

LAHJA E-News - April 2008

Marnye Langer - President

Welcome to the 2008 LAHJA show season. There are many new and exciting things LAHJA is planning for 2008. We plan to once again bring you regular E-News updates, along with a variety of other programs and activities. Read on to learn about what your association has been doing.

Board of Directors

Last fall several new directors joined the board. Your 2008 Board is as follows:

President	Marnye Langer
Vice President	Kay Altheuser
Treasurer	David Ohringer
Secretary	Jeni Brown
Carolyn Biava	Raizy Goffman
Jim Hagman	Stephanie Haney
Larry Langer	Karen Lucian
Lisa Winn	Betsy Woods

E-mail addresses for board members are on the LAHJA website. Please share your thoughts and ideas with us!

Committees

In order to offer and provide the many innovative programs and awards, LAHJA operates with a volunteer committee system. Any LAHJA member is welcome to participate on a committee. Serving on a committee can be a great way to get involved and help our association be the best.

All of the committees are listed on the LAHJA website, as well as the list of committee members. If you are interested in a particular committee, please contact that committee's chairman.

Awards Banquet

Last December we celebrated our various champions during a special evening awards banquet. In addition to our many year end winners, we also honor other special winners. Our medal finals winners are acknowledged, and we also recognize both the board members and the various volunteers that help throughout the year.

Winners from the LAHJA Horsemastership Scholarship are featured, and in 2007 Ali Ohringer swept all three phases of the competition and she earned a \$2,500 college scholarship.

Michelle Golden was the recipient of the Dorothy Groth Sportsmanship Award, and Lisa Winn, much to her surprise, received the President's Award for her many years of service and dedication to LAHJA.

Thanks to David Ohringer and his helpers for coordinating the banquet, and thank you to Lisa Winn and her helpers for overseeing all of the lovely awards.

LAHJA Horsemastership Scholarship

In 2006 LAHJA started a very special program where juniors compete for \$5,000 worth of college scholarships. Horsemastership is a three phase competition that encourages and rewards horsemanship.

Phase 1 is a written test that tests a competitor's knowledge of basic horse care, physiology, horsemanship theory, basic rules, and stable procedures. Phase 2 is a hands-on stable management test. Competitors demonstrate basic skills using a live horse, such as putting on a certain type of bandage or properly adjusting a bridle. Competitors have been asked to identify different kinds of feed, certain equipment and tools found in a barn, and usually demonstrate aspects of grooming and handling. Phase 3 is a riding test. Competitors submit a DVD of themselves during the current competition year in a class they regularly compete in. Although many riders submit a DVD of an equitation round, some competitors have submitted a hunter round or a jumper round. However, they are judged on their equitation.

LAHJA hopes to offer several study guides and clinics during the summer. Applications will be on line during the summer, and the Written and Hands-on phases will be held at Gold Coast 7 in October.

In addition to awarding \$5,000 worth of scholarships to the top three overall competitors, perpetual trophies are presented to the Overall Champion, the High Score 11 & Under competitor, and the highest scoring competitors in each of the three phases.

Sections and Awards

LAHJA offers year end awards in many different divisions and sections. We've added a few new ones in the last couple of years. Low Child/Adult Jumpers is one of our new sections and the Walk/Trot section is also new. Check out the website for specifications and standings.

New Awards

Watch this space!

Your association is getting ready to launch a brand new awards program.

These awards will be presented at the banquet this year and very soon we'll have all the details!

Communication Committee

We'd like to introduce our LAHJA Communication Committee, and this is the first LAHJA committee populated solely by juniors. They have an adult liaison, but Ali Ohringer, Madeleine Holmes, and Nikki Edwards will be out at shows asking questions, writing short articles, and sending some e-mails. Have some ideas? Contact one of these three young ladies.

Nicole Edwards talked with Nancy Frost about goal setting. Here is what they discussed:

What do you think about goal setting for riders concerning riding in general, showing, etc.?

