

MARCH 2018

FOLLOW YOUR DREAMS FARM NEWSLETTER

SPONSORS WANTED

SPREAD THE WORD!

Got your attention? Good! Come join us for our upcoming March 10th show and sponsorship meeting from 3-4:30pm! We will discuss our upcoming season, potential sponsors, sportsmanship, new folders, other show venues, *show* leasing and costs. If a parent or a few volunteers can

Sponsors create a vast social network, help offset costs, and develop a strong work ethic.

help with mailings, drop offs, and emails that would be amazing! I have a premade form already that can be modified. I would like to give back to the business that sponsors us in some way

marketing, advertising, volunteering, or help with an event. I feel strongly about it being **mutually** beneficial and not a handout. I'm open to suggestions!

SPORTSMANSHIP

Is defined as "ethical, appropriate, polite, and fair behavior while participating in a game or athletic event." At our upcoming meeting we will be going over this and what it means to everyone. We have set some NEW standards at FYDF that will be implemented this year after some feedback.

I completely understand competition is NOT for everyone and offer other alternatives. ZERO pressure. Shows are meant to be fun, engaging, build competitiveness, create

friendships, network, learn, and improve. Some of us do these better than others, I would like to go over a few things before our 2018 season.



FARM EVENTS COMING UP



March 10th Show meeting and scholarship opportunities

March 17th Farm Spring clean up and pizza 1pm-4pm

March 24th Conditioning camp for horse and rider 9am-11am & 1-3pm \$50 a rider snacks included

April 1st Show leases
April 7th Dream Catchers 4H meeting 5-6pm

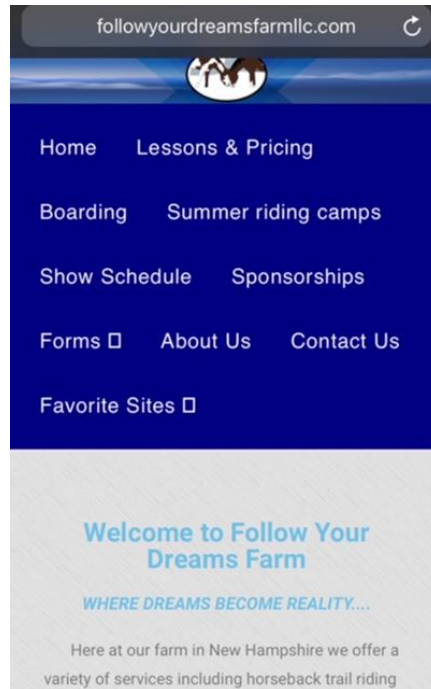
WEBSITE UPDATES

And more coming!

Make some time and check out our website at

www.FollowYourDreamsFarmLLC.com and let us know what you think?

Lots of nice new shiny updates! Now crammed with more photos, information, and multiple pages such as summer camps, sponsors, "notify the owner link", contact us, summer camp online registration, forms, and soon rider stats.



New videos will be uploaded shortly as well for tips and tricks of the trade, lessons, camps & new **dates**, challenges, and exercises for horse and rider. If we are missing something you would like to see let us know!

A few friendly reminders for lessons:

- Please be courteous and respectful of other rider's lesson, most do not appreciate being interrupted, watched, or distracted during their time.
- Kindly give 48 hour notice for any cancellations to avoid a lesson charge
- Arrivals can be 5-10 minutes prior to your lesson to get your pony and start grooming
- Anything 30 minutes over or under will result in a fee

Prices for lessons and packages 2018

- Package deal 6 - one hour private or group lessons for \$275
- 10 - one hour private or group lessons for \$425
- 1 hour private \$55 Group lessons \$40 and half hour lessons \$25

