



T.E.S. Riding Club Accepting New Members

The T.E.S. Riding Club's mission is to promote and inspire continued education of the horse world. It provides social activities such as barbecues, trail rides, field trips to local shows as well as other horse-related activities for dressage, western, and hunt seat disciplines. Club benefits include:

- Fifteen percent discount on purchases from Dominion Saddlery
- Discounts on T.E.S. seminars and lectures
- Access to riding videos
- Discounts on video-taped lessons and shows

Membership dues are \$20.00 per year or \$35.00 per family, and applications are available in the T.E.S. office. For more information, contact Daniele Allen.

Dominion Saddlery Delivers for T.E.S.

T.E.S. and Dominion Saddlery kick off the New Year together with three new programs for fun and savings!

T.E.S. 10% discount: All T.E.S. students get a 10% discount on all purchases at Dominion (except saddles). Do you have an ASTM-SEI safety-approved helmet? Need new britches? Dominion's knowledgeable staff can help you find what you need while you save.

T.E.S./Dominion Treat Program: Earn a \$10 Dominion gift certificate through

Adult Training Program Starts Feb. 2

Adult Training is a program specifically designed for the strong beginner, advanced beginner or novice level rider who wants to acquire skills in each of the disciplines taught at T.E.S. There are four units—Dressage, Hunt Seat, Western and Bareback/Games—which comprise eight 1-1/2 hour lessons twice a week. Each unit begins with a demonstration of the discipline and concludes with a video taped show judged by an instructor who specializes in the discipline.

Adult Training will begin its first unit on **February 2, 1998**. Classes are held Monday nights at 7:30 p.m. and Saturdays at 7:30 a.m. Cost is \$300 per unit. Fill out the application in the T.E.S. office, put it in Carol Derry's box.

Dominion's Treat Program. T.E.S. horses love healthy treats, so pick up a free "Treat Card" at T.E.S. Every time you bring your horse a snack, have a T.E.S. staff member initial your card. When you have 10 stamps on your card, you receive a \$10 Dominion Gift Certificate!

Five 'n Ride Program: Earn a free group lesson at T.E.S. Buy the "Big Five" at Dominion—a book, boots, helmet, crop and gloves. Bring all of your receipts to T.E.S. and we will schedule your free lesson!

Congratulations!

The following T.E.S. students have recently become new horse owners: **Debbie Friedman** purchased Mason, a.k.a. Cary Grant; **Daniele Allen** purchased her new Dutch Warmblood Cinnamon; **Sarah Fielding** purchased Seymour, a.k.a. Ohio; and **Nathalie Deschatres** purchased Rojai Streaker, a.k.a. Vermont.

"The Well Horse" February 8, 2:00 p.m.

This **2nd Sunday Lecture Series** session will provide an overview on feeding, exercising and maintaining equine health, including common illnesses and preventative measures. Sign-up in the T.E.S. Office.



Kids Tack Class Sundays at 1:00 p.m.



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Editor's Bit

The end of the old year and the beginning of the new is always a time of reflection, resolution and change. Now that the T.E.S. Student Survey results are in, we are ready to start the New Year with a renewed vision of our educational mission. Although only 67 students completed the survey, those responses reinforced our thoughts on how to improve T.E.S. programs and services this next year.

In response to your survey choices, we have reorganized the T.E.S. Riding Club, its leadership and its purpose. Although it will provide horse-related activities for each riding discipline—dressage, hunt seat, western and combined training—the Club also recognizes the importance of providing social activities that bring all club members together. This gives us all the opportunity to broaden our knowledge and understanding about riding and horses as we learn from each other. If you said on the survey that you would join the riding club, here's your chance to do so and to make a vital contribution to its success.

The survey results, as we expected, also indicated that T.E.S. should utilize new technologies. We are in the process of finding the right Internet Service Provider for email and web hosting services. If you want to be included on the T.E.S. email list for announcements, please fill out the form in the office, and expect to see this service sometime in mid-February. Our web site is under construction at this time, so expect to see at least parts of it up by the end of February if all goes well.

