



# Ontario Reining Horse Association

# SLIDER

## Winter 2010

## President's Message

My first year as your President is behind me, and it has been a busy but interesting year, and I have thoroughly enjoyed your comments, ideas and feedback. Please keep that input coming.

Change is always a challenge – embraced by some, resisted by others – but it can be healthy and can revitalise an organisation, when appropriately introduced and for the right motives.

Over the past year, I focused on two key areas: dissemination of information and member recognition.

For the former, I committed to resurrecting our Association newsletter, the Slider, and I know you have enjoyed the result, based on your comments. I have kept the website fresh and informative, giving the membership timely updates on what is going on with the O.R.H.A. and its members. And of course, our page in The Rider has been another forum for member information and updates, and also to generate interest in reining and the O.R.H.A.

Member recognition is key to keeping an Association's members engaged – everyone like to see their name in print, and to have their accomplishments and contributions recognised, and I have tried to do this wherever possible.

We have a terrific group of members and it is nice for us each to learn more about

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our co-competitors, so I hope you have enjoyed that information.

Keeping on top of all of this, gathering information, ideas for articles, and so on is a huge amount of work, and this is where I need your help. I am asking you to please send me material you think would be of interest to other members ([president@orha.on.ca](mailto:president@orha.on.ca)).

We also need more members to step up and volunteer at the shows – perhaps you (or your spouse, parent, significant other) could take an hour to man the gate, or scribe a particular class. Scribing is easy (we'll teach

you), and can be very educational, so I urge you to give it a try.

And finally, we are looking for a Youth Advisor to work with the Youth Committee – to support and guide them in their fundraising and other activities. If you would like to get involved in this regard, please email me, as above, or give me a call at (705) 686-3074.

As you will see from the Show Schedule, we have another full slate of shows lined up for this year, and I look forward to seeing you all out there in the warm-up pen.

*Carol Ivey*

## **Conditioning Your Horse**

The success of a conditioning program relies on the body's adaptive response to the stress of exercise. If the horse performs the same amount of exercise every day, a certain level of fitness is attained as the horse adapts to the workload. However, without a further increase in training load (duration, intensity, or both), there will be no increase in fitness. Each new level of training is maintained until the body has adapted to the added stress, and then a further increase in training load can be applied.

For any equine discipline, performance is most effectively improved by training the specific muscles and systems involved in that discipline. In other words, training exercise must be focused on the specific demands of the particular event for which the horse is training.

There are circumstances when alternative types of exercise may be appropriate for some horses. For example, working the horse over hilly terrain has the advantage of increasing heart rate (workload) without increasing speed, thereby sparing the bones, tendons and ligaments from excessive stress.

Horses vary in their individual response to conditioning. Some horses will respond quicker than others and will tolerate faster increases in training load. Genetic factors play a major role in this variation in training response, but another consideration is the state of fitness at the beginning of a training program. A horse that has been inactive for a long time (12 months or more) will require a longer period of

training to reach a certain level of fitness compared to a horse that has had a six or eight week layoff after a season of training and competition. Younger horses are understandably capable of greater adaptations to training than older ones.

The initial stage of conditioning is based on a period of low intensity exercise, which is often referred to as "legging a horse up." This phase involves walking, trotting and cantering, and it may incorporate both arena work and trail riding. This type of conditioning results in improved cardiovascular and muscular efficiency, enhances the horse's ability to regulate body temperature, and stimulates adaptive changes in the limbs. It builds aerobic endurance or stamina, allowing the horse to exercise for prolonged periods at a low to moderate intensity.

This phase is particularly important in young horses that are being conditioned for the first time, when the rule is to make progress very slowly, with plenty of intervening rest days. In general, horses that will be used for pleasure riding or for low intensity sports, such as lower level dressage or hunter competitions, need only to maintain their present level of fitness by doing workouts twice a week. For horses that will compete in endurance sports (endurance racing, competitive trail riding), the progression is to move to a more rigorous aerobic program, in which the prime consideration is to build the duration at moderate speed. On the other

hand, horses that will specialize in power and speed events train these attributes by reducing the distance and increasing the intensity of the workouts. For sports requiring an intermittent pattern of energy expenditure (such as reining), a combination of conditioning methods is used to maximize the aerobic base while maintaining sufficient anaerobic capacity for the bursts of high intensity exercise.

For maintenance of cardiovascular fitness, one or two workouts per week is sufficient. During a busy competition season, the actual competition may serve as the workout. Fitness is lost when the workouts are performed less frequently than once per week or when workload is reduced.

One of the difficulties in training horses is determining if, and when, the horse is fit. Heart rate is perhaps the best, and certainly the most practical, means for judging work effort during exercise. In addition, the heart rate during recovery from exercise can be a very useful guide to a horse's progress.

We know that heart rate decreases at a given intensity of exercise after the horse becomes more fit. In addition, as fitness improves, heart rate will decline more quickly following exercise. Therefore, at periods throughout the training program, heart rates can be compared during and after a bout of exercise. It is important that the exercise be standardized (same distance, terrain, footing, environmental conditions, etc.) to make heart rate comparisons more valid.

