

THE HORSE'S MOUTH

FEBURARY 2015



Mid Illinois Sport Horse Organization Warm Welcome

Mid IL Sport Horse Organization would like to welcome you to the new show year!

There are so many events that MI-SHO will be offering this year. The organization is designed to provide the most educational experience for it's members. MI-SHO brings together hunter, jumper, dressage, eventing and sport horse enthusiasts to provide educational opportunities that promote horsemanship skills and to promote and govern shows that provide a fair and equitable competition for our members while promoting safety and sportsmanship at all times. With show season just around the corner, Be sure to join this fantastic organization. Not only are the year-end awards fabulous, but the experience you gain throughout the show season is an opportunity you do not want to miss out on!



Don't Miss Olympic Sports Psychologist, Dr. Tami Eggleston

MI-SHO is starting the year off with an amazing opportunity!

To start of the year they will be featuring Olympic Sports Psychologist, Dr. Tami Eggleston on February 22nd at 1:00 at McKendree University 's Marion Piper Academic Center, Room 222. The topic this year is

"Personality, Perfectionism, and Performance".

Come find out how our personality can affect our performance. All members are FREE! There is more information on the website: www.MidIllSportHorseOrg.com



CAVALETTI WORK

“CAVALETTI WORK
IS DEMANDING AND
NEEDS REGULAR
PRACTICE. TRY TO
INCLUDE IT IN YOUR
DAILY WORK AT
LEAST THREE TIMES
A WEEK.”

Yes it's for every horse. Olympic Gold Medalist, Ingrid Klimke recently gave an interview to Dressage Today Magazine and explained the how and why. “The advantages include fostering the horse's concentration, improving his motivation for all work and suppling and strengthening his muscles.” “Cavaletti work is demanding and needs regular practice. Try to include it in your daily work at least three times a week.”

Simple poles lying on the ground is not enough. Use 4 cavaletti of varying heights, in a row on a straight or curved line. She recommends:

At the walk the distance should be 3' at a height of 8"

At the trot the distance should be 4'3" at a height of 1'

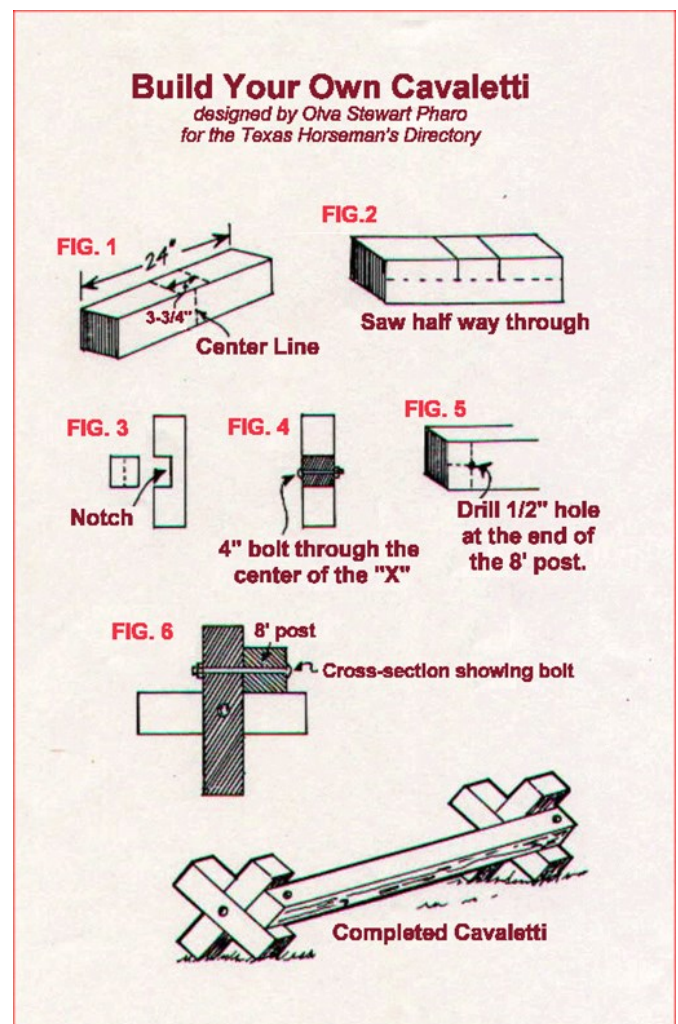
At the canter the distance should be 11' at a height of 1.5'