Another area under development is both a lecture series and a "riding academy" program that includes riding lessons, lectures and exams to progress from one level to the next. In the meantime, we are offering lectures every second Sunday of the month at 2:00 p.m., and the T.E.S. Riding Club should be offering educational activities soon. The survey also indicated that many students were interested in rider education lectures on learning theories and body mechanics. If you would like to join a Body/Mind Basics class (1 hour group lesson per week plus dismounted lectures), please leave a message in my box or email me at matthes@rcf.usc.edu.

Since over 90 percent of survey respondees wanted a monthly newsletter, T.E.S. owner Patricia Kinnanam has authorized the revival of *T.E.S. Talk*, a newsletter that was published previously from July 1989 to March 1991. Please bear with us as we experiment with style and contents over the next few months until we find the perfect fit. Meanwhile, we hope you enjoy this first issue. Your comments and suggestions are welcome.

When founders Patricia Kinnaman and the late Lilian Van Dahn moved T.E.S. to the Los Angeles Equestrian Center in 1986 from the Bell Canyon Equestrian Center, where it was established in 1979, they brought with them a commitment to equestrian education. T.E.S. has continued to grow throughout the years, always seeking to improve the quality of its programs and services. Although students, staff and instructors have come and gone, there is one enduring quality that remains—a commitment to teaching the art of riding in its classical form in all disciplines and to develop in our students a lasting compassion for the welfare of the horse, which is the heart and soul of good horsemanship. Let's all work together to achieve excellence this next year!

Kathy Matthes
Editor

Classical horsemanship is based on a love for the horse; it is not practiced for the glorification of the rider. Love, according to Eric Fromm, foremost among psychiatrist-philosophers, is the active promotion of the well-being of the love object—in this case, the horse. Ideally, then, the equestrian should dedicate himself to the horse's best interests—an attitude that logically leads to a commitment to develop the horse to his full potential. To do this painlessly, gradually and naturally is to practice dressage, which then becomes an expression of loving devotion.

Charles deKunffy



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The Vet's Notebook
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T.E.S. Winter Tips

Blankets — There is an easy rule of thumb for when to blanket horses: “If it is cold enough for a person to need a jacket, it’s cold enough for a horse to need a blanket.” You’re sure to find that you’ll have to blanket or unblanket a horse yourself at some time this winter. Please plan to take some extra time before or after your lesson to learn how to put on and take off a blanket.

Hot Horses and Cold Weather — Horses can get overheated in cold weather, so you need to make sure that the horse you’ve just ridden is cooled off before you put him back in the stall. The sweat on his back and chest (which is normally a cooling mechanism in warmer weather) can now give him a deadly chill if it is ignored. Ask your instructor to show you how to tell if a horse is too hot to put away. If it is, be sure to put a cooler (a netted blanket) over his back before you walk him around the parking lot until he is dry and cool.

Horses and Mud — What would winter be at T.E.S. without mud? Horses get mud on their legs, mud on their bellies and mud packed in their feet. During your untacking routine, make a special effort to remove all mud from their feet. The arenas have a special mixture of footing that, while being easy on their legs and feet, unfortunately turns cement-like in their hooves after it dries. If you have trouble removing this dried mud, please ask a working student to help you.

Use a brush to gently remove as much mud from your horse’s legs as you can, or if buckets of warm water and sponges are provided by the working students, have them show you the proper way to sponge off the mud. If mud is left on their legs, they can become susceptible to ailments such as scratches—and the working students will become susceptible to back aches if they have to brush off 120 legs before they go home! Don’t forget to remove the mud from the less obvious places, such as under the belly and chest, by using a soft brush to remove the splatters.

Cold Weather Attire — Layer your clothing. Put a raincoat or slicker in your car, so that you can stay dry in your lessons on those days of intermittent cloud bursts, especially if your class needs to walk to and from the Equidome.



Rainy Day Schedules — Always assume that we will be conducting our lessons, even if it is raining. If the outside arenas are not usable, we are usually able to teach in the Equidome.

