



LEC Newsletter

February 2015

LAGNIAPPE EQUESTRIAN CENTER 985- 796- 9134

WWW.LAGNIAPPEEQUESTRIANCENTER.COM

News

The LEC Eventing Derby No#1

Thank you to all that came out and participated in the first official Eventing Derby! It was a super venue for horses and riders of all levels. For those more experienced horses and riders, the course made them really pay attention to their riders. For the less experience, it gave them a chance to jump outside of the ring in a controlled atmosphere!

Please remember that in order for your SEDA year-end Eventing Derby points to count, you must attend 2 out of the 3 Eventing Derbies. Also if you participate in all 3 Eventing Derbies LEC will have a very special award for you.

Next Eventing Derby at LEC will be March 28, 2015. Entry forms will soon be available on the Lagniappe Equestrian Centers Website.

If you would like to see more of the Eventing Derby, go to www.TonyTribou.com , and www.SEDARiders.org many great pictures can be found at both of these sights!

LEC's looking good!

New fencing and paddocks have been going in at LEC!

New Grooming areas are being added!

New plans for the Cross Country Course!

New Website!

www.LagniappeEquestrianCenter.com



FYI LEC did some "tweaking" for the March Eventing Derby. Thanks to all for the great suggestions!

UPCOMING DATES

March 7-8, 2015

Fleur de Leap @ LEC
www.SEDARiders.org for more information

March 28, 2015

LEC Eventing Derby N0# 2

April Date TBA

LEC Egg Hunt Trail Ride

May 9, 2015

LEC Eventing Derby No#3

May 28-31, 2015

LEC Charity Show, Jump for a Wish
Benefits Make a Wish Foundation

November 21- 22, 2015

LEC Jim Wofford Clinic

Important Links:

www.USEventing.com

www.USDF.org

www.SEDARiders.org

www.ChulaHoumaHunt.org

Jump Judging

Jump Judges are always in great demand. From a volunteers stand point, most would agree it's the best job ever!

We are borrowing this from the SEDA website. LEC will also be asking for volunteers to jump judge at our 2nd Eventing Derby the end of March. Please lend a hand at **the Fleur de Leap** and hone your judging skills!



So8ths 3 Day Event Volunteer Training Film
youtube.com

Want to be a cross country jump judge for Fleur de Leap but unsure of what the job entails? Here is a video produced by Southern Eighths in North Carolina to show you what the job entails:
Ready to sign up? Contact

Morgan Vaughn at
mvranner79@gmail.com.



Some pics from the January 10, 2015
LEC Eventing Derby





Some Thoughts on Improving Your Riding

Horse riding is a 50-50 partnership. We invest time into our horses to improve our performance together. But equally we should not forget how much our minds & bodies influence our horses way of going.

Ray Hunt, an American horseman said, "You're not working on the horse, you're working on yourself."

Investing some time and energy into ourselves can lead to huge positive improvements in our riding. Our bad habits in our daily lives are amplified when we ride our horses, becoming issues we want to fix.

Here are 4 ways you can improve your riding by adapting your daily routine:

1. POSTURE:

Become more aware of your posture each day. Do you slouch at your computer? Do you hold tension in your arms and shoulders? Do you look down at your feet when you walk? It's been proven that 1 hour in the gym in the evening will not counterbalance the damage done by 8 hours of bad posture at a computer during the day.

"I became more aware of my own posture/self-carriage out of the saddle."

"Engaging my core, putting my shoulders back and correcting my posture whilst driving and working encouraged muscle memory for correct posture when I ride."

2. LIFESTYLE:

Experiment and see if you can change how you react to events. If we can change how we think, we can often change our world.

Evaluate your routine to see if you can swap times or batch events to allow you to spend more quality time with your horse.

"Having more patience and the ability to embrace change, and go with the flow to accept things rather than try to change something I can't ... and learning to breathe properly."

"Rearranging my schedule so that I can ride during the week and work when it is dark."

"I'd like to improve my decisiveness and boundaries."

3. FITNESS:

Create a plan to get fit, supple and healthy. Start walking in the evenings or join a local fitness class.

"I lost weight, and this helped my balance and confidence."

"Start walking long distances and think about your body while you walk, i.e. shoulders back, breathing in deep rhythm, etc... It really helps with posture when riding."

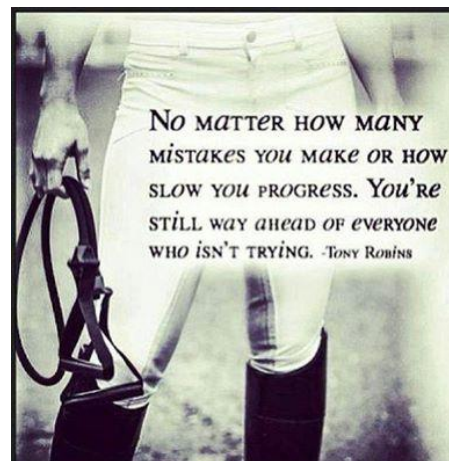
"Keep fit. You can't just train the horse athletically – you need to be strong and healthy too. Regular exercise, and build your core and overall strength."

4. STRESS & RELAXATION:

Slow down, realize that life is not an emergency and work on living more in the moment. Focus less on worries about the past and the future. Instead enjoy and put love & passion into what you are doing right now, whether it's enjoying time with friends or spending time with your horse.

"Learn to switch off and be in the moment – it sounds corny but it's too easy to focus on all of life's stresses at once and become tense and overwhelmed. If you can focus on one thing at a time and be in the moment you can learn to relax and deal with what's happening in the here and now. Therefore when you get on your horse you're not bringing your tension and baggage with you."

"Always working to reduce physical and mental tension and I'm not sure I'll ever be perfect but if I can't be soft and relaxed then I can't expect my horse to!"





Lagniappe Equestrian Center
Wishes Everyone a Safe and Happy Mardi Gras!
Laissez Les Bon Temps Rouler!



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