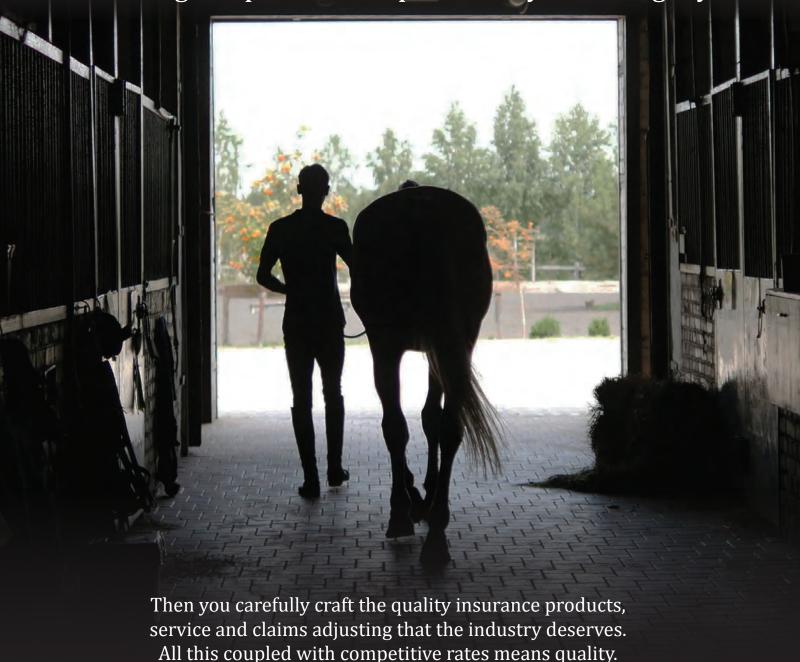


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CONTENTS Outside the Ring 4 One Step Ahead of Colic 6 Technology in the Equine Industry 8 Walking a Jumper Course 10 Choosing Love 11 Conditioning the Horse and Rider 13 Cover photo by Doug Brombach TEXAS Hunter Jumper ASSOCIATION

A letter from the president

Dear fellow THJA Members,

Whew...hot enough for ya? Well, maybe not if you've been showing out of state! I have truly enjoyed seeing everyone's Social Media posts from your horse show travels. It makes me yearn to be back up in Illinois and Michigan right now. Summer is the ONLY time I really miss the North!

Welcome to our Summer Edition of THJA News. I hope you enjoy the contents. I have had some wonderful articles submitted to me for your reading pleasure, and hopefully you'll find them informative as well! If you'd like to submit content, or make suggestions to me, please e-mail me thought this new email address: thjanews@gmail.com.

I wanted to let you know that your THJA Board has been proactive in adding some divisions for the 2020 show year. These will be recognized with year end awards. These are: Short, Medium, and Long Stirrup Hunter (Riders in these divisions may not compete in classes in

which fences are 2'3" or higher at the same show). The THJA will also add Recognition Awards for Opportunity Walk/Trot and Opportunity Cross Rails. Exhibitors must win at least 5 or more blue ribbons in classes with 3 or more entries during the show year whether it be an equitation, horsemanship or hunter division for these awards.

With the addition of these divisions, we're also dropping year end awards for Confirmation Hunter, Green Confirmation Hunter, and High Performance Hunter.

All of these changes have been discussed thoroughly and voted on by your Board members. This is an effort to be both proactive and reactive to our Membership.

Here's to cooler weather and more happy showing!

Suzanne Warmack



Equestrian Portraits by Kristie Nichols

www.moonfyrephotography.com

Outside the ring:

Thoughts from a parent's perspective

by Lisa Jacobson

If you are new to this sport some of it can be so confusing! I thought I knew it all being the dressage queen that I am.... How hard could it be to learn? You ride the horse around and go over the jumps.. easy, right? Or so I thought.... Lead changes, strides, chipping in... oh my! Our very first "A" show, there was my little 8 year old on her cute black pony... ribbons in her braids (that is a whole other article!!) out there all by herself. I think I went green the first time she walked into the ring at her first A show. I just wanted her to get around, not fall off, remember the course and have fun... is that too much to ask for?