If it is impossible to teach lessons due to horse shows being held in the Equidome, we generally offer horsemanship lectures in lieu of riding. If in doubt about your lesson, please call the T.E.S. office at (818) 569-3666.

Little reminders that make a BIG difference!

The more time we spend with horses, the more comfortable we get working with them and the more tempted we may be to cut corners where safety is concerned. Please remember that others—especially children and beginning riders—may take their cues from you, and they may be adversely affected by following your example. For everyone’s sake, please follow the T.E.S. Barn Rules at all times.

- Never shout or scream around horses.
- Never run in or around the barn.
- Do not smoke in or near the barn.
- Never run or trot your horse in the barn or walkways.
- Mount and dismount your horse outside of the barn—do not ride inside the barn aisles or cross-tie areas.
- Please do not hand-feed treats to your horse. Place them inside the feeder instead.
- Never bring any kind of plastic bag into the barn.
- Be a good example and always pick up after yourself.
- Put all tack away properly.
- Remove cross-tie hooks from the halter before bridling.
- Do not kneel down on the ground when working around the horses legs or feet.



Are You a Good Example?

Many students learn important lessons about safety from observing others. A quick look around the Equestrian Center is enough to confuse any student about when it is appropriate to wear a helmet. Regardless of what you may see, **ALWAYS** wear a helmet when mounted on a horse, no matter who you are—beginners, advanced students, instructors or horse owners.

If you ask a helmetless rider why he or she is not wearing one, you may hear a variety of interesting excuses: *I’m late for my lesson. I don’t want to mess up my hair. I am a dressage rider. I own my own horse. My helmet is uncomfortable or hot. I secretly think that it is a mark of prestige to ride without a helmet. I’m an advanced rider and don’t need to wear it anymore. I only need to wear it if I am jumping; flatwork is safe.* Head injuries are responsible for 60% of equestrian-related deaths. Do you think that the families of accident victims still believe that ego, vanity, prestige or comfort are good enough reasons to risk death or permanent disability by riding without a helmet?

If riders could be 100% in control of their horses at all times, there would be no accidents. We cannot control our environment and accidents usually happen instantaneously. No matter what other people do, **ALWAYS** wear your ASTM-SEI approved helmet when riding. If not for your own sake, then for the sake of those who may follow your example! (KM)



Guidelines for Detecting Lameness

Undoubtedly, the most common reason that veterinarians are called to examine horses is because of lameness. Although all of the symptoms of lameness cannot be described in one short article, I would like to give you some general guidelines for how to determine when a horse is lame.

A horse is considered lame when he is unwilling to put full weight on the affected limb and, thus, the most frequent indication of lameness is limping. In the most severe cases, diagnosis is easy. For instance, if a horse has a nail in his foot, he won't put his foot on the ground. Most lameness, however, is a bit more subtle. You might notice that the horse does not feel "even" when you ride him. He may have a shorter stride than normal, or he may be reluctant to go forward. In more severe lameness, the horse may bob his head or lift his hip in a predictable pattern.

Next, it is important to determine in which leg the horse is lame. This takes a bit of practice to see, but for now think of what you do when you limp. You don't want to walk on a sore leg, so you try to minimize the amount of weight that the sore leg carries. You do this by lifting up your hip when your sore leg touches the ground and dropping more weight on your good leg when it hits the ground. When a horse limps, he tries to minimize weight on the sore leg in the same way.

In the front legs, lameness is most commonly manifested by a bobbing of the head and neck. When a horse limps on his front leg, he lifts his head and neck up when the lame leg hits the ground and drops his head down when the sound leg hits the ground. You can often hear the difference in weight bearing when a horse's good leg hits the ground harder than his sore leg.

Lameness of the hind leg is a bit more tricky to detect. The same basic principle holds, however, because the horse is trying to take weight off the bad leg. In the hind leg, a horse may show lameness by extending his head a neck forward, stretching to pull weight off his

back leg. Stretching forward tightens the muscles of the back, and back soreness frequently accompanies hind limb lameness. The horse may lift his hip when the affected leg hits the ground to minimize weight on the sore spot.

