



### Calendar Of Events

Robin Birk ~ Clinic January 31 ~

Payments made prior to the week of the clinic have priority to the schedule.

Ask for ride times, clinic likely over by 230pm. And, you can ride your horse during the lessons...

Trainer Ingrid Albrecht MacNamara is coming to Coventry on Saturdays.

Talk to Kristin if interested...



**This morning at Coventry!**

### Coventry rider awards for 2015 WPDA YEAR END and USDF NATIONAL AWARDS as seen on Facebook and worth repeating

WPDA USDF **Second Level** Champion: Kristin Hermann on BRACCHUS - 67.373

WPDA USDF **T L Junior** Champion: Hanna Tremel on ZIPPO'S GALAZY - 68.269

WPDA USDF **First Level** Champion: Hannah Tremel on ZIPPO'S GALAXY - 69.136

#### **WPDA SANCTIONED SHOW Awards:**


Adult Amateur Intro Level: Champion: Virginia Pfeiffer on HICKORY - 70.030

Reserve TL Champion: Donna Hospodar on COOPER - 68.593

First Level: Champion: Mandy Collier Lindsay on CHARLIE BROWN - 67.588

Junior Training Level Champion: Olivia Bondi on PUNK ROCK POLKA DOT - 66.370

~ WPDA USDF Amateur Division TL Reserve Champion: Jerri Anesetti on SPRING HOLLOW CASSANOVA 69.359. And, WPDA USDF Training Level: Champion: Jerri Anesetti on SPRING

HOLLOW CASSANOVA 72.494. **And**, WPDA SPECIAL AWARDS ~ VINTAGE: Jerri Anesetti 68.803. Jerri also was Reserve Vintage Rider for the USDF ALL Breed Award for the Morgan Sport Horse Breed. She went to the USDF convention in Las Vegas to get her award. Jerri rides often at Coventry but has been in training recently with Lisa Hall. So she is not a rider trained at Coventry. Even though I taught her for years! Obviously that is why she won so many awards! LOL ... 



**Jerri and Bubba after a great ride! Bubba is now 29 and retired!**

**Also**, my student Hannah Tremel won 2015 USDF All Breed Award First place JR/YR for the **American Quarter Horse Association!!!** She also placed 32nd out of all Junior Young Riders at Training Level in the United States! I will never forget our first “dressage” lesson. She has gone so far in three years! Last year Mandy and Beau won The USDF Half Draft Cross and Owners All Breed Award for First Level and placed 40th in the nation out of all the Adult Amateur riders at First Level. She was also the High Point Draft Cross at the US 2014 Dressage Finals.

Brachstar and I won the WPDA Second Level High point at the Quentin show! We missed winning the Spanish Norman USDF All Breed Award because we ( or I ) rode off course...not happy, but we still did well. I have heard moving up and riding Second Level is

difficult. I did not think so, once you have counter canter it's all doable. My challenge this coming year is flying lead changes, a requirement for Third Level.

It is still my opinion that the basics are the hardest the level and they are established in Training Level - walk trot canter on the bit in both directions with a stretchy circle and free walk. Once training level is accomplished you make the circles smaller to make your horse stronger, then add lateral work and you are on your way. Learning to get the horse on the aids, submissive while being “through”\* is the hardest step of training “dressage.”



**Coventry riders at the WPDA Banquet! “Winning!”**

~ Coventry now sells Himalayan Salt licks ~

Can't find your salt lick at Tractor Supply? Did your horse devour his salt lick and you need another one? Ask Kristin, I have a secret supply, \$10.00 per salt lick. (I also use Himalayan salt for my cooking and for baths with epsom salt...) Here are some facts about Himalayan salt ~ they contain the full spectrum of trace minerals 84 minerals



and trace elements found in ocean water. It's an unrefined, unprocessed "raw" salt that's hand-mined from abundant salt caves that were formed 250 million years ago as ocean salt settled in certain geologic pockets around the earth. In other words, long before the earth became polluted with heavy metals, pesticides and PCBs. Eating this salt is kind of like going back in time and consuming minerals from pre-industrial Earth.

