

# MHJA Shows 2013

Please check the MHJA website for up-to-date show date information and changes throughout the show season.

- April 27-28** “Jump Into Spring Benefit Show”  
Missoula Equestrian Park
- May 3-5** Rimrock Equestrian Center  
Billings, MT
- May 11-12** Rebecca Farm, Kalispell, MT
- June 8-9** Rebecca Farm, Kalispell, MT
- Aug31-Sept 1** Rebecca Farm, Kalispell, MT
- October 4-6** Rimrock Equestrian Center  
Billings, MT

**ATTENTION ALL NOVICE AMATEUR RIDERS!!**  
Starting this year, there will be a new award for all Adult Amateur riders who have shown for four years or less. This award has been graciously donated by a member. Look for more information at our shows! What a great way to kick-off your horse show experience!

**ZONE 9 SHOWS & DATES**

- Spring National Inaugural, Monroe, WA - April 3-7 • Spring National Hunter, Monroe, WA – April 9-14 • Spring National Jumper, Monroe, WA – April 17-21 • Pacific Northwest Hunter/Jumper, Monroe, WA – May 15-19 • Rose City Opener, Bend, OR – May 22-26 • Open Trail, Wilsonville, OR – June 12-16 • Early Summer Classic, Eugene, OR – June 19-23 • Country Classic Preview, Wilsonville, OR – July 3-7 • Country Classic, Wilsonville, OR – July 10-14 • Oregon High Desert I, Bend, OR – July 17-21 • Oregon High Desert II, Bend, OR – July 24-28 • Evergreen Classic, Carnation, WA – August 7-11 • Oregon Summer Classic, Wilsonville, OR – August 22-25 • Northwest Spectacular, Wilsonville, OR – August 28- September 1 • Northwest Autumn Classic, Monroe, WA – September 11-15 • October Classic, Monroe, WA – October 10-13

**MHJA BOARD OF DIRECTORS**

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**Pat Green**

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**Heather Davies**

Newsletter

**SPRING  
2013**



Montana Hunter Jumper Association

**HOOF BEATS**

**MONTANA HUNTER JUMPER ASSOCIATION NEWSLETTER**

**President’s Letter.**

It’s hard to believe winter is winding down; spring is on the horizon, and with it, another show season. We already have six shows posted, with two more in the works.

There are some changes to our “normal” shows. The MDCTA Schooling Show in May will not be held this year. The volunteers who put the show on, lacked the help necessary, and after all these years, were just “plain ‘ole tired”. We would like to extend our thanks to Deb Anderson, Susan Mayer, and all associated with putting on this show in the past. You did a wonderful job and your show will be greatly missed. On the upside, the UM Team will be having a show in Missoula in May. Please watch our website and FB page for further details. Show information will be posted as soon as it is received. The PHA has decided to not hold MHJA shows at this time. John Xanthopolus made this decision, and we wish him the best with his PHA Shows.

We have had a loss of two board members, Betsy Cohen and Deanna Hovland. We wish to extend our sincerest thanks for all of their years of hard work and dedication to the MHJA.

The MHJA is your association, so remember that to have the shows, banquet, year-end awards, etc., you need a board. This year, the board will also have a \$1,000,000. Liability Insurance Policy. This will prevent us, as a board, from being held personally responsible for any accidents that may happen.

Our show season will kick off with the two day ‘Jump into Spring’ show in Missoula, April 27-28. I look forward to seeing you there and wish you a terrific show season!

Your MHJA President, Gayl Russell

**Save the Date**

for the  
2013 Annual Meeting  
& Year End Award Banquet  
at  
Fairmont Hot Springs  
**Saturday,  
November 2nd**

Questions? Concerns? News to Share?

Contact Heather Davies  
hdaviesmt@gmail.com

WWW.MONTANA HUNTER JUMPER.ORG

HOOF BEATS  
NEWSLETTER!