A horse may also change the way in which he carries his leg. For instance, problems of the hock may cause a horse to swing his leg more under his body than normal. Generally, the horse has more ways of avoiding normal weight bearing on hind limbs than on the front limbs and, for this and other reasons, hind limb problems are frequently more obscure and harder to assess.

Front limb lameness is more common than lameness in the hind limbs because the horse carries approximately 65% of his weight on his front limbs. More weight equals more stress and more potential problems. Approximately 70% of all lamenesses are associated with the hooves, because the majority of the stress on the limbs is taken by the hoof.

Once you have determined that a horse is lame and have called in a veterinarian, how do we diagnose the type of lameness? The single most important method is to give the horse a thorough examination, which involves an inspection of the horse for signs of inflammation—redness, swelling, heat and pain. Redness is hard to detect on a horse, so we concentrate on the last three signs.

Because we have a complete knowledge of the basic anatomy of the leg and know what a normal leg should look like, we compare the differences between the lame horse and a normal horse. Any questionable areas are examined by any one of a variety of methods, which will be discussed in Part II of this article. For now, watch horses carefully to see if you can detect lameness.

Dr. David Ramey is a 1983 graduate of Colorado State University. He is the author of numerous books and articles on horse health, including Horsefeathers: Facts vs. Myths About Your Horse's Health and the Concise Guide series on equine health care. He can be reached at (818) 953-8528.

Check out these horse care web sites



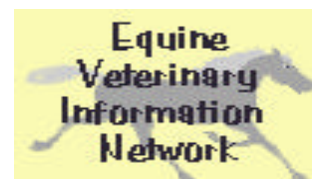
<http://www.equijournal.com/equijournal/horsecare.shtml>



<http://www.horseadvice.com/articles/articlesmenu.html>



<http://www.thehorse.com/>



<http://www.iaep.com/evin.html>



Dr. Horse
<http://www.drhorse.on.ca/>

A few months ago Kevin Wilk, a physical therapist, spoke about lower back, pelvis, and hip injuries at the American Medical Equestrian Association conference. He confirmed my suspicion that low-back pain can be a problem for riders and could be caused by poor posture in the saddle.

Every joint in the body relies on a balance of power. For example, muscles pulling on the front of the spine need to be countered by the muscles pulling equally on the back to hold

the upper body in correct alignment for riding. When abdominal muscles are too strong, they can overpower weaker back muscles. This pulls the spine out of its natural alignment and puts pressure on the joints, which can lead to back pain. Weak abdominal muscles, however, must struggle to hold the pelvis firmly in place and to keep it from tipping forward. When the pelvis tips forward, the natural curve in the lower back (lumbar curve) is accentuated.

This stresses the spinal column and leads to low-back pain. The following exercises done every other day will strengthen your abdominal and back muscles.

Abdominals—Lay on your back on the floor with your lower back and feet flat, knees bent 90 degrees. Fold your arms across your chest and slowly lift your shoulders off floor, keeping your lower back flat. Hold one-second then slowly lower your shoulders to floor. Continue until tired. This completes one set. Perform three sets, resting between each.

Back—Lay face down on the floor, with your legs and arms extended. Raise your left leg and opposite right arm off floor 10-12 inches. Keep your hips firmly on the floor. Hold several seconds then slowly lower. Raise your right leg and left arm and slowly lower. Continue to raise and lower alternating limbs until tired. This completes one set. Perform three sets, resting between each set.

Tight muscles and tendons around the hip joints can also create tension, by changing the angle of the pelvis and accentuating the natural curve of the lower spine. Too much curve can stress the spinal column and cause low-back pain. The following exercise will stretch your hip joint muscles.

Hips—Lay flat on your back on a tack trunk with your knees bent, your thighs parallel to the floor, and your feet flat on the floor. Raise your right knee towards your chest, grasp below your kneecap with right hand to pull your knee closer. Hold your left thigh down with your left hand. Hold for 30 seconds, switch legs and repeat. Continue to switch legs and stretch for several minutes.

