

TO RIDE ON A
HORSE IS TO FLY
WITHOUT WINGS

**SPECIAL
POINTS OF
INTEREST:**

- **Important Dates 2016**
- **Membership**
- **Goal Setting**
- **Getting you and your horse ready**
- **2015 Year End Awards**

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Manitoba Horse Trials News

MHT President's Message

I got my first booter this morning when I broke through the ice on the way to feed the horses. I figure that is a sign that it is time to get to work on our spring newsletter.

For those of you who ride in an arena all winter, it's time to get outside and work on that gallop pace. For those of us who ride outside all year, it's time to get the shoes back on and get some jumping in! Whatever your riding program is, I hope it includes Manitoba Horse Trials clinics and derbies this 2016 season. Please check out our website for MHT shows as well as our reciprocity agreements. Our reciprocity al-

lows MHT members the opportunity to work specifically on each discipline independently through other club's shows with our membership.



**Paige and Marcus at
Four Oak Farms
(SteinbachOnline.com)**

We are hoping to organize a spring course clean-up to

prepare for early schooling opportunities, as well as, our first clinic with Ian Roberts in May. The better shape we keep our cross country course in, the easier it will be to run our planned event in 2017! Keep an eye on our website and Facebook page for up to date information.

Make sure to tell your friends about Manitoba Horse Trials and invite them out to volunteer or ride at one of our events. The more people we have involved in the sport the better!

See you all soon!

Paige Dueck

President, Manitoba Horse Trials

Important Dates for 2016

May

13-15 Campbell's Show (BHP)
20-22 Victoria Day (BHP) MHJA
20-22 NH & QR PC Show (BHP)
27-29 MPC Regional Rally (BHP)
28-29 Dressage Show (BHP) DW
28-29 Ian Roberts Clinic (BHP)

June

3-5 Summer Smiles (BHP) MHJA
3-5 Campbell's Show (Brandon)
12 MHT Derby (BHP X-country)
12 NHPC 1-Day Derby Series
17-19 Ride of Rides (RREX) MHJA
25-26 Dressage Show (BHP) DW
24-26 Tany Ewing Clinic (Souris)

July

June30-**July 3** Beach Party (RREX) MHJA
8-10 MPC Eval Test Clinic (BHP) PC
10 NHPC 1-Day Derby Series (BHP) PC
15-16 Campbell's Beat the Heat (Brandon)
16 MHT Derby (BHP x-country)
22-24 Marcie Schweizer Mem (RREX) MHJA
24-31 MPC Camp (Selkirk) PC
26-31 Heart of the Continent (RREX) MHJA

August

5-7 Willville HT (Souris)
6-7 Dressage Show (BHP) DW
6-7 MPC Regional Rally (Souris)
12-14 Summer in the City (RREX) MHJA

August (cont)

20-21 Peter Gray Clinic, Derby & Coach's Evaluation (BHP) MHT
26-28 Fall Harvest (BHP) MHJA
26-28 Campbell's Harvest Sun (Brandon)

September

2-3 MPC Regional Testing (BHP) PC
10-11 Dressage Show (BHP) DW
11 NHPC 1-Day Derby Series (BHP)
16-18 Manitoba Equestrian Championship
16-18 Jump Into Fall (BHP) MHJA

October

I Manitoba Horse Trials AGM
4-6 Campbell's Jump for the Cure (Brandon)
18-20 Campbell's Deck the Stalls (Brandon)

Goal Setting Written by Lisa Reimer



Coke doing his Cross country schooling to prepare for his upgrade to Preliminary

There is something about the outside of a horse that is good for the inside of a man.
- Winston Churchill

Schooling with Tany Ewing in June 2015



The holidays are over, the days are getting longer, and there are subtle hints that spring is on the way! It's time to dust off your dress boots because the show season is just around the corner!! Fortunately, there are still a few hibernation days left to start thinking about what you want to accomplish this year. For some, this may mean getting around their first event, for others it may mean competing at a higher level, and for some, it may simply mean riding more often. Whatever vision you have for you and your equine partner, setting

goals will make it easier to achieve your aspirations.

I won't pretend to be an expert on goal setting. I haven't taken any formal training nor do I have any specific qualifications on the subject. I can't tell you that writing your goals down is better than typing them out, or just discussing them with a friend. It is up to you to decide which best suits your style! What I can do is tell you how this process helped me, and provide you with some tips to help you with goal setting based on lessons I have learned along the way!