In well-conditioned horses, the heart rate will be around 60 beats per

minute after 10 minutes of recovery, even following reasonably strenuous workouts. However, a recovery heart rate of 72 to 80 beats per minute or more might indicate that the work effort was beyond the horse's current level of conditioning.

It is important to remember that the heart rate during exercise and recovery is sensitive to a variety of environmental factors, including weather, the work surface and excitement. Hotter weather or more yielding footing usually result in higher heart rates and slower heart rate recoveries.

In contrast to what is commonly believed, the respiratory rate is not a reliable indicator of fitness. The respiratory system plays an important role in thermoregulation, helping to remove the heat produced during exercise. Therefore, the respiratory rate following exercise may be more of a reflection of heat dissipation (especially in hot conditions) than adaptation to training.

No only is an adequate level of fitness necessary for horses to perform to their potential, but proper conditioning also helps prevent injuries that may arise when an unfit horse is pushed beyond its physical capacity.

**CONGRATULATIONS**

**Melia Blakely**

**on being the Youth**

**President for 2010**

## **YOUTH BIO** **TRISTAN STEVENS**

by Carol Ivey



We all know Tristan Stevens – he has become something of an O.R.H.A. mascot with his perennial smile, friendly manner, and amusing antics (who could forget his wig and outfit in the Ladies Show Me the Money class?). He is an obvious choice for this issue's Youth rider bio.

Tristan, who is 12 years old, hails from Indian River, Ontario, where he lives with his trainer parents, Harvey and Molly Stevens.

When asked, Tristan said he started riding in leadline classes as the age of 4, and was Pinto World Champion two years in a row, and then his parents got him into reining four years ago.

In addition to riding, Tristan is interested in archery, science, history and sports and at this point has no idea what he wants to do when he grows up.

Tristan was very active last year with the O.R.H.A. Youth, assisting with their fundraising in various capacities (we all

remember the shoe-shine box!), but he's also involved with the NRHyA and is a 2010 youth delegate.

Tristan's current horse is Checkers, a four year old Paint shown by Molly as a 3 year old, and Tristan says, "he's a good horse with a lot of personality" (sounds a lot like his owner). His hope is to compete in the Young Riders and to qualify for the World Cup.

In 2008, Tristan qualified for the Affiliate Finals on Clays Zappy Chic, and finished 2<sup>nd</sup> at the Finals. In addition, he earned 5<sup>th</sup> spot in the Reining Canada 13 and Under for the year. And to cap off the year, the O.R.H.A. presented Tristan with the Most Improved Youth award in 2008.

For 2009, Tristan again qualified for the Affiliate Finals and earned 4<sup>th</sup> spot at the Finals, which enabled him to go to Oklahoma for the North American Affiliate Finals. In 2009, Tristan also competed in Michigan, where he placed in the Top Five, and was RC Reserve Champion for 13 and Under.

When asked about his role models, Tristan answered, "My parents, because they help me to be successful, not only in showing horses, but in life. They have taught me about having good sportsmanship, and how important it is to support my fellow competitors. It's not about whether you win or lose, it's about improving yourself, and most important, having fun."

Well said Tristan.



## Ontario Bred, Born or Owned Reining Futurity

By Harvey Stevens

The Ontario Bred, Born or Owned Reining Futurity Committee (O.B.B.O) had a great year in fundraising and sponsorships for the 2009 show at the Western Fair Agriplex in London. We surpassed all of our expectations.

We collected \$9,200 in sponsorship monies, with another \$10,150 in donated awards and prizes, our stallion sponsors raised \$3,800, and our other fundraising functions brought in an additional \$2,668, making this a very successful show.

Just as we were wondering how we could top this, we had a record-breaking number of 2009 foal nominations – 41 weanlings paid by December 31<sup>st</sup>, along with 39 payments for 2008 yearlings.

We could have one of the largest 2 year old Reining Pleasure classes this year, and there are 33 horses eligible to show in our 3 year old Futurity classes. Thank you to everyone for your support and participation.

With the 2009 show now behind us, we are able to start focusing on 2010. Again this year, we will have for the Futurity classes' added monies of \$5,000 for the Open, \$1,000 for Limited Open, \$3,000 for Non-Pro, \$1,000 for Limited Open and \$1,000 for the 2 year old Reining Pleasure.

And check out this year's stallion list. We have 10 stallions enrolled now, with a few more to come yet. These stallion owners have generously donated their stallions to the O.B.B.O. for our half price breeding program. We already have four of the stallions sold.

The OBBO committee is growing, we are being joined by six new committee members this year, each bringing new and fresh ideas and enthusiasm, as well as more help to make everything go even smoother this year. As Committee Chairman, I am very proud of the 2009 committee and all they accomplished, and it was a pleasure to work with them. I am looking forward to working with the 2010 OBBO committee.

