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WEXFORD
TRAINING



Wexford Training



Dear friends,

I hope this letter finds you and your horse happy and healthy through the summer season!

Finally I have a chance to sit and get this month's newsletter together! I was planning a very slow and relaxed summer here in South Florida, but business has dictated otherwise. I have been as busy as a bee trying to get horses ridden and lessons given around the heat and rain. I was supposed to be up in Maine this weekend for a clinic, but Hurricane Katrina has provided me with some unexpected time off. We are just getting the very outer edges, so I still have power and can actually get caught up in the office. The breeze and rain is a welcome relief from the hot weather too!

For all of you who have been waiting patiently for an email response - I should be with you over the next few days!

I was also supposed to be moving from Jupiter to Palm City this month, but it looks like the stalls will not

be put in the new facility until mid September so I am sitting tight until the new barn is ready. I should be moving by October from the looks of things. I am relieved to have a bit more time to get organized and prepared for the move. I also finally closed on my personal house and can't wait to move in. I am staying with the horses until we can all move to Palm City.

I have decided to hold off on releasing a clinic schedule at the new facility until I am actually moved in - with the summer weather we very well may run into more delays. So stand by on that one.

I have however gone ahead and outlined all the different clinics I do along with a description of each. It was much harder than I anticipated! These clinic and lecture formats are divided not only by what I teach, but group together like riders and horses. For clinics that I travel to and for new groups of students, I think these descriptions will help tremendously. This list of clinics and descriptions will also be posted on my web-

site www.wexfordfarm.com

Since it took a lot of room to post this on the newsletter - and since my next newsletter is due out again shortly, I decided to stick with just this information. Horse training tips will be back next month!

I have had quite a few inquiries about clinics lately, so for those of you that are interested in having me come to your area please just contact me for available dates and sorting out the details. Simple demonstrations can also be based around the various clinics that I do.

Anyone who is more than 2 hours away from me, I would prefer to book by the day. But I do have a few areas in Florida, outside of 2 hours, that I go to regularly. I can put together a traveling lesson loop within reason if I have enough people close together.

Currently, the areas I visit regularly are:
Davey and Parkland, FL

Continued ==>

Brooksville, FL
Myakka City and Tampa, FL
Naples, FL

If you would like to get on the list for when I am in one of those areas just let me know. I need a phone number and email so I can contact you when I plan a trip.

Without further ado's Here is the list of clinic formats for what I am teaching regularly. Please contact me if you have more questions.

Best regards,

Kirsten



Wexford Training Clinic Formats With Kirsten Nelsen

For those with safety issues

New Horse Owners

This seminar is for those students who have just purchased their first horse, are thinking about it or have been muddling through the plethora of local advice and don't know what to think! The day involves a limited amount of students with their horses, as each participant will receive individual attention for the group's benefit. Topics include daily handling skills, basic care and first aid, simple problem solving, elementary horse psychology, assessing a horse, real expenses and realistic time involved in horse ownership.

Requirements: Open to new horse owners as participants with horses of any age. Lack of manners in the horse are fine, no extremely dangerous problems please (see Problem Solving clinic if you have one of those!)

Green Riders

This clinic is for riders who lack confidence with riding or simply lack experience. A limited class size allows personalized attention while learning basic safety and balance skills. A variety of riding simulations and balancing exercises provides a plan, safe practice and experiences that are then transferred to handling and riding. Some ground skills will be covered in preparation for riding safely.

Requirements: Because the focus is on the rider and not the horse, it is required that the horse being ridden is considered safe and controllable at least at the walk and trot with a novice rider.

Green on Green

When the rider and horse both lack experience, the combination can be dangerous, but this combination is unbelievably common. So take heart, you are not alone and the journey is not impossible. But you will need a map and you will need patience! Knowing what preparations to do on the ground, knowing how to read your horse, how far to go in each session and understanding the basic building blocks of training can make the process much safer and more enjoyable. Horses are purchased with passion, not always logic and once you have that horse you love you just need to know what to do, what to look for and how fast to progress to make it through the "green" period safely.

Requirements: Horses of any age are fine, riders over 18 only. No stallions please in a group setting

Partnership for Life: Understanding the Whole Horse

By understanding a horse's emotions, psychology and basic physical needs, a rider becomes better able to diagnose various behavioral issues and sort out appropriate work from inappropriate work for their particular horse. Our horses should never purposely have to be our "sacrificial lambs". By taking the time to understand our equine partners and recognize when they are trying, what they are struggling with and knowing how to sleuth through problems, we can create a mutually beneficial friend-

ship with our horses for life instead of always searching for a "better" horse. Lecture time and case by case study makes the day more work for your brain than for your horse!