Well they got around, I didn't throw up (sorry, but it was a close one!) and they earned some ribbons! What I learned is

that there is so much to learn. I asked questions, I talked to other parents at the show and started to figure it out.

Moms and dads are the real heroes of the horse show. We buy all the "stuff", put them on a wild animal and say "ok now go jump those jumps!" Not everyone will win but we stand there with a smile on our face and clap when everyone else starts to clap (not really sure if they are done or not) we don't want to be the only one clapping! We look to the see the reaction of the trainer at the gate... are they smiling? Did they clap? If our child happy with their round? It looked great to me... but what the heck do I know, they didn't knock anything down.... Winner!

So this first article is to all of you horse show moms and dads out there...



following their kids from ring to ring... writing those checks and paying those bills. We do it because our kids love it, whether we get it or not, we do it because we love them.





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Nicole's students have earned championships in divisions from Short Stirrup, Childrens and Junior Hunters, Childrens and Junior Jumpers, Adult and Amateur Hunters, Adult and Amateur Jumpers to USHJA Derbies. Her students have won numerous placings, championships plus Year End Awards, including the Interscholastic Equestrian League.

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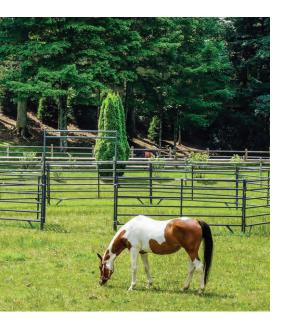
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One Step Ahead of Colic



by Jessica Summerford

From the outside looking in, the equestrian community appears be segmented into competitive and recreational riders, which can be further broken down by discipline, breed, and geography. However, it truly is one big family united by a common factor; our love for horses. Whether you speak with a grand prix jumper competing at the Olympics, a trail rider who just trekked across a mountain range, a trainer on a large cutting ranch, or a 7-year-old seated atop a lesson horse for the first time, you see a twinkle in their eyes. That twinkle stems from the empathy, discipline, athleticism, and self-confidence our horses have taught us.

The bond between horse and rider is unlike anything else. We trust them with our lives as we climb onto their strong backs, and they trust us right back to give them the best care. Though the language we exchange is silent, it is powerful. It's the sweet smell of their coat as you bury your nose in their neck, mixed with the fresh scent of hay. It's the tickle of their whiskers followed by the puff of warm air from their nostrils onto your hand. It's the kind sound of their nicker as they welcome you into their presence. It's the sight of your true self reflected in their loving eyes. It's everything about them.

Horses do not look at us through the lenses of gender, ethnicity, status, or religion. They do not care where we have been or where we are going. What matters to them is the compassion we show and the protection we provide. These kind animals have given us plenty, and for that, we owe them the world. But how do we do that without pledging to stand by their sides around the clock? How do we maintain busy careers that allow us to support this lifestyle? How do we sleep at night knowing our most prized possession could need our help?

These are just some of the questions that Jeffrey R. Schab, Founder & CEO of Protequus®, sought to answer in 2013 after losing a beloved horse ("Snoop") to colic overnight because no one knew Snoop was in trouble. Having plagued the industry too long, equine colic became Schab's number one enemy. In a short time, he made it his personal mission to get one step ahead of colic – the leading cause of death in horses – and created an early warning system for colic that we know today as the NIGHTWATCH® smart halter™.

NIGHTWATCH® is a revolutionary device that has the potential to save your horse's life through early intervention of colic and other forms of distress, such as foaling and being cast. Although this may look like any other high-quality leather halters, it's so much more. In the crown of this safe and comfortable breakaway halter are sensors that collect and artificial intelligence that learns your horse's baseline biometrics (ie, their vital signs) and unique behaviors. If and when there is a meaningful deviation in these physiologic parameters, indicating possible pain or distress, you will receive a call, text, and email alert so you can get to your horse sooner. Taking it one step further, you always have access to real-time and historical insight at your fingertips through an online dashboard. Simply launch the app and see your horse's heart rate, respiratory rate, how many times they have rolled, how much time they spent recumbent, their EDI® (Equine Distress Index®) score, and more. The EDI® is a proprietary 10-point scale, available only through NIGHTWATCH®, that quantifies relative distress in your horse. The lower their EDI® score, the happier and healthier they are. As George Morris states

"NIGHTWATCH® takes horsemanship to a whole new level" and "represents a new standard" for horse owners, trainers, caretakers, and veterinarians alike.

