

# Grayt Times

*A Show Jumping Collective*



**The Irreplaceable  
Tiffany Foster**  
Fostering Mindful Growth

**Leasing &  
Co-Ownership**

**Stride Adjustment  
Exercise**



*On the Cover: Tiffany Foster & Galino  
PC: Grayt Designs*

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• Competed 1.60m  
• Offspring competing 1.30m  
• Frozen semen - \$500 per dose

Concorde x Goodtimes  
x Damiro



**Don Quixote**  
2008 Bay 16.2hh  
(Gervantus x Burggraaf x  
Voltaire)  
• 2020 Stud fee \$850  
• Licensed CWB & CSH  
• Offspring successful in both  
young horse jumpers and  
hunters with amateur riders

Gervantus x Burggraaf x  
Voltaire



**My Pleasure Z**  
2017 Zangersheide Black 16.3hh  
(For Pleasure x Cumano x  
Cor de la Bryere)  
• Licenced CSH  
• 2020 Stud fee \$1,050

I'm Special De Muze x  
Voltaire x Heartbreaker



Eldorado van de Zeshoek  
TN x Quantum x  
Papillion Rouge



For Pleasure x Cumano x  
Corde la Bryere

**Jethro Tull**  
2014 Black 17hh  
(I'm Special de Muze x  
Voltaire x Heartbreaker)  
• 2020 Stud fee \$1,550  
• Licensed Hann, West, CWB,  
CSH GOV & KWPN  
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# Show Schedule 2021

**January**  
CANCELLED

**February**  
Feb 18-21 RMSJ Calgary AB  
Feb 25-28 RMSJ Calgary AB

**March**  
March 6-7 RMSJ Calgary AB  
March 18-21 RMSJ Calgary AB  
March 25-28 RMSJ Calgary AB

**April**  
April 1-4 PES Ponoka AB  
April 21-25 Tbird Langley, BC

# Canadians on the FEI Ranking List

The Longines Rider Rankings list is released monthly from the international governing body of equine sport, the FEI. The rankings as of January 1st, 2021 are as follows:

Canada Ranking	World Ranking	Rider
1	24	Eric Lamaze
2	49	Mario Deslauriers
3	91	Tiffany Foster
4	100	Erynn Ballard
5	234	Vanessa Mannix
6	239	Amy Millar
7	309	Sam Walker
8	321	Ali Ramsay
9	344	Beth Underhill
10	348	Kara Chad
11	393	Jim Ifko
12	431	Nicole Walker
13	439	Jill Henselwood
14	480	Rachel Cornacchia
15	505	Jonathon Millar
16	594	Hyde Moffatt
17	609	Lisa Carlsen
18	614	Kyle Timm
19	676	Susan Horn
20	695	Kean White

Contributors: Alexander Grayton | Dan Hawkwood | Lynne Burns | Jodi Borelli | Dr Katherine McDonald | Tina Watkins of Inhand Therapy

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# Letter From the Publisher Holly Grayton

It's 2021! We made it through 2020, as the world turned upside down we used words we'd never have used the year before: lockdown, contact tracing, social distancing. Horse shows implemented creative protocols to allow us a season of showing but there were no spectators and we respected a limit of two people per horse on show grounds. But, we made it nonetheless, thanks to ingenuity and cooperation. 2020 was a big year for me in so many ways also, and in the end, I am thankful for the people in my life that ultimately got me through.

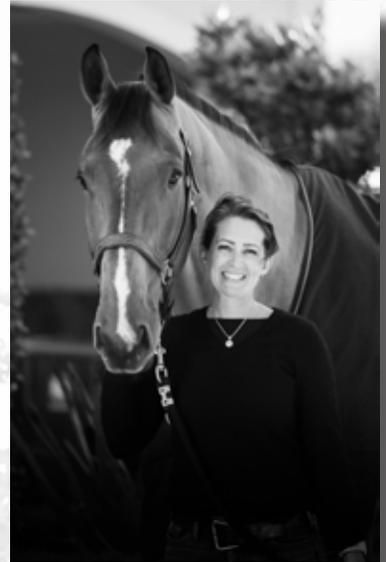
Towards the end of 2020 I was feeling a little bit 'nowhere', when a friend suggested that I bring back to life the full magazine that was once Alberta Show Jumpers magazine. After much thought and consideration I agreed there was, in fact, a gap in the market that needed to be filled and so the transition was made for Gray Times Newspaper to grow into what you are reading now.

No matter where I am in the world, I am always proud to be Canadian not only for the obvious patriotic reasons but also because we are known to be kind, friendly, worldly people. Everywhere I go I see fellow Canadians living up to that description. My decision to expand the magazine to be cover the sport nationally is a direct result of this pride and spirit.

I hope the articles inspire and spark conversation for everyone in our world of sport. Our goal is positive growth by curating information from around the world of show jumpers and bringing it home to you!

