



THE OAK LEAF



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Important Dates

Mar 04

Strength Training Sunday

Mar 11 1:00-3:00PM

EC Rider Level Theory
Feeds & Feeding

Strength Training Sunday

Mar 18

Strength Training Sunday

Mar 24 1:00PM

Sport Psychology-Paige Mattie

Mar 25 1:00-3:00PM

EC Rider Level Theory
The Foot & Shoeing

Strength Training Sunday

WWCRD? (What Would Coach Ruth Do?)

Nothing is impossible, the word itself says 'I'm possible'! *Audrey Hepburn*

The past month of show team meetings, yearly training plans, and show team questionnaires has been a great time to review goals and set out action plans to achieve those goals. Whether those plans have been put onto paper yet or just thought about, you are on your way. The daily work logs in the barn are a testament to the diligent work taking place, and I am excited to be looking at more complete schedules including LSD, Strength Training and the beginnings of Interval Training. Carry on Team O, you are rocking it!

Don't forget to talk to your coaches about the show season that best fits your goals. We are here to help, and we are excited to see you achieve your goals.

Strength Training Sunday continues this weekend and every Sunday through the month of March, send me a message to make sure you are signed up or check the calendar in your Oakhurst Show Team App! As well, Paige Mattie is in the house on Saturday March 24th. Save your spot to get a jump on the competition!

In other news, I heard geese fly over the farm this morning while I was teaching. You may want to dig out your cross-country vests because rumour has it there will be solid fences in the arena next week. Yup!!! I can't wait any longer, we need to realize the cross-country freaks in all of us... you know you I'm talking about you so come ready to play!

Ruth

Important Links

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

[Equestrian Canada Memberships](#)

[Ontario Equestrian Memberships](#)

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Stuff You Should Know

The Oakhurst 3 Day is happening again in 2018! Save the date Aug 23-26.

We are always looking for Volunteers to help run this amazing Clinic and Competition – find out more about volunteering at:
<http://www.oakhurstfarm.com/oakhurst3de-volunteer>

And if you are the super-generous type and would consider sponsoring the competition, you can find out more about sponsoring at:
<http://www.oakhurstfarm.com/oakhurst3de-sponsorship>

Meg's Monthly Scoop

Spring is in the air with this nice weather! With spring right around the corner there may be some things to keep in mind!

Spring hacking!

It's nice that spring is here and most of us can't wait to get riding outside and away from the arena but remember that your horse may be just as excited as you are! To keep things safe, maybe ask a fellow friend whose horse is rather calm to come on the hack with! If your horse doesn't do well in big groups, maybe don't make the first spring hack in a big group. If you are worried, ask your coach about adding extra safety equipment! Also, remember that the footing is rather soft out there, so check in with any of the coaches to see where to and where not to hack in order to save the footing!

Grooming Chaos

This should happen all the time, but as it is shedding season and the mud is starting to spread, it bears repeating now. This extra mud and hair means that there is a mess after grooming and tacking up and that makes sweeping your spot up after yourself even more important! It's especially hard to get away with it now that they are shedding, we know whose hair it is! (And trust me, I've seen a group stand around a hair and dirt mess on crossties matching hair colour, footprint shape, etc. lol.

Hopefully, we will be riding outside in no time! Happy Spring!

Helen's Top 10...

10 Things I learned from watching the Winter Olympics (that may make me a better coach)

1 – Canada has awesome taste in team clothes. Except maybe for some of the snowboard ones that looked like huge knitted sweaters. I didn't understand them. But the skeleton racers? COOL. Those athletes looked fierce. We should get EC to allow our competitors to have helmets with intimidating paint jobs to inspire us on the XC Course.

2 – There is a big difference between “hurt” but able to compete and “Injured” and out of the competition. Canadian athletes didn't let a few bumps and bruises – or black eyes, or torn ACL's or nearly dying by snowboarding into a tree months before the Olympics – slow them down. We heard some amazing stories about crashes in training that were shaken off for the chance to compete on the big day. Those athletes were victorious in so many ways. And incredibly inspiring.