If you have spent any time around horses, you know that seconds can matter. A single moment can mean the difference of winning and the difference in their wellbeing. It is this appreciation and understanding that fuels the dedicated NIGHTWATCH® team of multidisciplinary horsemen and women to work around the clock to ensure we all have more moments with our horses. As Schab states "while it has not always been an easy road, it has been the right road." If there is a group of people who know how to wipe the sweat from their brows and get back to work, it's horse people.

Technology is not easy and innovation does not happen overnight. There were many times when a component part was backordered, when there was a worldwide shortage of copper, when there were air gap ratio dilemmas, when there was red tape and politics, when there was a need to sponsor every show, when there was a need to stretch their small business budget, when there was a challenge to educate on the safety of natural leather versus the danger of synthetic nylon, and where there was a hurdle to get technology into the stable. However, seeing the tears in the eyes of fellow horse people as they talked of losing their beloved friend to colic, hearing the hope these equestrians have in a device that has the potential to save their horse's life, and feeling the comradery in this industry, they were continually reminded of how lucky they are to be on this humbling journey.

This leaves us with what can you do to get involved? The NIGHTWATCH® team needs your help, because caring for our horses truly takes a village, and change requires a herd of passionate supporters. Are you ready to join the NIGHTWATCH® herd? Are you willing to take that first step on a new road to revolution? Start today and order your own NIGHTWATCH® smart halter™ at smarthalter.com and be the best person you can be for your horse. Your horse deserves it... you deserve it!

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Rest easy knowing this **EARLY WARNING SYSTEM** will alert you via call, text, and email at the first signs of colic and other forms of equine distress, such as foaling and being





Technology in the Equine Industry

by Ellen Eakin

The Internet has become such an integral part of our personal and professional lives that it's hard to imagine what we did without it. Many technology experts predict that the Internet of Things, or IoT, will be equally impactful, improving our lives at home and at work in ways we cannot yet imagine. IoT is the network of devices, sensors and software to connect and exchange data resulting in efficiency improvements, economic benefits, and reduced human exertions. IoT is very present in the horse industry today.

Consider some of the fantastic Internet of Things that are available for equine professionals and enthusiasts today.

Performance and Sensor Monitors

Here are some of the available performance sensors and health monitors for horses. Arioneo is a company that created a sensor that is designed to monitor your horses' health at all times. It is designed to be hung on a horse blanket and it measures the horse's temperature, moisture, and movements. The information is transmitted to your smart phone. A similar concept has been developed by Nightwatch. With this device the sensor is in the halter and will alert you via text, phone call, and email of early signs of colic, being cast, and foaling. Equisense has developed a sensor to be attached to the girth and monitors cadence, symmetry, time spent at each lead and gait. The information to transmitted to your phone and can be shared with your trainer or veterinarian.

Training Aides

IPOS has developed a rein sensor is to be placed between the bit and rein. It measures the amount of pressure in combination of what you and the horse produce. The sensors measure contact, straightness and lightness. If you are dealing too quickly with your horse, you will quickly get feedback from the sensor. The information will be relayed on your and your trainer's phone. Core X Equine created a device that attaches to the small of the back, displaying and recording real-time posture readings on a smartphone app. The app provides visual readouts, physical vibrations and audio clues for the rider, all of which support the rider's development of an aligned pelvis and ideal riding form.

