

2010 Horse Management Rules for Rallies

Julie Herman and Sally Young

The new steam lined HM Rules for Rallies is here. Join us for a discussion of the changes and how they will affect your Pony Club members' Rally experience.

3-2-1, Contact: Understanding the Whys of Bit Choice

Allison Thurston

How can you hold your horse if the reins aren't attached to his feet? What parts of the horse do bits affect and how? What exactly is the bit supposed to be doing? How does the horse's anatomy affect bit choice and use? What are 'good hands' anyway? An entertaining and informative presentation by a popular workshop speaker

A Bit about Bits

Allison Thurston

A bit is only as good as the hands using it. A 'bad' bit in good hands is a good bit; a 'good' bit in bad hands is a bad bit. Learn about the specifics and actions of various bits to help you in your choice of one. Come hear this ever popular presenter speak about which bits are favored by and allowed in different disciplines.

Anatomy Lab

Dr. Brad Gordon and Cindy Healy

What better way to learn anatomy of your favorite animal than by seeing actual body parts? Back by popular demand, come and join Dr. Brad Gordon and Cindy Healy in the Anatomy Lab for some real hands on experience. Whether you choose to actually handle the specimens or are content just to watch, this workshop is a terrific way to help prepare for ratings. This year the Anatomy lab will be open Friday afternoon, all day Saturday and Sunday morning.

Anything You Want to Know about Eventing-Q & A discussion

Katie Graham, Gina Miles and

Bring your Eventing questions to this knowledgeable panel. We will cover the USEA rules changes for 2010, How to become a Young Rider, Young Rider Development Program, USEA Area Programs, Moving up the Levels, International competition, Long format vs. Short format conditioning, and more. You bring the questions, we will have the answers!

Ask the National Examiners

Panel of National Examiners

A Panel of National Examiners will answer questions regarding National Ratings.

Basic Balanced Position- Why it is the Key to Success

Cathy Frederickson and Deb McKenzie Willson

The topic of (BBP) Basic Balanced Position is integral to all riding. Cathy and Deb will present this complicated topic in a logical and simplified way, with tools that everyone can use in their everyday riding and teaching, from beginners to advanced. They will especially try to address the ways clubs can utilize this information to help guide P.C. members up through their ratings, as well as help B and A candidates correct their position problems to achieve success at ratings

Conditioning – Principles, Schedules and “Real World” Practices. Guidelines for the HB and HA Conditioning Plan

Terri Rocovich and Gina Miles

Conditioning is the systematic process used to strengthen your horse's cardio-vascular, respiratory and muscular systems through periods of work and recovery. This workshop will cover the principals, purpose and benefits of using a conditioning plan to optimize your horse's performance and soundness as well as meet the

requirements of your HB and HA test. It will discuss the basic parameters in any conditioning program including progression, duration and type of work sessions, feed and nutrition, TPR monitoring, enhancement of cardiovascular capacity and strength building. The workshop will cover ways to evaluate your horse's fitness level, quality of flexibility/suppleness and physical soundness and present "real world" conditioning programs from top equestrians.

Creative Writing for Horse Lovers

Vanessa Wright

You've known special horses and learned life-changing lessons as a horse-person and a member of Pony Club. Now write – and publish – your horse story! Award-winning author Vanessa Wright will share a fun, friendly five-step process for crafting and sharing your writing on horses.

Critical Skills for a Successful Career in the Equine Industry and Beyond

Kevin Price and Panel

Whether you are thinking about a career in the horse industry, or elsewhere, certain critical skills will lead you on your road to success. What are these critical skills? Do you have them? What parallels can you draw from the Pony Club standards, ratings and experiences? What career options exist in the equine industry? This presentation will include a panel of horse and business professionals to share their experience and perspective on necessary and critical skills.

Cross Country Smarts - What is it all about?

Jennifer Merrick-Brooks

Ingredients for a successful cross country ride. How to jump various cross country jumps.

- Jump style
- Jump location & terrain
- Performance of horse and rider (balance & position)

We will touch on many related topics, finishing with a question period. There will be something for everyone!

Does your homeowner's policy cover your equine exposures?

Laura Koester and Jeff Dungan

In the workshop we will discuss whether or not your equine liability is covered under your homeowners as well as to discuss the basics of how insurance works.