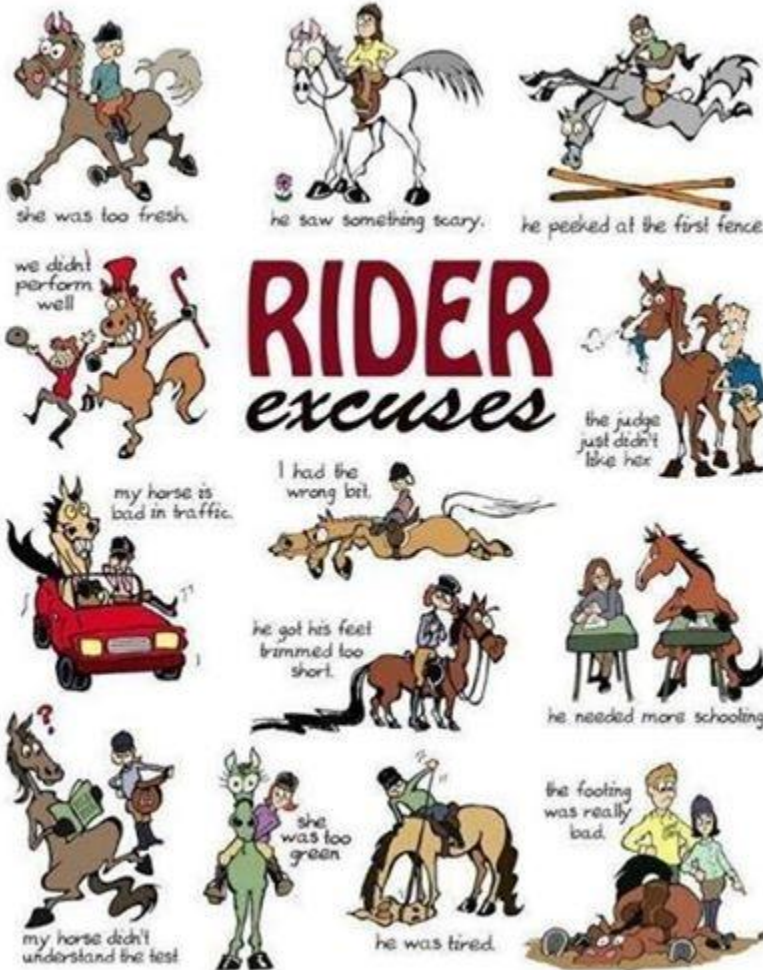
I hope this clears up any confusion also posted on Facebook, IG, barn, and website.

Monthly SHOW lease and lesson combo \$375/month due on the first; which includes a weekly lesson, your own private ride time each week, a monthly meeting, first choice, and a 25% discount on farm show fee. Available April-June and August-October *subject to lease contract and standard care agreement* If you are signed up under a package and would like to lease just let me know.

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COMICS BY UNKNOWN AUTHOR OFF OF FACEBOOK



Upcoming April News

Available SHOW leases Peaches, Orion, Moon, Dakota, & Cloud

Have you met our new boarder Elizabeth?

4H meetings to continue ****help needed**** April 7th

Sportsmanship and competition

Did you sign up for SUMMER CAMPS? Ponies are being reserved watch for updates

HORSE JOKES & QUOTES



Q. What sickness do horses hate most?

A. Hay Fever

Q. What type of horse can jump higher than a house?

A. All of them, houses can't jump!

Every horse, at least once in it's life, deserves to be loved by a little girl.

If your dreams don't scare you, they're not big enough!

EXERCISES TO TRY

“Engage the hinny”

Is your seat the gas pedal? It should be and it all starts at the walk.

At a halt push softly with your seat bones for a walk, did your horse respond within 1-2 seconds?

Next proceed with a quiet following seat which matches the motion of your horse at the walk. Practice slowing that down and see if your horse responds within 1-2 seconds, repeat this often until its muscle memory for you both.

Then practice speeding it up, will your horse match your seat and walk faster? Bump a bit more will they trot? Now you're getting somewhere! Give yourself a pat on the back and lots of good boy or girl to your horse. Don't forget to give breaks and come back to this or you and your horse may get bored.

For the rider

Time to get back in the saddle and in shape! Practice a nice hovering seat at the walk, trot and eventually canter. Can you stay up comfortably or are you flopping around like a fish? Your goal is to hover lightly no plopping back in the saddle or hanging onto the reins.

Ready for the next step?

Now you can hover with one hand behind your back, then switch to your other hand.

*Be sure to keep a close eye on reins and where your horse is going.

Check out our conditioning camp March 24th in two sessions 9am-11 and 1-3pm \$50 per rider or \$15/PP to audit

Heart rate monitoring

Starting up for competition season

Interval training

Warm up and cool downs

Give your horse a job

HIST worksheet

Common injuries and problems how to avoid and treat