Rider Safety

Icedot Crash Sensor attaches to your helmet. If you fall, the sensor registers the impact and starts a countdown on the ICEdot app on your phone. If you fail to respond by the end of the countdown, the app sends out an alert to people you have entered as your emergency contacts. RidersMate is a gadget that attaches to your saddle and had a plug that attaches to your belt loop or some other piece of clothing. Should be the rider become dismounted... the plug will detach itself from the Ridersmate unit sending out an emergency message to chosen contacts. To cancel the response, simply reattach the plug to the unit sending out a second message that everything is Okay.





This is just a small sample of how technology is helping us in the equine industry at during present day. Additional technologies being used in the equestrian world are virtual reality, artificial intelligence, infrared science, and horse sales applications.

Also now available is equine data management applications. If you are reading this article you know how much information needs to be tracked when you are caring for and training horses. There is routine healthcare, emergency healthcare, training, barn tasks, clients and competition. It goes on and on.

EquestFile is a unique equine data management platform that was developed to help horse owners keep track of all these different facets of caring for horses. With IoT, no need to have all your information in notebooks and file cabinets. All that important healthcare and training information should be with the persons responsible for caring for the horses at all time. EquestFile does that for horse owners.

With EquestFile barn owners can enter all important data regarding the horses

and barn either through the desktop platform or mobile app and the info will sync back and forth. Employee tasks, whether the tasks are riding and training, taking care of healthcare needs or general barn tasks will show up on the dashboard. The employee can mark off the tasks when completed and leave comments regarding the tasks.

Barn owners are able to enter and track information for each individual horse including pedigree information, registration numbers, feeding regimes, any activities to be done with the horse and a general comment area. Users are able to upload documents and videos. You will always have that special sales video with you!

Routine and emergency healthcare are easy to record and keep so you never again have to wonder when the last time your horses joints were injected or which limb was afflicted with a suspensory injury two years ago.

EquestFile is a game changer in the way horse owners manage and share the plethora of data needed in maintaining a well-run barn or yard. EquestFile can be

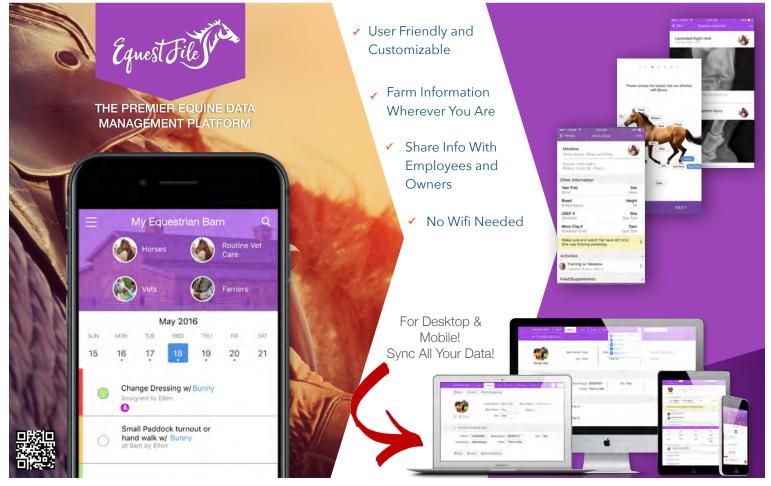
used in any English speaking country and has plans for adding many more features such at a breeding module, invoicing, competition and more.

Ric

Ellen Eakin is founder and President of EquestFile. Ellen started her love affair of the equine partner at the age of 7, riding in the hunter/jumper discipline through high school. After a 33-year break from horses for education, family and career, Ellen began to ride again and now has a boutique sport horse breeding operation in north Texas.

Ellen recognized a gap in available technology to record and store equine information and what barn managers had available to them in today's world. Hence, with the help of highly accomplished programmers and software developers, EquestFile was created to help close that gap.

Ellen has a Master of Business Administration from the University of Texas in Austin and has been involved in many entrepreneurial endeavors since graduating from The University of Texas in 1992.



Walking a Jumper Course

by Gayle O'Rear



Note: The following are just some suggestions, but ultimately it will be up to you and your trainer to decide what is best for you and your horse.