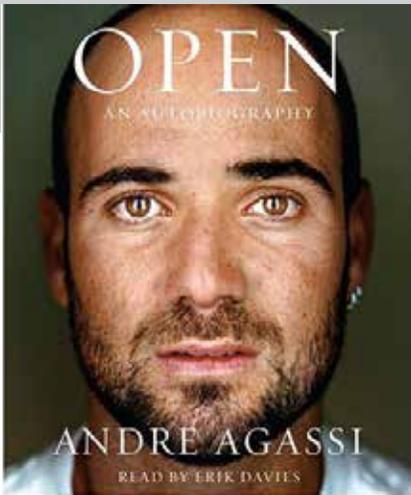
I welcome new ideas, new writers and viewpoints.  
Please send me your reviews at [holly@graytdesigns.com](mailto:holly@graytdesigns.com)

Enjoy,

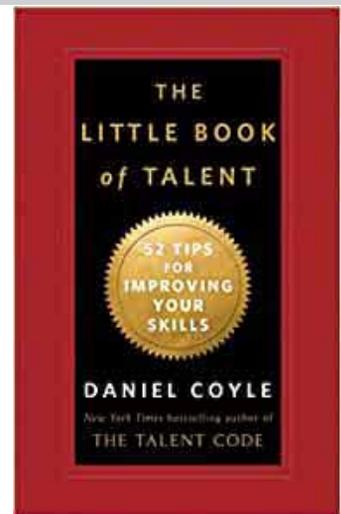


# GraytBook club

If you are looking for some inspiration here are some Grayt suggestions!  
From books to podcasts to documentaries - we've got something to help with your mental game.



**Open** by Andre Agassi  
Andre himself is not a book to be judged by his cover. A captivating read about his inner struggle, loneliness, what winning *couldn't* bring him, and the surprising place he did find self-value. Get it at most bookstores.



**The Little Book of Talent** by Daniel Coyle  
Real tips and tricks to get to and stay at the top of your mental game. Available pocket-sized, audio and e-book - a great competition prep.



**The Last Dance** Miniseries  
The story of the Bulls and Michael Jordan in their heyday learning that it takes all kinds to make a great team. Find this on Netflix.

**Arm Chair Expert** Podcast  
Dax Shepard is one of the most insightful interviewers of our time. Browse all the amazing episodes, but for sport-specific help in mind check out the episodes with Pete Carroll, Brene Brown, and Lance Armstrong. Found anywhere you listen to Podcasts.



# Self-Care in the Horse Industry

By Tina Watkins EEST EEBW3 of Inhand Therapy

When you are planning your riding sessions, what part of the energy required for this is reserved for you? Are you recharging or seeing riding as another box to check?

This is an important question to ask yourself especially in a year that has been filled with such stress and uncertainty. When you go out to work your horse it is as important to both you and your horse that you aren't coming home an empty shell. Sometimes the very thing that is supposed to relieve stress can become a stressor! The obligation of keeping a sport horse in shape comes with significant commitments. Time, concentration and planning can all add up to making a fun hobby into another chore.

Your daily practice of riding and the energy you are exerting should be coming back to you as a recharge. You have a choice, and it's an easy one to forget. Look at your relationship with your horse as a place where you can both benefit, not only physically but mentally.

This is a vital part of a healthy pattern whereby you build yourself, and by consequence,



those around you. When your environment is at a deficit it's almost impossible to see the world as a place that holds love and support for all mankind. The level of wellness you hold inside is the level of wellness you can bring forth. Without healthy boundaries and self-care practices, burn out is inevitable. Many of us turn to the barn as a place to recover from the stresses of life, and that is fantastic, until your load becomes so great that the barn becomes just one more

obligation.

Let's look at the stress cycle and how to avoid burn out. The common mammalian responses to a stressful event are to fight, flee, or freeze.

*Continued on page 12*



**I'M SORRY  
FOR WHAT I  
SAID  
DURING  
BURPEES.**

# WORKOUT

**Set a 30 minute timer**

**Upbeat playlist selected. Ready, Set, Go!**

## **100 Jumping Jacks**

Big arms full range of motion; hands overhead down to sides.

## **90 Squats**

Legs shoulder width apart, sit back with booty shifting your weight into your heels.

## **80 Mountain Climbers**

Body in plank position, drive knees in and under body one at a time; stack shoulders directly over wrists (can also be done from bent elbow position).

## **70 Leg Drops**

Laying on flat surface, bring legs straight up directly above hips, relax feet and slowly drop legs one at a time; keep lower back pressed to the floor.

## **60 Side Lunges**

30 per side left and right. Starting with feet together, step out and settle back into the heel pushing hips back into seated position.

## **50 Sit Ups**

Sit up with full range of motion: shoulder blades touching down each time making sure feet remain firmly down on the ground.

## **40 Sumo Squats**

Wide Stance toes turned slightly out. Drop the booty back into an invisible chair.

## **30 Full Burpees**

Jump up in the air then drop to the ground in pushup position, hands firmly on the ground, shoulders over wrists. Do one pushup, then pop feet back up under shoulders and jump up in the air to repeat.