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Johanna L. Harris has a Masters of Arts degree in Physical Education, Exercise and Sports Science from the University of North Carolina at Chapel Hill. She is the editor and publisher of "The Equestrian Athlete," a monthly newsletter that puts the human athlete back into equestrian sports. View a sample issue online at <http://www.circle.net/~eai>

Book Review

Finding a good book that outlines a physical fitness program for equestrian athletes isn't easy. Fortunately, *The Total Rider: Health and Fitness for the Equestrian* (1995), written by Tom Holmes and published by Half Halt Press, outlines an excellent equestrian physical fitness program.

The information compiled by the author appeared to be accurate and well-researched. An extensive list of acknowledgements included eight nationally-recognized equestrians as well as professionals with advanced degrees in nutrition, psychology, physical therapy, and exercise physiology. A large paperback text, its 121 pages are full of illustrated exercises. The book has three major sections: (a) The Equestrian Workout, (b) Nutrition Strategy, and (c) The Mental Advantage.

The Equestrian Workout addresses virtually everything you need to know to design a personal physical fitness program. It includes daily and weekly workout schedules, a muscle reference guide as well as warm-up and aerobic exercise procedures. The author outlines over 50 exercises for the development of muscular strength and endurance, flexibility, balance, posture, and relaxation. The section includes seat-specific exercises for forward, balanced and saddle-seat riders.

The exercises presented are easy to follow, although not always easy to do. Each well-illustrated exercise accompanies a detailed written description. The author provides beginner, intermediate and advanced version of most of the exercises, targeting individual fitness levels—and when he says advanced, he means *advanced!*

You may want to develop a chart to record the number of repetition and sets performed for each exercise during your workouts. The author simply recommends repeating the exercises until fatigued and then performing a certain number of sets. Charting your progress will not only guide you along in your daily workouts, it will also provide motivation.

The nutrition and sport psychology sections are refreshing to see. Colorado State University nutrition extension specialist, Jennifer Anderson, Ph.D., R.D., assisted the author with *The Nutrition Strategy* section. This portion of the book provides information on healthy eating habits, weight control, and nutritional tips for equestrian athletes. *The Mental Advantage* section highlights a mental practice program designed to reduce stress and performance anxiety. Margot Nacey, Ph.D., licensed clinical psychologist and equestrian, developed the program.

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Get your copy of
The Total Rider at



Gearing up for ETI Horse Show

Pony Pals members are setting their sights on competing in the ETI horse show at the Los Angeles Equestrian Center in June 1998. That may seem like a long way off, but the key to successful competition is being prepared. Pony Pals' weekly group lesson and horsemanship lecture will include show prep from now until June.

All Pony Pals members and their parents are encouraged to participate in the show. Even if some members are not able or willing to compete in June, there are always plenty of things to do at a horse show to help those who are competing. Grooms play a very important role because they take care of the horses so the riders can focus on their show strategies. A Pony Pals cheering section will provide lots of moral support! Showing is a team effort, so plan to get involved!

New Instructor for Pony Pals

T.E.S. instructor Chris Nicholson will be providing new leadership for the Pony Pals program. Chris enjoys working with junior riders and believes that Pony Pals is "a good way for young riders to learn responsibility, leadership and self-confidence." Members learn basic horsemanship skills in their riding class. Kids are eager to learn more about horse care and need to learn about it in a fun, positive and safety-oriented environment. This program provides education in topics such as basic first aid for horses, nutrition, illness, tack care and advanced grooming procedures such as bathing, clipping, and show prep. Chris hopes to encourage Pony Pals members to participate in video lessons, field trips and horse shows this year.

Pony Pals meets every Saturday morning from 11:30 to 1:00 and costs \$160 per month. It is designed for young T.E.S. horse lovers who want to learn more about horses and who have achieved Advanced Beginning class level. For more information, contact Chris Nicholson or come out on a Saturday to see Pony Pals at work!

Pony Pals Mystery Word Game

Fill in the missing words. Then take the first letter of each word and write it in the blocks below to discover the mystery word.