Requirements: Open to all horses and riders

Conditioning and Rehabilitation

If your horse is just coming back into work after time off, knowing what pace your horse can handle and how to rebuild the body while working on basic behavioral training allows you and your horse to continue progressing towards your goals. Whether your horse has had time off due to injury, illness, was a rescue situation or you simply lacked the time for him, knowing how to make small, simple steps keeps you and your horse on track with rewarding improvements regularly. If you only have 15 minutes a day, you can still make great strides with your horse's conditioning and development.

Requirements: Veterinarian or qualified professional must approve the horse for light work, any restrictions regarding type of work should be discussed ahead of time. Any horse or rider may participate unless horse is dangerous to rider or group - please see Problem Solving if that is the case.

Problem Solving

When dealing with horses, it is easy to feel in over your head sometimes. This clinic is limited due to the fact that each horse participating becomes a case study with individual attention and hands on help. Each horse provides a real life challenge for thinking through problems pragmatically and how to begin replacing negative behavior with new skills. How to assess a problem, where to start, how to know when something is not working and when to move on are all questions that will be addressed with each participating horse. By looking at several cases, you will begin to see some common factors and how horses communicate with us.

Requirements: Open to horses and riders of all skill levels, pre-approval for stallions please.

Developing a horse at Liberty

There is nothing like a horse with freedom to show you what is really going on in his mind. No matter what your level or experience with horses, learning to work with their minds will change your relationship forever. When you take everything off your horse and turn him loose, the truth is all that is left. The magic of horse whisperers and salty old trainers lies in learning this skill. And that is simply what it is, a set of skills and understanding that you can learn in order to be better with horses. Topics not only cover how to do it, but why and how it directly relates to riding skills.

Requirements: Open to all horses and riders

Training with Long Reins

This old fashioned technique is the closest to riding you can get without forking a leg over the horse's back. For horses that are worried, have confidence or balance issues under saddle or for riders that lack the confidence and skill to ride a horse well, this clinic will open a whole new world. Not only does your horse learn what he needs to know in order to be ridden, you will learn and feel what it takes to be a good leader from the saddle.

Requirements: Open to all horses and riders

Problem Solving for Level 1

As a former Parelli instructor I am still able and happy to help those that are stuck and having trouble getting help with the tasks of Level 1. Yes, I am able to share what I know of the skills of Level 1 for those that would like to learn them. Please be aware that I am no longer an endorsed instructor and may also share my personal experiences and opinions in the process of helping horses and riders through the tasks. This is a similar clinic to Green on Green, with technical Parelli terminology included.

Requirements: Open to horses already under saddle and all riders. No stallions please. Rider must have the official Parelli information regarding the Level they are currently working on.

*** Conquering your Fear of Riding (with Kirsten Nelsen and Laura Boynton King)**

For new riders or those that have sustained an injury and have some fear associated with riding this clinic can help. Basic safety skills for control along with a progressive program allow you to regain control over your horse experience. Using a variety of techniques, Laura has been extremely successful in helping riders change their emotions about riding and learn to relax. This allows the rider to make clearer decisions and have better reactions to a huge variety of situations. The combination of learning what to do with the ability to relax and do it will help even the most timid rider make great strides.

Requirements: Horses should be confident at the walk and trot with a novice rider. Open to all riders.

*Availability of this clinic is limited by both trainer's schedules, please book well in advance to secure a date.

Advancing clinics for confident riders

Green Horses

This clinic is for more experienced riders who are starting their own horse for the first time, have purchased a horse with very little training, or would like to re-start a horse that is proving unreliable. It covers ground work, saddling and basic riding skills in a logical order to develop a horse that lacks the basics into a horse that can be safely ridden.

Requirements: Riders must have experience and be confident at the walk, trot and canter on another horse. Physical fitness and athletic ability is a plus.

True Lightness: Improving the Horse's Balance, Movement and Gaits

By understanding the physical structure, functions of the structures and bio-mechanics of correct movement for a horse, you will see and feel how real "lightness" can be achieved. While the responsiveness of a horse is a critical ingredient, a horse can truly be light in a way that is healthy and sustainable only when the body functions in accordance with it's form. By helping your horse achieve correct movement, with and without a rider, you will find not only does your horse become a more willing partner but will blossom into his natural beauty and grace.

Requirements: Horses and riders that are confident at the walk, trot, and canter. No safety issues please.

Improving the Rider's Balance, Feel and Timing

A classical seat is a classical seat because it is how a human body best functions on the back of a horse according to the laws of science. Understanding human physiology and becoming more aware of how to use your body in accordance with the horse's body is how a rider not only becomes more effective but graceful as well. By correcting bad habits or developing more useful habits, you will feel how much a rider is able to influence a horse's movement both positively and negatively. With simulation exercises you will be able to feel what your horse feels, if you dare!

Requirements: Horses and riders that are confident at the walk, trot and canter. No safety issues please.

