

Jumping Clinic

Lessons and Guidelines

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OVERVIEW & PURPOSE

Outline expectations - Create goals - Supply Rules and Guidelines

This is something to keep you accountable at home and to give you more tools to be successful on your own.

RULES

Attendance: you must attend 5/6 of the clinics - if you are unable to make it to at least 5, you can choose to either schedule a private lesson as a make-up or you can attend a professional clinic and write a 1 page description stating what you learned, how you will apply it to your riding, what you didn't understand and what kind of a clinic it was. (Dressage, Jumping, and Hunter Clinics)

Participants will pay \$35/clinic = Total of \$210 for 6 Clinics

(This cost is based on a sliding scale - my average charge is \$75/ Rider / Clinic totaling: \$450)

May 3 - 4-6 pm

May 17 - 4-6 pm

June 7 - 5:30-7:30

June 28 - 5:30-7:30

July 5 - 5:30-7:30

July 19 - 5:30-7:30

OBJECTIVES

1. Create a safe and clear guideline
2. Supply exercises to use at home
3. Educate on proper horsemanship - Warm-up and Cool-down

ACTIVITY

Warm-up and Cool-down

1. Cold Muscles Are Tight and Prone to Injury

Why do we put such an emphasis on properly warming up a horse? Because without a warm up, your horse's muscles and ligaments are cold and tight. Muscles and ligaments which are cold and tight are more prone to injury

2. Long - Slow Warm-up

Allow your horse to stretch - ride on a loose rein - change directions and ask slowly for collection in your warm - up. A good rule is the 5-1-10-1-5

5 min of just walking on a loose rein and bending around walk circles

1 - Walking

10 min of relaxed trotting on a figure-8 - changing directions and changing the bend - slowly ask for collection later

1 - Walking

5 min of canter - simple exercise is canter left lead on rail, large circle on one end of arena - transition to trot, change direction on diagonal of arena - canter right lead, large circle on other end of arena - transition to trot, change direction on diagonal.

3. Your Warm-up Sets the tone for the rest of your ride

A relaxed, steady and quiet warm - up gives your horse time to think and allows them to stay relaxed and listening for the rest of your ride! SIMPLE! As you warm your horse up, ask for him to focus on you, instead of his surroundings. Use the time to gain your horse's attention and help him get into "work mode" so that by the time you're ready to ask for more, your horse is ready to work with you and not fight you!

COOL DOWN!

Give your horse time to breathe in between the work - think of it as the muscles taking a short break before working out again - just like you need a walk break so do your horses!!

After you are done exercising your horse it is just as important to cool them down as it is to warm them up.

I like to do a couple large circles at the trot on a loose rein allowing my horse to stretch its head and neck down which lets them stretch their backs. Then still on a loose rein I walk my horse for about 5-10 minutes until their breathing has regulated and they are no longer huffing for air.

Your horse produces an incredible amount of heat while being worked and if you do not allow for proper cooling down of the muscles, they cannot recover. Putting a hot horse away teaches them that the “work” is always stressful and never relaxing making them not want to work - and even worse they will become more prone to injury and tightening of the muscles occur.

Any workout at all is stressful to a certain degree. Cool down time serves to reduce stress and relax the horse, at the same time, reducing fatigue. As importantly, a very tired horse will become less enthusiastic about doing what’s being required, both when you are on the ground and in the saddle. During cool down, tiny muscle irritations heal more quickly. At the same time, cool down time provides better blood circulation, which reduces swelling and they are less apt to injure themselves.

ACTIVITY

Creating a better balanced horse

Directional changes

Steady Hands

Staying in Rhythm with your horse

Using your body aids before you use your hands!

Transitions - The easiest and most effective way to train your horse to find his balance is through transitions, which will increase his suppleness and engagement from behind.