## **20 Pushups**

Starting with body face-down place your hands beside your shoulders, squeeze chest and push body up into high plank position. Lower body down in controlled manner and repeat.

## **10 High Double Knee Tucks**

Starting in standing position, jump up pulling both knees up towards your waist.

\* If you make it through the list before the 30 minute timer goes off, start from the top cutting all numbers in half. 100=50, 90=45, 80=40 and so on until timer sounds.

**Go ahead, underestimate me.**

**You won't be the first...  
You won't be the last...  
But you will be wrong.**

# T!!! at home

DO SOMETHING  
TODAY THAT  
YOUR FUTURE  
SELF WILL  
THANK YOU  
FOR.

IT COMES DOWN  
TO ONE SIMPLE  
THING:

HOW BAD DO  
YOU  
WANT IT?

### THE 6 STEPS TO SUCCESS

1. BELIEVE IN YOURSELF
2. DEFINE YOUR GOALS
3. MAKE A PLAN
4. TAKE ACTION
5. MAKE SACRIFICES
6. NEVER GIVE UP

Contact personal fitness expert  
**Jodi Borelli** with any questions



@jodib\_tru2u

Tabata Apps Available on  
your phone's app store.

### Some song ideas to get you started:

- Little Bird - Annie Lennox
- Power - Kanye West
- Stunnin - Curtis Waters
- Eye of the Tiger - Survivor
- Lose Yourself - Eminem
- Breathe Stretch Shake - Mase
- I Got It From My Mama - Will.i.am
- Sandstorm - Darude
- Hollaback Girl - No Doubt

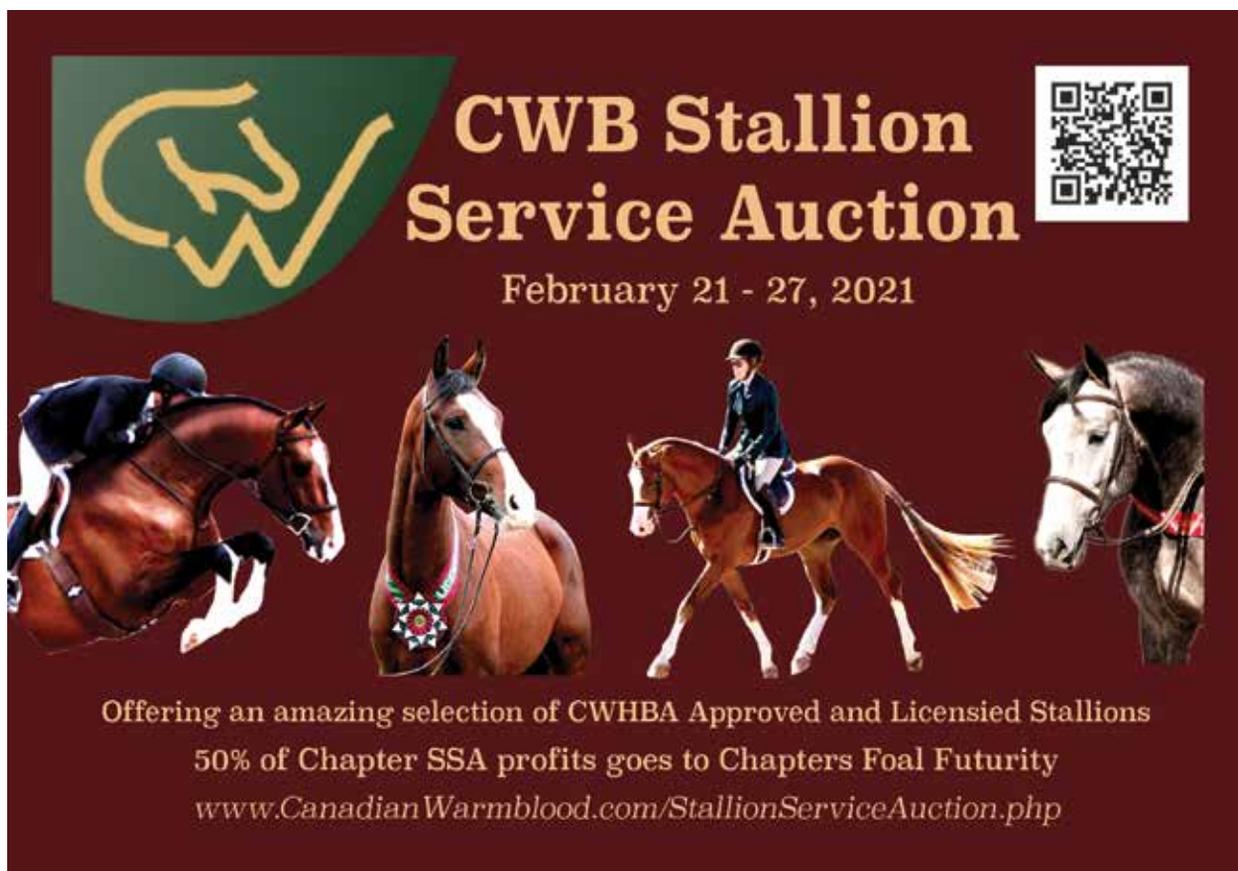
We should take a closer look at how these choices are made in our daily lives. A fantastic book on this topic is *Burn Out* By Emily and Amelia Nagoski. Their book goes through the neurological response of stress in the body and helps the reader better understand the mechanics of feeling stress. It is also a great way to recognize when life is getting to the tipping point - where horse time leaves the fun zone, and moves to the obligation zone.

