



# THE OAK LEAF



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## Important Dates

### June 02

Westar ESD/Silver Dressage Show

### June 03

Upper Canada Derby @ Quantum

### June 09

SJ Schooling at Wesley Clover

### June 10

EVenting at the Park HT at Wesley Clover Park

### June 16 & 17

Little Bromont HT

### June 22

XC Schooling day at Oakhurst

## WWCRD? (What Would Coach Ruth Do?)

With show season here, we are full speed ahead with meaningful competition opportunities! We hosted a Derby and ESD/Silver Dressage Show the weekend of May 12<sup>th</sup>/13<sup>th</sup> where we had quite a few of our own compete. We had some Champions and Reserve Champions that should be recognized:

### Oakhurst Upper Canada Derby

- Keelin Boal & Nike
- Anna Miko & Knight in a Jag
- Kenzi Mitchell & Sinatra R
- Chelsea Arden & Top Gun
- Jacqueline Whalen & Molinaro Duchessa

Welcome Div Champion  
Welcome Div Res Champion  
2'9" Div Res Champion  
3'0" Div Champion  
3'0" Div Res Champion

### Oakhurst ESD Dressage Show

- Jacqueline Whalen & Molinaro Duchessa
- Kenzi Mitchell & Sinatra R

Training Res Champion,  
Open Level Champion  
Open Level Res Champion,  
First Level Champion

### Oakhurst Silver Dressage Show

- Diane Kissick & Conquest
- Andrew McDermott & Elusive Ghost
- Kristin McLaren & Sambucca

Second Level Res Champion  
Training Res Champion  
Adult Amateur Champion,  
First Level Res Champion

The weekend after we embarked on a journey to a new Horse Trial... well, new to us but in fact it's been running for 40 years! - Hitching Post in South Royalton, Vermont.

And wow, it didn't disappoint! With beautiful views everywhere you looked coupled with a skillfully built cross country course and precise

**June 23**

Dewmont Silver Dressage Show

**June 24**

Dewmont Gold Dressage Show

**June 24**

Upper Canada Derby at Meadowvale

**June 30**

Napierville HT

**Important Links**

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

[Equestrian Canada Memberships](#)

[Ontario Equestrian Memberships](#)

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*Hitching Post HT*

event timing, horses and riders were set up for a great performance which our own Alexa Bresnahan & Tess definitely had with a beautiful red ribbon to pin on their wall!

The 2018 mantra for me is all about running clean Cross Country and the girls that went to Grandview Horse Trials on the weekend of May 27<sup>th</sup> upheld that mantra brilliantly! With clean runs from Emma, Elyse & Jacqueline the girls all brought home some awesome qualifying results.

We also had solid representation at the Silver Dressage show at Stevens Creek Farm from Andrew McDermott & Showtime and Sylvain Jobidon & Heimdall.

Next month has so many cool competition and schooling opportunities, be sure to check out the Oakhurst calendar and chat with your coaches about what is appropriate for you.

And don't forget, run clean and chase the time, you've got this, I believe in you!

Ruth

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## Stuff You Should Know

Heat is hard on your horses – make sure they stay hydrated. If you are bringing them in from the field, let them stop in their stall for a few minutes to have a drink before tacking up. And make sure they have cooled off and had a drink before putting them back out. There is water in the fields but some are picky so offering them water as often as possible is never a mistake!

If you are going out hacking alone, leave a note on the whiteboard and let us know where you are going and when you left – in case we need to find you. Better safe than sorry!

## Meg's Monthly Scoop

# J

**June is here!** Which brings warm weather, so far this year, and lots of horse shows! Show season is pretty busy at Oakhurst, between the dressage team and the event team we have trailers going every which direction! Here are a few pointers to help keep organized and on top of show season!