Dressage Freestyle

Connie Wyatt

Freestyles are a great way for kids to learn about Dressage. This workshop will help you to get them on the right path to a fun and educational experience. You will learn how to match the music to the horse and to the ride you have created. This year we will talk about new editing techniques. We will go over the rules, test sheets, and what a judge is looking for. We will also touch on the Pas De Deux and see some freestyles from Training level to Grand Prix. If you like Dressage and you like music, the Freestyle is a lot of fun.

Equestrian Conditioning

Daniel Stewart

This workshop teaches "rider specific" exercises designed to improve your mounted performance by first helping you to identify and then helping solve imperfections with your stamina, suppleness, symmetry, balance, posture and flexibility. The exercises have been designed to feel like an actual riding lesson by using a special equestrian balance board.

Equine Diseases & Parasites and how to protect your horse

Stacy Basinger

This work shop will be a power point presentation about having a good equine healthcare program to keep horses as healthy as possible. The topics will cover equine diseases and how to aid in protecting your horse from these diseases and about internal parasites and the best ways to rotate dewormers and why rotating is important.

Equine Ophthalmology

Candise McKay

Candise will cover common equine eye problems. What to do when you discover your horse has a painful eye, and how to apply topical medication will be discussed.

Equine Sports Psychology

Daniel Stewart

This humorous seminar, taught by Coach Stewart to his U.S. team members and thousands of riders around the world, focuses on positive thinking, goal setting, imagery, and stress management. You'll learn simple and fun techniques to improve your focus, self-confidence, enjoyment, and physical performance by learning how to control stress, fear, and performance anxiety from your riding and showing experiences.

Even More Horse Management Games that Teach

Julie Herman and Yvette Seger

Can't get your club members to sit still for Unmounted Meetings? This is not a problem! Come learn how to teach unmounted knowledge through games. Interaction and movement help make for fun-filled, memorable meetings.

Everything You Wanted to Know About the Visiting Instructor Program

Theresa Meyer and members from the Visiting Instructor Committee

This workshop will present facts about the Visiting Instructor Program. The VIP sends instructors throughout the USA to teach. The presentation will be for those clubs, regions, & centers that could be interested in having a visiting instructor come to them, how to request, what you use a VI for, benefits in hosting a VI. Discussions for the potential Visiting Instructors who would like to learn more about what is involved in becoming a VI. Hopefully, we will have a few past Visiting Instructors available to answer questions about their experiences and travel. There will be a Question & Answer time at the end of the workshop.

Examining at the D-1 thru C-2 level

Claire Harmon

Being an examiner is exciting and challenging at the same time. This workshop would be a good idea for anyone who rates these levels or would like to become an examiner in the future. In this workshop we will go over the D1-C2 standards and what you should look for when rating the Pony Clubbers. We will also touch on writing papers, Impartial Observers, briefings and what the facility needs for you to have a good testing.

From the Knee down and Studs and Their Uses

Sarah Kelly

This workshop is a must for all of our attendees that make eventing their choice of equestrian sports. Sarah will discuss proper leg protection, including the different types of boots and bandages, and how they should fit the horse. She will also cover the use of studs and other traction devices. Learn when to use studs and what equipment is necessary to use studs in your horse's shoes. Also covered will be the different types of studs and which ones to use in different types of footing.

Got a Website? Need some help? (with online tools & design principles)

Kimberly Meraz

Got a Website? Need some help? This workshop is more of a trouble-shooting workshop to help those who've started a website or already have some web experience and have some questions. We can get software specific and discuss Dreamweaver or FrontPage, or we can trouble-shoot online tools and services. Need some resources for working with HTML, I'll have them.

Got Leadership? Leadership Opportunities for Youth in the USPC

Meredith Baker, Jessica Barker, Marlie Birr, Rebecca Brake, Ginny Knox and Kevin Price

Come learn about leadership opportunities for Pony Clubbers, from the local club to the national level. Marlie Birr, chairperson of the Lake Shore Region Junior Board, will discuss how to set-up and use a Regional Junior Board. Meredith Baker, Chair of the National Youth Board, will talk about the NYB and how older Pony Club members can become involved with the NYB. Kevin Price from National Youth Congress will also talk about how Pony Club members can participate in NYC and the goals of this program.

Horsemasters: Pony Club fun for Adult Volunteers

Susan Poulton

We will explore ways to volunteer for our local clubs or region. We will share different groups' experiences and enlarge our repertoire of group activities. If you'd like to start a Horsemasters group please join us for information.