Walk to Halt

Halt to Walk

Walk to Trot

Trot to Halt

Trot to Canter

Canter to Trot

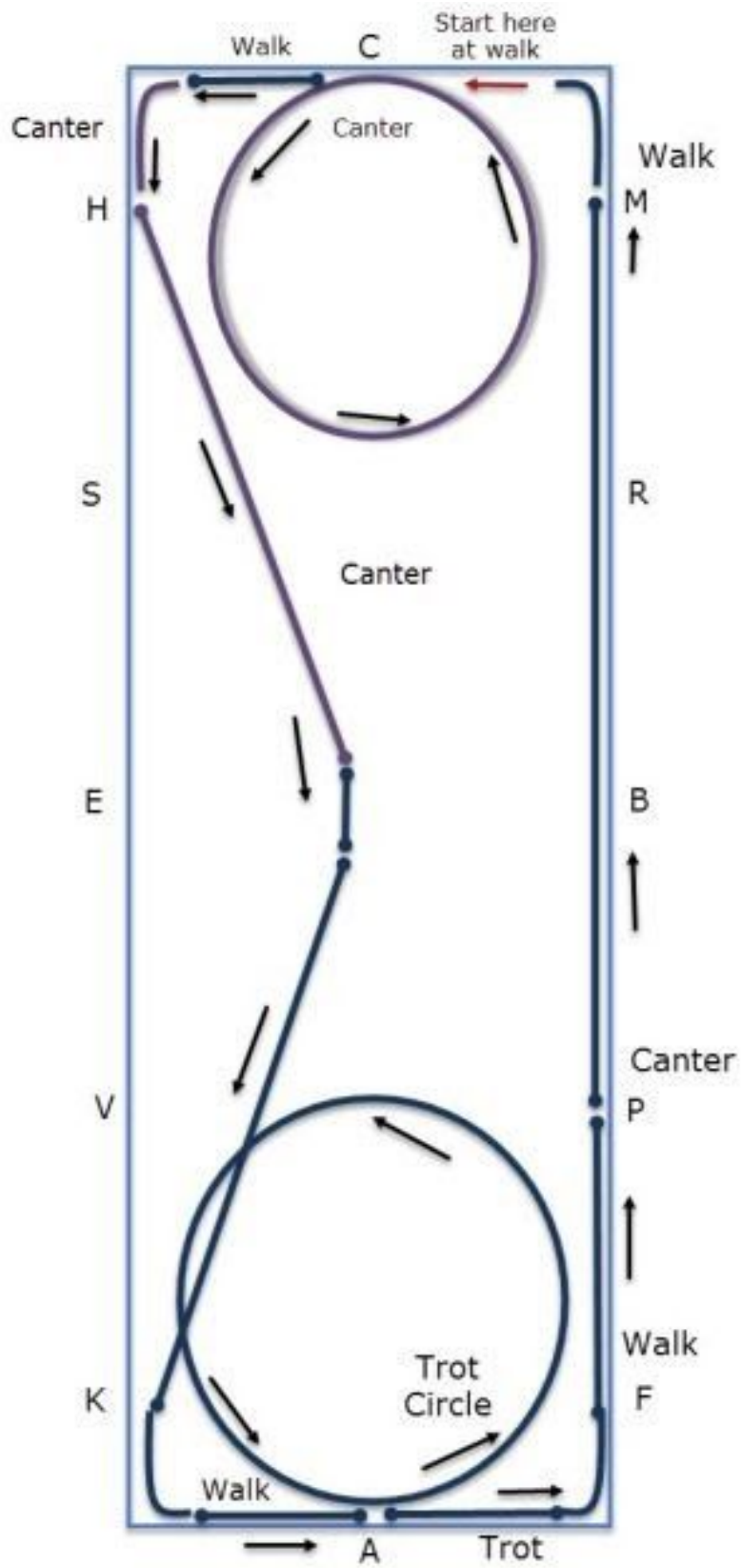
Canter to Walk

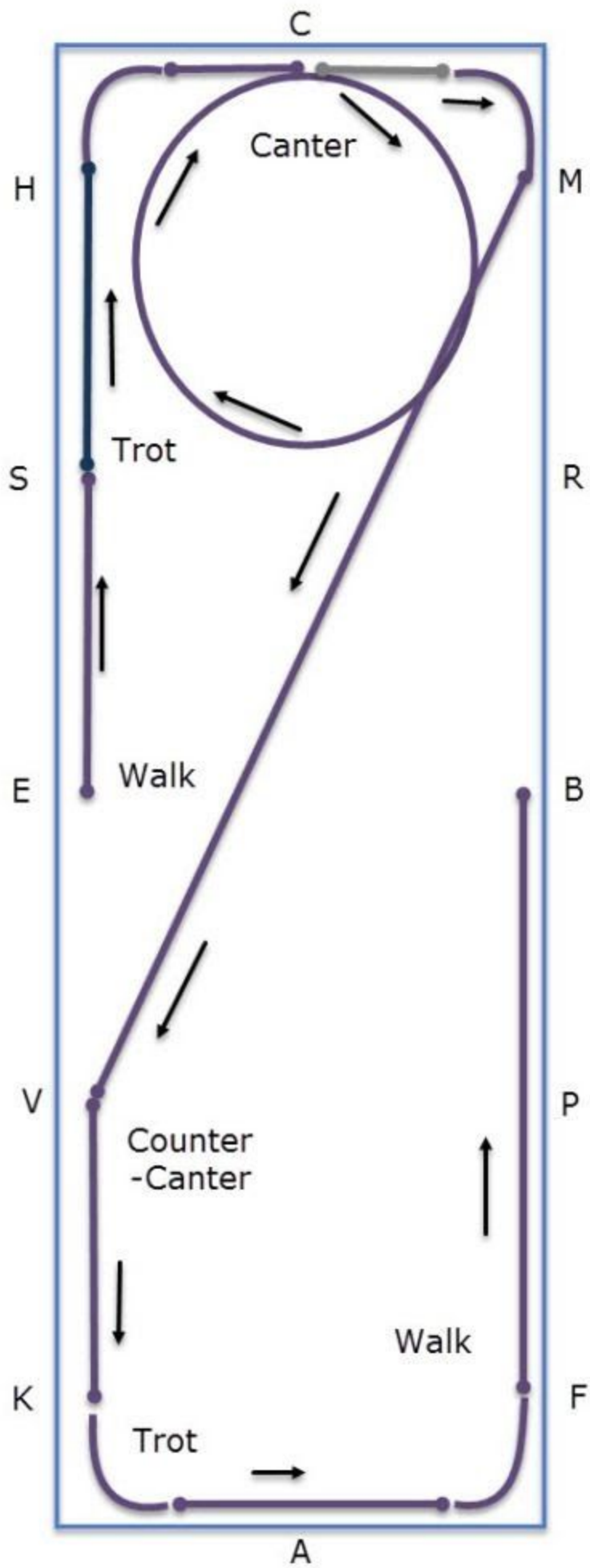
Canter to Halt

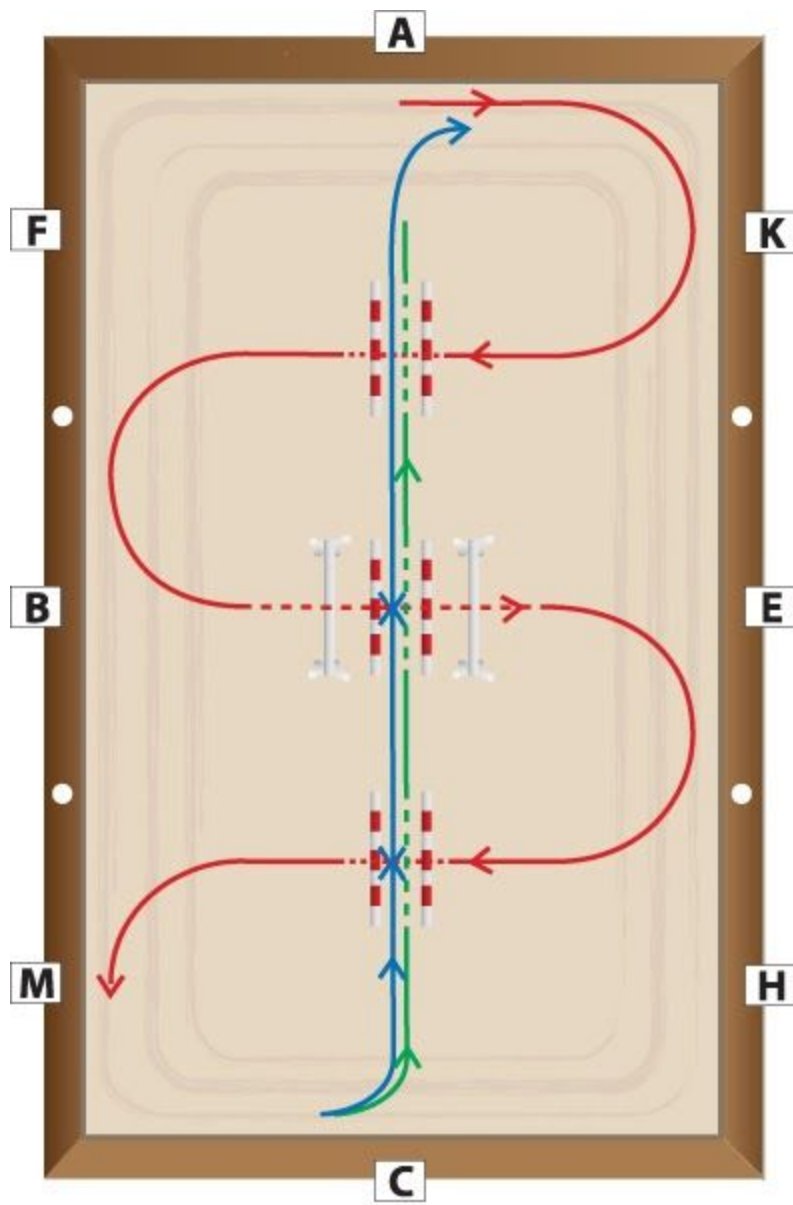
- Posting Trot
- Sitting Trot
- Extended Trot
- Jog Trot
- Canter
- Extended Canter
- Two-Point Position in Canter

