



T.E.S. Riding Club sponsors A Day at Monty Roberts' Farm Saturday, June 20th

The T.E.S. Riding Club is sponsoring a unique opportunity to experience the "Monty Roberts Method of Training Horses" first hand at his Flag is up Farms on Saturday, June 20, 1998. The day includes:



- ◆ Round trip transportation to Flag is Up Farms (near Solvang)
- ◆ Continental Breakfast

- ◆ Tour of Flag is Up Farms
- ◆ Demonstration of the Monty Roberts method of starting horses.
- ◆ Afternoon in Solvang to shop, eat or drink.



For more information, please contact Fiona Talbot or Daniele Allen. If you want to know more about Monty Roberts' method, check out his web site at www.montyroberts.com/fuiup.html. His book, *The Man Who Listens to Horses*, is available at Dominion Saddlery.

Dreams Come True at T.E.S.

Most riders dream of owning their own horses. At T.E.S., sometimes dreams do come true—for both horses and riders! Two recently retired school horses, Arizona and Maine, found good homes with T.E.S. students. Arizona's new owners—Elaine Minehart, Ken Pimental and Katie Victors—want to thank T.E.S. owner Patricia Kinnaman, Barn Manager Stacey Festner and Instructors Carol Derry and Diane Slater for helping to make their horse ownership dream come true.

Lora Jones received retired school horse, Maine, as a gift from Patricia Kinnaman. Lora said that she just about passed out when she heard the news. "I felt like I had won the lottery! This is my very first horse, the horse of my dreams." Lora says that she will be keeping Maine at T.E.S. because she has a lot to learn about horse ownership and she has so many helpful friends here to guide her. "Everyday I look at Maine now," Lora explains, "and I know she knows I'm her new mom. I still can't believe she's mine. This is the best thing that has ever happened to me!"

T.E.S. Dressage Schooling

Show—June 7th

Entries close June 3rd. Prize lists are available in the T.E.S. Office.

2nd Sunday Lecture

June 13th, 2:00 p.m.

Maria Lind-Dickerson will lecture about the importance of a horse's conformation, how to spot a horse built for jumping versus one built for dressage and the major and minor conformation faults.

Kid's Summer Horse Camp

Starts June 22nd

Fun-filled day camp for beginning to advanced students ages 7 to 12. Applications are in the T.E.S. Office.

UCLA Extension Horsemanship

Course Starts July 8th



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Welcome to our new members
Susan Gilbert and Cynthia Summers!

May Meeting — For those who didn't make it on the 23rd, we hope to see you next time. Susan Burig has become our official decorator. On the agenda: refinishing the two picnic tables and building a trellis to replace the old canopy. Please see Susan if you are inclined to provide your talents.

Next Activities: A used tack sale in July. A picnic lunch (we discovered that our own Nathalie Deschartes is quite the gourmet chef).

Wyoming Trip: Stacy Festner, under the hospice of the T.E.S. Riding Club, is taking 10 students to Wyoming on a cattle drive in September. Only 10 spaces were allotted; they were filled within two days! This is our first "trial trip." If successful, we will plan another one in the spring of 1999. We will keep you posted.

Gossip Column: Thanks once more to the generosity of Patricia Kinnaman, two of the school horses have new homes: Arizona is again B.J. and was adopted by Ken Peimenthal, Elaine Minenhart and Katie Victors. Maine is back to being Janie and belongs to her beloved Lora Jones.

Carol's Cue is becoming quite the trail horse, thanks to some lanky young gentleman.

Best wishes to Katie Scarlett for a prompt recovery. Hopefully, she will be back from Chino in ten days or so. Once again, the strong support that we get in D, E and F barns showed. A big thanks to our Stacy Festner for her vigilance on all the ponies.

Tidbits

Winner's Circle

Once again, congratulations to **Michelle Waterbury** and her horse, Braveheart (a.k.a. Oreo), for a very successful Gold Coast Horse Show (pinned in every class and 2nd place in Equitation Over Fences). I couldn't have been prouder of the both of you. Keep up the good work!

Stacey Festner

Congratulations to **Michele Schultz** and her horse, Lucky Penny, for their successful Training Level 4 and First Level 1 tests in the Festival of the Horse Dressage Show at the LAEC on May 17th.

