



I thought we rode in the indoor arena to avoid snow? Just another amazing iphone app! Riders practicing for Christmas Musical ride. Here is a video of their musical ride, my horse lost his bow and spooked and.... Adriana on the pony (with their tail bow and long legs) keeps me laughing and Diamond's trot was made for that Christmas tune! Enjoy...

<https://www.facebook.com/photo.php?v=674268415927121&set=vb.168359289851372&type=2&theater>

Calendar of Events

Pilates in Coventry's lounge every Saturday at 11am. Your first class is free, then sign up for packages for a reduced rate. See Anita or FMI contact Kristin at blythedale@comcast.net or Anita at pilatesanita@gmail.com

January 26th - Robing Birk lessons at Coventry sign up with Kristin leave confirmation check in mailbox made out to Robin Birk

December - March 30th - Winter! Only about 3 months to go!



Take a deep breath, be calm, breath into the center of your belly, Santa here soon! All is well, cookies on the mantle, breath into your toes, (I mean paws...)

Happy Calm and fulfilling New Year to you Allllllllllll ~ woof, ho ho ho, woof woof, oops breath deep, center your thoughts,

☞ focus...woof ~ 😊✌️❤️

Congratulations to all Coventry riders for winning Reserve and Championship ribbons for the WPDA year end awards for Sanctioned Schooling shows. We done good!

I need to update Coventry's website, have not added winners in about four years and we have consistently won (not just reserve) since 1997!



Kristin 64% average score with Brach First Level USDF recognized also holding Mary's ribbon who rode Brach at Training Level 65.267%; Hannah Tremel and Stella 68.23%; Mandy and Beau First Level 67.47%; Olivia and Diamond Intro 66.58%; Jane and her pony Second level 60.40% ; and Michele and Jed 66.04%

"The rider must learn to take the movement of the horse into his body and then put it back into the horse." Conrad Schumacher, 1999 :-)

**From ~ Tamarack Hill Farm
Teacher---Trainer---Coach**

Many horse people use these three words interchangeably, but perhaps there may be differences.

"TEACHER" is someone who teaches riding skills, competitive or not.

"COACH" is someone who specifically helps athletes perform in competitions.

"TRAINER" is someone who brings along horses to various levels of achievement.

If we accept those definitions, someone might be all three, or primarily a person who deals with horses, but not with riders, or someone who restricts her instruction to "heads up, heels down."

There`s room in the "industry" for all three. One person may ride and train all day, but loathe teaching people. Another may never get on a horse, but can tell us how to ride better. That teacher may also explain HOW to train, or she may restrict her instruction to riding skills only.

Some great coaches can motivate and lead a team to victory, but be less adroit at imparting specific skills to either the rider, the horse, or to both.

The above is from Denny Emerson and everyone is talking about his blogs. Okay, now I get to add my three cents, since this is my newsletter ! lol Just because you can ride in a competition and win does not make you a good teacher, and this happens a lot. Aspiring riders seek out the competitors who win thinking they can explain how it is done. Usually not the case. I am glad he has pointed this out. So when looking for a teacher look for me ~ ☺ ha ha. Simply, find someone who gives you a sense of clarity, this stuff is hard enough!



Smoker went to heaven this month and now is dancing with the stars above Coventry ~ he was 32. We all loved Smokey, he minded his own business, put you in your place at 32 and graced our pastures with his presence. Smoker you will be missed!



It has been warm then got cold, do you wonder who put your horses blanket back on if you were not at the barn? Jane! Please remember to tip her this holiday season, she is here all year making sure your horse has what it needs!



Pushing off from the Bit: Abstossen

Abstossen is a German riding term meaning “to push oneself off.” The official instruction handbook of the German National Equestrian Federation, Advanced Techniques of Dressage, states: “Pushing off from the bit is a sign that the horse is fully accepting the contact.... [The horse] yields to the contact by bouncing back lightly and almost imperceptibly from the bit. The rider feels the contact become even lighter and more refined.... In a correctly trained horse which ‘comes through,’ bouncing back or pushing away from the contact is...a frequently repeated process....”

When a rider is well trained, the aids are very subtle and they happen every step of the way. At every stride the rider’s seat and leg give a small aid to encourage the horse to seek the contact by engaging his hind legs, lifting his shoulders and the base of his frame, and stepping into the bit. There is a moment when the horse is strong, and then the educated horse “pushes away,” which shifts weight to the hindquarters and causes the horse to become lighter in the hand.

If the uneducated horse is a bully, the experienced rider allows him to hit the bit, which causes a bumper-car effect. The positive tension of the rider’s core and tummy muscles blocks the horse when he hits the rein and reminds him not to run through it. This effect is caused not by a pulling rein but rather by the horse’s hitting the bit. When this happens, the horse is set back and rebalances onto his hind legs. His response is, OK, I hear you. No falling into the contact; no pushing onto the fore-hand. Then he adopts a more polite attitude by reaching more respectfully to the bit.

A horse in motion is in a precarious balance. With every step he has to balance the rider’s weight, and it is not possible for him to stay the same. The horse in motion must be helped by the rider’s constant, light, balancing aids that invite him to push lightly away from the bit while still seeking it.

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First train the horse to seek the contact and use its back by tracking up so you are riding the horse tail to poll or back to front. (Training Level - this is the hardest level). After the top line muscles are developed train the horse to carry more from behind & begin to lift the front end with lateral work - next newsletter

Screen shots from a video of a rider in Beaver County... 📷



Horse & rider learned how to stretch for the contact by learning how to chew the reins out of the hands at a whoa. Rider above is applying these skills at the walk - flex and stretch



The horse above is soft at the poll or has abstossen, we learned a new word! A little slack in the rein, however, in next photo the horse is taking up the contact but,... there is always a but and a butt!



"Doing what you love is the cornerstone of having abundance in your life." Wayne Dyer