Once your horse is in balance, he'll feel forward, genuinely simple to control, happy and easy to communicate with.

- + Remember horses learn from the release of pressure - walking in between exercises and giving that slight release in your aid allows them to understand they did something right.
- + Olympic Level riders still take lessons!! We are all in a constant state of learning - ask questions, research, take lessons!!!!
- + This is a way to keep yourselves accountable at home and I will know if you have been putting in the work or not!
- + **You only have a select number of jumps in your horses - don't waste them!**
- +





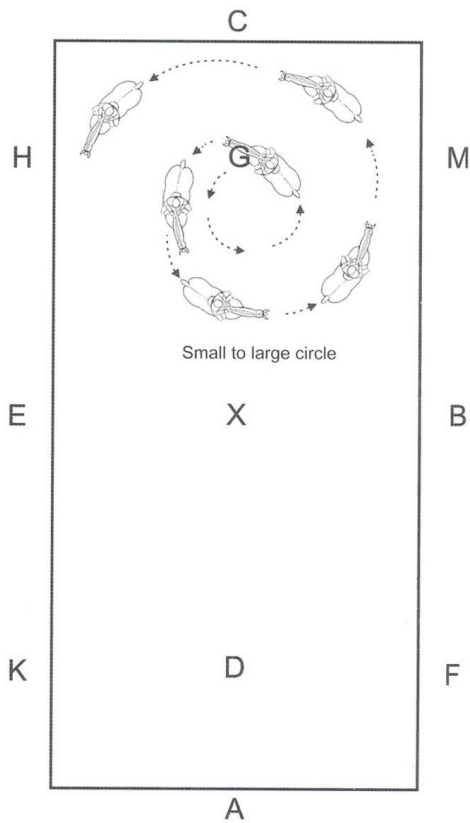


Exercise with Ground Poles - Space trot poles 4 ft apart (may adjust to your horse's stride)