Diane Slater

New Treat Card Policy

Treat Cards must now be initialed by office staff or instructors; stamped cards will no longer be accepted at Dominion. Only one treat card applied per purchase.

Barn Talk

When you are tacking up a horse in the cross-tie area and are ready to put on the bridle, please do not put the halter around the horse's neck while the cross-ties are still attached to it. Remove the cross-ties from the halter first and then put the halter around the horse's neck. Then put on the bridle. Safety first!

T.E.S.



TALK

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Submissions are accepted for Q&A, Letters to the Editor, and OpEd as well as articles and equestrian success stories. We reserve the right to edit submissions. We do not guarantee publication of submitted materials.

To submit your items, please complete the *T.E.S. Talk* Submission Form available in the T.E.S. office and attach your submission to it.

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Show Prep

Successful riders are fully focused on their riding and totally absorbed in the present moment while in the show ring. They don't allow outside distraction to enter their awareness. Riders are at their best when they are only taking in feedback from their horse, their body sensations, and the jumps. This feedback loop of awareness enables riders to aim their concentration on the jump while automatically assessing feedback coming to them from the horse and their bodies. This "jump focus" allows riders to see a distance and handle that distance accurately.

The feedback loop of awareness has four components: (1) the jump; (2) the horse; (3) the rider's body sensations; and (4) the rider's mind. This is how it works. Your mind should be focused only on the jump, the horse and your body sensations. Feedback from the jump comes from your depth perception as you approach the jump. Feedback from the horse comes from the horse's pace and balance. Your awareness of feedback from your own body sensations tells you when you are out of balance—which throws the horse out of balance, too. Body feedback also comes from reading your own anxiety level. If your mind is relaxed and clear, you will be able to respond to the feedback. Your mind takes in all this information and tells your body how to respond.

Synthesizing feedback through this "loop of awareness" takes concentration, which can be increased simply by being aware of the need to continually process feedback from the loop. The more time you spend in the saddle, the more adept you will become at synthesizing feedback.

Blocks to the Feedback Loop

Blocks to the feedback loop occur when the rider isn't able to maintain a relaxed, alert mind. In his book, *The Achievement Zone*, Shane Murphy explains that riders are best able to focus or concentrate when their minds are relaxed and alert. Murphy's analysis of current psychological research regarding brain wave activity before and during performance showed that successful athletes are actually able to calm their brain's activity.

Successful riders are mentally relaxed before they enter the ring. While in the ring, they concentrate on the job at hand and perform automatically without much thought process. They exercise a "feeling" rather than a "thinking" process.

Participants in my workshops relate that their most difficult showing circumstances come when they have too much cluttering up their brains while they are on course. Often they are "over thinking" their rounds. Their "mind chatter" is not allowing them to fully experience their body sensations and take in feedback from the horse or the jumps. Other riders relate that they shut down completely while in the ring. This "shutting down" comes from the high amount of stress they are feeling in the moment. Anxiety is the most problematic block to focusing. Knowing how you react to anxiety is key to

increasing your focus. Controlling the "mind" component of the feedback loop is the key to being able to take in feedback from the other three components.

Increasing Concentration

Increasing concentration begins at home. Define flat work and jumping goals that will enable you to have a firm base with which to perform in the show ring. By declaring goals, you develop your own focus regarding the technical aspects of your riding. Shane Murphy stresses an "action focus" while performing, which doesn't dwell on results (such as ribbons, trophies, prize money, or championships), but dwells on the next right action. That's all. Purposeful time in the saddle at home will lead to better concentration and execution in the show ring.

Focusing Despite Distractions

Once a rider has committed to and practiced serious focusing techniques, test these techniques in the show ring. Distractions that interfere with the feedback loop come from all around us in the show ring. Competitors, judges, trainers, spectators, family members, and loose dogs can distract both horse and rider from the task at hand.

Terry Orlick, Ph.D., author of *In Pursuit of Excellence*, gives readers many suggestions for focusing despite distractions. He believes a positive attitude is the key to distraction control. If riders feel positive about their ability to handle distractions, they are much more mentally equipped to refocus.

Keeping a Performance Journal

A majority of sport psychologists suggest that athletes keep a performance journal for self-observation, to gain perspective on the feedback loop and to learn how their minds are reacting to various forms of feedback from the riding environment. By focusing on the positive, you've already taken a step toward more mental control. This will increase the control you can exercise over situations which arise that beckon you to leave the present moment.