# U

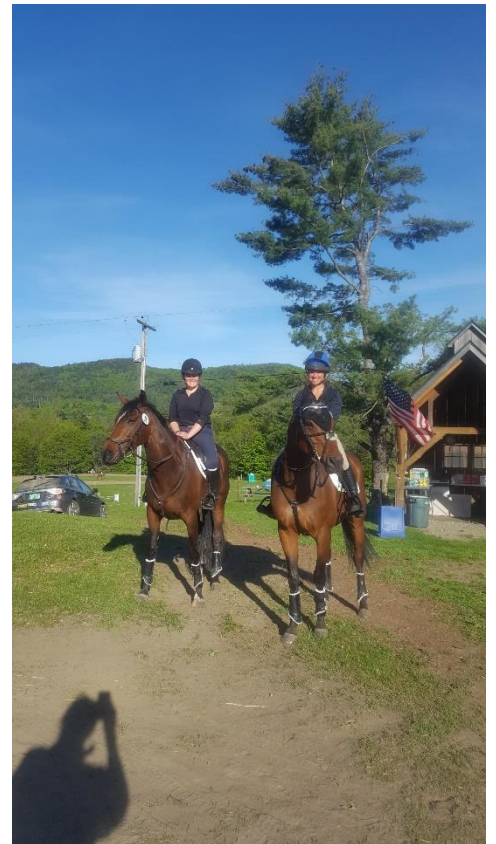
**Update the show binder.** We understand that show season, horses and life keep constantly changing which means that your horse shows or divisions at shows might change to what you originally signed up for in April. Make sure to keep updating the show binder with those changes so entry forms get filled out accordingly for you!

# N

**Night before packing.** For some riders the first horse show is still to come this month. After hibernating the show clothes all winter, pack everything you need the day before. That way you can make a quick run to Greenhawk when you realize you need a new stock tie.

# E

**Eyes on Entry Forms.** The chaos of show season involves feeling like you never stop filling out the entry forms. Keep checking the white board and the folders to see when entry forms are due! You never want to be the one that holds the team up to get entered.



*Alexa Bresnahan & Shannon Holmes at Hitching Post HT*

Keep your eyes open at the horse shows this coming month;

- June 2<sup>nd</sup>- ESD/ Silver Dressage Show at Westar Farm
- June 3<sup>rd</sup> – Quantum Farm Upper Canada Derby
- June 10<sup>th</sup>- Eventing at the Park Horse Trials
- June 16<sup>th</sup> & 17<sup>th</sup> – Little Bromont Horse Trials

- June 23<sup>rd</sup> – Dewmont Silver Dressage Show
- June 24<sup>th</sup>- Dewmont Gold Dressage Show
- June 24<sup>th</sup>- Meadowvale Farm Upper Canada Derby

Meg

## Helen's Top 10...

### 10 Things I love about being an equestrian coach in summer

1 – I get lots of vitamin D. I got so much on Saturday at the Westar dressage show, I'm probably full for the next few months now. I'm sure I didn't get a tan, but I definitely have a few new freckles. One day they will mass together to be an awesome tan. I just know it.

2 – I get to compete without ever putting white breeches on. Every time one of you goes in the ring. Us coaches feel anxiety and nerves too – maybe not as much as our students because we KNOW you can do it. But every win for you is a victory for the coaching team too.

3 – My skin is exfoliated 364 days a year. OK maybe not that many days a year – the barn is closed on Christmas day. But it's got to be close to that number. The number of days we stand in or beside a dusty sandring – collecting a layer or two of sand mixed with sunscreen (when we remember sunscreen) adds up and our skin is so soft as a result!

4 – No more pants on pants. Thank god. Just one pair of pants is plenty warm enough now.

5 – Hats are acceptable if not required at shows for Coaches – to help with the sun protection, blah blah blah. I wear mine because the ridiculous humidity makes my hair completely unreasonable to be around and for the protection of the public, I contain it in a hat. Although, there is not very much transition time from toque to baseball hat, but I think you are all safer for it.



*Elyse Howat & Coach Ruth- post dressage debrief at Grandview HT*

6 – My fitbit squawks at me a lot less. My step count is way up now that it's nice out. I'm happy it's happy. I was about to give it up for adoption.

7 – The sweating days make me slimmer. Or at least make me drink a lot of water, which makes me feel like I'm slimmer. Especially when it's so hot that you drink twelve bottles of water and never visit a porta potty at a show. That water is just evaporating in there.

8 – I get to see more sunrises and sunsets. Driving to and from horse shows. Which is awesome – I feel like we are getting lots of use out of every minute of every day!

9 – I don't watch very much TV – other than live feeds of big horse shows. We spend every minute of daylight and then some at a show, in a sandring or in the barn – I don't really give a crap what's happening on Survivor or which stars are dancing together this month.

10 – I can get dirt on my clothes while I'm working and everyone thinks it's completely fine – part of the job. I stood talking to a competitor at a show the other day and her horse wiped his foamy white lipstick across one shoulder of my shirt. We all laughed, I wiped it off and the day continued, no one pointed out the big blob mark across my sleeve. It's a badge of honour and was earned. It means I was right in there with the competitors – using my body as a towel to prepare them for the ring. Anything for TeamO.

Helen



*Emma Richardson – Grandview HT*