

WHAT WE'RE UP TO

Show Information | Youth Groups | Health and Fitness

Teenyboppers

Everyone who is planning to apply for the Teenybopper Show Team, this is your reminder to have ALL of your application materials to us by March 20th! We still plan to do riding try outs and final interviews the second half of March so we have our team picked by early April. Practices begin mid April!

Applicants need to already be participating members of Mytalisha's Dream Riding Center's Teenybopper program. Check them out to see all they offer!

LSF Show Team

Any of our students who are interested in showing with us, please pick up and fill out a Show Team application. We will be happy to meet with each show team applicant in the next few weeks.

Applications are due April 1st for riders who want to show in June. Practices will begin in Mid April for you too!



Young Riders Saddle Club

The Saddle Club is for current lesson students age 12 and under who seek active involvement in the daily care of the horses beyond what we can provide in lessons. Think of it as further safe and supervised 'horse time' for the kids, especially those looking forward to owning their own horse. Currently the Saddle Club meets two Saturdays per month from 10am to noon.

At this most recent, meeting our students learned about English and Western tack, grooming and leading skills, and everyone started to learn to lunge! They all did a fantastic job!

"My horses are my friends, not my slaves" - Reiner Klimke



Youth Mini Camps

For ANY kids out there who are curious about horses, we invite them to our spring Mini Camps. Everyone age 5 to 12 is welcome, no previous horse experience required. These camps are designed as an introduction to horses and horse care for horse-crazy kids! We work in small groups to learn about handling our horses, horse and tack care, and even offer a mini riding lesson on our proven school horses. Snacks are provided. We will meet rain or shine! Dress appropriately for indoor/outdoor activities. Cost is \$75 per student for these sessions and pre-payment is required. Watch for details and dates very soon!



Rider Fitness at ERC

Thanks to the amazing group of riders who showed up for our very first Rider Fitness class - You all rocked it! Jake did a fabulous job of helping us get on the path to being fit to ride and we look forward to the next session on March 16th!

If you missed it... we believe All riders should have a strong core, good balance, good general flexibility, and a fairly high level of proprioception (awareness of where your body parts are in relation to your body and movement). The more we build on these things, the easier it is to become the riders we want to be.



We all want to have the endurance and the ability to ride our best, to ensure that we not only can ride safely every time, but also to be able to ride for long periods at a time.

Our lack of fitness can not only result in soreness and muscle strain, but it can contribute to accidents when our body doesn't respond precisely when we need it to, or if it starts to collapse from fatigue which in turn can throw off our horse's balance.

Our goal is to improve strength, stability, flexibility, stamina, & balance needed for our chosen discipline. Just as we build our horses fitness and endurance up to get them ready for the year, we should work to build our own as well. *Cont.*

For those new to showing Dressage or Western Dressage, or those who are just curious what it's all about.... Join our friends at West Wisconsin Dressage Association's show just down the road at River Bluff Farm for a fantastic show opportunity on May 18 and 19. Unfortunately we cannot be there as competitors this year due to a schedule conflict, but Please go check it out, or even volunteer! We sure hope to show with them again next year!

Jake Nash is a Fitness, Health, & Life Coach and he operates the fitness center Endure Rise & Conquer in Eau Claire WI. He strives to help people build better versions of themselves. Jake can show you how to ENDURE the process, RISE to the challenge, and CONQUER your dreams.

We are so thrilled that Jake has built a Rider Fitness program to help US achieve OUR dreams. Join us at ERC for a fitness program designed for riders of all ages and abilities.

Because nothing beats feeling totally balanced, connected, and confident in the saddle.

We are happy to (finally) have a show schedule!

These are the dates where we will be available to take students at this time. Subject to change.

Date	Name	Type	Location	Memberships needed
June 1 and 2	WDAWI	Western and Traditional Dressage	Bit and Spur	None required for traditional WDAA/USEF for western WDAWI recommended
June 14* and 15	Bit and Spur WSCA	Showmanship, Horsemanship, Equitation, Pleasure	Bit and Spur	none required Bit and Spur recommended
June 20-23	Great Arabian Get Together	Arabian main ring, Arabian WD, All Breed traditional dressage opportunity classes	Double F Arena Hinckley, MN	USEF/AHA/WDAA required for Arabian western AHA/USEF required for Arabian main ring No memberships required for opportunity classes

Date	Name	Type	Location	Memberships needed
July TBA	Spotlight Online Series	Western and Traditional Dressage	Red Rock Stables	WDAA/USEF recommended for western No memberships required for traditional
July 20* and 21	Bit and Spur WSCA	Showmanship, Horsemanship, Equitation, Pleasure	Bit and Spur	none required Bit and Spur recommended
August 10 and 11	WDAWI	Western and Traditional Dressage	Bit and Spur	None required for traditional WDAA/USEF for western WDAWI recommended
August 24* and 25	Bit and Spur WSCA	Showmanship, Horsemanship, Equitation, Pleasure	Bit and Spur	none required Bit and Spur recommended
Sept 14	Bit and Spur WSCA and Ranch	Showmanship, Horsemanship, Equitation, Pleasure Plus Ranch Rail and Ranch Riding, Trail	Bit and Spur	none required Bit and Spur recommended

Everyone who has filled out a Show Team Application will receive a packet with details for each event. We will be having Show Team conversations with each of you in the next few weeks!

*Teenybopper dates - Teenybopper applicants please note this year's dates!

Red Rock Stables' Vet Day is scheduled for Saturday, March 23
Sign up will be posted at the barn! Please sign up by March 17!

After School Program - Difference Makers

We are happy to spotlight two more Difference Makers in our After School Program... Ana and Violet! Look for detailed interviews with both of these amazing young ladies very soon!



What is our After School Program?

The After School Program is a chance to be a part of the LongShot Farm Team and learn about horse care, management, and development. You'll be able to see what goes into a National level training program and spend time with our World class horses. We operate year round at Red Rock Stables where we enjoy both indoor and outdoor arenas. This program will continue through the summer!

Who is invited to join?

Any youth ages 12 to 19 who is a current LSF student and/or a current Teenybopper at Mytalisha's Dream is invited to apply. A limited number of spots will be available.

How does it work?

Accepted applicants are asked to commit to a minimum of 6 participation days per month and at least 2 paid lessons per month with any LSF instructor. Participants are asked to attend monthly planning meetings to prioritize tasks and learning opportunities. After School participation days earn the youth Ride Time at the end of the day, a chance to practice what they've been learning! Three participation days are required to earn a Ride Time. After School availability hours and teen group lessons will post each week on Sunday on our private Facebook group.

So how do I apply?

Message us on Facebook, email us at info@longshotfarm.net, or stop by the barn! We're happy to get you an application.



Opportunities for all ages...

In addition to our thriving youth programs, we still have a rock solid group of Adult riders. Riders with varying goals and aspirations. Some do want to show, some just want to understand their horse a little better, and some just want to be a better rider. We offer lessons, ladies' nights, ranch practice days, ground school, show opportunities, and very soon, show practice days.

Winter and early spring is 'year end banquet' season for last year's show team. We'll soon be sharing some 2023 highlights with you from our Adult riders. They've done some pretty amazing things. And we know there are more amazing things to come!

We have truly tried to create opportunities for any rider of any level. Yes, we run a pretty busy schedule. But honestly, we wouldn't have it any other way.

Jennifer and Kari



*Save The Date! Friday, March 22 for a very special Ladies' Night!
More info coming soon!*