I am always amazed when my clients say they feel they have let their horse down when they are realizing that riding has become a chore. We put so much into our horses and their care, and often we get that energy back tenfold - but sometimes we don't. This is an unprecedented time where globally the human race has been put under a microscope. As your body's stress response becomes stronger and the nervous system starts getting into the flight, flee or

freeze mentality, you may need to work more diligently at ending the stress response. This is a crucial point: the stress response requires us to end it; it is not enough to wait it out, we must actively hold up a stop sign to it!

One of the key aspects to reduction of stress is being part of a community. Our equestrian community could be a vital part of your emotional and physical well-being. Reaching out and taking an active role will not only help you but will help others in our industry with mental and physical wellness, and as the trust of the community grows our overall health will follow.

I invite you to look at other riders, trainers, and equine professionals as a safe place to grow, reach out for support, join a group or become more active in an association. We will all benefit from the spread of love and support, and your horse will become a haven for you once again.



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The advertisement features a dark red background. At the top left is a green shield-shaped logo with a yellow stylized horse head. To the right is a QR code. Below the text are four images of horses: a dark brown horse in motion, a brown horse with a decorative halter, a brown horse with a rider, and a dark brown horse's head.

# Leasing and Co-Ownership

## The Importance of Contracts

by Dan Hawkwood



The Canadian equine industry is a unique exception to most businesses, in that the parties commonly have a pre-existing relationship. Specifically when it comes to leasing or co-ownership of a horse, the individuals involved often already know each other through the industry, are friends, or have been brought together through someone they trust, such as a breeder or a trainer. Therefore, there is a natural temptation to assume that, due to this existing relationship, any issues that may arise in relation to the horse can be worked out without a formal contract. Since having a proper agreement also takes both time and money, we find that lease and co-ownership arrangements are often poorly documented, if at all.

Unfortunately, it is in these circumstances where there is already an element of trust that we find the most conflict. Members of the equine industry often have varying, strong, and usually equally valid opinions on the proper use

and care of an animal. Because the exercise of arriving at a contract was never conducted, important items, such as the health care, show schedule, board and insurance costs of the horse, were not discussed. Often a major decision, such as expensive emergency surgery, arises, whereby the parties to the agreement have differing opinions, and no provision has been made to deal with it. This can easily lead to the fracturing of what was otherwise a good relationship with that friend or fellow member of the equine community, not to mention put your financial investment at risk.

A written agreement is the best way to protect not only your investment in the horse, but these important relationships as well. A properly completed contract provides three important elements:

- 1) Certainty, so that the parties know the specifics of the deal and areas of potential conflict have been discussed;
- 2) Clarity, so that the agreement is worded in such a way that everyone involved understands; and,
- 3) Enforceability, so that the contract is properly constructed and legally binding on the parties.

The more thorough the agreement, the better it can assist you in avoiding confusion, misunderstanding, and eventual conflict with

*Continued on page 14*

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*Continued from page 13*

your business partner. In our experience people usually enter into leasing and co-ownership arrangements with the best of intentions, and once parties have agreed in writing, they are much more likely to abide by that contract.

One of our firm's practice areas involves mediating and settling disputes regarding horse lease, purchase and co-ownership arrangements. Much of the difficulty in resolving such disputes arise from the use by the parties of a poorly constructed contract. Various forms of agreement are actively "circulating" either locally or nationally in the Canadian equine industry. Others can be found online for free or for a nominal fee. From our experience, these agreements usually have serious issues, the most commonplace being the following:

- 1) The agreement, has been drafted in various jurisdictions, and reference laws which do not necessarily apply to your specific location (e.g., various states with the USA or provinces within Canada);
- 2) The language used is unclear, or does not apply to the subject matter of the parties' agreement; and,
- 3) If the agreement had blanks to be completed by the parties, these are usually not fully filled in or are completed incorrectly.

There is also a real temptation to take a contract found online or provided by a colleague and assume it will contain all the terms the parties

need without thoroughly considering the potential issues. All these lead to the biggest opening for a dispute between the parties – lack of certainty.

The whole purpose of having an equine contract is to ensure that, should an issue arise, there is a clear mechanism to deal with it. Take, for example, if a horse is seriously injured in a competition. If the agreement lacks a specific provision regarding emergency veterinary care, suddenly the parties are left to figure out what to do on the spot. If there are differing opinions on the proper course of action, the stage is set for a serious conflict.