Goal setting is extremely important. It is a critical aspect to setting up and adjusting a training program for a horse, rider or horse and rider combination. Strategic/long-term goals should be determined and reviewed at least yearly. Then intermediate and short term goals should be set to create a program of attainable steps designed to create a path to achieving the long term goals. The shorter term goals are important, as they create milestones which give positive feedback and reward the effort put forth. Some goals need to be achievable in a shorter time frame so as not to discourage horse and/or rider. The ultimate goal may be very daunting; however, the smaller building block goals create a sense of accomplishment which enable and encourage the rider to press on and grow. Short term goals also create a set of checks and balances to ensure that the horse and/or rider are on track to reach the strategic goals. As short term goals are achieved, strategic goals should be reviewed to ensure that the entire process is moving in the correct direction for the individual.

Goal setting is valuable for all riding, not just showing. I am a firm believer that one is always learning when riding, so goals help direct that learning process. This makes riding more productive and rewarding for both horse and rider.

Do you ever talk about goal setting with you clients?

Goal setting is an important part of my dialog with my clients. It is a topic that is revisited on a regular basis. With my young riders, they are included in the process, in addition to their parents. The young rider's input is very important. It is important that they have an understanding of what we, as a team, are working towards. This helps create a sense of empowerment, commitment and ownership for the young riders.

In what ways? (In meetings, lessons, over the phone, etc.)

The initial goal setting and review sessions that are designed to ensure that the goals are still appropriate and that the program is on track to achieve the goals, is preferably done in person. Face to face conversations are the most productive. Certainly this can be done over the phone or by e-mail if necessary. Reminder conversations about short term goals and reiteration of goals is frequently done in lessons to enhance the productivity of the lessons.

How do the goals affect the show season? (Determining what shows to do, how many, level of commitment, etc.)

Goal setting significantly drives the decision regarding which shows rider will participate in. Short term goals (one year or less) will guide the decisions as to what level of showing a rider should be doing. In one year a rider may have the goal of winning a year end award at a certain level before moving on to a higher level of showing. Goals may also play a role in deciding how many shows a rider will compete in and what part of the year s/he will compete more frequently. Achieving goals frequently is balanced with academic demands and this balance may impact the selection and timing of shows. Level of commitment is actually a factor that is important in the goal setting process. The goals do not dictate the level of commitment. It is the other way around.

Do you have any specific strategies for this show season? (Concerning what shows to do, when

to show, how often, at home program, etc.) Are these strategies/plans different from last year?
Most certainly there are specific strategies for this show season. They are tailored to each individual rider. The strategy for a rider whose goal is to qualify for Pony Finals is very different from the strategy for a junior medal rider. The selection and frequency of shows is in part predicated upon the rider's individual goals. Without question, the training program at home is tailored to achieve each individual's short and strategic goals. Goal setting is an evolutionary process, so yes the goals and strategies for this year differ from last year.

Does the goal process setting differ from juniors to amateurs? (How much pressure is put on them, commitment expected, seriousness of the sport, etc.)

The goal setting process does not differ from juniors to amateurs. The individual goals may differ. The intensity of the training program, expectations regarding commitment and number of shows vary from rider to rider. There are some very intense amateur riders and some low key juniors. What is important is that each rider is learning and growing in their riding and horsemanship at a level and pace they are comfortable with. The goals assist each rider in stretching and reaching, whether s/he shows or not. Showing is one form of feedback that enables a rider; horse and trainer know if they are on track to achieve their goals. A critical part of goal setting and attainment is that the process is fun and rewarding for both horse and rider. Riding is fun; riding is work, and goal setting helps make these two things simultaneously attainable.

Dominion Saddlery is now LA Saddlery!

Dominion Saddlery, a long time sponsor of the LAHJA Junior and Senior Medal Finals was sold earlier this year. LA Saddlery assumed the sponsorship which the LAHJA Board of Directors ratified.

LA Saddlery is now open at the LA Equestrian Center! Founded by two veteran horsewomen, Renee and Tabitha believe in the importance of establishing solid relationships with their customers and are always on hand to help you and your horse look and ride your best. LA Saddlery is not only a place to shop, it is a forum to discuss ideas, exchange information, and build relationships with fellow equestrians. We are also building our men's department and continue to have a large selection for children, including Breyer of course!

Come on in and check us out. We look forward to meeting you!

LA Saddlery is at the Los Angeles Equestrian Center:
480 W. Riverside Dr. Burbank, CA 91506

818-842-4300
www.lasaddlery.com
e-mail us at: lasaddlery@yahoo.com