“Using Cavaletti in the warm-up phase at the walk is ideal to activate the horse's hind legs and animate an arching back. You can use cavaletti work to lengthen your horse's strides in the trot by increasing the distance between the cavaletti up to about 5'. Include cavaletti in the canter work trains the hind legs of the horse for the collected work by causing the hind leg to come more under the horse's center of gravity. But they must be 1.5' high, otherwise the horses just become faster.”

See the full article at http://dressagetoday.com/article/klimke-approach-dressage-27000?utm_source=DressageTodayFB&utm_medium=link&utm_campaign=Facebook

So how do you get cavaletti poles on your limited budget? Well how about making them! Here are the complete directions and it doesn't require a lot of money or time! All you need is a saw, chisel and drill.

<http://www.texas-horsemen's-directory.com/thdcav.html>



Yoga for Equestrians

Erin Ahlfield, Certified Yoga instructor, will be offering Equestrian focused Yoga starting in March! She is a Fabulous instructor and has so many great insights on the proper balance and muscle groups that it takes to get harmony with your horse.

Whether you are riding, coaching, or a horse show mom or dad, join her the 1st and 3rd Thursdays of every month from 6-7PM at Pride Fitness in Wood River. These sessions will begin in March and are only \$10/person! Check out FB for updates!



Katie Coeboorn, a 2014 Grant winner, shares her experience

After spending the time to make sure everything is perfect ie, clean tack, new pads, correct spurs, and not to mention trying your hardest to make sure you don't look like you spent hours doing so, you finally arrive. However, you arrive early enough to watch some of the other riders go before you. You spent all the money right? Why not take advantage and at least see what she is going to put you through. You walk into the viewing area, catch up with friends, and find a seat that will allow you to see as much as possible. After all you want to know what horrifying exercises you will have to attempt to not mess up. The horse that just left the arena is practically dripping sweat. And its December. Awesome.

Not to worry though after a year as a working student I figured the only issues I would hear about were things that I already know are my weaknesses. I have been "corrected" harshly by upper level riders before and know the drill well. However, Meghan was super kind. She welcomed me into the ring and after going through the usual name, age, experience, introduction I was free to warm up. Once I felt my horse was ready, and after a few not

so stellar transitions, I was ready for the reaping.

We started with an exercise of 5 ground poles in a crescent shape spaced to create bounce strides. The idea is that we would trot through the poles. No problem right? My horse had other ideas. As did most all of the horses I had watched previous to my ride. After bouncing and jumping all over the exercise, a few times, my horse settled and we made it. Just in time for Meghan to tell me to go ahead and add the other half of the circle of poles in. Now the exercise was a 12/15M circle with five poles on each side. And just like that we couldn't trot anymore. And again after about five times through my horse managed to figure out that jumping them wouldn't be the best idea.

The exercises that Meghan had for me were some of the toughest jump exercises I have ever ridden through. In a small arena with larger jumps all the flaws come to surface. She explained the ins and outs of competing in a small arena and how to ride accordingly. Don't slow down and loose impulsion just because the arena is smaller you have to think faster and push the horse, in my case, or he doesn't have enough go to create a nice jump. My particular horse is a good jumper but if I package him too much he struggles to reach across the jump. By the end of the

lesson I had learned many new tricks to apply to my jumping as well as my flat work.

Horses like mine, curlers, have the issue that they avoid the bit by tucking their head in as opposed to pushing through and using their top line. By driving him forward with a stronger leg I can get him to push out to the bit. That is where he needs to be to jump correctly. If I don't get his head up he usually will take a rail because he can not get his front legs out of the way fast enough. Leg is the key, use more leg and as much of the arena as possible. In a smaller arena its best to use what space you can to help you see the distances. Don't cut corners and try to just run at the jumps. Forward is a good thing but not if you are using it to make up for lack of eye. Don't turn until you can see your distance. If you can do that then everything should work out.

