

LAHJA January 2011 E-News

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Upcoming Dates:

Jan 29-30: Verdugo Hills/Lake View 1

http://langershows.com/verdugo/show_details.php?show_id=194

Feb 18-20: Gold Coast 1 http://langershows.com/laec/show_details.php?show_id=181

Feb 27: Camelot <http://www.camelotevents.com/horseshows.html>

Horse Truth: A solitary ride through the woods is more beneficial than six months with the best psychiatrist.

President's Message

Happy New Year! After a lot of rain and quite a bit of cold, our first LAHJA show of the 2011 season got underway with sunny, warm weather. Having just returned from Kentucky where I attended the USEF Annual Meeting with snow and ice, I am reminded how fortunate we are to be able ride year around out of doors in relative comfort.

Congratulations to all of the winners at our annual awards banquet. In the next few e-newsletters, you will read about some of our special winners, including the 2010 President's Award honoree, Karen Lucian.

At our recent board of directors meeting, we discussed some of the year-end award rules and point calculations. Please be sure to review the 2011 LAHJA Rule Book, and we will also publish a couple of addendums on the LAHJA website (www.lahja.org).

Have fun showing and I look forward to seeing you at the shows!

Marnye Langer

Year-end Perpetual Trophy sponsors:

Large Pony Hunter
Everwood & Ginny Planke
everwoodstable@yahoo.com

A Equitation 14 & Under
Shadowbrook & Jeni Brown
www.shadowbrookstable.com

A Equitation 15-17
Shining Star Trophy

B Equitation 15-17
Jigsaw Farms

Children's & Adult Amateur Jumpers
Langer Equestrian Group/ Larry & Marnye Langer
www.langershows.com

Junior & Amateur/Owner Jumpers
Martin McAllister Training/ Jenni & Steve McAllister
www.martinmcallistertraining.com

Emerging Athletes Program

2010 Emerging Athletes Program

The USEF Emerging Athletes Program (EAP) was designed to identify promising young riders and provide them with support and education in reaching their full potential in the sport. Four riders from LAHJA: Morgan Geller, Olivia Champ, Zoie Nagelhout, and Alyssa Bansbach, participated in the Level I program and were selected to move on to Level II, and Morgan Geller went on to the national Level III program.

2010 was 16-year-old Morgan's (Peter Lombardo and Katie Gardner, trainers) first experience with the program. "Being selected for Level III was such an honor," Morgan commented. "I never expected to get into the program in the first place, and to get to Level III was beyond my expectations. It was even more special to be selected by professionals like Melanie Smith, Callan Solem, and Mindy Bower."

The Level III program took place over the course of three days at the Buffalo Therapeutic Riding Center in Buffalo, New York. The participants rode horses that had been loaned to the program and attended jumping and flat work lessons with Peter Wylde, attended Horsemanship clinics with Mindy Bower, attended a veterinary lecture and several other activities.

On the third day, the riders showed in a Nations Cup format competition, where they had the opportunity to show off their riding skills, knowledge and understanding of their horse, performance under pressure, and teamwork for evaluation by the judges.

"My favorite part of the program was the Nations Cup competition," she explained. "It was fun to show what we learned and be able to put it all together. It was also nice to see the effect we had on our horses after three days of training. I have never done a Nations Cup format competition, let alone jumpers. It is a different type of competition, in that everyone on the team relies on each other. Our team came in second, which I felt was good considering the team that won went clean. We had four faults over all, and it was fun to work together to prepare and strategize."

Did Morgan find the EAP beneficial? Without a doubt! "The Level III program was a very educational program," she said. "It is very rare to have access to people such as Peter Wylde, Jennifer Alfano, and Dr. Midge Leitch all in one setting. The tests they designed for the riders were perfect to assess each individual's strengths and weaknesses. Not only did I learn a lot about being a horseman in general, but I learned about what I need to work on. I would highly recommend the EAP program to anyone who is able to participate. The experience was invaluable, and there is no doubt I would do it again if given the opportunity. The advice I have for anyone who wants to apply is to have a desire to be part of this sport long term and to try and be the best horseman, not rider, you can be."

Applications and information on the 2011 EAP program will be available soon at <http://www.ushja.org/EAP/Default.aspx>.

EquestrianCoach.com Member Discount Program

As a special benefit to LAHJA members, EquestrianCoach.com offers a special discount on subscriptions to the site. To sign up, simply go to www.EquestrianCoach.com and click on "JOIN". Be sure to put "LAHJA" in the coupon code box to get your 10% discount.

