



# Riding Centre Updates

Issue #12  
January 2019

## NOT JUST ANY RIDING SCHOOL...

A new year marks new challenges and goals! We are excited to welcome the students back over what they probably felt like "the longest break ever". However, we all need a break sometimes. Breaks allow our bodies and brains to relax so that we can be ready for the next adventure. In this issue, we will learn about some new ideas for the Riding School and hope that you will have fun!

### Goal Setting for Novice Students

Everyone sets goals! It's important to get the goals started by first writing them down and then by finding a way that they can be achieved.



Equestrians' goals are unique in the sense that it involves ourselves and our horses. So take some time to think about what you would like to achieve this session with your equine partner. **PAY ATTENTION:** The Riding School instructors will be recording your goal(s) on the evaluation sheets and will review/discuss it in lesson #10!

### Hang Up That Bridle!

Have you happened to notice the new pictures in the school horse lockers? The pictures are there as a guide to assist students with locker etiquette.

Over the break, the instructors loved the idea of adding in another great Pony Club initiative: putting up the bridle, once the bit has been cleaned, in a "figure of eight".

Hanging up the bridle in this specific way not only looks very professional; it also helps the leather to stay formed and reduces bending and breaking. Here are the steps to help you get that expert look:

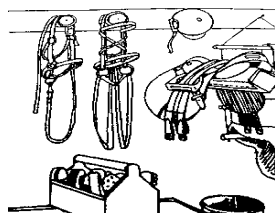
1. Hang the bridle by the crown-piece on a hook or another rider's finger.
2. Put the buckle of the reins on top of the crown-piece.
3. Take the throat latch and wrap it counterclockwise around the bridle and

reins once and slip the reins through the throat latch.

4. Continue to wrap the throat latch a half more times and slip the end through the keepers on the strap that you normally use to do up the throat latch. (Don't buckle it.)

5. Take the noseband and wrap it once around the bridle and fasten it in the front by slipping the end through the keepers.

And voila! It only takes a few minutes for this timeless and polished technique. Keep practicing so that you can get good enough to do it with your eyes closed!



### We Passed!!

What an amazing experience to have Equine Canada Coaching Evaluations held here at Alborak over the break. With the help of some willing volunteers, we were able to provide an opportunity for candidates to earn various coaching certifications.

There were many candidates from different stables provincially. Included were two of our own - Alex Nigg and Justine Morley. We are very proud of them for passing their evaluations, they will be able to provide additional services for the Riding School. Alex is now a Certified Instructor of Beginners and Justine added on her Jump component to her resume.

As instructors, it's very important that we continue to learn and challenge ourselves. Why? To make us better instructors so all can benefit.

### Great Work Everyone!

## THINK SMART; THINK SAFE

### Alborak Star Topics Revealed



Put on your thinking caps, strap on your horsemanship gloves and lets tie up those teamwork boots!

**PAY ATTENTION:** The Star Board is located in the front entrance on the notice board. Take a look the next time you come in and read about the new topics that we have in store for this session.

These topics are different than the ones on your Evaluation Reports. They still hold value to not only your equine activities, but also in every day life (maybe except for the poop patrol, if you don't have a pet!).

### Drop-in classes: Sundays

*We have room if you want to improve!*

We will be offering drop-in lessons, **SUNDAYS ONLY**, starting **January 27, 2019**. The lessons will be available until Sunday, March 31, 2019. Your instructed will be Autumn Desjardins.

These lessons follow the present Riding School curriculum. **NOTE:** Students currently enrolled in the Winter session (on Sundays) will have first priority of exercises and horses.

The following slots are available:  
\*1:45pm-BL2 \*3pm- Novice \*4pm-Novice

**Costs:** \$75+GST

You will be sent an email outlining the drop-in classes. If you are interested and want to register now, please email us at: [alborakstable5726@gmail.com](mailto:alborakstable5726@gmail.com)

### REMINDERS

Amy West Clinic: February 16/17, 2019 (no lessons)

Want to setup a phone call review?  
Talk to Justine (week of January 28).  
Scheduled time is February 9/10 **only**.

February 11<sup>th</sup>, 2019 Spring Session  
Registration OPENS

Centered Riding Clinic: April 13/14, 2019