How to Find Pony Club Instructors

Jody Hoffman and Theresa Meyer

Every RS, DC and Pony Club parent understands the challenge of finding great instruction for their club and members at an affordable price. It can be done. Theresa and Jody will help you develop an approach.

How to Prepare and Train for a Tetrathlon Competition (with introduction to fencing)

Cynthia Moore West

The format of this workshop is to present information and material about the sports included in Tetrathlon along with an introduction to fencing. Also to help Pony Clubbers, parents, DC's and RS's and possible organizers how to understand how to train and what to expect at the rallies so the pony clubbers feel prepared so they can have a great time.

1. Shooting – See the Tetrathlon Shooting Phase Workshop for more detailed information and Willie Stettinius will be helping with this presentation.
2. Swimming – Resources for swimming and some training workouts for each division level and distance. Will review some of the basic rules and how the swim meet portion is done.
3. Riding – Review the jump courses for each division level. Distances, heights, types of jumps and times. Explain how to maneuver the slip rail and gate during the course for Novice, Intermediate, Junior and Seniors. Go over some of the rules so you know what to expect.
4. Running – Information about the running phase such as the distances, terrain, training and basic rules.
5. Fencing – Presentation of equipment and basic information to get started.
6. Hand out for training and equipment for each phase and the resources to help anyone interested in organizing, competing, coaching or volunteering in Tetrathlon. Learn how to make it easy and fun for everyone involved.

How to Pull a Shoe and Tools of the Trade

Billy Swain

This workshop is designed with Pony Club in mind. It is a video that demonstrates the correct way to pull a shoe. It will also include the "tools of the trade" and a description and use, as well as covering types shoes and material as tested in the HB rating.

How to Take Great Pictures of Horses

Vanessa Wright

A picture truly can be worth a thousand words! A great "horse picture" can help you teach and learn riding and horsemanship skills. It can promote and celebrate your club, your horses, and your accomplishments. And, of course, it can capture a moment that you, your friends, and your family will treasure forever. At this workshop, led by Literary Horse photographer Vanessa Wright, you'll pick up seven foolproof techniques you can use to take breath-taking pictures of horses at home, at shows, and on the road, with a digital camera, a film camera, or even a cell phone.

Ideas for US Pony Club Members to Meet their Land Conservation Standards

Debra Sue Waters

The purpose of the workshop is to clarify the Land Conservation requirements of The United States Pony Club Standards of Proficiency through the levels.

International Exchange Opportunities

Kristin Noggle and Nicki Sanders

A description of the criteria for all the exchanges offered. There will be presentations given by members of the various exchange teams. Those exchanges represented will be Inter-Pacific, Games, Tetrathlon, Fox Hunting, Quiz, and Polocrosse. Some of these exchanges took place in 2009, while others are offered in 2010 and 2010. International Exchanges are an excellent opportunity for older members to experience other cultures and enjoy making new friendships while competing with the various teams. Please come to the workshop to learn more about International Exchange.

Join us for Foxhunting 101 and a Mock Hunt

Kristin Noggle

This seminar is very interactive for all ages & may require running shoes! After a brief introduction to hunting and to the lifestyles of foxhounds and their quarry, a mock foxhunt will take place. Attendees will be assigned roles in the hunt field, regardless of experience or lack of, and all will be expected to keep up with the hounds as we follow the scent through the hotel! After the first fox is accounted for, there will be a de-briefing, and, if there is time, a new fox will be picked and chased. Correct hunting attire will be shown & briefly discussed and questions are welcome throughout the seminar.

Jump Start Your Club's Website

Kimberly Meraz

Need a website? Don't know where to start? This workshop is designed for those who are interested in creating a website for their club, or for those who have a website, but need some help with a few things. I'll cover some basic design principles to help you make your site attractive and efficient, and then I'll introduce a variety of free online tools to help you get your site off the ground. You'll leave this presentation with the tools you need to get started or get yourself going in the right direction.

Let's Talk Jumping!

Jennifer Merrick-Brooks and Kevin Price

This discussion is designed to talk about the subject in a simple and common sense manner. Covering the following:

- Where to begin
- Flatwork and ground poles.
- Hills, fields and natural obstacles.
- Ground poles to gymnastics.
- Jumps on a track.

