



KM Dressage Newsletter

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Favorite Sites

<http://www.totallyhorsesonline.com>

<http://www.feigames2010.org/>

<http://www.sacredspringsfarm.com/>

<http://www.gosvda.org>

<http://www.padmapani.net/>
Want to know more about Dr. Garaman and her work? Click here.

<http://www.usdf.org>
More show dates and information about the show season.

<http://calendar.yahoo.com/buckroekris>
My online calendar that will tell you when your lessons are scheduled. Updated every Monday.

Contact Me

<http://www.kmdressage.com>

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FOR SALE:

Horses and Students new to KM Dressage in 2008

2007 was a busy year! Lots of new horses and students to tell you about. Congratulations to:

Lisa Dickman: After days of driving from horse farm to horse farm, she found two wonderful mares.

Reylon a four year old Oldenburg mare by Rodioso and Aloha S.E. a 3 year old Dutch filly by Sir Sinclair.

Tamara Harmon: Tamara found her dream horse! Riva a 4 year old Riverman mare. She is gorgeous.

Linda Buckley: Linda has joined the growing Friesian contingent. She purchased Sebastian this fall. A handsome 10 year old Friesian gelding. Look for them in the show ring this spring and summer. You won't want to miss them.

Lisa Caudill and Gala are new students. They are new to dressage and showing a lot of potential. Based in Moyock for the time being, Lisa is building her own farm on Knots Island. Gala is a 4 year old Hanoverian mare.

Marsha Gastar: After many years of waiting patiently, Bohiem is finally ready to go under saddle. Congratulations Marsha!



Tamara and Riva

Dobert Double Bridle
Good condition, hardly
used, no reins. \$150.00

Custom Made Double
bridle.

Black with white padding.
T/B size. \$25.00

Custom Double Bridle,
made in Germany. Well
used, brown.
\$50.00.

Lende Shipping boots
Good condition, maroon.
\$30.00.

Horses for sale:

5 year old Dutch gelding
by Kenwood, out of a TB
mare. Great disposition.
Unix will make someone
a wonderful companion.
Drop dead beautiful.
\$15,000

Meet The Friesians

Friesians are becoming very popular as dressage horses, and I am very fortunate to get to work more and more with this magnificent breed.

Johan a 4 year Friesian gelding, imported from Holland last year is owned by Janice Williams. Janice hopes to have Johan in the show ring this summer.

Evelien F, a 5 year old imported Friesian mare owned by Katie O'leary. Miss F has more personality than she knows what to do with.



Johan Owned by Janice Williams

Linda Buckley and Sebastian



Evelien F owned by Katie O'Leary

4 Year old Selle
Francais/Trak Gelding.

Leo is ready to go in
either the dressage ring
or the hunter ring this
year. His temperament is
unbeatable!

\$25,000

Contact Kris Montgomery.

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(757)-810-0656

TRAINING TIP:

Focus on your horses
outside ear to keep from
looking down and to the
inside. It will also help
you sit up straighter.

Relaxation for the show ring



In January of 2005, Dr. Sharene Garaman gave lectures for my students in Hampton and Williamsburg, on the mental preparation of the competitive rider. I've included the following summary based on the notes that I took at the lectures.

Mental training is as important as the physical training that we undertake to perform our best in the show ring. As you prepare for a show it's normal to experience stress. Dr. Garaman's lecture focused on developing a specific set of tools to train mentally for the show ring. The combination of mental training and physical training greatly increases your chance of success. When you experience stress it can turn into anxiety, and effective mental training can help you deal with the negative affects anxiety can have on a performance.

There are three steps to learning the tools for mental training. The first and most important thing you must do is learn to relax. Dr. Garaman used the analogy of trying to teach a horse to perform a leg yield while it was tense and running. It isn't going to happen until you first create relaxation in the horse. The same is true for people, you must be relaxed in order to learn, and what you are going to learn to do is focus.

First you must find an image that works for you to help you relax that "quiets you before anxiety mounts so that you can calm yourself down." Once you have a mental image practice using it. Not everyone is good at visualizing, but that is not absolutely necessary for relaxation training. A smell or a particular piece of music may create a relaxation state. The important thing is to spend time thinking about what relaxes you.

Putting yourself in a "cocoon" or an isolation chamber" is also part of the relaxation process. A small, dark place creates a better opportunity for relaxation because it limits outside stimulus that can distract you. Once you have yourself in this relaxed mental place, you may want to use a relaxation technique. Progressive relaxation involves tightening and relaxing major muscle groups. Relaxation can also be achieved through biofeedback, and meditation, to name a few.

The next step in mental training is to become sports specific in your visualization. Imaging your show. Start with all the sights, sounds and smells that are part of the show. You can be as detailed as you like. Now you are ready to move on to the third step, which is visualizing your test. Some people like to view everything from the air, well above the ride, others from the riders viewpoint. The point is to ride the test in a way that allows you to

keep practicing your relaxation and focus.

Once you have developed this routine, you should practice it in order to develop the skill of realizing and focusing. Dr. Garaman recommended practicing one to two times a week for 20-30 minutes for six weeks. The flow of your relaxation routine will start to become intuitive and you will be able to access it when you need it most.

You probably already use a variety of techniques to calm yourself down under stressful situations. Do you know what they are? It's helpful to spend some time thinking about what you do, and make it a conscience routine.

There are several things that can cause your stress level to increase and giving yourself every opportunity for success is important. Check in with your expectations, do they exceed your skills? Are you results oriented, focused only on the score you will receive, and not on the learning process? You can set yourself up for failure with these attitudes. It is the process that creates the joy and fun. Face, even if you do everything right, and train physically and mentally, things can still go wrong. We work with living breathing, thinking animals and we can't control everything. Telling yourself that tomorrow is another day, is a healthy, resilient way to bounce back from a bad ride and psychologically prepare yourself for the next test.

Spring and Summer Calendar

Big plans for this year!!



Please keep me updated with your accomplishments, scores, photos, and fun, with your horse.

My schedule for the summer:

February 9th: Jim Kofford Clinic at Silverleaf Farm

March: 9th Jim Kofford Clinic

April 6th Jim Kofford Clinic

April 12-13th Morvan Park

April: 27th SVDA Spring Fling Williamsburg, Va

May 4th Jim Kofford Clinic

May: 18 NEVDA Spring Show Williamsburg Va

May 30th-June 1st Raleigh N.C.

June 14th Jim Kofford Clinic

June 15th VADACC Dressage at Aria West Point

June 18th-19th VADA/NOVA Summer Breed Show Leesburg Va

July 11th-13th Dressage at Lexington

August 30-31 Labor of Love Raleigh N.C.

October 22-24 BLM Championships Lexington VA

You are all more than welcome to come along to the shows. Just let me know as the time approaches, so I can arrange my schedule to accommodate you.