



Riding Centre Updates

Issue #5

March 2018

NOT JUST ANY RIDING SCHOOL...

Welcome to the Alborak Pony Club Riding Centre Updates, Issue #5! In this issue we cover topics for both parents and riders. We encourage you all to notice how we are evolving with additional friendly reminders about how we currently run the program.

Tack Safety Check Revisited

Good habits are easy to come by if you practice! The Canadian Pony Club has made it easy for us to learn safe practices, while still having fun with our equine companions.

Next time you are having a lesson take a look at the "How to Do a Tack Safety Check" printout located on the lesson board in the barn. I challenge you to learn the steps and see how many you and your rider friends can memorize; make it a fun game!

Lesson Etiquette for Parents

Our coaches have specialized training to deal with a wide range of situations when it comes to equine and human emergencies. We know how to assess and eliminate immediate dangers during those unfortunate events.



We would like to remind parents/guardians that permission to enter the arena will only be granted by the instructor or program coordinator. For safety and insurance purposes, please wait to be invited onto the lesson grounds.

Coaching Tip; Playing the Mental Game

Ever wonder how you got to the finish line?

Do you enjoy the journey as much as the destination?

Did you remember to breathethrough it all?

Riding is unique in the way that not only are we challenged with our own mindfulness, but we also must prove our leadership to the four legged partners. Sometimes the most difficult part is to take emotion out of it and focus on the technical aspect. Next time try to prepare yourself for a task by following these steps:

Think- make a plan; be specific; plan for safe passage; make sure you know how to ask (with all your aids) to arrive at the destination.

Look- visualize the path, memorize the tasks, keep your position in a tall and confident form.

Go- focus; make it happen; **have fun**; ask correctly and try to feel the conversation that you and your horse are having; correct any bits before they become a miss.



REMEMBER WHY YOU ENJOY RIDING.
DON'T FORGET TO PRAISE YOURSELF
AND THE HORSE WHEN THINGS GO WELL
AS WELL AS FORGIVE AND LET GO WHEN
THEY DON'T.

THINK SMART; THINK SAFE

It's Shedding Season!

It might still feel like winter with the ongoing snow fall, but believe it or not spring is coming. The days are getting longer and our horses are starting to prepare for the warmer weather to come.



Things to consider during this time of year:

- Wear smooth slippery material clothing (NOT FLEECE); if you prefer, bring a change of clothes
- Use the curry comb to clean out your brushes before putting them away
- The horses are itchy, so give them a good grooming
- Sweep up after you are done grooming
- Hair will go in the manure buckets. *When we spread the manure in the fields, the hairs will be used by birds to build nests for the spring!*

**2018 Spring Session
Registration Closes
March 4, 2018**

**Alborak Summer Camp
Registration now open.**

Check out our [website](#) for
dates and details