healthy diet and lifestyle, same goes for your horse. Talk with your equine professionals to figure out which supplements and feeding regiment is best for your horse. Remember that a horse should always have turnout. It is important that you allow your horse to be a horse. Have fun and be respectful to your horse's wellness and condition.

—Whitney Hopkins, MI-SHO President

## **Get the Training You Need**

Often as young riders, we watch events, such as ROLEX, The World Equestrian Games, Olympics and we dream to look just like them, to ride just like them, to be them. The top equestrians, both in the United States and Europe, get to compete and reach their dreams by conditioning themselves and their horses. Where does one begin to start this journey?

First, figure out what your goals are. Do you want to get in the show ring this spring, get to your next event, move up a division? These are a couple of questions one may ask. Put it on paper and figure out how you're going to get there.

Second, find a coach that understands your goals and works with you to achieve them. Many riders jump around to different trainers and never really advance past the beginner levels, due to always starting over with new instructors. Finding an instructor can be difficult, do your research, be picky, but most importantly know what you're looking for before you start this task. Know what your expectations are and be realistic with where you are and where you would like to be.

Last but not least, sit down and put together a conditioning schedule for both you and your horse.



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