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Kay Stevens is a counselor who specializes in Sport Psychology for Hunter/Jumper riders. She is in the unique position of combining years of successful equestrian showing with a career in counseling. Kay now holds workshops across the country for riders wishing to improve their mental game.

The Vet's Notebook

by Dr. David W. Ramey, DVM

One of the more frequent examinations that an equine veterinarian is asked to perform is an evaluation of a horse prior to its purchase. Every veterinarian has an established routine for doing these exams, so the mechanics of the exam may differ from person to person. In this article, I'd like to take you through a prepurchase examination (often called a vet check) and explain what questions it can (or cannot) answer for you.

If you are having a prepurchase examination done, I assume that you have already decided that this is the horse for you and that the horse can do the job you want. It is not my job to tell you whether or not a horse can perform the task that you ask of it—that's between you and your instructor/trainer. So it would be wise to take a lot of time with the horse to make sure that you get along with it. Remember that my job is to tell you about the horse's general health and soundness, not whether or not this is the horse for you.

Once you've decided on your horse, you can schedule your prepurchase exam. It is customary for the purchaser to pay for the exam. A prepurchase examination is very much like taking a used car to a mechanic before buying it. I will evaluate how well the parts of the horse work. I'll check the mouth to get a rough estimate of how old the horse is and to make sure that his teeth are in good condition. I'll make sure that he can see, that his heart is beating with no abnormalities, and that his skin, coat, lungs, and other systems are working properly. Usually, about 99 percent of all the horses that I examine pass this part of the exam with no problem.

I spend the majority of the pre-purchase exam evaluating the horse's legs. Most people buy a horse to ride it. I want to see if the horse has a pre-existing injury or disease condition that would prevent him from being ridden or limit what he can do. First, I take an overall look at the horse to see if there is something abnormal that stands out and catches my eye. Next, I'll run my hands over each of the horse's legs, checking for signs of previous injury. I'll manipulate its joints and check for stiffness or pain. I'll pinch areas of the limbs to see if they are sore. Then I'll watch him move back and forth a few times, mostly at the trot, because the trot is the gait at which lameness is most usually apparent. Ideally, the horse should show no signs of lameness. Next, I'll perform flexion tests.

Flexion tests are a terribly misunderstood and overinterpreted part of the prepurchase exam. A flexion test is performed by bending the leg and holding it for 60 to 90 seconds, depending on the leg examined. The horse is trotted off immediately, and I look to see if he limps. It is not at all uncommon for a horse to limp for a few steps after one of these tests. (You would do the same if you crouched and then ran.)

Flexion tests can indicate a potential problem area, but they have to be interpreted along with all of the other things that I find during an exam. Just because a horse limps a few steps after a flexion test doesn't mean that he has a lameness problem; in fact, research suggests that flexion tests mean very little in a horse that is otherwise normal. Conversely, if I find a problem during the first parts of the examination, flexion tests may help find an area of pre-existing disease.

After the flexion tests, I'll watch the horse lunged in both directions. I may elect to watch him under saddle, too. As a final part of the clinical exam, I'll go over the horse's feet with hoof testers, a device that checks for areas of soreness.

After all of this, I may take radiographs (X-rays). It's important that you understand the purpose of X-rays because they are useful for two things: 1) If there is an area of disease or injury suspected after the clinical exam, it can help confirm or deny it and 2) they can serve as a record of the horse's condition at the time of purchase in case the horse ever becomes injured or you want to resell it. However, X-rays cannot tell you if a horse will go lame in the future. I

cannot predict any horse's soundness based on his X-rays. Some horses with X-ray "problems" are completely sound; some horses with "clean" X-rays are always lame. You should not base a purchase decision solely on the basis of X-rays.

There are other tests that I can perform during a prepurchase exam as well. For example, I can look in the horse's airway with an endoscope to see if it working normally. I can draw blood to see if the horse has been given drugs such as pain relievers or tranquilizers that may affect how the horse performs during the exam. I can have blood tested to check the horse's overall general health. All of these things give you more information about the horse you are going to buy—they also add to the cost of the exam.