- 1. Look at the posted course noting the table, the time allowed on course, and the design of the course itself. Many times a course is designed using a figure 8 or some other pattern.
- 2. Be sure you know the length of your stride and the length of your horse's stride. Usually a horse has a 12' stride, but there are some variations, so keep that in mind. When walking a distance, it's a good idea for you to develop a 3-foot stride if you don't already have one.
- Note the location of each fence in reference to what is around it, such as:
 - Is it jumped as you come out of a corner?
 - Is the jump in front of or heading toward the out-gate?
 - Is it facing a "scary" decoration or does the fence itself look "scary"?
 - Is it going toward a busy area such as an area with tables, concessions, bleachers with a lot of people, or moving cars or carts?
 - Are there any shadows near the jump or in any other place in the ring?
 - Walk the course as you would when mounted and it will be easier to remember.
 - Check the distances between fences especially doubles and triples
 - Check the footing is it deep in some places and harder in others?
 - Check the location of the start and

- finish lines
- Check the location of timers. Sometimes the course designer will put the timers further away from the last fence than you anticipate.
- Look for areas where you can save time in the jump-off such as inside cuts, rollbacks, etc.
- 4. When walking the course, look up while you are walking between fences, not down at the ground. When you are riding the course, you will be looking for the fences by looking up, not down at the ground.
- 5. All distance calculations are based on a 3-foot stride, so it is a good idea to know how big your step is so you can make any adaptations when doing your calculations. You can also look for areas where you can make an "inside cut" in order to save time in the jump-off.
 - If you are walking the course, walk from the center of one jump to the center of the next jump. If you are walking from a vertical to an oxer, walk from the center of the vertical to the center of the front rail of the oxer. If you walk from an oxer to a vertical, start at the center of the back rail of the oxer and walk to the center of the vertical.
 - Once you have stepped off the distance, decide how many 3-foot strides you have stepped off. Then deduct 1 stride from the total because the horse will normally leave the ground about 6 feet in front of the fence and land 6 feet on the back side of the fence, so the actual number of full strides between fences will be the distance

- you have stepped off minus 1 stride. For example, if you walk a total of 5 strides between fences, the actual distance for jumping will be 4 strides (5-1=4 strides).
- One way to walk off a distance between fences and to remember the number of steps is by counting the steps thus: 1-2-3-4, 2-2-3-4, 3-2-3-4, 4-2-3-4, 5-2-3-4. This means that you have counted five 12- foot strides and then by deducting 1 stride you will have determined that the distance between the fences is 4 strides. The above calculation works if you have a 3-foot stride, otherwise you may have to do a different calculation based on your stride.
- 6. When riding a triple or even a simple combination, focus on getting to the first fence correctly, if possible, and the others will usually "flow" after that. Don't try to mentally ride both fences or all 3 fences as a group ride them as individuals.
 - 7. When planning to make a sharp turn after a fence, plan to jump the fence slightly off-center. If you plan to make a sharp right turn, then jump the fence slightly to the left of center. If you plan to make a sharp left turn, ride the fence slightly to the right of center. This you will give you a little more room to turn. Just be sure you don't ride too far off-center because it could allow the horse to stop or ride past the fence. When turning, be sure to complete the turn – don't stop the motion and impulsion part way around the circle.
 - 8. Before leaving the ring after your walk, sometimes it helps to turn your back on the fences and ride the course mentally. This may help you to remember the course a little better.
 - 9. Watch a few of the other riders go so it will help you to remember your course and to see problem areas you might avoid.
 - 10. Once you plan your course and stick to it unless you see a good reason to change it.



by Traci Ambrico

Why do we do it? Horse people ask this question regularly. The expense, the hard work, the stress and all of the risks should be enough to drive any normal human away. But we soldier on. Why?

Non-horse people think we're either wealthy, crazy or both. I suppose there's some truth to that theory, but I know too many people, myself included, who've kept horses through thick and thin, in poverty and good fortune, to believe



money or mental health explains the phenomenon of the equine lifestyle.

Dr. Holly Martin, intern at Austin Equine Associates gave me a very simple answer when I asked her: why horses? Her reply: "Because they're everything." I felt my throat catch and barely controlled the urge to give her a loud "hell yes" in response.