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## Trainer's Corner by Ashley Wren

Back to the basic exercises can be great not only for starting a young jumping prospect but also for the most seasoned of horses. There are many ground pole exercises that one can use to teach one's horse balance, rhythm, collection and lengthening of strides, picking their feet up, developing both the horse's and rider's eye for jumping, etc. These exercises accomplish these objectives without pounding the horse's legs by jumping or making a younger horse nervous while facing a jump. I was told growing up by many top professionals that a horse has only so many jumps in them. I try to remember this advice while training my horses, and I also like to return to the basics during the off-season colder months as a review for the horses. Here are a few exercises I highly recommend to incorporate into your training program.

Before starting one's training for the day, warm up your horse properly with flat work. I like to walk my horse for 2-3 minutes on a loose rein to allow them to stretch and relax. Just as before a person works out they stretch and warm up their muscles, this helps prevent injuries and strained muscles. During my flatwork, I work the horse evenly in both directions to ensure that the horse is both properly warmed up and develops muscle evenly on both sides. Some horses tend to favor one side more than the other, just like humans have a dominant hand. In these cases, I will work the weaker side for a few minutes longer to strengthen that side and help even the horse. While trotting and cantering I will work on lengthening and collection, up and downward transitions, circles, etc. Using these techniques make jumping easier down the road and helps make your flatwork more interesting for both you and the horse. In flatwork, jumping, training, and anything one does with their horse, try not to drill your horse. Drilling a horse creates more problems than it helps by causing the horse to resent the exercise. They will become nervous or will not want to move forward, horse will start to hollow its back, etc. Try to look at training your horse like working with a small child, fun but educational.

Rhythm is very important both in and out of the show ring; rhythm causes relaxation. A tense horse will hollow their back and this creates both a choppy ride and a horse that is not properly using themselves. In the ring judges, especially hunter and equitation judges, want to see a rhythmic canter with cadence. The judges not only want to see this because the horse is properly being worked but it displays a better picture like the rider and horse are working as one, like a waltz.

The first exercise is the use of ground poles like a cavalletti system for the different gates. This exercise accomplishes the objective that the horse is more aware of his feet and surroundings, picking up his feet, rhythm, and helps develop and loosen back muscles used in jumping. The basic set up between poles for the average horse is walk: 3 feet, trot: 4-4.5 feet, and canter: 11 feet. The poles may need adjustment to suit your horse's individual stride length. I like to only use around 4 poles because I find that more can cause nervousness in the

horse and with any less the horse will not pay attention. If I raise the poles for a true cavalletti set up, I prefer to only raise them to a height of 6-8". Remember to have your horse straight and in the middle and to get into a two point position about a stride out so your horse feels free to use its self. Besides keeping them straight, try not to interfere with your horse especially his stride length; this helps the horse to problem solve on their own and will keep you from interfering and incorrectly adjusting; thereby causing a problem within the exercise for your horse. As a rule of thumb, trotting creates muscle while cantering creates balance and rhythm.

The second exercise, which is another great exercise with poles, is to set up a line that measures 72 feet between poles. The line exercise can be later used with jumps, but for this purpose it is being used as a ground pole exercise. This exercise's main purpose is to establish rhythm and work on collection and lengthening while working on the rider's eye for the jumping distance. For young or less experienced riders, I would encourage to place the poles between standards so the rider does not feel the need to look down at the poles. While cantering the line, the rider is to work on the ability to adjust the horses' stride length while keeping a consistent canter cadence. After a few times through the line, having achieved a nice consistent 5 stride cantering, the true exercise can begin. Before entering the line, the rider determines if one wants to lengthen or collect the stride of the horse to either leave a stride out for a 4 stride or add an extra stride for the 6 stride line. With a veteran horse that has great adjustability, one will be able to add and subtract more than one stride. As one changes between adding and subtracting strides remember to make sure to every now and then to go back to the true 5 strides and remember that cadence is very important in this exercise.