After the exam is finished and the X-rays are taken and interpreted, I'll draw a conclusion. I will not tell you whether or not you should buy the horse, but I will offer a professional opinion as to how the horse looked to me on that day and whether any problems that I found appear to be major ones. Remember that the ultimate decision to buy that particular horse is up to you. Owning a horse is a big responsibility; however, a thorough prepurchase exam is one way to ensure that you'll be starting off with a big, healthy horse instead of a big problem.

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.



The Equestrian Athlete

Train Your Aerobic Energy System to Improve Endurance

Time after time you walk away frustrated and discouraged. It's hard to muster the strength and endurance you need to ride well in a competition or lesson when you only get to ride once or twice a week. But before you start to go to the gym every day during your lunch break, you need to know what to do to make yourself a more enduring rider. You need to know how to train, or condition, the aerobic energy system.

The aerobic energy system fuels working muscles when you perform steady, low- to moderate-intensity activities such as trotting and cantering (as well as hiking, swimming, and dancing). The aerobic system starts to help fuel working muscles after you've been trotting around the arena for three or four minutes, and then it fuels them almost exclusively after about 10 to 12 minutes. When you don't have the strength and endurance to last even this long, you need to train your aerobic energy system to do better. You need to stress it harder, longer, and more often so that it will learn to adapt and become capable of producing a seemingly inexhaustible supply of energy.

If you're like most people, you hear the word aerobic and the first thing you think of is aerobics, or aerobic dance. For equestrians, this isn't a bad association. I say this because training the aerobic energy system is very sport-specific. It isn't just about training your heart to pump more blood and your lungs to take in more oxygen, it's about training the specific muscles *that are contracting at the time* to get better at pulling oxygen from the bloodstream and using it to produce usable energy.

When I say that training the aerobic energy system is very sport-specific, I mean that pedaling a bicycle 20 to 60 minutes

a day, three to five days a week, teaches the muscles that are doing the pedaling to become very good at . . . pedaling. Pedaling a bicycle develops the strength and endurance the muscles in your legs need to move in a perfect circle, not post to the trot or apply the aids.

The best way to train the aerobic energy system for horseback riding is to either put in a lot of rigorous hours on horseback or perform an activity that works the same muscles you use when you ride. Consequently, aerobic dance is probably the next best thing to riding, with swimming, rowing, and cross-country skiing being second best. Jogging and bicycling, however, develop less fitness through the arms, back, and abdomen and are therefore less suitable activities for equestrians.

Equestrians who perform activities that last less than three minutes or demand sudden bursts of brute strength, such as barrel racing, jumping, or vaulting, rely less on the aerobic energy producing system, and more on other energy systems, to fuel working muscles.

The Rider's Workout video has been around for a while, but it is still a good, inexpensive exercise video. Cheryl Schumann, a licensed physical therapist, designed a 60-minute exercise program that develops the muscular strength and endurance, as well as flexibility, riders need. But don't forsake your jogging partner or aerobics class. The video won't help you develop the cardio-respiratory fitness needed for riding and good health.

The Theory of Deliberate Practice

Have you ever thought that your chunky thighs or poor balance would keep you from becoming a good equestrian? If you have, you'll be pleased to know that the theory of deliberate practice suggests that how much and how hard you practice are the only things that really stand in your way.

The theory behind deliberate practice is that people can become expert violin, chess, and polo players by deliberately logging hours and expending effort during practice; sheer talent doesn't play a leading role in the development of their expertise. Although researchers behind the theory of deliberate practice didn't study athletes, and sport psychologists were quick to develop their own model, both parties agree that there's a direct relationship between how much you practice and how good you become. Studies have shown that, regard-

less of the activity, experts have usually logged over 10,000 hours doing what they do best. Whereas, people who are less accomplished have logged less than 5000 hours. If you want to become a really good equestrian, there are no shortcuts. It takes time and energy to deliberately practice and that takes planning, commitment, concentration, and hard work.

