



BOARDING, LESSONS AND SO MUCH MORE...

SAGEHILL STABLES Canter-lope

January 2016

IN THIS ISSUE

Just Stretch January

We are starting a new trend! Every month this year at Sagehill we are going to try to focus on highlighting an area of riding to help improve the health and wellbeing of both our school horses and students!

Healthy, happy horses and fit, knowledgeable riders will equal success, both in life and in the show ring.

We are kicking things off with Just Stretch January!

What do you mean by stretch?

January is the month we'd like to dedicate to our Sagehill horses to demonstrate to students and clients the importance of stretching, bending and flexing in riding routines!

A horse that is supple and responsive to your aids is fun to ride. A horse needs to be able to bend properly through turns and around corners, circles and loops if you're going to do activities such as dressage or jumping.

How well your horse bends is up to you. The more you work on it, the better he will get.

Horseback riding is a sport!

Flexibility is the key to a well-balanced horse. Any Athlete knows the benefit of stretching, bending and flexing to improve their performance in their specific sport. Your horse is an athlete! Giving him the benefit of incorporating flexing and bending exercises into his routine! He will increase his level of performance, and improve his strength.

Exercises

We have posted some ideas for exercises on our website at:
www.sagehillstables.com/exercises-for-horse-rider

These include stretches you can do on the ground and then some you can do in your practice rides! Did you know pole work and cavaletti are great for getting your horse to stretch and extend?

Please note the info posted on the website is for riders to get ideas from only! Please ask your coach for their comments regarding any of the material on the website or stuff you find on the internet before you try it out on your own horse or in your practice rides!



The Story of a Horse...

In each Canter-lope newsletter we will have a feature story for you straight from the horse's mouth! Who will be telling the story in January's issue?...

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Equestrian of the Month

Each month at Sagehill we highlight one of our students and their accomplishments at Sagehill. These are the people that make Sagehill such a great place to be! January's Equestrian of the month goes to...

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Upcoming Events

Jump Night: Jan 9th (Saturday), sessions at 6:30 and 7:30, \$20

A fun night to jump around! Includes 1 hour of instruction over jumps and great snacks ☺

Obstacle Course Fun: Jan 16th (Saturday) FREE noon to 9pm

Obstacles will be set up in the rubber arena for the day (and you don't have to put them away!). Try out the boxes, bridge, weave through the poles, move items from one barerell to another, try the tarp...

Game Day: Jan 23rd FREE 2 to 4pm

Come for some fun games in the sand arena to keep you warm and moving this winter. Ribbon race, pole bending, egg and spoon and more...

Cavaletti Challenge: Jan 26th (Tuesday) 6pm, \$20

Get your horse extending their stride and picking up their feet (and have someone

move the poles for you!)

True Connected Lunging Workshop: Jan 29 (Friday), 6 to 9pm, \$20 to audit (only 20 spots available), \$40 participation (only 3 spots available)

Learn how to safely and effectively lunge your horse with Silver Certified Chris Irwin Trainer Linda Ridley.

Equine First Aid Course: Jan. 30th (Saturday) 9am to 5pm

Please contact Kari at kari@rideallstrides.ca to register and for more info

Adults Only Club! Saturday Jan 30th Price and Time TBA

Come for a ride in the arena, listen to our guest speaker or demonstration and then warm up with some hot drinks and snacks. A great place to discuss our horse trials and tribulations! More info will be posted on social media, website and in the barn – stay tuned.

Winter Festival: Feb 7 11am to 5pm

Sagehill will be home to a winter festival on Sunday Feb 7, including sleigh rides, pony rides, smores in the fire shack, workshops & demo's by the Artisan Inspired Co-op, GrassRoots Canine and Agility Dawg, and much more! Contact Sagehill or watch our



website and social media for more info!

Please note changes and additions to events will be posted on the website, Facebook and Instagram! Stay in touch!

EVENT INFO

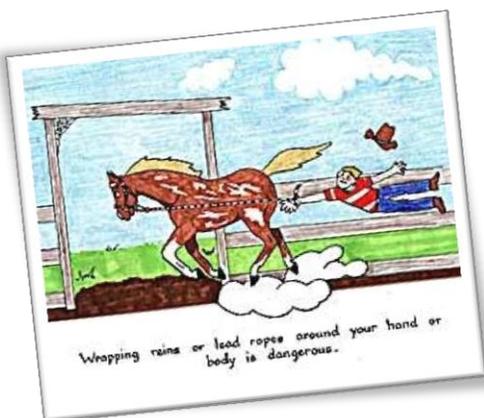
For more info on any of our events contact Gwen at Sagehill

School horses available to rent for any event

PHONE (CELL)
204-803-5940

sagehillstables@live.com

www.sagehillstables.com/fun-events-shows--clinics.html



Safety Reminder: Never wrap a lead rope or reins around your hands, arms or any other body parts. Always fold in a neat figure-eight pattern instead, or risk this happening...

Safety & Rules Updates

Safety is one of our biggest priorities at Sagehill (as if you haven't already noticed!) Our goal is to provide a professional, friendly and safe atmosphere for all clients.

Thank-you!

Thanks to everyone who has been following the rules since our last reminder, particularly those who have been cleaning the sand out of their feet! We have seen tons of awesome feet cleaning and great help from parents and coaches.

