

POMONA CHAPTER NEWS FLASH

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GERHARD POLITZ CLINIC JULY 16-17:

BY: RACHEL FRIEDRICHS

Talk about an educational weekend. I had the opportunity of riding for Gerhard Politz as well as auditing almost the entire weekend of rides. I learned so much from watching all types of riders; FEI Open, Amateur, Juniors, and even new to dressage horses. The most important tool that I learned from auditing Gerhard and the other riders is how necessary a strong foundation for riding is. He gently emphasized the need for quiet hands and legs and effective aids. These same ideas were reviewed with me during my ride as well.

I had the last ride of the day on Saturday and after watching literally everyone else that day, I thought I knew what to expect for my personal clinic. After discussing what I wanted to work on Gerhard quickly got to work helping me achieve my goals. Gerhard pointed out that I was too strong with the use of my hands and legs. He said that I should be more delicate with my aids because the horse certainly knew what to do, I was just being too aggressive. He pointed out that I was constantly moving my hands and losing contact with my horse's mouth (which I knew was a weakness for me). Gerhard told me that I should keep my hands together, like I was praying. This unique visual helped me to keep my hands quiet and together during the clinic and now during my own practice.

Being able to control my hands allowed us to work to find true throughness with my horse. Steadying my connection to my horse's mouth helped me have a consistent contact. Then, via certain exercises and making slight rider position changes, I was able to help my horse become more supple and step further underneath himself. At which time I felt a better connection. From his back to front, or throughness. An idea that had been elusive to myself for quite some time. In turn, my horse has worked more honestly and with a more correct frame when we ride because I am using my aids correctly.

In just the 45 minute lesson, Gerhard was able to hone in on what I needed to make the next step to meet my goals and to help my horse and myself improve. Through controlling my hands and effectively using my aids, he showed me another way to achieve what I needed from my horse. I have been truly pleased with the results and look forward to the next time I can ride with him to show him the improvements.

IF YOU HAVE HAD AN AMAZING EDUCATIONAL EXPERIENCE THAT YOU WANT TO SHARE WITH THE CHAPTER, PLEASE SEND YOUR STORY TO: RACHELFRIEDRICHS@YAHOO.COM

TO GET UP TO DATE INFORMATION ON THE POMONA CHAPTER:
LIKE US ON FACEBOOK!!!

REMEMBER:

RIDER SUBSIDY DEADLINE: THE LAST DAY TO APPLY FOR THE RIDER SUBSIDY PROGRAM FOR THE CURRENT QUARTER IS THE LAST DAY OF SEPTEMBER, 09/30/2011.
DON'T FORGET TO TAKE ADVANTAGE OF THIS OPPORTUNITY!

JUST A HORSE

From time to time, people tell me, "lighten up, it's just a horse," or, "that's a lot of money for just a horse".

They don't understand the distance traveled, the time spent or the costs involved for "just a horse." Some of my proudest moments have come about with "just a horse."

Many hours have passed and my only company was "just a horse," but I did not once feel slighted. Some of my saddest moments have been brought about by "just a horse," and in those days of darkness, the gentle touch of "just a horse" gave me comfort and reason to overcome the day.

If you think it's "just a horse," then you will probably understand phrases like "just a friend," "just a sunrise," or "just a promise."

"Just a horse" brings into my life the very essence of friendship, trust, and pure unbridled joy. "Just a horse" brings out the compassion and patience that make me a better person. Because of "just a horse" I will rise early, take long walks and look longingly to the future.

So for me and folks like me, it's not "just a horse" but an embodiment of all the hopes and dreams of the future, the fond memories of the past, and the pure joy of the moment.

"Just a horse" brings out what's good in me and diverts my thoughts away from myself and the worries of the day.

I hope that someday they can understand that it's not "just a horse" but the thing that gives me humanity and keeps me from being "just a woman/man."

BY: ANONYMOUS

COMING UP NEXT:

RIDE YOUR TEST CLINIC
"R" JUDGE REBEKAH EISNER
SUNDAY, SEPT. 11, 2011
SIGN UP CONTACT:

RACHELFRIEDRICHS@YAHOO.COM

YOUR CHAPTER

CHOW

THE ADEQUAN/USDF
2011 NATIONAL CONVENTION & SYMPOSIUM
NOVEMBER 30 - DECEMBER 4 TO
SAN DIEGO, CALIFORNIA
FOR MORE INFORMATION GO TO:
WWW.USDF.ORG OR CONTACT

CHAIR: MYLENE

HAVE YOU SEEN THE NEW WEBSITE YET? IF NOT, GO TO:
WWW.CDSPOMONACHAPTER.ORG