Hiring a lawyer is the best way to ensure you have a solid contract in place. They can assist you in ensuring you have considered all the various terms which should be included in your agreement. While lawyers can be expensive, you can assist in reducing the cost by working out as many specific terms as you can prior to calling the lawyer. That way, the lawyer's only job is to properly document what you have already agreed to, and advise of any gaps or additional items you will wish to include in the contract.

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# The One and Only: the Horse

by Lynne Burns

Horses are the grace of life. I would like to say that I come by my love of horses honestly via a long family tradition; however, that is not the case. I am the youngest and most misunderstood in my family. Nevertheless, even those who have no desire to ride a horse – mainly my family members – will admit to their beauty.

As a kid I spent many hours in the back seat of our car being ferried from one family visit to the next in Ontario. Holidays couldn't be spaced far enough apart, in my view of things. The only salvation from hours of torture at the hands of my brothers in the back seat of that car were those fleeting moments when we drove past a field with horses in it. I would say the same thing every time, "Look, there's horses!" Funnily enough my brothers would respond the



PC: Lynne Burns

same way every time with an "Oh, brother!" This would force me to remind them that I was their sister. Oh, the joy of being right! Horses brightened up the trip, cast me into a daydream and filled my head with possibilities.

*Continued on page 20*



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# The Irreplaceable

## Fostering mine

by Holly Gr

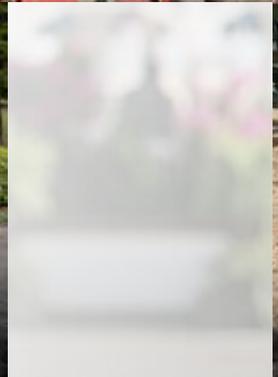
‘Girl Power’ is needed in this world perhaps more than ever, and after spending some time sitting down with Tiffany Foster in Wellington, Florida, in January 2021 I feel more enthused and inspired than I knew possible.

Haven’t we all followed her career for years, watching a Canadian girl grow up and establish herself in the international arena? Watching a Canadian woman grow up and establish herself in an international sport,

overcoming adversities and achieving amazing successes – it’s truly a great story. As such I was a little worried that meeting a well-known athlete might not live up to my high expectations, but within a few minutes she made the conversation easy and I felt I could ask her anything. More

than that, she shared insights and inspiration I hadn’t expected.

Tiffany recently expanded her professional



# Tiffany Foster

## Successful growth

Dayton

business from riding and training exclusively for the Ziegler family's Artisan Farms to operating her own 'Little Creek Equestrian', and she has invited a select group of riders to coach exclusively. But this latest chapter is built upon the layers of her story that came before.

Her start in the sport began at North Shore Equestrian Centre in Vancouver. She then took a working student position with Brent and Laura Balisky of Thunderbird Show Stables as a junior where she rode equitation, hunters and sales horses before being noticed by the future Olympic Gold Medalist Eric Lamaze. This was THE pivotal moment for Tiffany, sending her eastbound to ride Lamaze's young horses and hunter sales horses. In 2006 around Christmas

time Lamaze bought a horse named Carlos for Tiffany to show – they aptly added the suffix “de Noel” to his name and he became her first big jumper.

In addition to the amazing start through Lamaze, Andy and Carlene Ziegler would become the catalyst for Tiffany's exponential growth and success in the sport.

In 2008 Tiffany and

Lamaze were training the Ziegler's daughter Caitlin when Andy decided he also wanted to learn to ride. His goals grew quickly, and Tiffany brought him from the lunge line to winning the 1\* Grand Prix of Valkenswaard!

Tiffany pointed out, “If all you can offer is to be a rider, you are very easily replaced. There is probably someone out there better than you... I really took on a lot of the management and the organization, anything that I could do to help.” This made Tiffany harder to replace and earned her a position within operations. She adds some advice, “If you are surrounded by good people, then give whatever you can to make sure they know how grateful you are.”

Mr. Ziegler has also been somewhat of a business mentor to Tiffany. He encouraged her to spread her wings and start coaching students to expand her portfolio, offering her a broader foundation and to create longevity to her career. Tiffany explained, “They really have supported me with a road map for my life, Andy knew what my goals were and he helped me make a plan of how I'm going to end up there. I think as a really goal-oriented person it was fun for him to set out some goals for me and to see me achieve them. He is really excited about my business growing this much.”

Tiffany's students have found a lot of success themselves thanks to her guidance. Stephanie and Wendy Valdes, Makayla Barta, Niko



*Continued on page 18*

*PC: Grayt Designs 17*

Irreplaceable: Tiffany Foster

*Continued from page 17*

Keshtkar, Isabel Coxe, and several more up and coming riders are learning from Tiffany as well as British rider Emily Ward who is also a part of the Little Creek training team. The expansion to focus on coaching a small and dedicated group of students suits Tiffany well. “I really enjoy coaching – I find it super rewarding. The girls that I have are really hard working, they all have similar goals, and are willing to really commit to the sport.”