It is very difficult to plan a trip if you don't have a destination....The same goes for your show season. Having a goal will give you a "destination", and from there you can make a plan on how you will reach this objective. Being able to plan not only ensures you will have all the prerequisites to meet your goal, but it will help to make the most of limited resources. For most of us there is only so much money in the bank, and only so much time one can get off work to spend on horses activities! And with limited events to choose

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Memberships 2016

Recognizing that membership requirements can be confusing, the following may assist you in your planning.

If you are a **COMPETITIVE** member or horse owner in Manitoba and plan to attend Horse Trial Competitions:

1. You must obtain your **Sport Licence** from Equine Canada
2. You must obtain your **Canadian Eventing** membership with your Sport Licence from Equine Canada (includes Omnibus).

3. If you are competing at Training level or above, your horse must have a **Passport** (available through Equine Canada).

Equine Canada
2685 Queensview Drive, Suite 100
Ottawa, ON K2B 8K2
613-248-3433
www.equinecanada.ca

4. You must join **Manitoba Horse Trials**. Course user fee must be paid to use the cross country course in BHP.

MHT membership form can be found at
www.manitobahorsetrials.com
and mailed to
Marilyn McNaughton
Box 801
Grunthal, MB R0A 0R0

5. You must also join **Manitoba Horse Council** which is the Provincial Sport Organization for Equine Canada.
www.manitobahorsecouncil.ca
Now you are set for this year's competitive show season!!

In a Nutshell: If you are NOT competing in any Horse Trials this year, are new to eventing and/or would like to participate in MHT derbies and/or clinics you need— a MHC Membership, MHT membership and pay the course user fee to use the cross country course.

Are You Ready? Written by Sherri Parkinson

After a long cold Manitoba winter we were all thrilled to see the first sign of spring – it was not a robin or a daffodil though, it was the first horse show schedules. This always causes much dreaming about a busy show season with lots of fun

riding in beautiful weather on our trusty steeds while enjoying great personal success. But then you look out to see your out of shape, mud covered horse belied up to the round bale and realize you can't remember what you did with your show gloves and the dream gets a little less idyllic and starts to look more like a nightmare. To pre-

vent this we all need to do a little pre-season organizing.

For Your Horse: If your horse has had the winter off it is time to start getting fit. Start slow and gradually increase the intensity and duration of his work as appropriate to the individual. The permafrost probably will get in shape faster than you will, while your mellow draft cross

Have a plan!



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from, we need to maximize each outing! Last year my goal for Coke was to upgrade him to Preliminary level. Once I had that goal set, I made a plan. In order to qualify he needed at least one more event at training level, I knew he (and I) needed some cross country schooling to ensure that we would be safe over the bigger fences, and I felt a show jumping session would be beneficial to help me get my feel over the bigger show jumps. Since I had spent the winter working on my dressage, I also wanted to include a dressage show to see where we were at. With the cost of competing in the states so high both in terms of money and time, I wanted to ensure I maximized my trips. For this reason, I set my goal of going preliminary for the second event of the season at Roebke's Run Horse Trials in Minnesota. While my show jumping and dressage could take place in Winnipeg, I knew I would need to do my cross-country schooling down south on a course with some bigger questions. So, I made plans to combine this training with my first event which would give me a double benefit of preparing my horse for the qualifying event as well as prepare us for the upgrade. Having a goal allowed me to come up with a plan which ensured I was fully prepared to meet my aim, while allowing me to limit my expenses and time away as much as possible.

Another benefit of goal setting (and the associated plan) is that it will allow you to have a timeline to plan your fitness workups. I think most experts would agree that your horse must be fit for the level of competition, but that it does no benefit to have your horse grossly over fit. A preliminary fit entry level horses is

Stella getting fit to reach her goal of upgrading to Pre-training

going to be hard to handle at a competition and the excess work will put undue strain on the horse's legs and body. A goal and a plan helps you determine the right time to start your horse's workups. Fitness is not only important for the horse but for us as riders! For example, I knew that in order to achieve my goals, I was going to need to travel 10 hours to the states after a busy work week, compete two horses (one a preliminary, one at pre-training), and then still have some energy left to haul myself and my horses home safely, and ride my other horses the rest of the week. If I was going to do this I knew I better put some effort into my own fitness. Having a goal, and a plan to get there, motivated me to push a bit harder and sweat a bit longer at the gym (For anyone familiar with spin classes, when in the hover position I would visualize and pretend I was galloping across country!). It also prevented me from waiting until the week before the competition to realize it was time to get fit!!!!!!!

Goal setting allows you to feel a sense of accomplishment at the end of the season. After having Coke injured, Stella out of work every other week due to some unexplained ailment and a few unlikely and unfortunate, but nasty falls, it would have been very easy to look back at the year and see the season as a disaster!!!!!!!!!!!!!! Instead, I was able to reflect on my goals, and realize that not only had I achieved all of them... I had done it within my budget, and done it in style!!!