Longeing for the B and H/A- Theory and Application of Effective Techniques

Terri Rocovich

Longeing is an essential skill for any equestrian and has many benefits as part of your regular training program. Through videos and discussion, this workshop will teach candidates how to longe effectively to improve their horse's performance and utilize as a training tool. We will discuss various methods and techniques that are best utilized for various scenarios and problems the horse may present. We will discuss the longeing standard for the B and HA and how best to prepare you and your horse for the test.

Mounted Games - The All Around Horseman's Discipline (and how to use it to build your club)

Games Committee

This workshop will be a forum to introduce how Games can be used to increase Club participation, develop horsemanship skills for both the younger and older Pony Clubber, reach out to over 18 current and ex-Pony Clubbers, and most of all, have fun.

The forum will be part presentation:

1. What are Games, and why make them part of all Pony Clubbers experience.
2. How to integrate Games into a riding instructional program, to teach the natural aides and reinforce the skills and knowledge to move through the rating levels.
3. Ways to reach out and use the over 18 current and ex-Pony Clubbers to be involved with the Club Games program, as teachers, mentors and coaches.

Additionally, the forum will be an open discussion for all to ask questions, make suggestions and share opinion on how to best use Games in their unique situations.

Organizing Upper Level Tests

Kevin Bowie

This workshop will discuss how to organize ratings and to educate our members to Meet Standards successfully. Come discuss with Kevin Bowie your past problems and current success stories for making the curriculum work for your members.

Polocrosse

Rachael Gayler, Prissy Rumel and Rachel Thompson

This workshop will discuss opportunities to travel and play against some amazing polocrosse players across the world. Also how generous the polocrosse community is, here in the United States and in other countries. The family aspect of polocrosse will also be covered. They will discuss the World Cup Squad, how to become a member of the team and Rachael's journey to the World Cup 2011. How to start a club, where to get the equipment and clinics you can go to all over the states (available to all types of players) will also be covered. Come and join us!

Principles of Show Jumping Course Design

Georgine Winslett

This workshop will cover the basic concepts of course design for USPC activities by using actual courses employed at USPC Show Jumping, Eventing, and Tetrathlon competitions as well as from YSEA/USEF Horse Trials and USEF Horse Shows. It will cover equipment necessary, techniques employed, rules involved, appropriate ring and arena size, footing issues and crew and help needed. It will also touch on how USPC competition courses relate to courses in open competitions.

Quiz 101

Judy Kosanovich and Nancy Mac Isaac

This workshop is designed to assist organizers and others interested in providing a fun and challenging Quiz rally. This 3 hour, 2 day workshop provides hand-on examples of Stations and Barn questions. Come in and ask the Quiz committee questions and test your knowledge by trying to answer the questions at each station.

Riding Centers – Expanding the Pony Club Experience

Aileen Gordon and Nicki Sanders

With a growing number of members experiencing Pony Club through a Riding Center, come learn about how the Riding Center Program has been operating, the impact Centers have had on USPC and that Pony Club has had on their clients, and the plans for expanding the program.

Saddle Fitting for Maximum Performance

Karen Borne

This workshop will be presenting the basics of fitting English saddles manufactured on English spring trees. Specific details will be given regarding the following topics:

- Identification of parts of an English tree
- Identification of parts of an English saddle (presentation of Dressage, Eventing, and Hunter/Jumper saddles)
- Materials used to manufacture English saddles
- Discussion on how to fit a saddle to various horse conformations
- How to check a saddle for defects
- Open forum for discussion and questions

Safety, From the Inside Out

Kathy Barker and Lisa Reader

The workshop will cover topics about safety from the time we leave home until we leave the barn. Our goal is to begin the day with everyone thinking about what can happen and focusing on keeping everyone (our horses, too) safe. We want to talk about what to look for and get people thinking about from their homes to in their barns. The simple things we do every day and take for granted. That's why safety begins, from the inside (our brains) to the outside (what we see and don't think about) to our actions.

Self-Carriage- You and Your Horse in Harmony on Flat and Over the Fences

Richard Lamb

This workshop focuses on the horse's balance requirements in relation to different disciplines and how the rider's balance and position affects the horse's performance in training and competition. The presenter will use transparencies, discussion, demonstrations, and video to give workshop participants ideas on how to help the horse move more freely with better balance in order to gain optimal performance on the flat and over fences.

Specialty Ratings "Can we talk?"