- | | |
|----------------------|------------------------------------|
| <input type="text"/> | A horse with big spots. |
| <input type="text"/> | A grain that horses love. |
| <input type="text"/> | These hold shoes on horse's feet. |
| <input type="text"/> | A horse in its first year of life. |
| <input type="text"/> | A horse under 14.2 hands tall. |
| <input type="text"/> | A red fruit that horses love. |
| <input type="text"/> | To canter, western style. |
| <input type="text"/> | A short pony breed. |

Horse Crazy Kids Driving You Crazy?

Then rope them into Dominion's Pony Corral

Dominion Saddlery's Pony Corral has everything equestrian for your child at affordable prices. Hundreds of horse toys, books, apparel and treasures all herded together in one place.

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- Coloring Books
- Classic Horse Story Books
- Thelwell Books
- Horse Puzzles & Quizzes
- The "Gallop" Horse
- Dankin Stuffed Horses
- Horsehead Pencils
- Pony T-shirts
- "Wild Rider" Stick Horse
- Horse Staps
- Children's Riding Clothes & Fashions (hats, books, jackets, britches & gloves)

Earn a Free Group Lesson!

Buy the Big Five at Dominion—a book, boots, helmet, crop and gloves—and bring your receipts to T.E.S. We will schedule your free group lesson.



at the Los Angeles Equestrian Center
480 Riverside Drive, Burbank

(800) TACK UP1 or (818) 842-4300
<http://www.horsenet.com/dominion>
email: dominion@horsenet.com

Custom Chap and Boot Fitting

Dominion's Memorial Day Sale and Journeyman Chaps & Vogels Boot Custom Fittings are scheduled for May 21-25, 1998.

Grand Prix Festivities

You are cordially invited to partake of Dominion's delectables at the Grand Prix on May 25th, September 20th and November 14th.

Annual Tent Sale

Super store-wide savings at our big event of the year on October 10-11, 1998.

Holiday Open House

Kick off the holiday season with a store-wide 20% discount on Saturday, December 12th, 1998.

Dominion Saddlery's Barn Runner & Personal Shopper Service

We know how busy you are. Have your orders delivered to you personally. Just give us a call at (818) 842-4300 or (800) TACK UP1.

The Tack Trunk

Watch for us at shows and events when Dominion goes mobile!

Best Deal in Town

We guarantee you the best deal in town. Ask us about our Meet or Beat Policy.

People Who Ride

Our PWR staff is on a mission to make this the very best year for you. We look forward to hearing your ideas on how we can improve our service.

What's New on the Web Site?

<http://www.horsenet.com/dominion>

The Internet Saddle Fitting Chatroom

Dominion Saddlery will host an Internet Chatroom on saddle fitting with Terry Zambrana on Tuesday, April 28th, from 7:00 to 9:00 p.m. Join us at the Dominion web at <http://www.horsenet.com/dominion>.

Quiz Contest!

Win our quarterly on-line Horse Quiz and get \$25 Dominion Gift Certificate. Email your answers to us, and your name will be entered into the gift certificate drawing. You do not even have to have a perfect score! In fact, the answers will be hidden elsewhere in our web site, so come back and see if you can find them!

The Book Stall

Snuggle in for a long winter's nap with a great book. If it's hot, Dominion's got it. If not, our resident bookworm and dressage consultant, Terry Zambrana, can special order it for you. Check out the new books on the web site.

Educational Articles

Want to know how to sit comfortably and in balance? Jan Jacobson, AHSA Judge Trainer and President of Performance Saddlery, provides an exclusive saddle-fitting guide on our web site. Want to learn more about colic? Dr. David Ramey explains the risk factors associated with colic in his Ask the Vet article.



Tidbits

How to Determine Your Correct Helmet Size

1. Place a tape measure around your head just above the eyebrow ridges.



2. Convert the resulting measurement in inches to the sizes listed in the charts below.

SMALL

20"	20½"	21"	21½"
6 ½	6 5/8	6 ¾	6 7/8

MEDIUM

22"	22½"	23"	23½"
7	7 1/8	7 ¼	7 3/8

LARGE

24"	24½"	25"	
7 ½	7 3/8	7 ¾	

Helmet Tips!