I have learned with goal setting is that it is important to remain flexible. For example, if Stella had stopped at the Entry level ditch at the event before her upgrade to Pre-training, I would have needed to rethink my goal. To ask her to compete at a higher level at the next competition where she would certainly meet a bigger, scarier

ditch was not a recipe for success! If you find yourself in a situation like this, it would be a good time to revisit your goals and modify your plan. Maybe skip the next competition and put your money toward some schooling to fix the ditch issue, or build some ditches at home, test your schooling at another entry level event, then upgrade at the last event of the year.

Probably the most important thing about goal setting is to be realistic! If your horse has never evented before, it might be unreasonable to think he will be winning a preliminary event by the end of the season. Just like you can modify your goals and plans when things aren't going well, if you achieve what you set out to do earlier in the season than expected, you can always revisit your plan and set a follow on goal.

Not sure what your goal should be? My advice is to come up with your own plan based on what you think is reasonable for you and your horse. Taking the time and effort to work out your goals independently may seem overwhelming, but in my opinion is an excellent exercise in horsemanship as it forces you to look introspectively at your horse's abilities and training as well as your own. Once your plan is laid out, then sit down with your coach or an experienced horse person you trust and get his/her professional opinion to validate your ideas!

I hope this has inspired you to set some goals this season!!! It may seem like an overwhelming task but in the end you won't be disappointed with the time and effort you invest on reflecting on your ambitions and planning a way to get there. Happy riding (and goals setting 2016)! See you on the Cross-country field!



Rio and Rapture achieving their goals!

A horse is worth more than riches.
- Spanish Proverb



**Manitoba
Horse
Trials**

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2015 Year End Awards

Congratulations!

Training

- ◆ High Point: Eileen Blais and You're A Good Man Charlie Brown

Pre-Training

- ◆ High Point: Paige Dueck and Zoom
- ◆ Reserve: Paige Dueck and Woody

Entry

- ◆ High Point (Tie): Helen Martin and Buckaroo AND

- ◆ Sydney Fraser and Lucky 7 Silver Strip

Pre-Entry: No eligible competitors



For eligibility for year end awards, please see the Manitoba Horse Trials website.

Important notes:

- ◆ Pinney number holders will be **required** by all riders in 2016 participating in any MHT shows! A limited number are available for purchase at a cost of \$15.00. Add it to your membership form.
- ◆ Reciprocity Agreement can be found on the website.
- ◆ Interested in competing at horse trials in Alberta this year? For more information contact Paige Dueck or Eileen Blais!



Getting Ready

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will appreciate a slower progression. Talk to your coach about what skills you need to tune up for the level of competition you want to attend. This is also the time to talk to your farrier about staying barefoot vs shoeing and whether or not you need to change shoes or add studs. Talk to your vet about whether or not you need to update vaccines or plan a joint health program. Last on the list is the spring makeover – lots of elbow grease to get rid of the winter woollies and introduce your horse to clippers now for that polished look.

For your equipment: Time to round up all your show tack to clean it and make sure it still fits. Check and wash your show pads, coolers and scrims and store them in a convenient location that is safe from shedding barn cats and muddy dog paws. Don't forget to try on your show clothes, the night before the show is a bad time to realize that

your breeches were victim of mysterious shrinkage. Pack up a bag of all the small things you need at a show but are easy to forget so you just have to grab it when packing the trailer – hairnets, safety pins, handy wipes, pinneys etc. Invest in a good quality food/drink cooler so you can take healthy drinks and snacks with you. Make yourself a checklist of tack, human equipment and comforts and get it laminated for use with a dry erase marker to make packing the night before a snap.

Paperwork/Entries/Memberships:

Check that you have all the required memberships – get photocopies of the cards done now so they are handy for entry forms. Read through the rule books of your discipline – there are often rule changes every season in regards to tack, medications and class requirements. Make sure you have any horse health documents required such as a Coggins. If you travel out of area check with officials before you leave for

health advisories.

For your trailer: Now is a good time to pull up the mats and check the floor boards. Inspect your wiring, tires and lights, grease all moving parts than go for a spin and check the brakes. If you are not mechanically inclined invest in your peace of mind and drop it off at a trailer service center and have them go over it. Don't forget your truck – check your oil, tires, transmission fluid, radiator fluid and brakes. It's a good idea to have a dedicated first aid kit that stays in the trailer for both horse and human. Consider adding a water tank if you don't already have one.

Now that you are organized you can dream over show programs and start planning for that ribbon display!