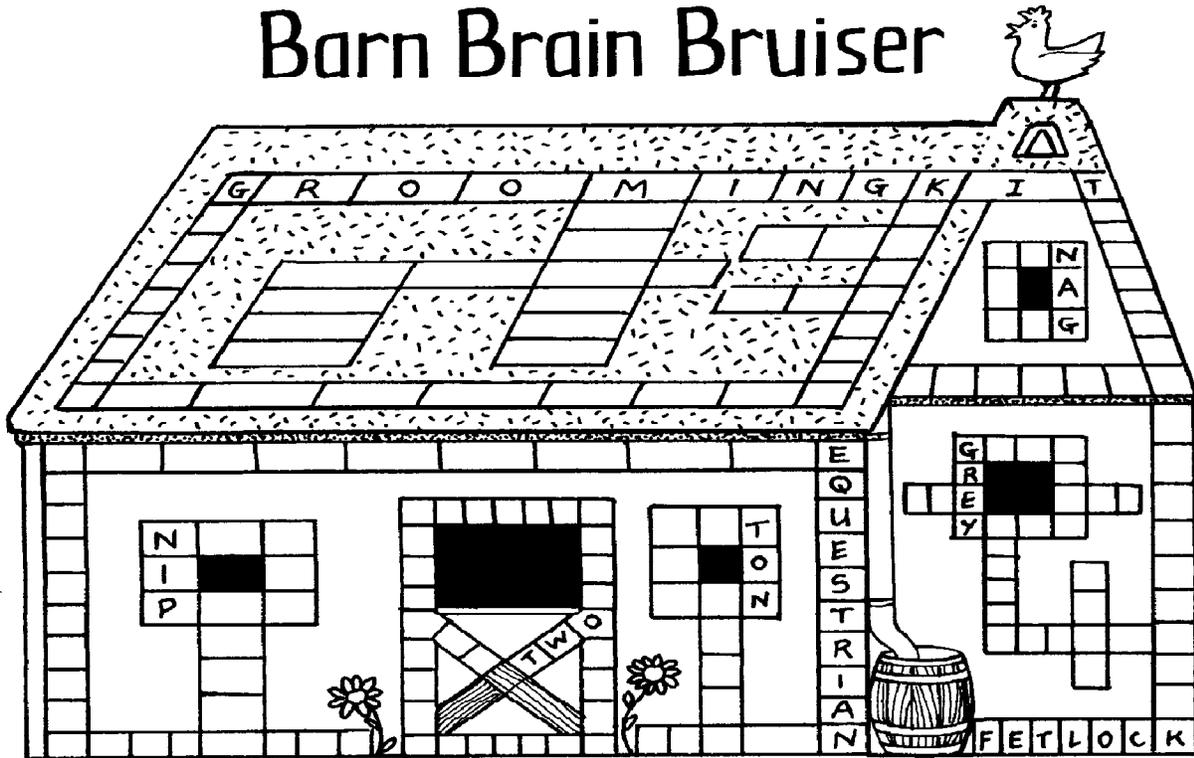
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Johanna L. Harris has an M.A. degree in Physical Education, Exercise and Sports Science from the University of North Carolina at Chapel Hill. She is the editor and publisher of The Equestrian Athlete, a monthly newsletter for equestrian exercise and sport science information. View a sample issue online at <http://www.circle.net/~eai>. You can also reach her at (800) 404-8514.

PONY PALS



Barn Brain Bruiser



This is a criss-cross puzzle and all you have to do is to fit the words listed below into the correct squares. New words

begin with the first or last letter of the word before. You will find that some of the words are already in position to give

you a head start. Work in pencil and start with the long words first, as they will give you the key to the smaller ones.

Words that fit into the roof of the barn		Words that fit into front of the stable and the stable door		Words that fit into the side of the stable	
# of letters	Words	# of letters	Words	# of letters	Words
11	Grooming kit	10	Side Saddle	10	Capped hock
9	Grassland		Equestrian	7	Fetlock
	Dartmoors		Shoulder in	6	Action
	Tigertrap	9	Girth gall		Numnah
	Knee boots		Schooling	4	Gait
7	Muscles	8	Near hind		Grey
	Stirrup	7	Gallops		Yard
4	Dock		Landing		Tied
	Dish	5	Apple		Cane
3	Toe, Cob, Run, Rug, Nag, Gag		Irish	3	Ice
		3	Green		
			Hay, To, Bit, Bar, Ran, Ton, Nod, Pin,		

Find more great games in *A Pony Club Activity Book* (The Pony Club, British Horse Society). Get your copy at Dominion Saddlery.

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Answers are on page 8.

Dominion: A Place to Shop and Talk Horses

Four years ago, Dominion Saddlery at the L.A. Equestrian Center was part of the East Coast chain of equestrian stores known as Dominion. It was their only California store, located in Burbank, California. In 1994, Patricia Kinnaman, owner of Traditional Equitation School, purchased Dominion.

