



You are invited to our Confidence and Trust Obstacles and Group Practice

with Ginger Long at Susan Chappell-Witt's farm
See us on [Facebook](#) or <http://www.equetec.com>

We are organizing a Confidence and Trust Clinic **November 12** and you are invited. This clinic is limited to our group by invitation, so we can keep it small, controlled and have fun eating lunch together as a social event too. Susan Chappell Witt has agreed to host this clinic at her place and setup our obstacles. She has arranged parking in her neighbor's field next door. If you choose to participate, please reply with an email so you can get further emails regarding details. Please let me know if you'd like to invite someone. We like to prescreen folks participating and get a background on each horse/rider team to know how to group folks and to keep everyone safe.

The goal of the clinic is to build confidence and trust with your horse using obstacles and the group of horses for practice in crowds. Work will be performed from the ground and mounted once appropriate. Have your horse tacked up ready to ride and have your halter and lead attached to your horse for your sessions to begin unmounted.



This will be a great day to work on your horse's waiting and listening to you among environmental variables; as well as, an opportunity to practice riding in a group with a lot going on; horses coming and going. This clinic is designed for those riders working on their relationship and relaxation with their horse at home, at clinics, on trail or shows AND is a great day for those preparing for upcoming events, clinics and competitions.

The format will be:

1- Each person will receive a 30 minute private session with me at your chosen obstacle or two that you think will be a problem spot. See the list of obstacles and you can choose which one you think will be the most helpful to practice in your private session.

2-We will also work with the obstacles as a group to practice horses moving around and working obstacles. Groups will be small and scheduled together with their half hour privates. This will eliminate "waiting" time.

3-In between your private time with me and your group ride, you will have the opportunity to work the obstacles and your homework practice with your horse until we work together as a group. Please be aware of others as you practice safely and do not begin working obstacles before your private session without permission from me. We want this to be a fun day of being together, having fun, learning, trust, confidence and relaxation.



The cost of the clinic will be **\$85 payable to Ginger Long and bring a dish** for our lunch together. We will organize food and more details the week before the clinic. A special Thank YOU to Susan and Phil for hosting our clinic since they aren't charging us a facility fee. Helmets, coggins and signed release will be required. Your horse will need to hang out on or at the trailer during our lunch together. If your horse has special needs; please discuss this with me ahead of time.

"My belief in life is that we can all get along together if we try to understand one another... You'll meet a lot of people and have a lot of acquaintances, but as far as having friends they are very rare and very precious. But every horse you ride can be your friend because you ask this of them. This is real important to me. You can ask the horse to do your thing, but you ask him; you offer it to him in a good way. You fix it up and let him find it. You do not make anything happen, no more than you can make a friendship begin."

Ray Hunt



Email ginger@equetec.com or text 919-619-8223 for information and to put your name on the list for scheduling.

Obstacles:

1. Drag—five options to practice so horse feels comfortable with a) the rope occasionally touching rear end and b) noise coming from behind. Four options in arena go from easy to more difficult: 1) small pvc pipe; 2) log; 3) plastic jug with rocks; 4) tree limb; fifth option outside arena near woods—tree limb.
2. Gate—learn to open metal gate without leaning on gate and horse not pushing gate. Encourages lateral, forward/backward moves; bravery for horse re noise of gate; increases communication with seat and legs.
3. Recycle—practice walking through empty plastic drink containers scattered between two ground poles; can increase number of containers to increase difficulty of obstacle. Encourages bravery for horse re noise of plastic when stepped on, decreases fear of random trash seen on a trail.
4. Pool Noodles Multiple—practice walking through a row of pool noodles to gain experience with your horse going through an unusual situation where the horse is being touched on shoulder and flank on both sides of body. Encourages trust and bravery.
5. Mailbox—a saddle bag will be placed on side of fence; move to saddle bag—remove letter, open and read, then place back in ‘mailbox’. Encourages lateral, forward/backward moves; bravery for horse re bag being opened, noise of paper being moved around; increases communication with seat and legs.
6. Tarp—practice walking over a tarp calmly with various distractions around the edges of the tarp; encourages concentration and bravery.
7. Dismount—practice getting off horse in the middle of a clinic with lots of other activity going on; encourages horse to listen to rider and stand completely still for safety. Practice how far you can move from horse with horse standing in same place and not following you or running away (think ‘stay’ command for dogs); completed first in round pen for safety; completed second in arena to increase challenge.
8. Barrel Board Pin Wheel—practice making an arc around a barrel while holding a wooden board in your hand; increases bend and encourages proper seat and leg placement.
9. Don't feed the bears—simulates how hikers hang packs on tree limb to prevent bears from getting food; using a rope attached to high pole, raise and lower a backpack on other end of rope as your horse moves forward/backward with object raised over head; encourages bravery.
10. Creek crossing—weather dependent on amount of water in creek; ~6-8 foot wide shallow creek; small slope down/uphill; safe place to learn to cross as there is room for rider to be on ground with horse prior to attempting to cross mounted. Demonstrates willingness to go into water.
11. Bank (up/down)—in woods; practice horse listening to rider and not running up/down bank, but instead walking calmly and safely. Helps strengthen appropriate hind end muscles.
12. Step up—in woods; first option is using small tire with clay/screenings in middle, practice getting horse to put both front feet on tire by ‘stepping up’; second option is using large tire (think elephant in circus) and horse puts all four feet on tire; to increase communication, train horse to pause while on top of large tire before stepping down.
13. Cowboy Curtain—in woods; practice walking through a ‘curtain’ with limited visibility on the other side of the curtain. Encourages trust between horse and rider.
14. Pool Noodles Single File—in woods; practice for the horse to see something ‘different’ in the woods and walk through it bravely.

Obstacles in arena: #1, 2, 3, 4, 5, 6

Obstacles in field/round pen: #7 (first option), 8, 9

Obstacles near or in woods: #1 (last option), 10, 11, 12, 13, 14