



The Oakhurst ???



In This Newsletter

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Important Dates

Jan 7 – 1PM – 2PM

FEI Rider Meeting

Jan 14 – 1PM – 3PM

[EC Rider Level Education](#)

Jan 27 – 5:30PM

[NCHTA Banquet](#)

Jan 28 – 1PM – 3PM

[EC Rider Level Education](#)

Show Team Meetings

Feb 04

10AM – 12PM

Derbies & HT – *A to L surname*

12PM – 1PM

Dressage Team

1:30PM – 3:30PM

Derbies & HT – *M to Z surname*

WWCRD? (What Would Coach Ruth Do?)

Happy New Year!! With the new year brings new plans and lucky for us the show schedules for 2018 are popping up online to help everyone plan. I have started rebuilding the show team material and the date for the show team meetings will be posted both in the calendar and in the barn shortly. The show team meetings will be a definite must for everyone this year as we will be seeing quite a few rule changes and schedule changes.

On a totally separate note, the extreme temperatures of late have us reminded that everyone should check in with their coach when temperatures exceed -20°C. It looks like we may be in for a few nice days which will be a welcome relief both to the horses and to my cabin fever!

Tis the season for equestrian membership renewals online, and as some of you have already done, once you get pdf's of your cards please forward them along to me as we will need them to do entries.

That's all for now, stay warm and think dry summer thoughts!

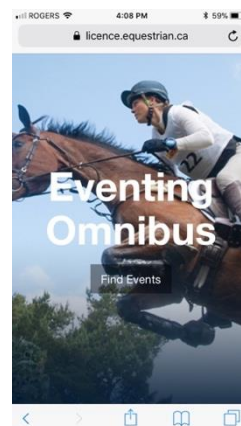
Ruth

Stuff You Should Know

EC has launched a new App version of the 2018 Eventing Omnibus! Add the app to your phone or device and you'll be able to find all of those omnibus pages and event info quickly and easily!

<https://licence.equestrian.ca/omnibus>

You can bookmark it to find it in your browser, or add it to your homescreen on your phone (ask a teenager how, lol).



Important Links

[Horse-Sport Review of Oakhurst3DE 2017](#)

[Equestrian Canada Memberships](#)

[Ontario Equestrian Memberships](#)

Follow Us

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

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The 2017 Annual NCHTA Awards Banquet is being held on January 27th, 2018 at The Strathmere Garden House in North Gower, ON. Drinks at 5:30 and buffet Dinner at 6:30. Awards to follow. Tickets can be ordered online at:

<http://www.nchta.ca/banquet>

Join us for a fun evening celebrating local Eventers – several Oakhurst team members are receiving awards!

Meg's Monthly Scoop

Well winter is officially here, which means lots of riding indoors with EVERYBODY! Let's remember some arena rules to use while trying to dodge everyone.

- ✓ Yelling "door", "coming in" or I have even heard, "window" before entering or leaving the arena to prevent any horses spooking or 'jack-a-losing' away from the door being slammed closed.
- ✓ If there is a lesson going on in the arena, every student participating in that lesson has the right away to the outside track or to where ever their coach told them to go. Check the Oakhurst calendar if you would like to avoid riding around lessons.
- ✓ Everybody else outside of lessons pass left hand to left hand. I hear there are gloves that say left and right on them!
- ✓ You will be everybodys best friend if you take the inside track while walking (warming up, cooling down, indoor hacking...) if others are cantering, trotting etc.
- ✓ If there are no lessons going on and you are setting up poles, be conscientious of other horses in the ring, as not every horse enjoys the same things your horse does.
- ✓ Music should be kept on your personal devices – and listened to with headphones while riding to minimize the disruption to other riders – music can be played aloud during a lesson if necessary, at coaches discretion.

Before we know it, spring will be here and everyone can be riding in different rings!

Are you thinking that you may want to do a FEI show? Maybe this summer or anytime in the future? Make sure you check in with Coach Ruth as there is a meeting for you on January 7th!