The third exercise is a clover leaf like pattern with the poles set up in the middle in a + pattern. This exercise is a great tool to help with properly balanced turns, lead changes, and again working on overall balance and cadence. I, also, like to use this exercise later with jumps for handy hunter, equitation, and jumper training. While cantering on the right lead, one starts with one of the poles and afterwards the rider turns right to return to the pole that is to the left and perpendicular of the pole that has just been covered. Continue this pattern of going over each pole in the cycle. The exercise should be repeated with the left lead but turning left instead of right in order to create the clover leaf pattern. This exercise is also a great tool to teach the horse to land on the correct lead after a jump. Remember not to drive in and cut the turns in this exercise and keep an even pace.

These exercises will help either the green or veteran horse both in and out of the show ring. Remember to have fun and create a stress free training environment for you and your horse!

**Ashley Wren is the owner and head trainer at Rimrock Equestrian Center in Billings and MHJA Board member.**

PLEASE provide emails with your membership applications, as the newsletter will be electronic from now on. If you prefer a hard copy, please request it via an email/letter through a board member. The newsletter will also be posted on the website and Facebook.

## More from Around the Barn

News from our members, some gossip and other happenings:

• Ashley Wren and her Anglo/Arab Sporthorse, Galileo, received numerous USEF National and Regional level awards in the Hunter/Jumper division. They were named to the Top 5 Sporthorses in America, Third in the Hunters, with 3 Top 10 Finishes at Sport Horse Nationals. Galileo is setting 3rd in the National Standings for 2013!

• Deanna Hovland and Light Tequila Rose (Rosie) won the WSHJA (Washington State Hunter Jumper Association) Year-end Championship in the .90 AA National Jumper. Gayl Russell and Whitneys Moon Bandit (Buzzard) were third, with a seventh, also, in the 1.0 AA National Jumpers. Gayl and Buzzard won the WSHJA Open .90 National Jumper Championship, with Deanna and Rosie taking the Reserve. Artic Moon, (Harley) Gayl Russell's black and white paint gelding, ended up third in the WSHJA 1.10m AA National Jumpers and sixth in the Open 1.10m National Jumpers. Harley was also in the top 10 for Zone 9 1.10m AA, second in Zone 9 Silver Stirrup 1.10m AA Jumpers, and Reserve Champion for the American Performance Horse Zone 9 Adult Amateur Jumper (1.10 meter) and won the State Award.

• Monika Frame has a new horse, Mai Tai's Seabiscut. She bought him from Anna Marie Harrison, and will compete with him on the MHJA circuit this year. Deanna Hovland purchased a new horse last fall while in Washington at the Fall Classic. Xavier, a big grey warmblood, competed very successfully in 3'6" Equitation and other upper level classes. Good Luck to Deanna and Monika with their new horses.

• Rebecca Farms has new Footing in the rings!! Thank You Sarah, we appreciate all you do!

• Members!!!!----- Please consider running for the board for the 2014 Year. MHJA is YOUR association, without participation from the members, we have no MHJA. Your new ideas and suggestions are welcome, but board members are needed also

If anyone has news of horses purchased, sold, show news, or anything of interest, please send it to a board member, It is the only way we know what is happening in the off-season from showing!

**EHV-1 and EHV-4** These are commonly occurring viruses in the equine world. EHV-1 produces symptoms comparable to a cold, while the EHV-4 is the neurologic form, which can cause spasms and muscle trembling along with severe dehydration. It can be deadly. Everyone traveling is recommended to vaccinate with a booster followed by a second shot. Prior to occupying a stall, you may spray your stall with a 20% chlorox/water mixture. This will kill the virus, should it be present. Also, try to limit the amount of outside contact your horse has with other equines and people. Hand sanitizer can also be used. With common sense and some precautions, you can enjoy the show season ahead without constant worry.

### IF YOU ARE A FAN OF MHJA...PROVE IT!

Become a fan on our Facebook page! We welcome news and photos to post on our facebook and website. Also, please keep checking in with the website, we are updating it frequently.



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