Red Line - Trot

Blue Line - Canter

Green Line - Walk to Trot Transitions

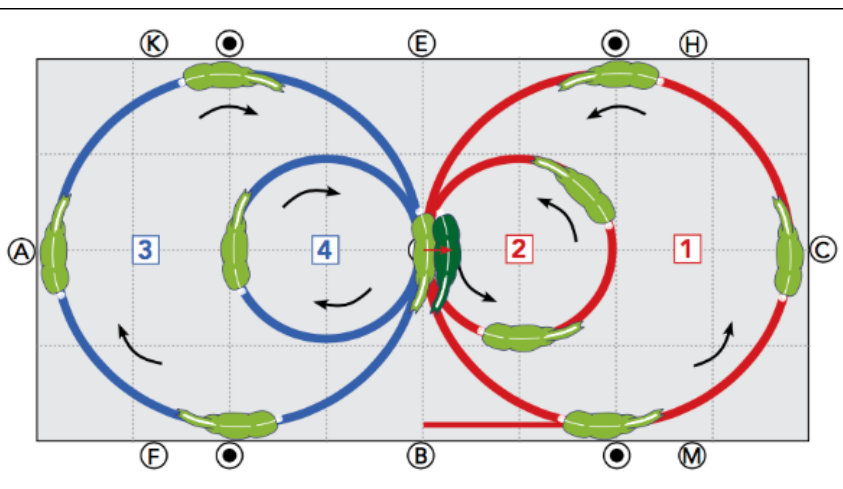


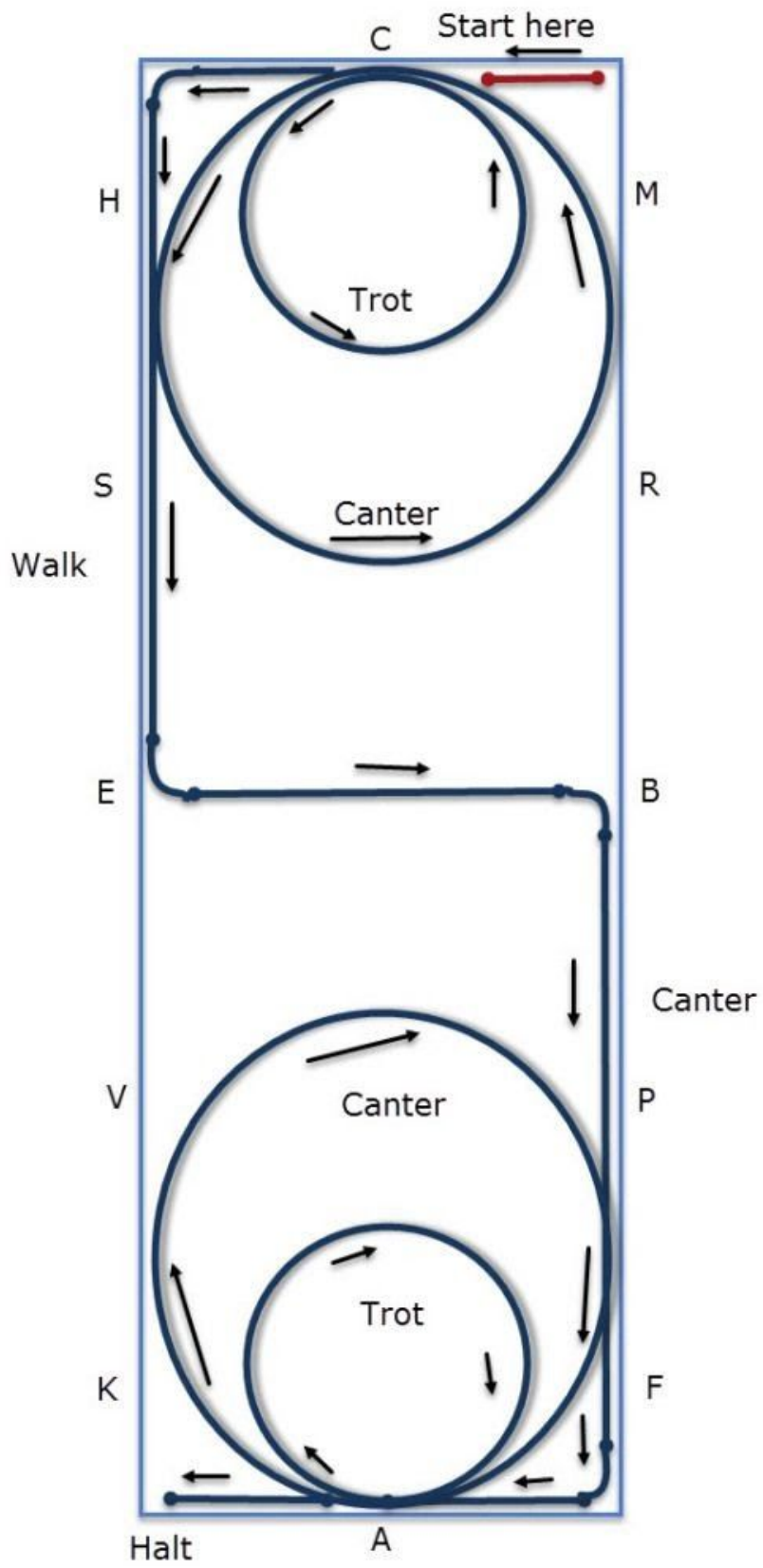
Exercise to get your horse on the haunches and produce better control in rhythm and speed