Rider Level Clinics are starting soon! January 14th and 28th are the first two sessions for 2018!

Stay Warm! And don't be afraid to check in with your coach to see if it is too cold to ride or not!

The Newsletter Needs a Name

The Oakhurst Newsletter name suggestions are in and the online poll is waiting for your decision – what's the new name going to be? Choose from these entries:

- The Oak Leaf
- Oakhurst Scoop
- Oakhurst Eventer
- Events @ Oakhurst
- Oakhurst Inventor
- Up and Over
- The Oakhurst Red & White
- The Oakhurst Read & Write
- Oakhurst Standard
- Hoof and Nail
- The Oakhurstian
- Above the Bit
- Oakhurst Press!!!
- Oakhurst Press Press Press
- The Oakhurst Collection
- Piaffe
- The Oxer
- Oakhurst Bounce

Or add a suggestion of your own to the poll. Vote on the Oakhurst website at:

<http://www.oakhurstfarm.com/newsletter-name-poll>

until Jan 30 – the Newsletter name will be revealed on Feb 01!

Helen's Equestrian Resolutions

10 things every equestrian should resolve to do (or not) in 2018:

1 – Ride without stirrups. More. Like for 5 minutes at the start of each ride. Seriously. Your coach telling you “OK, let's drop your stirrups for a minute” should not inspire fear in you. You can do it.

2 – Clean your horse's bit after every ride. OK, c'mon, we see those ponies come in with hard, crusty, dried green goobers on the sides of their bit at the start of a lesson. They are not new. Your horse will love you a LOT more if you take care of their gear.

3 – Walk more. On your horse. A lot more. Walking is the best gait to build muscle without impact and damage. Walking in a nice forward connected frame (sorry, can't be on your cell phone, you need both hands), both on the flat and over poles, logs, up and down hills (damn, if only we had more), through snow, through transitions and for miles and miles and miles increases your horses heart rate and will pay off with increased stamina and bone density.

4 – Add some core strength training to your life. According to Sport Canada, equestrian sport is not a core strength training exercise (which makes me wonder if any of the people researching the sport have ever done 20 minutes of sitting trot without stirrups, or dropped off a bank into water). Riding uses core muscles, but does not (according to the know-it-alls) improve it. Since you need them, consider adding a complementary exercise like yoga, swimming or gymnastics (the stretchy clothes kind) to your weekly routine.

5 – Check your tack for stitching and stress issues frequently. OK, if you are cleaning it every week, this is easy. But some of us have a habit of ignoring that loose stitch, compensating for that wonky buckle or Macgyuvering our way around a broken attachment. It may work for a bit, but in the long run, a \$20 fix is much cheaper than landing on your head at jump 3 of a cross country course because your girth finally gave way!

6 – Do the hard things more often. If your horse is amazing at lengthen trot, then you probably don't need to do 20 minutes of it. Figure out what is a struggle for you and work on that. Counter canter, walk to canter transitions, sitting trot, whatever it is, it can only be improved by practicing it.

7 – Set some smart goals – through the show team meeting – whether you plan to compete or not. We'll teach you how to set some SMART goals – short and long term – to work towards. Setting a goal, building a plan and sharing that goal with your coach(es) will help us get you there.

8 - Keep Learning – Not just lessons (although you should take lots of those!) but take clinics, go and watch competitions, read books and magazines. This sport is always evolving and every new equine partner will offer new challenges. The more you learn, the more you'll realize there is more to learn!

9 – Enjoy your equine partner. They are not motorcycles, they have feelings too. Spend time getting to know their quirks, their likes and dislikes and building trust between you. Praise when they save your butt and don't forget that without them, you'd never be able to fly.

10 – Try doing what your coach told you in the first place. If your coach gives some advice at the in-gate, they are probably not just making some crap up. They want you to go out there and win – it makes them look good. Try trusting your training and your coaches advice, and see where that can take you!