They're everything. Adventure, sport, community and beloved best friend. They speak a secret language directly to our hearts that defies explanation. They give us wings and help us grow up, no matter when they enter our lives.

Lauren Baggett, owner of LMBEquestrian, told me that horses were her single marketable skill. But she also said that she's tried living without them and life wasn't as fun.

One of Lauren's 9 year old students wrote, "...some people say it's a hobby, but some people call it a lifestyle. Horses are the most calming thing on the planet." Out of the mouths of babes as they say.

Now we find ourselves in the 21st century and our relationship with horses has evolved along with our abilities. Technology like we are creating at Horsewise (gethorsewise.com) offers



us new ways to simplify horse care, allowing more people to include them in their lives.

More importantly, our culture is beginning to embrace doing work we love vs doing work (blah). Science has discovered how much connecting with them benefits both children and adults. And the horse industry appears poised to grow, as more people discover the many gifts horses offer humans.

When it comes down to it, choosing to do something you love, makes it all worthwhile. And that's why we chose horses in the first place, isn't it? We chose love.



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Conditioning the Horse & Rider

How many times have we heard that "riding isn't a sport, all you do is sit in the saddle and the horse does the work." Although we may have the urge to strangle this idiot, we should think seriously if we truly perceive ourselves and our horses as athletes. Like pair skaters, the horse and rider must work in coordination with each other and both, not just one, must be fit.

I noticed in most shows that many riders and horses didn't do well in the classes on the second day and often lost classes because they had rails down, had refusals, and/or the riders couldn't think quick enough. Many horses and riders start out with a lot of energy, but by the time they've had two or three classes their energy level is depleted and by the last class in the division, many horses drop a foot or hit the rail with their leg or even stop. The riders lose energy as seen when they get "jumped out of their tack" or even fall off their horse.

The rider should remember that the energy used at a show is not just the number of jumps in the ring, but also the number they have jumped in preparation for going into the ring. Some horses require more time to warm-up than others; therefore, conditioning is of great importance so that by the last class the horse still has enough energy to go clean and the rider can help the horse by riding him in an attentive and thoughtful manner. In a good, well-rounded conditioning

program, the horse and rider can get in condition together. Suppling exercises are part of the program.

The following are my suggestions for a conditioning program along with some suppling exercises:

- First, have a watch so that you can time yourself. A minute or five minutes is longer than you think.
- Start with a good walk in both directions making sure the horse fully stretches his neck and legs to get out any stiffness and soreness. Start with a slow walk and then increase the rate of the walk as you and your horse get warmed up. Riding without stirrups can also help with suppleness and balance. During your walk make circles, loops, figure 8's, spirals, or any other movements you would use on course. This should be done for approximately 5 minutes.
- After you finish walking, start into a slow, even trot in both directions and then go to a more extended trot. Vary the rate of the trot, going slower and more collected for part of the time and then go



into a faster, more extended trot. You can make this more interesting and beneficial by doing an extended trot down the long sides of the arena and then a more collected trot on the ends of the arena. You can also make circles, figure 8's, spirals, and other movements you would use on course. This trotting phase should last about 5 minutes.

- After trotting, you can then begin cantering, both collected and extended. You can also, like walking and trotting, practice those movements you would use when jumping a course. You should do this for about 5 minutes.
- After you are finished with your conditioning work, which should last about 15 to 20 minutes, you should both go for a long walk in order to cool off.
- These exercises should be done about every other day at home or even at the shows. They can be done in an arena or in a field.

You will find that after a while these exercises get easier and at the shows you won't feel as tired and your horse will also have better, more focused energy.

new THJA HIGH POINT AWARD

- \$14,000 in total prize money!
- \$7,000 high point hunter horse/rider combination to any non-professional THJA member.
- \$7,000 high point jumper horse/rider combination to any non-professional THJA member.

Details: Year end award at Banquet — six places will be awarded in both the hunter and jumper section. Open to all children, juniors, adults and amateurs in either the Hunter or Jumper divisions that are currently recognized for points under THJA. Horse and rider must be current THJA members. Points will be counted for the entire year.