Start your horse trotting a large circle (think $\frac{1}{2}$ of arena) then while maintaining your horses bend and not letting them lean to the inside, ask them to slowly spiral down to a smaller circle while maintaining the same rhythm - when you get down to a small circle then ask your horse to move off of your inside leg and start to spiral back out to the larger circle you started on. Change directions on the diagonal and do the same thing the opposite direction.

Exercise may also be done at canter - pic below asks for one large circle to small circle then lead change to large circle to small circle

- + add trot circles for transitions and to create better balance
- + Try doing a couple canter circles in 2-pt position and a couple sitting.

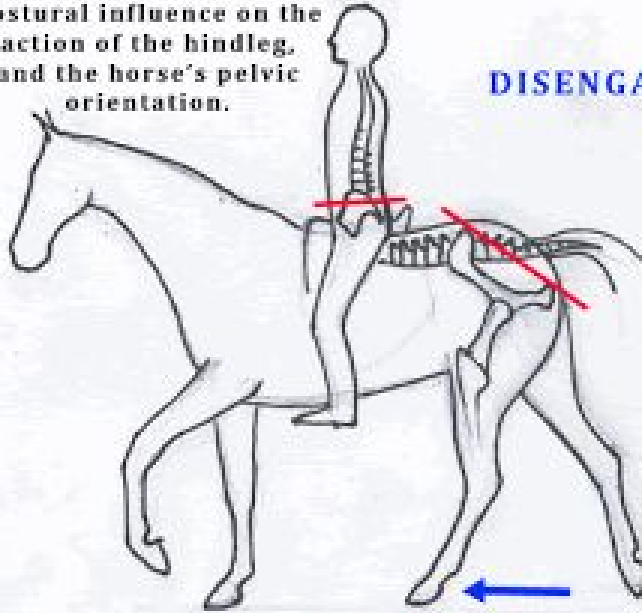




The Dynamics of the Seat

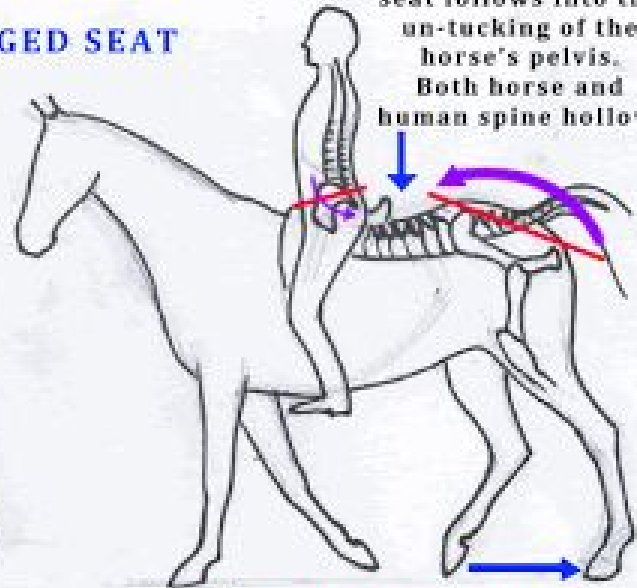
The 'upright' seat has no postural influence on the action of the hindleg, and the horse's pelvic orientation.