3 – There is a big team behind every athlete. For every skier I saw blistering down a mountain, there were brothers and sisters cheering, parents and spouses crying, coaches shouting and encouraging, mental trainers helping them find focus, friends and supporters watching from small hometowns, equipment managers, choreographers, teammates, publicists, managers, agents, and on and on. It takes a big posse to support an athlete.

4 – Teammates may be competing against each other, but when it comes down to it, your teammates have your back. I'm a bit of a junkie for all of the awesome stories surrounding the amazing performances we see during competition. One of the best I heard was about Kim Boutin – the short-track speed skater who won a bronze in her first event. After the competition, she was sent some online threats designed to throw her off her game and get her out of Korea. She had been bumped to 3rd when a Korean skater was disqualified and some of the locals took it personally. Upon hearing the threats, her team ALL went to her room, shut the door and told her “We've got you. You skate and we'll make sure no one touches you.” And they did. And knowing her team would be there for her, she won 2 more medals. Your team may seem like your biggest competitors at times but know that they have your back when you need it.

5 – I might just be the ideal physique for Luge. I feel like there's a pretty good possibility that with very little training and a fantastically scary helmet (fire breathing dragon), I could likely dominate in what is essentially adult tobogganing. If only I had a stretchy suit and spiky mittens.

6 – So I was watching the Ellen show and she had US female Olympic Slopestyle Snowboarder Jamie Anderson on who had 2 medals (Gold and Silver). When she asked her what was the difference that made her do so well on the day. Her answer? “When I was 9, my sister told me Anything we do is 90% mental, we ALL have the capability, it's just if you believe.” That's awesome. At any level

of competition, most competitors have a similar level of fitness and ability. They need to be mentally ready for the challenge.

7 – What those freestyle mogul aerials break-your-knees-with-every-bump athletes do makes Eventing look pretty easy. And as a coach, I'd probably leave when it started snowing that much. OK, probably not. We've stood around in waist deep flowing rivers, scaled slippery hillsides and endured hours of dust bowl sahara-like conditions for our students. If you were out there doing it, we'd be out there cheering for you.

8 – We should yell more. So many of the sports include this amazing sendoff at the start. The skiers all bellow like crazy bloodthirsty Vikings as they leave the gate. The luge and bobsled coaches are shouting like crazy. Even the curlers shout all of the time. We need more chances to show our enthusiasm. All of this - shh at the startbox, calm, zen like first few steps on course - crap. That's no fun at all. Zoe and I have agreed that when she leaves the startbox on Taco at her next pre-entry event, there will be an amazing battle cry as she gallops to her first log. Her competitors will know she's coming and be afraid. I can't wait.

9 – Winning is great, but a personal best is AMAZING. So many athletes went out and did all of the things they wanted to and then some. They didn't all get medals, but they knew they killed it. They'll be back. And next time, watch out. Going out there to do better than you did last time is SO important. It's what makes you grow. Winning isn't always easy. Try to beat yourself every time and eventually there will be no one else out there to beat.

10 – It takes a great team. OK, another story. Canadian long-track speed skater Ted-Jan Bloeman was born in the Netherlands. A country where speedskating is HUGE. Kids learn to speedskate from birth. They speedskate uphill to school. Both ways. Ted-Jan grew up speedskating and was good. Problem was, he wasn't good enough to make it onto the national team there. So he couldn't get into a good coaching program. He couldn't get the support he needed to find his potential. His father is Canadian and suggested her move to Canada and try out for our National team. Ted-Jan's answer "I don't want to go just to get on a team, I want to know I'm good enough." He eventually moved to Canada, got on the team and got Canadian coaching and team support. At the Olympics he beat the Netherlands favorite Sven Kramer. He won gold and silver medals. He is a great example that it's not always skill and technique but putting together a whole team to support your dream and help get you to where you can be.

Team O is an amazing team. Each of you have an amazing team around you. Parents, coaches, friends, sponsors, officials, athletes, sport psychologists, nutrition experts, farriers, vets, physiotherapists, and on and on.

I can't wait for the 2020 Olympics in Tokyo. I actually understand a few of those sports. Except Beach Volleyball. That one is just weird.