Processed salt doesn't provide all the minerals your body needs to replenish and most salts or mineral blocks sold for horses are synthetic and non absorbable. The white salt is bleached and the iodine is process out. Only full-spectrum salt fulfills your body's true salt needs. So iodine was artificially added back in, which is why it's called "iodized salt" today. However, iodine was the only mineral that was added, because it prevents the most obvious disease (goiter is very noticeable). So processed table salt is still missing over 80 minerals! Why would you want to eat salt that has been artificially enriched with ONE mineral when you could be eating salt that naturally contains eighty-four minerals?

**Coventry is changing its grain from the Coventry custom mix to Buckeye... This was our feed persons suggestion. Here is the link for the new grain. For about six weeks we are mixing both grains. <http://www.buckeyenutrition.com/products/safe-n-easy-texturized.aspx>**

## Horse/Human Age Relationship

The Horse/Human Age Relationship Chart seeks to help explain the relationship between the stages of life for humans and horses. This information reveals that, beginning at birth, horses age approximately 6.5 years for each human year until puberty. Once a horse reaches age four, that rate slows to 2.5 years for each human year.

Horses go through the same life cycles as do humans. They have distinct childhood, adolescence, puberty, maturity and geriatric phases of their lives. This chart gives horse owners added insight into their horse's life stages.

Like humans, advancements in health care are allowing horses to live fruitful and productive lives well into their golden years.

Humans are now living full and productive lives well into their 80s, thanks to research and better health care. Correspondingly, with emphasis on improved management and equine wellness, we should now be able to keep our horses strong, useful and competitive well into their late twenties.

Keeping a horse healthy and performing well boils down to the kind of care and management that we as owners and trainers give them. This is really the number one concern for the horse's longevity. Like humans, we are convinced that with good management and proper well care, horses can live longer and more productive lives well into the future.

The chart is to be used only as a guideline. There are many variables that enter into the age



Horse Age	Stage of Life	Human Age	Stage of Life
1	Foal, Weanling, Yearling	6.5	Infancy, Babyhood, Toddlerhood, Preschooler
2	Two Year Old	13	Adolescence/Puberty,
3	Three Year Old	18	Teenager
4	Four Year Old	20.5	Young Adult
5	Physical Maturity	24.5	Adulthood
7		28	
10		35.5	
13	Middle Aged	43.5	Middle Aged
17		53	
20	Senior	60	Senior
24		70.5	
27		78	
30	Extreme Old Age	85.5	
33		93	
36		100.5	

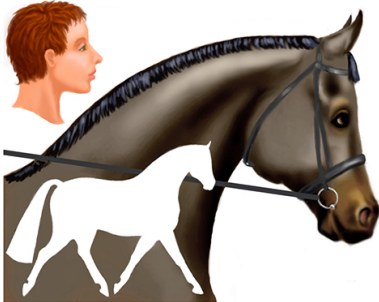
*Happy New Year*



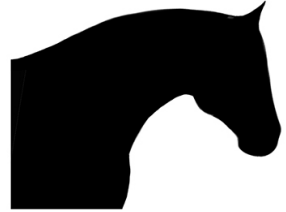
A horse's neck development indicates how he has been ridden.

## Head and Neck Position and its effect on the horse's body

### On the Bit

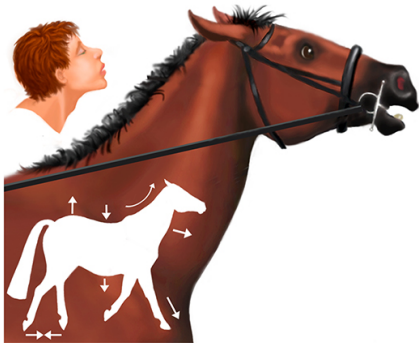


"On the bit" means that the horse is calmly and softly seeking contact with his rider's hands through the bit. This affects the carriage of his whole body. **"On the bit" does NOT refer to just how the head and neck are carried, but to how the entire horse's body functions.**

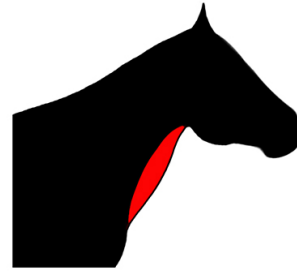


The necks of correctly ridden horses show evenly developed musculing that appears to flow smoothly from withers to poll. The underneck is soft and concave.

### Above the Bit



When the horse is ridden "above the bit" the head is raised and the neck stiffened resulting in a dropped back, increased weight on the forehand and shortened steps by the hind legs.