The Meghan O'Donoghue clinic was a great experience. She is a great teacher and explains what she wants from you thoroughly. She took the time to make sure I understood what she meant and could demonstrate what I was supposed to do. The next time she is in town I would encourage all of my horsey friends to attend her clinic, even if just as a spectator. There is plenty to be learned from people who have the experience at the upper levels on the east coast. We should all strive to learn it all, or at least as much as an hour lesson will allow.

Thoughts from the Meghan O'Donoghue Clinic

The Meghan O'Donoghue clinic held at CW Equestrian Center on December 20 has come and went, but I am still riding on cloud nine from the experience. We are incredibly lucky to have someone with Meghan's knowledge and experience in our area, and the clinic had a great turn out. Susan Fischer did a fabulous job organizing and making sure that everything ran smoothly. CW Equestrian Center in Mascoutah, IL was a great location with friendly people.

For me, my biggest issue is to overcome my fear of jumping. Then of course you add in my nerves, my bad habits, and you could have a recipe for disaster! When I first walked into the arena there were jumps and poles set up everywhere. Meghan had great exercises set up that allowed for confidence building rides for both horse and rider. My young off the track thoroughbred started the ride off as high as a kite but soon settled in to get to work. One of the exercises that I found most helpful was at the far end of the arena there were three poles set up on an arc in each corner on a circle that helped to establish the rhythm of the canter before heading to first jump. I tend to as Meghan put it, ride my horse's mouth instead of his body, especially when I get nervous. So this exercise really helped to wrap his body around my leg and get the canter needed for the course. I had a great ride, and I can't wait for the next clinic. Is it spring yet?

From all of the social media reports it seems as though everyone that participated was happy with the outcome. Thank you to MI-SHO for allowing me the chance to further my education.

By Morgan Cooper, a 2014 Grant winner



2014 MI-SHO Year-end Awards

Eventing Division

Youth Eventing

1. Shamrock ~ Ashley Soucek
2. Sugar and Spice ~ Margo Wottowa
3. Chance of Flurries ~ Dravin Kennedy
4. Just a Walk in the Park ~ Kateri Peterson
5. Captain Crunch ~ Ashley Soucek
6. Katie ~ Holly Kuhl

Adult Eventing

1. Pray for Rain ~ Julie Simmons
2. Western Zen ~ Lynette Scott
3. McCarty Canyon ~ Katie Coehorn
4. Bailey ~ Katie Coehorn
5. MMC A Fine Wine ~ Morgan Ebert
6. Ender's Game ~ Morgan Ebert

Dressage Division

Intro Dressage

1. Regal Lady Regina ~ Amy Peel
2. Curious Genius ~ Ashley Emig
3. King Edward ~ Nancy Spear
4. Ruger ~ Ashley Emig
5. Kayleigh ~ Katlyn Mohl
- 6T. Uncle Waldo ~ Ashley Emig
- 6T. Walter ~ Kateri Peterson

Training Level

1. Emmett ~ Lynn Coehoorn
2. Toni ~ Katlyn Mohl
3. Bailey ~ Lynn Coehoorn
4. Shamrock ~ Ashley Soucek

First Level

1. Desert Fox ~ Emily Raynor



EVENTING DIVISION WINNERS



DRESSAGE DIVISION WINNERS

Youth Cross Rail Hunter

1. DB Bin Sharooq ~ Aspen Foster
2. Mr. Misbehaving ~ Charlotte Rowe
3. Gambler's Girl ~ Lucie Rowe/
Charlotte Rowe
4. Mad Mad Skillz ~ Delaney Toensing
5T. Lola ~ Emily Buss
- 5T. Rain Drops on Roses ~ Emily Peel

Adult Cross Rail Hunter

1. Whisky Julius ~ Cara Van Leuven
- 2T. Midnight in Memphis ~ Ginny
Wood
- 2T. Puzzles ~ Jessica Hasemann
4. Northern Swift ~ Brandy Rhoades
5. Measure your Wager ~ Leah Duff