The team atmosphere and the individuals that make up the team are what allow Tiffany to keep her focus on her own competitive goals too. “I have a pretty strong group in the barn right now, I would really like to continue full steam ahead towards Paris. I have a lot of faith in the people around me, nothing really suffers because they are really good at what they do, so we are able to get everything done pretty easily.”

I had to ask that question everybody wants to

know the secret to: “What advice do you have for young riders coming up?”

Tiffany was not short on advice and her first-hand experience helps. “The most important thing is if you are a young person in the sport and you don’t have the financial backing to rocket up the levels, remember that it doesn’t have to happen right away. I never sat on a jumper until I was 21, I jumped my first 1.40m in 2009 at 24 years old. One great thing about our sport is there is longevity. Your career isn’t over at 25 or 30, like in a lot of sports.”

She went on to acknowledge the difficulties of looking too much at what everyone else is doing. “Now it’s so global, you compare yourself to everybody else, and think you are falling behind. You’re not doing it fast enough and you’re not getting there. I worked for Andy and Carlene for four years before they bought me a horse. I worked for them as hard as I could without even thinking that this would one day happen.”

The really important things aren’t just your





riding ability. “You have to earn it, you have to build relationships, you have to do things that make people want to help you and that takes time.” The mentality of approaching each day as a new opportunity gets you far. “If you go into it feeling like you’re not entitled to anything, it’s the best way and to know that there are going to be big setbacks, and devastating things and keep digging in, knowing you’re going to need the resilience anyway. If things are always easy you’re not going to know how to dig when you need to. It’s going to take time. If you keep going with the best of intentions someone is going to see



that and help you. Everybody needs a break, someone to want to help you, they do it for you, not for any other reason, but because they want to help you.”



We sat and talked about a lot of things – far too many to include here. I haven’t mentioned how beautiful the Little Creek barn in Wellington is, or how relaxed the atmosphere amongst her staff is, or that Kent Farrington was there and did a handstand pushup just like we’ve all seen on social media!

We can get into all of that another time, but in the meantime to say that Tiffany surpassed my expectations is an understatement. I’ll be rooting not just for Tiffany but for all the lovely girls that have chosen Little Creek Equestrian to help them to their goals. Being surrounded by good people, having your goals clearly stated, adding a little strategy in your plans and working hard to give whatever you can are just a few of my takeaways from this inspiring conversation with one of our sport’s true treasures.



WEF 2021

**Best of luck to  
Marcus Davis  
at WEF 2021 riding  
for the Bahamas**

**Special thanks to:  
Alex @graytonfarms and Amy @teammillar  
for all the support!**

*Continued from page 15*

After growing up and now having watched my own daughter grow up, I realize that the love of horses is either born in you or it's not. When my daughter, Holly, was young her little friends would come over and they would gallop around the living room pretending to be horses. Some of the others would look at them completely perplexed, "How do you play this game?" Then when Holly was old enough for a Horse Day Camp, I witnessed an amazing thing: all the little girls at the camp would play and pretend they were horses, their mothers would tell stories of what pieces of furniture had been jumped or which sofa was now a horse. Quietly in my own thoughts I realized in fact I used to do the same thing.

Horses have been many things to me and my daughter. For me, a horse has been a compatriot who will try as hard as possible to do what's been asked. Sometimes horses were the only serious laugh in a day of racing to make deadlines or after school care closings. For my daughter they were the one being who would always listen – and much to my delight someone who Holly couldn't argue with, which fed her soul too!

A beautiful horse can take your breath away, and conversely a sullen lazy horse can make you as mad as any person can. The mystery of them is that with every horse comes a story, a story that can't be told with words and your job as the rider or caretaker of that horse is to listen until you understand enough about its chronicle to make you worthy.



The first time I was offered a ride on a horse I was too scared. When I had conjured up enough courage my father told me he'd never let me ride, it was too dangerous. This only added to the adventure and gave me inspiration to challenge my fear. Thankfully, my father relented on this one thing and my relationship with him and horses was the better for it. He could appreciate the beauty of horses even if he didn't host the desire to ride.

I'll never forget when he came out to the barn to see the horse I wanted to buy. He walked with me and this quiet, well mannered Anglo Arab out to the field. I unclipped the halter and slide it off his lowered head, and then we watched as he leapt away, twisting and kicking the day off his back. After his display of power he proceeded to float across the grass, head high, tail flagged. He stopped and gulped in a field full of air and snorted it out as only a proud free animal can. He paraded about for us, showing off his most exaggerated gaits and my father exclaimed, "There's nothing more graceful than a horse, is there Lynne?"