There is still some sand getting into the barn however, so feel free to remind your fellow barn-mates if they forget. Together we can make the barn a great place for our equine friends ☺

Safety Reminders Online

We will be posting reminders about safety and rules on our website and social media each month (along with upcoming events, pictures from around the barn and much more). Be sure that you are checking them out!

<http://www.sagehillstables.com/safety.html>

www.facebook.com/sagehillstables

www.twitter.com/sagehillstables

www.instagram.com/sagehillstables

If you see any safety concerns around the barn please don't hesitate to bring them up with Gwen or Casey.

CONGRATS BENNETT!



World Champion!

A huge congrats goes out to Coach Bennett Murphy on her success at the World Latin Dance Cup in Miami USA in December. Bennett and her partner Jose were crowned World Champions in the Ametuer Bachata Duo division! All her hard work and dedication has paid off and we are very proud of her!

Thanks to all who came out to support Bennett before she left on her trip, especially those who got up to dance! Maybe the Salsa Dance lesson should become a regular thing at the stable! ☺



REMINDERS FOR BOARDERS

15%

Discount for boarders on lessons through the Sagehill Lesson program with EC certified coaches Bennett Murphy and Kari Hasselriis! Book your monthly lessons with Gwen at the Sagehill office!

\$15

Boarders are welcome to book lessons with outside coaches (including Kari & Bennett) and pay a \$15/hr arena fee. However, all coaches at Sagehill must have coaching insurance with a minimum 2-million liability policy and uphold our stable rules. A copy of this insurance policy must be provided to the stable. MHC insurance does not cover instruction, even to coach someone on your own horse. If you don't have coaching insurance, please refrain from giving instruction to any client, as we will end up in a liability mess ☺ Thanks!



I'm a sweet, big boned girl with lots of goals to achieve in 2016! Can you help me reach them?

About a Horse...

by Sugar

They call me sugar... I'm a paint-draft cross and I'm 11 years old!

I don't remember where I was born, but I remember getting my first saddle at Miracle Ranch. We did a lot of trail riding there. It was so much fun. Sometimes we would run through the trees!

I had a really good friend at Miracle ranch. He looked a lot like me too. We were sold together and ended up at a few different barns after that. I learned about dressage and jumping. Now, that's a lot of hard work! They wanted to me to bend and jump and bend... I'm a big boned girl but I can jump when necessary!

I also tried out this thing called vaulting! Kids would stand on me and twist and jump. It



wasn't as hard as dressage at least...

Then I was sold and came to Sagehill... I was really sad at first because I missed my friend. And they

made me live outside, all the time! I thought they were crazy!

But now I LOVE Sagehill and living outside is great! I've made some pretty good friends too! There is even a little miniature horse here that I don't mind hanging out with. We

go on trail rides again! And I have lots of kids that come pet me and groom me. My tail is really thick and curly and needs a lot of attention so I really like this.

I really like the food here too! We get to graze all summer and I find it so much easier to breathe...



My goal at Sagehill for

2016 is to get back into shape! I am looking for someone to get me back on the trails and into the next schooling show. I know I can do it, I just need a little encouragment...

If you are ever around feel free to give my tail a brush! You can usually find me out by the bales in the mare pen...

Love,
Sugar

FOR MORE INFO ON OUR HORSES:

Please check out our foundation horse and leasing pages on our website ☺

www.sagehillstables.com/sagehill-stables.html

EQUESTRIAN OF THE MONTH!

January's Equestrian of the Month goes out to Amanda!

Amanda has been riding at Sagehill since the summer of 2015. Since her arrival at Sagehill, her skills and confidence have improved tremendously!

This fall she successfully completed her Equine Canada Level 1 & 2 Testing with Sagehill's Sophie!

She has also been very active in the coach mentorship program, learning to help students in the barn and in birthday parties and practicing hands-on stable management in the barn.

Amanda has been a great student to have around, and we are very proud to honour her with the first Equestrian of the Month of 2016!

Congrats!

Check out our Equestrian of the Month page at:

<http://www.sagehillstables.com/equestrian-of-the-month>

Register on our website to view the lesson schedule and updates for clients in "The Tack Room"
Send Gwen an email to register!
sagehillstables@live.com



The Level Headed Horse Saddle Fit & Evaluation



Having a properly fitted saddle is an important point to consider in your horses range of movement and flexibility for Just Stretch January. Linda can help you decide if a saddle is the right match for you and your horse!
thelevelheadedhorse@yahoo.ca

Katmah Training



Check out what Katmah training can do for your ride! Train like an athlete!

<https://www.facebook.com/Katmah-Training>

Artisan Inspired Co-op



Check out the new Facebook page!
www.facebook.com/ArtisanInspired

GrassRoots Canine



There are a few spots open in January's upcoming obedience classes! Check them out!

<http://grassrootscanine.com/dog-training/basic-canine-training-group-classes/part-3-canine-training-group-class/>

<http://grassrootscanine.com/dog-training/basic-canine-training-group-classes/part-2-canine-training-group-class/>

Agility Dawg!



New winter sessions starting! Book your spot with Lois and Marlie today!

rsvpcedar@mymts.net

Thanks for reading this addition of the Canter-lope!

SAGEHILL STABLES

Boarding, Lessons and So Much More...

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