

FEBRUARY 2012

SHERYL LYNDE & RICK HOFFMAN FOUNDATION TO FINISH TRAINING



Hello Everyone



FEAR

I've been speaking with a lot of my clients who are bound together by a common thread and have requested that I speak about this next subject in this newsletter:

It seems they are experiencing a new emotion the older they get - FEAR. As younger riders they rode anything - now as they are getting older their fear is building - warranted or not - and they don't want to admit it - or give it any attention - however it is expanding and gripping to the point of restricting their enjoyment of riding.

Having a level of fear is common sense for your personal safety - its perfectly natural. I hear comments all the time - how can you ride all these horses - aren't you fearful?

Well heck yes - I have a level of respect for all horses that I suppose can be identified as fear - but my toolbox is full of tools for each behavior.

When I start horses I make sure all the holes are filled before my first ride - we drag ropes from the saddle and make sure that they touch the hocks and legs to see if they are going to try and kick out which gives me an indication that if I were to come off and possibly get hung up in the stirrups - I would be kicked as well as dragged. So I desensitize them to the rope until they are bored. We work them under saddle with tarps, ground drive through obstacles so they feel the brush make noise against the saddle, work them from the top of another horse so they get used to me being at a higher level, work the stirrups so they wont spook with the movement of my legs and pony them out on trail. Then when I've done my job to prepare the youngster for our first ride - which may be 5 minutes - I don't ask too much - I build on a strong foundation. So preparation is key to safety.

If someone comes to me and says - Sheryl my horse is bucking - would you ride him. I politely say No Thank You - but what I will do is find out why. The buck is just a symptom - I want to find out why the horse is bucking - is it fear, aggression, lack of respect - or a little of all - then I will work to eliminate the fear, aggression or lack of respect and the buck goes away - I don't have to deal with it. Here's my philosophy on that:

If you can ride the buck - good for you - you are a good rider, but if you never get the horse to buck in the first place, then I think you are a good trainer - and that is what I continue to aspire to be each and every day - to be a good trainer.

Fear is natural - its about having the tools to correct situations before it turns into unwanted behaviors which builds confidence. Its about preparation, preparation, preparation and then just

a bit more preparation. I have 3 rules for training. I cannot get hurt, the horse cannot get hurt, and the horse must be calmer at the end of the lesson than when we began. If not, then I need to break down the training and back up - there is no race - only go as fast as your horse allows.

Horse Training

If you would like to bring your horse to us for training such as colt starting, problem solving - etc, .we work the horses 5-days a week - Tues. thru Sat. Depending on the amount of time the horse is with us for training - we will build a strong foundation desensitizing to tarps, plastic bags, flags, dragging, obstacles as well as take them out on trail. Price includes working with the owner as often as they can fit coming into their schedule. Call us for additional information.

Lessons

1 hour - \$50.00

1/2 day lesson - including cow work - \$125.00

We are available for full day private lesson - your date and time - call for additional information.

Ultimate Camp Clinic

Limited to 4 riders - The Ultimate in strengthening your horsemanship skills and problem solving abilities. The change in riders and their horses from day one to day 5 is incredible!

Let us know how we can be of help to you - call for additional information or reservations for any of the above events.

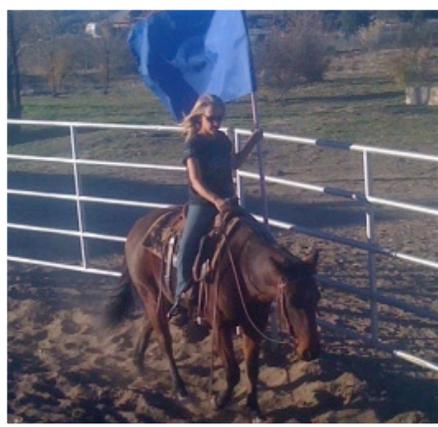
Darn Good Horses for Sale

Cash - **Sold** - Congratulations Maya - you make the perfect team

Bogey - **Sold** - Congratulations Troy - you've worked hard for him

Ringer - **Sold** - Congratulations Anne, Elizabeth and Sam - she is doing great - she is a good girl - cant wait to get her shown

Peppermint - **Sold** - Congratulations Leslie - You both will grow together - no limits with you two



Sheryl working the flag on Cash
Never start with your goal; it's about preparation!

**Check Website www.sheryllyndeclinics.com
for additional information or call
760-285-0160**

Upcoming Events

Horse Expo, Pomona

February 2nd - 4th

Rick and I will be in booth 7125,
Building 7

Come by and say Hi

Rider Confidence Clinic

Our facility-Anza, CA

Is Fear Holding you back - come join us and learn the tools to build confidence and a strong partnership with your horse.

February 19th

9 am - 4 pm / \$150.00

Southern California Cowboy

Challenge Saddle Series

Reed Valley Ranch

March 17th and 18th

Novice and Amateur Divisions

This is a four race series - outdoor obstacle course event
More details to come