



Riding Centre Updates

Issue #11

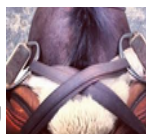
November 2018

NOT JUST ANY RIDING SCHOOL...

It is a life time challenge when it comes to understanding the make up of horses. Their behaviors, nutrition requirements, their physical ailments, all are unique just like you and me. One thing will always hold true, horses and humans are able to create a bond like no other and that is the reason why we do what we do. For the love of the horse and for the love of the sport! In this issue, we will once again shine some light on things you can do for your fellow riders and equine friends.

No Stirrup November

It's back! No Stirrup November is about building core strength, whole body coordination and leg stability. This practice is performed regularly at all levels of riding because of it's many benefits.



Your instructors hope to test your no stirrup work within all gaits and they won't forget about including some pole work. Another great challenge that might be asked is to find the stirrups without using your hands and without bumping your horses sides.

So stretch out your legs, tuck in your tummies and get ready to work in the saddle without stirrups!

Coach's Tips on Your Riding Attire

Horseback riding outfits play an important role in both the comfort and safety of you and your horse, so let's explore a couple of reasons why things are the way they are:

1. Wear **clothes that fit** and are neatly tucked in. This way you reduce the chance of having them caught on something and it allows your instructor to see your posture and position more clearly.



2. For comfortable riding you need **pants** that fit snugly in the lower leg and don't ride up or wrinkle under your knees. There's no worse feeling than pants rubbing against your inner leg. When we are uncomfortable, our muscles tense up and our horse can feel it thus sending false signals to our equine partner.
3. **Gloves** are optional but encouraged. Cool weather or warm, gloves provide an extra grip to your reins and a layer of protection for your skin.
4. Keep that **hair back!** Riding takes a lot of focus and students shouldn't be spending any time in the saddle trying to move the hair out of their faces. It's distracting for horse, instructor and rider. If you have short hair, a small head band or bandana might be just the fix, that is if you are not ready for a traditional riding hair net.
5. Keeping your riding **attire clean** is a struggle for most especially during the muddy times. Wearing a pair of jogging pants over top of your riding pants can save you a laundry load or two. Don't forget that wearing a pair of rubber boots when unmounted is a good way to keep those riding boots in the stirrups, where they belong.

Let's Talk About Brushes...

In the Alborak Riding School grooming kits there are 4 tools. Hoof pick, rubber curry comb, dandy brush and plastic curry comb.

The purpose of the plastic curry comb is to clean the dandy brush. Ask yourself: "how clean will the horse get if you are brushing with a dirty brush?"

When putting the grooming kits neatly away, we would like you to think about the next person, the next rider that will be

THINK SMART; THINK SAFE

using the brushes...how lovely it would be if they started off their grooming portion with clean brushes. You can help your fellow riders by taking a couple of extra minutes to brush out the dandy brush and tidy up the grooming kit. This is a great way to show that we are all part of the Alborak Team!



The Evaluation Reports are Getting a Tuneup!

Our instructors have been working hard to update the Evaluation Reports. With the addition to Beginner Level 2 and new discoveries about flat and jumping techniques, we have decided to enhance sheets!

We are also watching out for Pony Club methods that are implemented to our program. We are trying to check all of the boxes that will help our students be successful riders and safe horse people.

REMINDERS

Registration for the 2019 Winter session
OPENS November 12 and CLOSSES
December 16, 2018

Details on lesson options during the break will be sent via email by **November 5**.

2019 Winter Session
starts January 7, 2019

Final week for the Fall Session
starts November 12

Holiday events: All are Welcome!
Tree cutting and Potluck- Dec. 2
Gift exchange and potluck- Dec 9
Signup in lounge or email us at
alborakstable5726@gmail.com

2019 Weekly Adult Lessons
Wednesdays from 1pm-7pm. Private lessons @ 45mins. Formal email to come with full details. Please contact Justine if you are interested or have any questions.