Cathy Frederickson and Richard Lamb

The Specialty Ratings went into effect Jan. 1, 2007. There are still many questions regarding how to attain the rating. This panel will discuss the Specialty Standards, address common concerns, and discuss strategies and training that candidates may utilize to help ensure success, as well as answer questions.

Take Your Own Line (TYOL) - How to Go Fast By Riding Slow

Richard Lamb

This workshop will present appropriate concepts and techniques to achieve the optimal performance while riding in timed jumper classes. There will be discussions about the best ways to cross the start/finish line with the fastest time while jumping safely and efficiently.

Tetrathlon Shooting Phase

Willie Stettinius

The objective of the Workshop is to answer the most common questions associated with the shooting phase and assist RS's and DC's Organizers, potential shooting phase stewards and Parents by providing tips on how to make this phase easy and fun.

1. Teaching Target shooting:
 - a. Resources to find coaches who and where to find them,
 - b. Basic coaching guide (hand out)
2. Practice Ranges: How and where to set it up
3. Setting up the Range for competition:
4. Running the range:
 - a. Rule review what is new for 2010
 - b. Stewards duties, dos and don'ts
 - c. Volunteers needed
 - d. Range set up
5. Guns, Pellets and Targets: what to buy, where and why

The Training Scale and Training Pyramid - How it works with the Biomechanics of Horse and Rider

Betsy LaBelle

How the human body can balance the horse and in turn give the horse a positive platform to become a stronger, happier and healthier athlete through the Training Scale/Training Pyramid...

Rhythm...Looseness...Contact...Impulsion...Straightness...Collection....

The biomechanics of the horse and rider are discussed in detail with pictures to illustrate the anatomy of the horse and ways the rider may focus on their bodies while riding. The goal is to make a stronger, happier and longer-lasting partnership. Come and look at the Training Scale pieced apart to understand the Pony Club Training Pyramid better.

Trailer Safety – Equipment & Driving

Kathy Barker and Eddie Mixon

This workshop will include information on trailer equipment, pre-trip safety check, tires & wheels, and how to compute towing weights. We will also discuss driving basics and what to do when the unexpected happens.

Unwrapping the Confusion on Nutrition

Eric Haydt

Eric will discuss how to filter out all the information on nutrition and feeds and arrive at an informed decision on what and what to feed.

USEA Instructor Certification Program Seminar

Gina Miles

Gina will explain how the USEA Instructor Certification Program is designed to cover all three major phases of Eventing Competition and is a "Teaching Certification" program.

1. The advantages for Pony Club riders to be demonstration riders
2. The auditing advantages for instruction strategies for upper level PC riders.
3. The importance of encouraging your USPC coaches and instructors to earn certification.
4. How to host an ICP session in your area.
5. Using the ICP workbook for upper level PC test preparation.

Using Dressage to Improve Your Show Scores

Donna Meyer

Dressage affects every aspect of each discipline. See how riding correct figures and movements will improve your horse's balance, obedience to aids, and adjustment of gaits and maintenance of straight and curved lines. What do judges look for? Common mistakes and corrections will be shown with a DVD from USDF along with some discussion of the 2010 USEA new dressage tests.

Using Flow Charts to Pass Ratings

By Kevin Bowie

This workshop will be presented for DC's, RS's RIC's and Instructors. The curriculum Pony Club has designed breaks down the information for each rating into bite size pieces. Come discover how easy it can be to solve the Pony Club puzzle. The ideal way to teach the USPC curriculum is using the flow charts. Take the headaches out of ratings.

What Horse Owner's Need to Know about Equine Dentistry

Dr. Michael Davis DVM

This workshop will be the overview of equine dentistry with an emphasis on what horse owners need to know.

What Polo Can Do For You! A Joint Venture

Kris Bowman, Wilbur O'Ferrall and Margie Paur

This workshop will discuss:

- A. Polo as an income stream
- B. Polo opens unique opportunities for College
- C. It's a guy thing!

Safety is the name of the game

- A. Helmet Testing
- B. Equine Welfare
- C. Rules of the game

How to Get Started

- A. Locations near you
- B. Free Clinics
- C. Support and Training

Why I shoe Your Horse the Way I Do-Basic Horseshoeing

Billy Swain

This workshop will be a 45 minute video on correct basic shoeing. Its intent is to give the horse owner and example of a correctly shod horse.