



# LEC Newsletter

## January 2015

LAGNIAPPE EQUESTRIAN CENTER 985- 796- 9134

WWW.LAGNIAPPEEQUESTRIANCENTER.COM

### **The LEC Eventing Derby**

January 10, 2015 Lagniappe Equestrian Center will hold the first in a series of three SEDA recognized Eventing Derbies. Those competitors that compete in all three of the Derbies, regardless of club affiliation, will receive a LEC participation award.

**The closing date for the Eventing Derby has been extended due to the holidays to January 6, 2015, no late penalties will apply. You may E mail your entry in! Contact [CatherineInsley@charter.net](mailto:CatherineInsley@charter.net)**

An Eventing Derby is a perfect format to introduce a horse or rider to the sport of Eventing. Competitors start with a Dressage Test. The horse and rider combo then move to the cross country course where they start with a show jumping course and continue straight to the cross country course. The course is shorten from the normal cross country phase. Horse and rider will jump between 12 and 22 fences.

The Knights of Columbus will be serving up Breakfast and Lunch at the on sight "Horseman's Café. "All proceeds go to the Knights of Columbus!

Please come out and support your favorite rider!

For more information you may contact Catherine Insley at 985-788-0188.

The featured newsletter picture is LEC's Heinrich Stotsel riding "Major Red" at the Intro Eventing Derby held in December 2014



The above picture shows the portable Show Jumping fences on the Cross Country Course.

### **UPCOMING DATES**

**January 1, 2015**

**HAPPY NEW YEAR!**

**January 10, 2015**  
**LEC Eventing Derby**

The Eventing Derby at LEC. Dressage starts at 9:00, Cross country starts at 10:30 Public invited, no charge.

**January Date TBA**

LEC field trip to the Fairgrounds Racetrack, New Orleans!

**March 28, 2015**

LEC Eventing Derby NO# 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*





**The LEC Introduction to the Eventing Derby.**

**December 10, 2014 Just a peek at all the fun!**

**A huge Thank you to the Competitors, the Trainers, the Volunteers and everyone else that came out and supported this Eventing Derby!**

**See you in January!!!**



**"IT ALWAYS SEEMS IMPOSSIBLE UNTIL IT'S DONE"**

-NELSON MANDELA



## Riding for a Life Time

Riding is different than most other sports because if a person is taught to ride correctly they can continue this sport for a lifetime. I've known many people who continue to ride in their 60s, 70s, and 80s and even a few who have continued to ride in the 90s. That's something that you're not apt to see happen with soccer or tennis or even golf. Riding is not limited to the young.

With the development of indoor riding arenas, all weather footing, water proof tack and insulated riding clothes, riding, unlike so many of its counterparts, is not a seasonal activity.

Contrary to the opinion of some instructors, riding is not only for the physically gifted, the thin, or the athletic person either. It is a sport that has the ability to add to the quality of life to every body type, lifestyle and age group. Our sport provides opportunity for exercise, fresh air, individual activity, team activity, companionship, competition, humility, grace and accomplishment to all who participate. Riding is a universal sport.

If more of our youth learned to care for a horse and to ride it correctly, we'd see fewer kids spending time hanging out at the malls. If more of our adults rode with the confidence that results from good basic instruction, stress levels would drop and health would improve. Winston Churchill wisely coined, "There is something about the outside of a

horse that is good for the inside of a man."

A good riding instructor has a thorough understanding of the basics of good horsemanship. The good instructor pays attention to detail and has a strong desire to see his or her student improve. The good instructor has the patience to explain the same principal over again, perhaps in a new way. She helps her student develop goals and runs the race of endurance to help attain them.

Our goals and purpose may change over time but the need for a good basic foundation never changes. Those honed in and owned skills of a secure seat, legs that automatically return to the best spot for maintaining good balance, and sympathetic hands never go out of style. The instinct that causes a rider to automatically use the correct leg in the correct spot at just the right moment isn't lost because a person switches from competition to riding for pure enjoyment. Basic skills, once they are imbedded in your body's memory bank remain, even if a rider takes a break of a few years.

Developing excellent basic skills does not require that a student compete, although many people like to try their hand at a horse trials or schooling show. But in a perfect world competition is a test of the rider's progress and not the end goal. If competition becomes our end goal and winning becomes our only desire, then we resort to short cuts, gimmicks, and tricks. In the end we are riding only for a prize and not the love of the sport. In the end we rob ourselves of the pleasure of riding

for riding's sake, and of enjoying riding for a lifetime.

May you enjoy every minute that you spend on the back of a horse.

**Barbara Fox**  
***The Riding Instructor***

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Above pictures are of riders from Lagniaappe Equestrian Center.

This month Maggie McMillin, who has been both a friend and employee at LEC, has gone north to an Internship at Wyn Oaks Farm, Delta, PA

<http://wynoaksfarm.com/index.html>

Maggie will be taking her horse "Calvin", with her on this adventure. She hopes to Fox Hunt and continue competing with "Calvin". Her sights are set on Fair Hill, MD and Planation Fields, PA as a start!

Everyone at LEC wishes you the best of luck!



**BEST OF LUCK MAGGIE AND "CALVIN"!**