



HOOFBEATS

Lake Erie College George M. Humphrey Equestrian Center
440.375.8000 www.lec.edu/equine

Newsletter Editor
Chelsey Wolterman

Staff
Brittany Ferguson
Meghan Marcinkewicz
Nicole DiCorti
Bethany Scott

State of the Equine Address

On Wednesday January 13th the Equestrian Program held their annual State of the Equine Address. This event took place out in the new Equine Learning Center and allowed students, faculty and staff to hear what was going on in the equine program along with what new changes are planned. Updates from each riding team and club were given and Cami Harkless brought everyone up to speed on the horses in the barn. Mary Pardee presented the results of the curriculum review and shared the new direction for riding classes.

January 2010

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Karen Davis introduced her workshop that will be going on this semester. "The Right Fit" workshop she is holding is aimed at helping prepare students launch their equine career after Lake Erie. In this workshop participants will spend time going over their career profile and learning how to build an effective resume. These workshops will be held on January 25th, February 9th, March 15th, and April 20th.

Another workshop that was announced to the table is about an internationally recognized organization, EAGALA (Equine Assisted Growth and learning Association). Rob Pliskin will be putting on a workshop to Lake Erie College students on Feb 2nd. This workshop will give those in attendance a chance to see horses used in a different type of therapy setting other than therapeutic riding. EAGALA focuses mainly on Equine Assisted Psychotherapy which is a new and increasingly popular field of treatment. A sign up sheet for both workshops are located in the Equine Office. (Scott)

Calendar of Events: 2010

- ◆ Feb 6-7, IHSA Home Show
- ◆ Feb 9, Right Fit Workshop
- ◆ Feb 13-14, Hunter/Jumper Schooling Show
- ◆ Feb 20-21, IDA Home Show
- ◆ Feb 27- March 7, Spring Break
- ◆ March 14, IHSA Regionals hosted at LEC
- ◆ March 19-21, Dressage Winter Series
- ◆ March 27-28, Hunter/Jumper Winter Series
- ◆ April 9-11, Dressage Prix de Villes
- ◆ April 16-18, Jumper Prix de Villes

Ride Right

Daniel Stewart, former United States Equestrian Team coach, developed Ride Right in order to improve the performance of USET members by using the principles of sports psychology. In 2008 Ride Right launched a certification program to train qualified equestrians to teach his seminars, workshops, and clinics.



Riders are athletes, and often encounter stressful, distracting, or pressure-filled situations. Ride right will teach riders to become more confident and focus while learning to control stress, distractions, and performance anxiety while showing or schooling.

The seminar is valuable, informative and humorous. It will teach stress management, goal setting, positive thinking and visualization techniques to help riders maximize success, focus, enjoyment and confidence while riding and showing. Continued on page 2.

Ride Right Continued...

Lake Erie College Junior, Chan Carman, attended a Ride Right Seminar and she shared her experiences with the college by conducting a seminar on January 28th open to all students. Carman tells of her first hand experiences of Ride Right Below:

I was invited by Daniel to do the first level of certification, 'Specialist', after attending several of his clinics and seminars. I really enjoyed Daniel's teaching as he has so much knowledge and a great sense of humor, plus since I am majoring in Psychology it was a great fit for me. This level of certification took place over 7 weeks via a web-chat with 5 other equestrians. This allowed us to break down and really understand the seminar as well as practice presenting it under Daniel's supervision. We also spent a lot of time talking about different scenarios and questions related to sports psychology that arise for riders and how to help them best use the principles we teach. There are currently 50 certified 'Specialists' across the country. Following the conclusion of this class, Daniel invited me and two other 'Specialists' to complete the next level of certification, to become 1 of 13 certified 'Instructors'. The two day workshop in Houston, Texas allowed the three of us to work one-on-one with Daniel to continue to understand and teach sports psychology. We also learned how to teach 'Psycho-Clinics' which are mounted clinics that help riders learn to control their emotions and stress while riding. These clinics are intended to help riders learn how they react to stress, pressure, and distraction at home, so that they can learn to control it and perform better at shows. (Carman)

Gretchen Singleton

Former Lake Erie College Instructor Gretchen Singleton passed away recently. Singleton spent a large portion of her career at Lake Erie College, she was hired by Laddie Andahazy in the 1970s and taught Equine Activities, Equitation, Hunters, Dressage and Methods and Materials of Teaching. She was a strong advocate for all students and was a wonderful teacher and a friend to all.



Singleton was also a certified therapeutic riding instructor and began the Pegasus Program at Lake Erie College. She was very supportive of and even competed in many dressage shows hosted by Lake Erie College which inspired such a passion for the school. Singleton decided to leave the college in 1987 to pursue another aspect of her career and students showed their appreciation by dedicating that yearbook to her.

This years Dressage Prix de Ville will be dedicated to her in honor of all the hard work that she had put into the program. Singleton will certainly be missed by all the people whose lives she touched here at Lake Erie College. (Wolterman)

"Gretchen touched many lives and inspired so many people during her years with the college and within the equestrian community. Her hearty booming voice and smile will truly be missed"- Eileen "Bud" Roberts



New Horse Spotlight

Sully is a 11 year old registered Dutch Warmblood with a big heart. He is both a lifetime USEF and USDF member with lots of talent that will surely be an asset to the program. Sully came to Lake Erie College with the registered name of Rhapsody. We recently retired another school horse by the same name so in order to avoid confusion he is dubbed "Sully". Sully will be a competition stadium horse this semester and will hopefully be competing in the Jumper Prix this year in April.

Tristan is a 15 year old Thoroughbred chestnut gelding. He was officially accepted into our program in early January of this year. He is still settling in here at Lake Erie, but it looks like he is going to be an excellent addition to the program! Students are already falling in love with this handsome fellow.

Flan is a 1990 TB chestnut gelding that has also recently joined the Lake Erie College herd. Flan is an excellent horse for the lower levels with his patient demeanor and has proved himself during IHSA shows as well. (Wolterman)



Tristan



Flan is pictured at Left and Sully is pictured above.
Photos by Meghan Marcinkewicz

Employment Opportunities

- ◆ The Center for Courageous Kids is looking for a high-energy individual to assist them in their medically based camping facility located in Scottsville, Kentucky. They are hiring around sixty summer staff positions including archery, horses, cooking, ect. If you are interested visit www.courageouskids.org or email Kim@courageouskids.org.