Winter 2021

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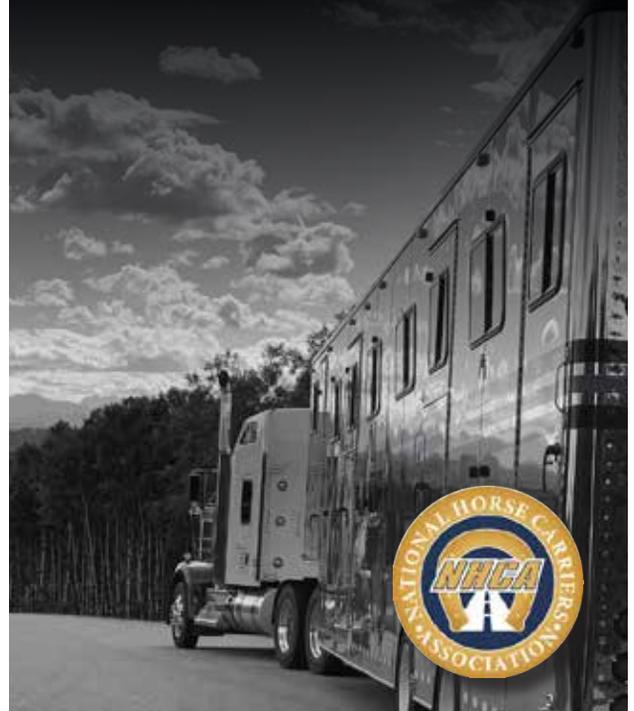
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# Big Picture Training

by Alexander Grayton



Show jumping is a sport that requires a lot of athleticism on the part of the horse. They must be at times a sprinter, a high-jumper, a middle-distance runner – all while maintaining the quick reflexes and ability to suddenly change direction like a racquet sport player. It's impressive for any human, never mind for a 1200-pound being with a mind of its own!

This is part of what makes training these horses such an undertaking.

There are a few things to keep in mind when developing a program or strategy to optimize these athletes. We must identify the horse's

natural abilities, tendencies, strengths and weaknesses – basically to obtain a clear picture of the raw materials we are dealing with. We must identify methods to isolate particular skills to develop and train to fulfill those requirements. And finally, we need to have the ability to see the bigger picture and be able to connect all of these components to one another to make something special (1+1=3).

Developing a training regimen for a horse should be personalized and tailored to the character, age and stage of the horse in the process. What is important to remember is that so many of the principles of training will remain constant

across the board, but the smart application of these training principles is what sets apart the good trainers from those who seem to only be able to work with a subset of horses. Strength is in flexibility.

Without getting into the details of technical drills or exercises in this article, a trainer will be able to come up with various and innovative ways to strengthen or improve particular aspects of a horse's curriculum vitae. But the really good

training begins.

Training does not exist in the setting of exercises, or in checking of boxes to say you've taught a horse to do X – it exists within the confines of feeling and creating connection and understanding with the horse. It is not just important what the horse does, but rather how they do it that will be an asset or a detriment in the competition arena. If a complex exercise is performed 'foot perfect', so to speak, but with



trainers will have their eye on the big picture at the same time. It's not enough to conquer a particular exercise if there is no context, the exercise must be taught so that it seamlessly connects to performance on course.

When heading out to ride a horse on any given day, the trainer should have an idea of what the horse has been doing, who has been riding it, what the horse's upcoming competition schedule looks like, and have a few loose ideas of exercises to work on for the day (i.e. have some poles, cavalettis, or jumps built in the arena, for example). But that is where the objective information ends, and the art of

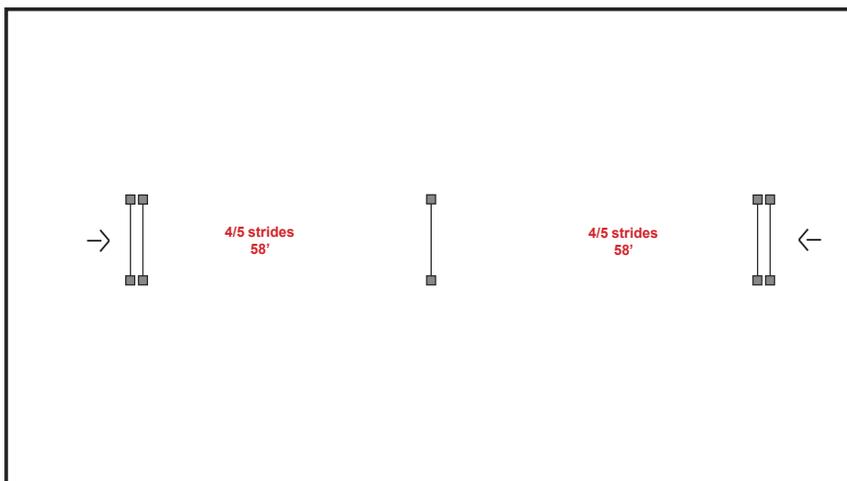
a high degree of tension in the body, or with a lack of 'throughness' in the jump, it is not nearly as beneficial as if the horse performed a simpler exercise with suppleness and fluid movement throughout.

In horse training beginners focus on survival, amateurs focus on improving technical skills and professionals focus on fundamentals. That is to say, professionals understand the importance of how the horse acts, reacts, and moves from a very basic level, and that this is the secret ingredient to create a special partnership for the long run.