Horses consistently ridden above the bit will show a pronounced bulge in the outline of the lower neck.

### Behind the Bit



Unfortunately we see many horses ridden this way, not just dressage horses, but it is incorrect no matter what the discipline. By riding the horse's face behind the vertical plane his neck vertebrae are compressed. His strides become uneven, causing him to take shorter steps with his hind legs and bigger ones with his front legs which make him look like he is "goose stepping."



Riding a horse behind the bit results in the bulging, over-development of the muscles along the top of the neck. The parotid glands (yellow) become enlarged and permanently protrude.

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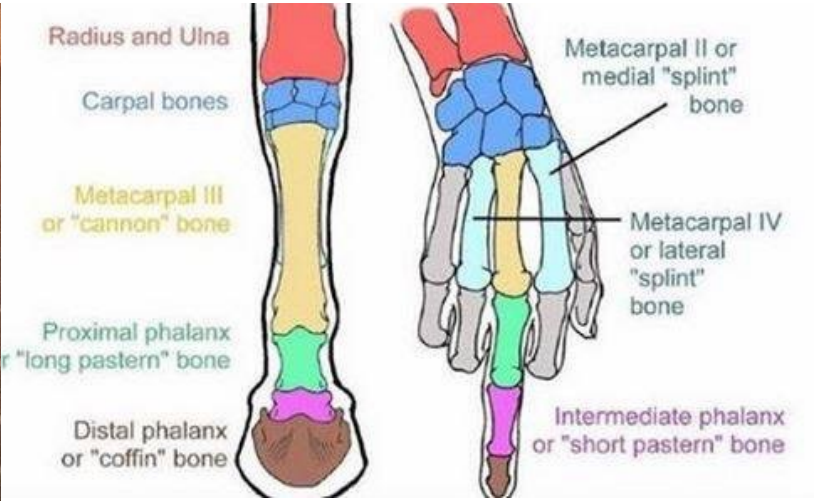
Check out the Facebook page "Home Schooling your Horse" Here is the most recent post  
<https://www.facebook.com/groups/105061116299170/>

And please like Coventry Equestrian Center on Facebook!  
<https://www.facebook.com/Coventry-Equestrian-Center-168359289851372/>

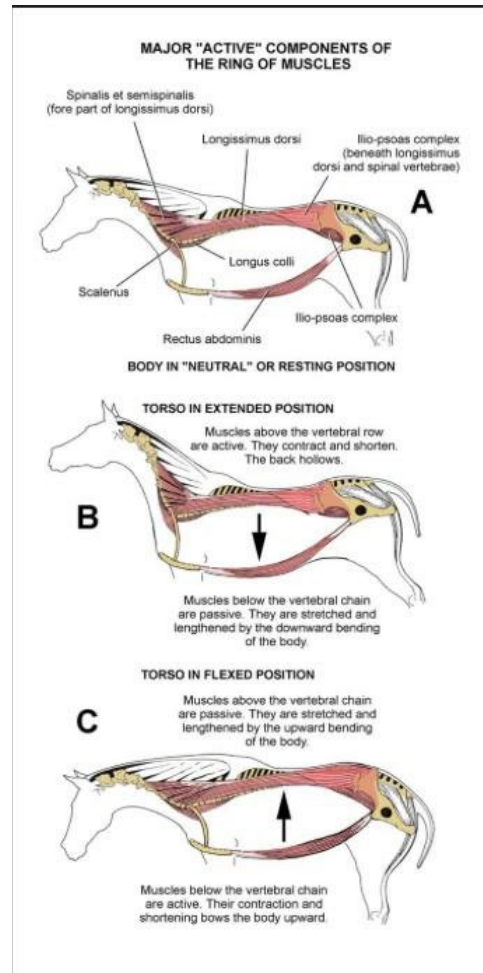




Welcome Lexi from Michigan & Stacy! We will get better photos. And don't worry Lexi Coventry is horse friendly ~



↑ **Horse**  
**on the left**  
**Human on**  
**the right!**  
**Interesting**



Anyone notice Ming recently and the top line muscles he is developing? To the left is Ming before "dressage," and below you can see his whole top line reaching into the side reins. Often people say, when did that new horse get here? Or how much is that chestnut in the field? LOL. Ming is going to rock it at the dressage shows in 2016!