Short Stirrup Hunter

1. Wildwych Hazel ~ Lucie Rowe

Baby Green Hunter

1. Private Bryan ~ Kara Blevins
2. Sambucca ~ Lauren Wratchford
& Victoria Mauch
3. Mad Mad Skillz ~ Delaney Toensing
4. Freeze Frame ~ Lauren Wratchford
5. Hemingway's Pride ~ Kimberly Cour-
tois
6. Sovereign Sweep ~ Lydia Latham

Limit Rider Hunter

1. DB Jamilah ~ Rebecca Marselle*
2. Chance of Flurries ~ Dravin Kennedy
3. Whisky Julius ~ Cara Van Leuven
4. Sugar and Spice ~ Margo Wottowa
5. Shamrock ~ Ashley Soucek

Master Hunter

1. Bolero ~ Lori Zackrie
2. Newbie ~ Barb Hutchinson

Children's Pony Hunter

1. DB Jamilah ~ Rebecca Marselle
2. Chance of Flurries ~ Dravin Kennedy

Beginner Rider Hunter

1. Mad Mad Skillz ~ Delaney Toensing
2. Rolie Polie Olie ~ Kaitlyn Nance
3. Saluki Steel ~ Allyson Medley
4. Ace Afleet ~ Anne Orcutt
5. Good to the Last Drop ~ Claire Doll
6. Bo ~ Nicole Lauzon

Low Hunter

1. Whisky Julius ~ Cara Van Leuven
2. Freeze Frame ~ Lauren Wratchford
3. Shine On ~ Christina Ward
4. Dunes of Arakis ~ Taylor Michalek
5. Jasper ~ Alyssa Hunter
6. Katie ~ Holly Kuhl

Cross Rail Equitation

1. Charlotte Rowe
2. Delaney Toensing
3. Aspen Foster
4. Jessica Hasemann
5. Charlotte Rowe
6. Cara Van Leuven

Short Stirrup Equitation

1. Lucie Rowe

Beginner Rider Equitation

1. Delaney Toensing
2. Kaitlyn Nance
3. Allyson Medley
4. Claire Doll
5. Ann Orcutt
6. Alexandra Godare

Limit Rider Equitation

1. Rebecca Marselle
2. Dravin Kennedy
3. Cara Van Leuven
4. Margo Wottowa
5. Ashley Soucek

***Congratulation to our
2014 Competitors!!***



HUNTER DIVISION WINNERS



EQUITATION DIVISION WINNERS

Jumper Division

Beginner Jumper

1. Point South ~ Nicole Lauzon
2. Just My Type ~ Moriah Hendrick
3. Sambucca ~ Lauren Wratchford
4. Maybe Lulu's to Blame ~ Victoria Mauch
5. Secret Sam ~ Nicole Lauzon
6. Western Zen ~ Lynette Scott

Novice Jumper

1. Just My Type ~ Moriah Hendrick
2. Without Permission ~ Jessie Skaggs
3. Curious Genius ~ Ashley Emig
- 4T. Western Zen ~ Lynette Scott
- 4T. Point South ~ Nicole Lauzon

Level II Jumper

1. Win One for the Gipper ~ Margo Wottowa
2. Without Permission ~ Jessie Skaggs

Hunter Derby

1. Chance of Flurries ~ Dravin Kennedy
2. Without Permission ~ Jessie Skaggs
3. Good to the Last Drop ~ Claire Doll
- 4T. Dancia ~ McKayla Hendrick
- 4T. Rolie Polie Olie ~ Kaitlyn Nance
6. Peanut Butter Jelly Time ~ Claire Doll

***Congrats
Riders!!***

Newcomer Walk/Trot

1. My Boy Romeo ~ Mikah Hendrick
2. Chesney ~ Ellie West
3. Kayleigh ~ Katyln Mohl
4. Nolet ~ Susan Fischer





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Holiday Inn Express & Suites, Edwardsville



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