DISENGAGED SEAT



STEP-UNDER PHASE OF STRIDE

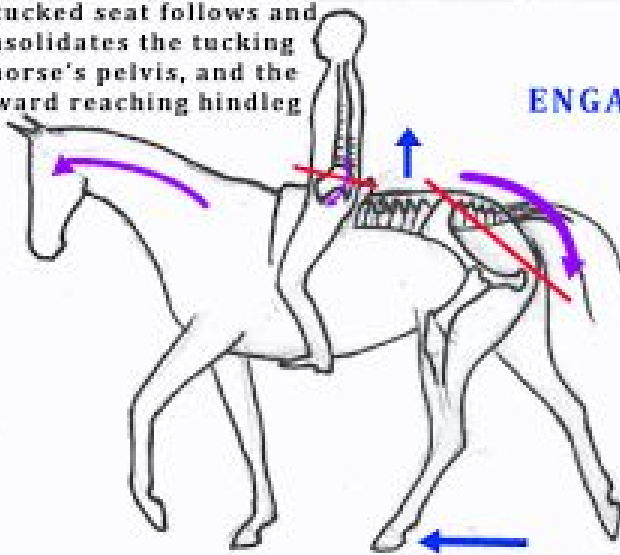
When the hindleg pushes back, the seat follows into the un-tucking of the horse's pelvis. Both horse and human spine hollow.



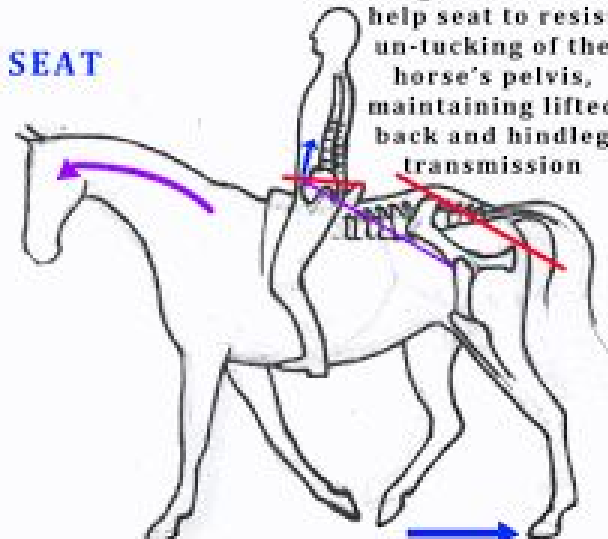
PUSH-BACK PHASE OF STRIDE

The tucked seat follows and consolidates the tucking of horse's pelvis, and the forward reaching hindleg

ENGAGED SEAT



Engaged abdominals help seat to resist un-tucking of the horse's pelvis, maintaining lifted back and hindleg transmission



The engaged horse maintains a steady softening into the contact, because the energy from the pushing hindleg is not lost each stride from pelvic disengagement.





Head balanced



Jumping position (half-seat, or 2-point position).





Riding Clinics + Lessons + Schooling Shows 2020

+ All info can be found on FB or a simple google search for website +

Focused Riding - Jane Braddock - 507.398.8494

May 1 - 2 - Clinic Dressage & Jumping - Hager City, WI

June 12 -14th - Clinic Schooling Show - Hager City, WI

Aug. 15 - 16th - Clinic Dressage & Jumping - Hager City, WI

Oct. 2- 4th - Clinic and Schooling Show - Hager City, WI

Hollow Creek Farm - Lucy Lammer

E5282 470th Ave Menomonie WI

May - September: Cross-country course

- Trainers and their students are welcome to come and train on the XC course for a fee.