### Did you know?

- ❖ Horses do not have a gallbladder.
- ❖ In the wild, foals will suckle until they are a year old, and sometime longer.
- ❖ The horse has the largest eye of any land animal.
- ❖ A horse's teeth occupy more space in its head than its brain.
- ❖ Horses are not colour blind.
- ❖ Horses have memories that put elephants to shame.
- ❖ Adult male horses generally have 40 teeth, but females only 36.
- ❖ The oldest horse on record is Old Billy. Foaled in 1760, he died at age 62 in 1822. He was a draft cross bred in Woolston, Britain.
- ❖ Women rode astride until the 15<sup>th</sup> century, the followed the period of side saddle.

## 2010 ORHA (tentative) Show Schedule

- Feb 13**      **Show Management Seminar**, Holiday Inn, Guelph
- Mar 27**      **OBBO Trots & Slots Fundraiser**, Ticket Deadline Mar. 21. Contact Deb Bateman 519-841-8459 or 519-647-2160 [dbateaman@uoguelph.ca](mailto:dbateaman@uoguelph.ca), Leona McAtee 519-449-2799 [obbo\\_futurityreiners@yahoo.ca](mailto:obbo_futurityreiners@yahoo.ca)
- Apr 24**      **ORHA Sired Stakes Fundraising Clinic**. Fletcher's Horse World, Waterford. Contact John Fletcher 519-443-7333
- Apr 25**      **ORHA Sired Stakes Jackpot Show**. Fletcher's Horse World, Waterford. Contact John Fletcher 519-443-7333
- May 1/2**      **Prepare For The Reiny Season Clinic** with (Michelle Ottiger?), Hillsburgh. Contact Joanne Milton 519-855-6865 [info@rusticmeadows.com](mailto:info@rusticmeadows.com)
- May 8/9**      **Spring Thaw, Fletcher's Horse World**, Waterford. Contact John Fletcher 519-433-7333. Affiliate Qualifier Saturday
- June 4/5/6**      **Clinic at Kemptville College**, Contact Maureen Venables 1-800-585-1784 [mvenable@kemptvillec.uoguelph.ca](mailto:mvenable@kemptvillec.uoguelph.ca)
- June 19/20**      **Kemptville Slide Reining Show**, Kemptville, Contact Maureen Venables 1-800-585-1784 [mvenable@kemptvillec.uoguelph.ca](mailto:mvenable@kemptvillec.uoguelph.ca) Affiliate Qualifier Sunday
- July 3**      **CRI**, Y Not Farms, Meaford      Contact Ron Lubinski 519-538-0510
- July 17**      **Spirit of Excellence Reining Show**, Y Not Farms, Meaford. Contact Ron Lubinski 519-538-0510 Affiliate Qualifier Saturday
- Jul 30/31,Aug1**      **Canadian Reining Classic**, Fletcher's Horse World, Waterford. Contact John Fletcher 519-443-7333 Affiliate Qualifier Sunday
- Aug 14/15**      **Spooks Gotta Gun Futurity**, Location TBA. Contact Ken Van Alstine 905-384-2008 Affiliate Qualifier Saturday
- Sept 14/15/16?**      **OBBO Futurity Reining Show**, Western Fairgrounds, London, Contact Harvey Stevens 705-639-5767 [reinersrus@sympatico.ca](mailto:reinersrus@sympatico.ca) \*date not finalized...either 14/15 or 15/16
- Oct ??**      **ORHA Grand Finale**  
Reining Show, TBA
- Nov 6**      **ORHA Banquet**, Holiday Inn, Guelph



Cheque Presentation at OEF Conference

# *Sired Stakes Futurity*

**Jordan Larson Clinic  
Fundraiser Clinic & Jackpot show  
April 23rd, 24th, & 25th**

**Friday April 23rd** Complimentary VIP Meet and Greet Party with Jordan Larson for clinic participants and the 2010 Sired Stakes Stallion owners.

**Saturday April 24th** - Jordan Larson Clinic (Open to spectators)  
held at Fletcher's Horse World

**Sunday April 25th** – ORHA Sired Stakes Jackpot show

Clinic Participants - \$300.00 per horse and rider  
(includes Friday night dinner/M&G with Jordan, Stall for 3 day weekend,  
Continental breakfast Saturday morning and all day clinic)  
Clinic Spectators - \$25.00 per person includes coffee and donuts.

**All Proceeds from the clinic and show will go towards added money for the Sired Stakes 2010 Futurity & Derby Purses.**

Jordan Larson – NRHA’s Youngest Top 20 Rider As a trainer, Larson’s credentials speak for themselves. Just last year, he won the Individual Gold Medal at the FEI World Reining Championship in Italy on Lena Gallo. Larson has been the youngest rider on the NRHA’s Top 20 riders list for the past two years and has made the open finals at every major event. He has won more than \$415,000 to date and also holds an NRHA judges card.

**THANK YOU TO FLETCHERS HORSE WORLD FOR DONATING THEIR FACILITY FOR THIS EVENT.**



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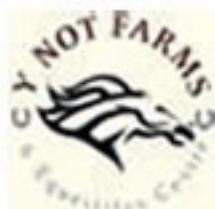
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