Make sure your helmet has the American Society for Testing Materials (ASTM) and Safety Equipment Institute (SEI) label inside.

Always buy and wear a helmet that was made for equestrian sports.

Replace your helmet at least every five years to ensure its effectiveness.

Calendar

Traditional Equitation School

Feb. 2	Adult Training Program Starts
March 8	Beginning English/Western Show
May 3	Dressage Schooling Show
Aug. 23	Potluck & Playday

Summer Kid's Camp

June 22-26
June 29 - July 3
July 13-17
July 20-24
August 3-7
August 10-14
August 24-28
August 31- September 4

Sept. 27	Beginning English/Western Show
Oct. 31	Halloween Party
Dec. 20	Christmas Party

For more information, call T.E.S. at 818-569-3666.

Los Angeles Equestrian Center Events

Jan. 9-11	California Season Starter
Jan. 16-18	NBHA Supershow Barrel Race
Jan. 24-25	Winter Dressage Horse Show
Feb. 6-8	Bill Pickett Rodeo
Feb. 14-15	Gold Coast I Hunter/Jumper Show
Feb. 20-22	Mid Winter Dressage Horse Show
March 6-8	California Spring Saddlebred Classic
March 12-15	LAEC Winter Horse Show
Apr. 4-5	Gold Coast II Hunter/Jumper Show
Apr. 18-19	Andalusian Horse Show
Apr. 23-26	Hollywood Charity Reining Royale
May 2	American Pro Polo
May 7	Calnet Disabled Riders Horse Show
May 16-17	Gold Coast III Hunter/Jumper Show
May 16-17	Festival of the Horse Dressage Show
May 21-25	Memorial Day Classic Grand Prix

For more information, call the LAEC Box Office at 818-840-9066.

Western Shows

Feb. 15	ETI High Point English & Western Open Horse Show (details in T.E.S. Office)
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Dressage Shows

Feb. 14-15	Dressage at the Paddock
Mar. 14-15	Dressage at Pegasus Creek (Agoura)
Mar. 21-22	Equifirst Ltd. Winter Dressage
Apr. 18-19	Meadows of Moorpark
May 2-3	Equifirst Ltd. Spring Dressage
June 13-14	Dressage in the Valley (Moopark)
July 4-5	Dressage in Los Angeles (CDS)
July 18-19	Equifirst Ltd. Summer Dressage
Aug. 15-16	Dressage at the Paddock
Oct. 1-4	CDS Championship Show (LAEC)
Nov 14-15	Equifirst Ltd. Fall Dressage
Nov. 14-15	Dressage at the Paddock

For more details, see the California Dressage Society (CDS) web site at: <http://www.primenet.com/~cgs1/showcal.htm>

Hunter/Jumper Shows

Feb. 14-15	Gold Coast I (LAEC)
Feb. 28-Mar 1	Paddock II
Mar 13-15	LAEC Winter
Apr. 4-5	Gold Coast II (LAEC)
Apr. 24-26	Flintridge Children's
May 16-17	Gold Coast III (LAEC)
May 21-25	Memorial Day Classic (LAEC)
May 30-31	Paddock III
June 13-14	Gold Coast IV (LAEC)
June 20-21	Hansen Dam Summer
July 18-19	Gold Coast V (LAEC)
Aug. 1-2	Paddock IV
Aug. 29-30	Gold Coast VI (LAEC)
Oct. 31-Nov.1	Paddock V

For more information, see the *Jump! Magazine* web site at: <http://www.extendinc.com/jump/show.htm>

Horse Trials & Combined Training Events

Feb. 7	Ram Tap CT, Fresno
Feb. 14-15	Flintridge HT & CT
Feb. 27-Mar. 1	Ram Tap HT, Fresno
Mar. 14-15	Meadows of Moorpark HT
Apr. 3-5	Ram Tap HT, Fresno

For more information, see the USCTA web site at: <http://www.hhorse.com/USCTA/calendar/home.html>