"We wanted to make it a place people would enjoy visiting, whether they wanted to shop or talk horses," explains Patricia. Talking horses is, of course, big at Dominion, where every customer service person is also a rider.

"We really didn't come to Dominion with much retail experience," Patricia adds. "We came with plenty of horse experience though—and this has been a great advantage to us in understanding our customers and what they need."

The 3200 sq. ft. store is geared to the English style rider, from hunt seat to three-day eventing to dressage. Dominion fulfills many special and custom orders including calls for custom-fitted Journeyman chaps, and Vogel and Konig boots. Our "Barn Runner" program offers personalized barn calls and deliveries.

Educated customer service is a Dominion hallmark. Our inventory reflects the best suppliers worldwide. Dominion has become known also for its extensive book and video selection and its "Pony Corral," full of games, books, toys, stuffed horses, and other treats essential for horse crazy kids.

Today, Dominion is a center of hospitality at the L.A. Equestrian Center, the first stop for many competitors and spectators who frequent the huge facility's horse shows and events.

"We'd like to make it your first stop, too," Patricia says. "We're everything equestrian, and we look forward to serving you! Come by Dominion to shop and talk horses."

Celebrate summer with Dominion Gift Certificates Easy to Order on the Web!

If you want to go out and enjoy the glorious days of summer, save yourself some time by ordering Dominion Gift Certificates for family and friends. They can be for any amount. We'll mail the Certificate directly to your giftee, along with a personalized gift note. Dominion makes it easy with three Gift Certificate ordering options:

- Call 1-800-TACK-UP-1.
- Visit our web site to order on-line at <http://horsenet.com/dominion/giftcert.html>
- Print and fax the form from the web site to 818-842-6972.

Win a \$25 Gift Certificate!

Enter our on-line Quiz Contest to win a \$25 Gift Certificate. Complete our fill-in quiz form at <http://horsenet.com/dominion/quiz.html> and your name will be entered into a drawing for a \$25 Dominion Gift Certificate. You don't even have to get a perfect score!

Visit Dominion's web site at www.horsenet.com/dominion/

We're Open Until 8 p.m. on Tuesday Nights!

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Store hours: Mon 9-5, Tues 9-8,
Wed-Fri 9-6, Sat & Sun 9-5



June 7 Dressage Schooling Show
 6/22 to 9/4 Summer Kids Camp (weekly)
 Aug. 23 Potluck & Playday
 Sept. 27 Beg. English/Western Show

Oct. 31 Halloween Party
 Dec. 20 Christmas Party

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

LAEC Events

June 4-7 San Fernando Valley Fair
 June 13 Gold Coast IV
 June 27-28 Star Spangled Dressage, LAEC
 July 11 Team Penning

For more information, call 818-840-9066.



Dressage Shows

June 13-14 Dressage in the Valley, Moopark
 June 27-28 Star Spangled Dressage, LAEC
 July 26 Summer Dressage at Middle Ranch
 Aug. 8-9 Meadows of Moorpark Dressage
 Aug. 14-16 CDS Junior Championships
 Aug. 15-16 Dressage at the Paddock
 Aug. 20-22 Cool Augst Nights, LAEC

For more details, see the CDS web site at: <http://www.primenet.com/~cds1/showcal.htm>



Hunter/Jumper Shows

June 13-14 Gold Coast IV, LAEC
 June 19-20 ETI Hunter/Jumpers, 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)

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



Combined Training

June 26-28 Pebble Beach Horse Trials
 Aug. 1-2 CTETA Horse Trials, Woodside
 Sept. 11-13 Murieta Horse Trials
 Sept. 26-27 CTETA Horse Trials, Woodside
 Sept. 26-27 Meadows of Moorpark HT

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



Western Shows

June 19-21 ETI High Point, LAEC
 July 11 ETI Open, Pierce College
 Aug. 23 ETI High Point, LAEC
 Sept. 27 ETI HP, Martinez Arena
 Oct. 11 ETI HP, Pierce College

For more information, see the Equestrian Trails web site at: <http://www.eti.av.org>



Grand Prix Festivities

You are cordially invited to partake of Dominion's delectables at the Grand Prix on **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**.

Answers to the Pony Pals
 Barn Brain Bruiser on Page 6.