Problem Solving for Levels 2 and 3

As a former Parelli instructor I am still able and happy to help those that are stuck and having trouble getting help with the tasks of Level 2 and 3. Yes, I am able to share what I know of the skills of Levels 2 and 3 for those that would like to learn them. Please be aware that I am no longer an endorsed instructor and may also share my personal experiences and opinions in the process of helping horses and riders through the tasks.

Requirements: Rider and horse must have completed Level 1 and have the official Parelli information regarding the Level they are currently working on.

Riding with Rein Contact

This is for students and horses that have little experience with riding in a snaffle bit, have not ridden with a bit for years or are unhappy with their horse's response to rein contact. Horses that lean on the bit, get behind the bit or get emotional with rein contact are perfect candidates and ready for the rider to develop hands with more feel. Using simulations and a very soft approach, riders will learn how to present a rein contact that supports a horse's movement without restricting it. Loose rein contact may be better than a bad rein contact, but a good rein contact allows for intimate communication between horse and rider and is something that horse's actually enjoy when presented with tact.

Requirement: Horse and rider must be confident at the walk, trot and canter.

Trail Riding Basics for Safety and Fun

Most new riders or part time enthusiasts would love to just pop on their horses and go for a pleasant ride. Horses in training can benefit greatly from getting out of the work space and hacking around, but most are ill prepared for the variety of obstacles and issues a horse might face on the trail. This clinic covers all the information you need to know about how to prepare your horse and yourself for whatever the world might throw at you. Learning important concepts of training, how to read your horse's emotional state and what to do to head off a potential problem will be great assets to your safety on the trails. As you feel safer, you will be able to have more fun!

Requirements: Horse and rider should be confident at the walk, trot and canter in an arena or familiar environment.

Classical Dressage Fundamentals

This is not just for dressage riders but for anyone who would like their horse to move well in all gaits and in all directions. Topics covered are how to ride straight and evenly on straight lines, turns and circles. How to find an appropriate working speed for your horse at each gait and how to develop a rein contact that supports your horse working from the hind end with a lifted back - all of this while maintaining a relaxed and cooperative horse. It doesn't get more basic than that for a sport horse! Classical dressage principles are exceptionally useful for anyone who would like to improve the movement, posture and health of their horse. As the cornerstone of competitive sports, basic dressage is critical to the horse's success as a jumper, endurance or track horse or as a foundation to any sport, including the western disciplines.

Requirements: Horse and rider must be confident at the walk, trot and canter

Jumping Basics for Horse and Rider

This clinic expands on the basic dressage skills and includes work with ground poles, cavalettis and small jumps. The rider's jumping position and balance will be covered, but the main focus will be on how to prepare a jump horse and rider for the mental challenges of jumping while continuing the basic work of strengthening, balance and sound movement.

Requirements: Classical Dressage Fundamentals is a pre-requisite for this clinic

Jumping Gymnastics

This clinic carries forward the work done in Dressage Fundamentals and Jumping Basics. The focus shifts to more advanced jumping combinations with tighter turns, stride control and variation, gymnastic grids and complete patterns. The horse's basic working gaits should be well established and rider should be confident with jumps up to 2 feet.

Requirements: Classical Dressage Fundamentals and Jumping Basics are pre-requisites for this clinic.

*** Preparing for Performance (with Kirsten Nelsen and Laura Boynton King)**

If it has been a while since you last competed in your favorite sport or have never actually been out under the scrutiny of a judge, then you might find this clinic particularly helpful in your preparations for competitive sport. Horse handling topics covered will be everything from improving basic movement and avoiding injury to coping with your horse when he becomes a maniac at the show. Riders will have a chance to learn Neuro-Linguistic-Programming techniques that will not only quell the jitters but will also train your subconscious for success! This is cutting edge sports psychology that top competitors use regularly.

Requirements: Open to all competition minded riders and their horses. Horse and rider should be reasonably competent at entry level of their sport

*Availability of this clinic is limited by both trainer's schedules, please book well in advance to secure a date for this clinic.

***Balance Saddles - Balanced Riding (with Kirsten Nelsen and Carol Brett)**

Every time I have hosted Carol Brett from Balance Saddles there is a slew of riders wanting to know how to ride more effectively in their saddles, and Carol often passes them over to me! So this year we will be co-presenting a saddle lecture and a riding lesson demonstration. By learning to balance more independently as a rider, the width of the Balance Saddle, which is great for your horse, becomes much more manageable. Riding spots will be limited as each horse and rider combination will require some personalized time.

Requirements: Horse and rider should be confident at the walk, trot and canter. Rider must have use of a properly fitted Balance Saddle.

*Availability of this clinic is limited by both trainer's schedules, please book well in advance to secure a date for this clinic.