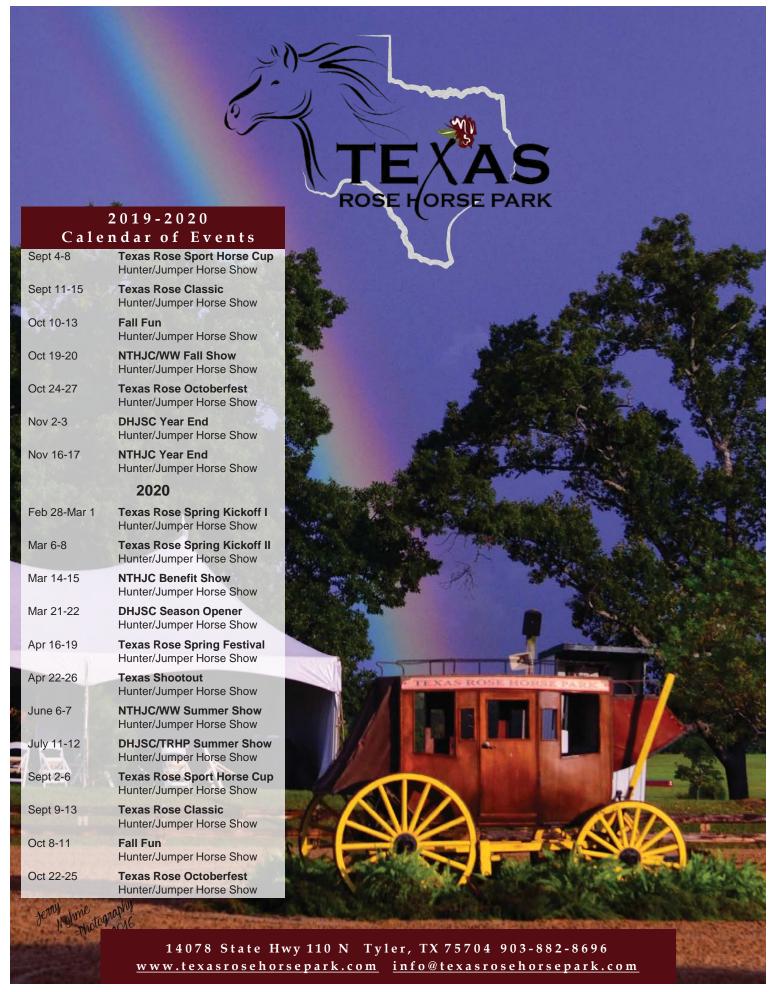




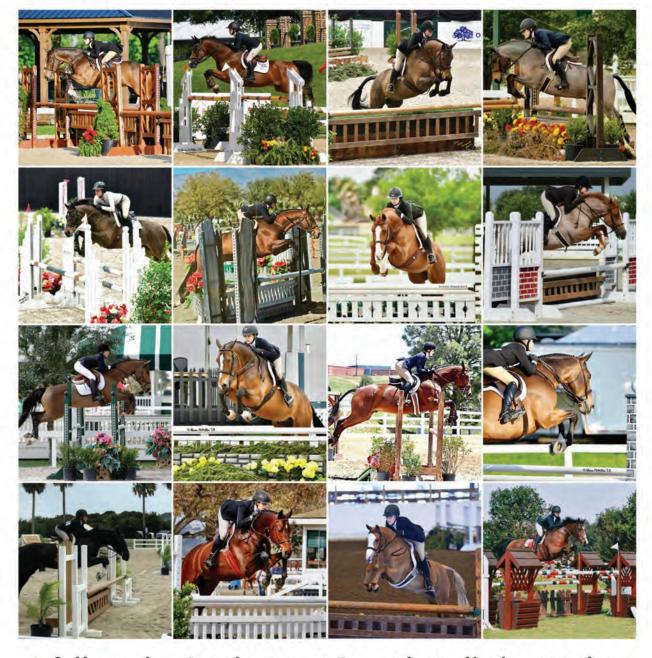
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