



Riding Centre Updates

Issue #13

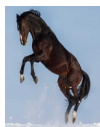
February 2019

NOT JUST ANY RIDING SCHOOL...

Brrr, who ordered this cold weather?! Well whoever it was, the Alborak Riding School is taking great care to ensure people and horses are staying safe and warm. Some things are in our control, like sitting up tall, while some things are not. In this issue we are sharing some hot tips, warm thanks and blazing new ideas. So grab a cup of hot chocolate and have a read!

Horses 101

Q&A: All about the cold
What do horses do outside to keep warm?
 They EAT and huddle together.



Why don't we ride horses that live outside when it's really cold out?

Horses digestive systems are VERY sensitive. If you bring a horse's body temperature and heart rate up during a ride it is VERY important that they are cooled out before turning them out. Cooled out does not just mean that they are not sweaty. It refers to the internal temperature. For some horses that could take hours, especially if they are very furry.

What sort of activities can we do with horses to keep them active in the cold temperatures?

Horse owners like to keep horses active by training tricks. It's a fun way to teach your horse something new and keep the human/horse bond active. Another idea is: you can hand walk your horse outside (when dressed properly). Just be sure that you are not working them on any hills as that will make their heart rate go up!

Checking up on your horse daily, even for a short time, is really important. Always make sure that they have access to fresh, clean water and plenty of good quality hay!

Coaching Tip: "Hands On" Practices

"...it is of utmost importance to free the hands from the least rigidity" quoted from **Give Your Horse a Chance** book by Lt. Col. A.L.D'Endrödy.



We ride our discipline with two hands, two reins. However, how many of you can use both hands equally? How many of you only write with one hand? Here's a neat exercise from the author that anyone can try!

Write with a pencil that has a very long point (about 1/2 inch) until you are able to use it easily without breaking the point. Try with the other hand. Now try with both hands at the same time!

When you are not riding a horse, exercises like these can help with your "in the saddle" skills. REMEMBER: An equestrian athlete must be subtle, yet firm, relaxed, yet strong and overall balanced throughout.

What activities do you do off the horse to help with your riding?

NEW! School Horse Profiles and We Want YOUR Ideas

What color is your lesson horse? What year were they born? Do they have any bad habits...these are the sort of things that we will be listing on the New School Horse Profiles. Posted in the lockers, these information sheets will be describing important things about the horses.

We want to hear from you!
 Submit your "What I would like to know about the lesson horse" ideas to:
alborakstable5726@gmail.com

Subject: Horse Profiles
 for your chance to win a horsey prize

Contest closes **March 7, 2019**.
 Winner to be announced on **March 8, 2019**.
 One entry per student. Unlimited ideas per entry.

Thank you to Autumn and BJ Desjardins for donating the prize

Alborak Stable Merchandise

Looking for a gift idea for the horse lover in your family? Look no further! At Trace Embroidery they offer a large selection of apparel to choose from. Designed with Alborak colors, get the gear that keeps you warm while showing your pride for your barn. They even have some options for horses!

THINK SMART; THINK SAFE

Follow the link:
<https://www.mystable.ca/alborak-stable#>
 to check out the Alborak options.

If you have any questions about custom embroidery please email them at:
traceembroidery@shaw.ca



How do YOU say "Thank-You"?
To the instructor that is...

There are many ways to show your instructor appreciation for what they do. Listening in the lesson, helping them with setup or a simple "Thank you for teaching me today".

It's easy to forget how much time and energy it takes for horseback riding instructors to complete their lesson. They have to prepare, perform and reflect with both you and the horse in mind. The role of an instructor is to provide safe, fun and educational lessons. And let's not forget about unpredictable situations such as when the horses is being stubborn etc.

So next time you see your instructor, why don't you tell or show them how much you appreciate them. Go ahead and do something that shows you care.

THANK YOU ALBORAK
 RIDING SCHOOL INSTRUCTORS

REMINDERS

Summer Camp registrations OPENS
 February 19, 2019

Spring Session Registration OPENS
 February 11th and CLOSES March 3rd, 2019

Get ready for "Make My Legs Hurt" March

Centered Riding Clinic: April 13/14, 2019
 Participating Auditors are ONLY \$10