The Equestrian Minute

Written by: Sandrine Seifert and the LAHJA Education Committee

Welcome to the Equestrian Minute! Education is an important aspect of LAHJA, and the association strives to educate members about horsemanship, horse care, knowledge of association and show rules, and more. If you have any ideas or suggestions for a topic of the

month for Equestrian Minute, email Sandrine Seifert at ddstables@gmail.com. Your topic may be chosen next!

This month we are going to go back to basics and review barn safety. The topics below may seem very obvious, but believe it or not we see these dangerous practices happening way too often.

1. Do not wrap a lunge line or lead rope around your wrist, arm, fingers, or hand. Many accidents can happen and you can break or lose your arm, finger, or shoulder! Lunge lines and lead ropes should be held in the shape of a figure 8, with you holding the line or rope in the middle of the figure 8. That way if a horse pulls, spooks, or bolts, you'll be able to let go or adjust your hold instead of getting dragged or injured. This is a link to an article of someone who wrapped a lead rope around her hand while driving and leading a horse, with disastrous consequences:
<http://www.ocala.com/article/20100823/ARTICLES/8231001/1402/NEWS?Title=UF-student-s-hand-severed-at-equine-facility-&tc=ar>
2. When leading a horse with a bridle on, do not hold the reins by looping them through your arm. Hold the reins about six inches from the bit, and hold the slack of the reins in the middle of the figure 8 you form with the extra part of the reins. Do not let the slack of the reins drag on the ground. This is both sloppy and dangerous, and holding the reins properly lets the horse know you are paying attention and keeps everyone and everything safer.
3. When lunging a horse, it is a good idea to lunge with gloves on. That way, you can prevent rope burn if a horse jerks quickly away from you on the lunge line, or spooks or runs off.
4. When riding or working around horses in any manner, do not talk on the phone or listen to your iPod with the music blaring. If you choose to listen to your iPod, wear only one ear piece and keep the volume low. Many accidents can be prevented when all your senses are working. You need to be able to easily hear what is going on around you. Your ears can be the eyes in the back of your head.
5. When working around horses, do not wear thongs or open toed shoes. Protect your feet by wearing boots or other sturdy shoes. Even when wearing boots, you can still hurt your foot if a horse steps on you. Just imagine the damage if you had no protection on your feet.
6. Finally, do not text and ride! If you are texting, you are not holding on to your reins, aware of your surroundings, or able to control your horse if he spooks or bolts.

Member Profile: Molly Peddicord

This month, we'll get to know Molly Peddicord, who won the Rosewood Medal Final at Gold Coast 6 and came in fifth in the large and competitive USEF Zones 8,9,10 Hunter Seat Medal Regional Finals at the L. A. International Jumping Festival. She also competes in the jumper division in addition to the medal and equitation classes.

LAHJA E-News: How and when did you start riding?

I started riding when I was ten years old, and I have always ridden English. My mom is a rider, and she gave me riding lessons for my tenth birthday. I rode right across the street from my house in Malibu. I rode with Susan Demers and would show at Trancas Riders and Ropers on my pony at the time, Patches, but I never competed in the big, competitive pony divisions. When I moved to Far West Farms two years ago, I became more competitive.

LAHJA E-News: When did you start riding in the medal classes, and what made you want to? What do you like about them?

I started competing in medal classes when I moved to Far West Farms. I always want to improve my riding, and I love the feelings of the nerves mixed with excitement that I get when I ride in medal finals.

LAHJA E-News: Since you ride two horses in different divisions, what is your training schedule like? How do you stay at the top of your game in both and balance all of this with school?

I ride every day besides Monday, when the barn is closed. During the week, I switch between horses every day because with school there is no time to ride both in lessons before it is dark. On the weekends, we have lessons at 8:30 and 10:00, and then I hack any other school horses that need to get out. As for balancing riding with school, I have to keep in mind that during the week it is important to get home from the barn quickly so I can study, rather than staying at the barn for hours after my lessons as I usually am on the weekends.

LAHJA E-News: Do you participate in any activities outside of riding? Any other hobbies?

I used to play a lot of different sports: basketball, soccer, club volleyball, tennis, and even running cross-country. However, I decided that I want to focus on riding horses because this is my passion and I don't want to spend time doing another activity when I could be in the saddle.