Otter Creek Farm - Lena Warner - E5847 1170th Ave, Wheeler WI 54772

Clinics + Shows (auditing is free)

April 3-5th - Dressage Clinic (Brad Cutshall)

April 24 - 26th - Dressage Clinic

May 8-10th - Dressage Horse Show

May 15-17 - OCF Spring Horse Trial

May 29-31st - Dressage Horse Show

June TBA - Dressage Clinic

June 12-14th - JDRP Clinic with Becky Holder

July 14-16th - JDRP Clinic with Becky Holder

July 17 - 19th - Dressage Clinic

July 24 - 26th - Dressage Horse Show

August 7-9th - OCF Summer Horse Trial

September 11-13th - OCF Fall Horse Trial

September 25 - 27th Red Pine Hunter Jumper Show

October 9 -11th - Dressage Clinic

November 6-8th - Dressage Clinic

Wrisky Ranch - Rochelle Wrisky - Prescott, WI

Feb. 23rd - Intro to Short Courses

June 28th - Dressage and Jumping Schooling Show

July 13 - 17th - Intermediate Camp

Aug. 10 - 14th - Advanced Camp

Bruder Horsemanship - Saron Bruder

March 21-22nd - Horsemanship - Groundwork + Riding - UofM Dudley Barn

July 11-12th - Horsemanship - GW + Riding - Proctor, MN

North Brook Eventing Center - Jan Fisk - Stillwater, MN

(Check out their FB page for more updates under EVENTS)

March 21 -22nd - Meghan O'Donaghue Eventing Clinic **

April 11- 12th - Allison Springer Eventing Clinic

The Stables Equestrian Center - Rochester, MN

March 21st - Fuzzy Wuzzy Dressage Schooling Show

April 18 - 19th - Richard Lamb Clinic - Jumping + Cross-Country

Majestic Pine Farm - Afton, WI

March 21st - Open Jump Schooling

***** csdea.org - Check out this website under calendar for listings of shows and clinics in the midwest *****

CENTRAL STATES DRESSAGE AND EVENTING ASSOCIATION

Release of Liability and Contract Agreement

By signing this agreement you are giving up certain legal rights, including the right to recover damages in case of injury, death, or property damage, arising out the participation in a riding clinic, group lesson, individual lesson, conducted and/or lead by Lauren Prine. Read this agreement carefully before signing, your signature indicates your understanding of and agreement to its terms.

Participant Name: _____ Age: _____ Email: _____

Address: _____ City/State: _____ Zip Code: _____

Contact number: _____ Horse' Name: _____ Age: _____

Emergency Contact Name and Number : _____

Questions, Concerns, Comments:

I agree that I/we will be responsible for any and all costs incurred by injuries sustained while participating in any and all equine related activities. I agree that I am responsible for the negligent acts of my family members and/or legal wards and animals. I agree that I will wear protective headgear which meets the standards of the SEI Certified Equestrian Helmet, while riding and working near or with horses. I agree that upon attendance and participation in any and all capacities of instruction with Lauren Prine, I will not belittle my fellow peer participants, I will hold myself to a high standard and actively participate, listen, ask questions and positively cheer on my fellow peer participants. I agree that I will not only treat myself with respect but my fellow peer participants and well as any horse that I will be participating with. The list includes acts of violence that shall be called for immediate dismissal and/or loss of participation within all guidance by Lauren Prine, this list is not limited to any/all of these actions: face/mouth jerking, severe whipping, excessive spurring or kicking and/or neglect. I understand and agree that this participation and riding of any horse is a privilege and I will respect it as such.

I agree that I fully comprehend what is being asked of me and will do my absolute best to follow these rules, guidelines, and instructions given by Lauren Prine.

I, _____, on this date, _____, having capacity to contract on behalf of myself/the participant and my/thier family, heirs, assigns, and successors.

