



Lagniappe

EQUESTRIAN CENTER

985 -796 - 9134

January 2017 Newsletter



Upcoming Events at LEC

January 21, 2017

LEC Series Combine Test Schooling Show

February 4 & 5, 2017

Will Faudree Clinic

More Info contact www.SEDARiders.org

February 18, 2017

LEC Series Just Jumpers Schooling Show

Closing Date February 13th.

Congratulations LEC Riders and Horses on your SEDA (southern Eventing and Dressage Association) 2016 Year End Awards!

Schooling Horse Trials Yr. End

Beginner Novice Jr. Champion

Sydney Brownlie/Take the Win (Winner)

Beginner Novice Adult Amateur 3rd Place

Ruth Roca/Bella the Great

Starter Jr. 5th Place

Nicholas Duplessis/Luna Tunes

Eventing Derby Yr. End

Novice Jr. Champion

Michaela Lavigne/User Friendly (Rusty)

Beginner Novice Jr. Champion

Michaela Lavigne/Take the Win (Winner)

Beginner Novice Adult Amateur Champion

Ruth Roca/Bella the Great

Pollywog Jr. Champion

Seamus McMillin/Major Red

Pollywog Adult Amateur Champions

Meredith Hunter/General Beauregard

Lauren Gambina/Merchants Mistress

Tadpole Jr. Champion

Nicholas Duplessis/Luna Tunes

Tadpole Adult Amateur Champion

Meredith Hunter/General Beauregard

Below Michaela Lavigne/Rusty



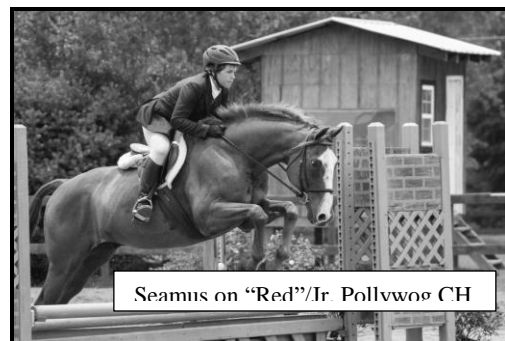
Pictures of some the LEC SEDA 2016 Year End Winners!



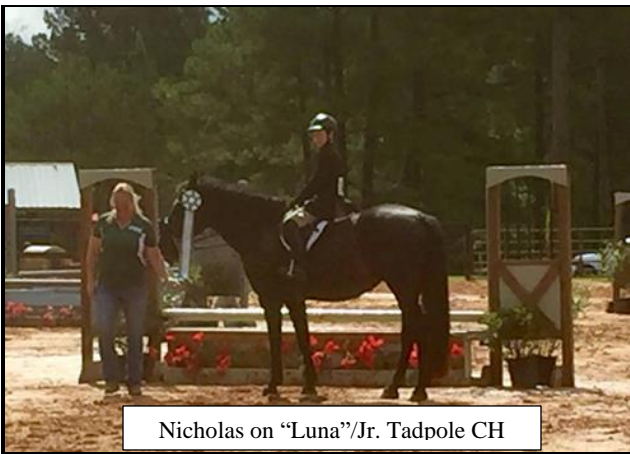
Sydney with Take the Win
Beginner Novice Jr. CH



Meredith on "Beau"/AA Pollywog CH



Seamus on "Red"/Ir Pollywog CH



Nicholas on "Luna"/Jr. Tadpole CH



Ruth on "Bella"/AA B.N. CH

Check out the new and improved
LEC website!
www.lec.farm
Thank you Allison Matherne!



Michaela "Winner"/B.N. CH



LEC's New Horse Owners! Congrats!

**SLHJA 2016 Year End Award Winners
from LEC**



Ella Lewis and her "girls". Jordan Young, Ella Lewis, Maggie Moraeu, and Emily Gallagher.



"Champions do not become champions when they win the event, but in the hours, weeks, months, and years they spend preparing for it. The victorious performance itself is merely the demonstration of their Champion Character."

T.A. Armstrong



Jordan/"Fitz"



Sydney/"Rudy" Michaela/"Sarge"



Meredith and "Parker"

Why Being a Horse Kid Makes You a Stronger Adult

By Carolyn Raymond

Were you head-over-heels obsessed with horses as a child? Did you spend entire weekends at the barn, and maybe even sleep there a time or two? Was your closet brimming with more breeches than blue jeans?

If you answered yes to any of these questions, you'll understand how much all that quality time at the stable shaped our character as adults.

You're not afraid to get dirty—really dirty

despite its reputation, riding is not a glamorous sport. We've shoveled more poop than snow, and we're no stranger to sweat—especially sweat laced with loose dust. Horses have taught us that life isn't going to be squeaky clean and comfortable all the time. Sometimes you need to embrace the grime and just enjoy the moment.

You can handle constructive criticism

while riding is a physical sport, there's no denying that mental resilience is just as important. On a good day, lessons were a trial of our not-quite-fully-developed processing and motor skills. On a bad day, a lesson could border on emotional abuse. Sure, we cried sometimes, but mostly we mustered the grit and determination of a tireless warrior.

Perfectionism. Period.



It was ground into our minds that we must take meticulous care of our horses and tack, or else...? We never really understood why trainers required things to be done just so, and we never questioned it. Now, that same obsessive behavior is apparent in our adult lives—often to the frustration and bewilderment of our partners and roommates.

You know what it feels like to “let go”

Whether it's a beloved pony or the actual reins, horse kids know what it feels like to let go of something they thought they couldn't live without. As heartbreaking and terrifying as it may be, you learn that for the most part, what comes next is even better than what you had before—and you're tougher for it. Making this, perhaps, the most important lesson of all

Below are a few of the “horse kids” that some of you may know.

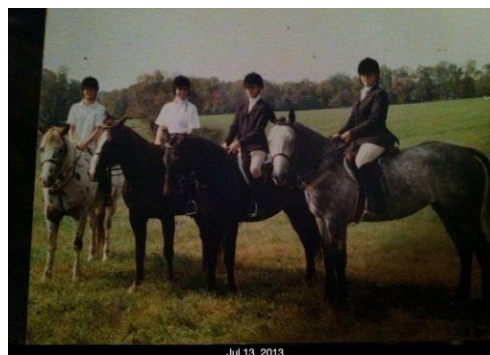
Left to right, Chelsea Johnson Troutt, Catherine Insley. Bottom row right end, Andrew Michael, after Fox Hunting at Elkridge Harford Hounds, Maryland



Jessie Putt below



Jesse Putt



R to L Chelsea Johnson Troutt, Jesse Putt