# STRIDE ADJUSTMENT

It is very rare that problems on course are related to a horse or rider's ability to conquer any single jump. The context of how each jump appears on course is where the majority of troubles arise. Course designers will require shortening or lengthening of stride – often at most inconvenient times – and this can result in faults. But these faults are preventable given dedicated practice to improve adjustability and stride control.



The better we can lengthen and shorten our stride at





# TS ARE NECESSARY

by Alexander Grayton

a moment's notice, the less cause for concern we will have on course when we see a forward line to a short and careful combination.

Here we will discuss a simple and effective exercise to practice at home to work on the necessary skills to deal with stride control issues on course.

Set an oxer out of the corner, 58' to a vertical, and 58' feet to another oxer – all on a straight line. The straight line will require adjustability of stride as the only way to solve the

exercise rather than using a varying track. Riders should keep the jumps small to start while practicing all of the options. First, a quiet 5 strides to a quiet 5 strides. Then a forward 4 strides to 4 strides. Next, a quiet 5 strides to a forward 4 strides. Finally, the hardest variation is a forward 4 strides to a quiet 5 strides. Once comfortable with all of the options, and depending on the skill of horse and rider, the jumps can be raised and the oxers widened. The most crucial test will be that the quality of the canter remains high while the stride is adjusted

in and out.

A good way to increase the level of difficulty is to change the vertical in the middle of the line to a vertical-vertical combination set at 23' (keep 58' on either side of it if you have a big enough arena). Again, focus not only on making the right numbers, but keep the quality of stride high, and imagine another theoretical jump coming right away after the last. We want to be able to not only survive this exercise, but imagine it being a small part of the bigger picture.



# Raised Trot Poles

## How to build them; Value in using them

by Alexander Grayton

Trot poles are a staple of many good programs, for they are a fantastic and versatile training tool for horses and riders of all ages and stages. The same goes for canter poles – there is no limit on how to use them to simulate course work or as strength-building and adjustability tests.

Replacing normal poles with raised poles in your normal exercises is a simple adjustment with a very high return. With the poles raised by just 4 inches, horses must engage their core and push from their hind quarters to create the subtle but necessary lift to clear the poles while staying in the same rhythm. Walking through raised poles is also an often-recommended physiotherapy exercise to strengthen stifles and the muscles around them. Canter courses or patterns of raised poles gives a good simulation to the ‘on-course’ feeling for horse and rider alike.

## How To Build Raised Poles

### Supplies needed for each single raised pole

2 pieces 52” long of 4”x4” pressure treated wood.

1 piece 8’ long of landscape timber (rounded sides with flat top and bottom, approximately 3”x5”)

2 7” long ½” carriage bolts

2 ½” flat washers

2 ½” nuts

Power drill and driver or impact driver with ½” drill bit and ½” hex driver

### How to build

1. Drill a ½” hole through each 52” long piece

of 4”x4” centered at the 26” mark.

2. Drill a hole 1.75” from the end and centered at each end of the landscape timber.

3. Insert a carriage bolt from the underside of each section of 4”x4”.

4. Place landscape timber on top of the pieces of 4”x4” so that the carriage bolt comes up through the drilled hole in the timber and the timber is perpendicular to both pieces of 4”x4”.

5. Place washer on the exposed bolt and tighten the nut with impact driver or ratchet set.

6. Tighten so that the raised pole is stable and the wood doesn’t rotate when moved.

7. Paint or stain if desired.



The reason for a 52” section of wood is that when the timber is centered on top the remaining exposed wood is 24” – when two poles are placed right beside one another the inside distance between the poles is a set length of 4’ – perfect for raised trot poles!

These poles are perfect for trot poles. For ease of storage and maneuvering, the 52” section can be greatly shortened, the user will just have to measure the distance between poles each time. For raised walk poles, the length of timber can be greatly shortened – a width of 4’-6’ is ample for walking through, and the raised pole will be much lighter!



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# Poor Horse Performance?

## Here's why

by Dr Katherine McDonald DVM

What to Expect When Your Horse is not Performing Properly.

Poor performance can be defined as a decline in performance in a horse that was previously meeting (or exceeding) expectations. This can be a sliding scale of “something is just not right” or “we cannot make it past the first fence.” There are myriad possibilities or a combination of issues that can cause poor performance in an equine athlete.

The most common cause of a decrease in performance stems from the musculoskeletal system. This does not mean that it is simple to discover the problem. There are tendons, ligaments, joints, and muscles within the musculoskeletal system that can represent primary or secondary issues. There are also other reasons for poor performance, including internal medicine causes such as respiratory, neurological and gastrointestinal system dysfunction. Determining the cause of poor performance can be a tedious task and requires good communication between the individual, the team and the veterinarian.

In some cases, veterinarians get lucky, and there is an apparent visible answer to the lack of performance – such as a swollen joint, tendon/ligament or perhaps the evaluation is after a



tie-up episode. At this point, we can pursue standard diagnostic tests such as radiographs or ultrasound and pick the best treatment plan for our patient. In most cases, it is not straightforward. Often we are presented with a seemingly healthy, fit athlete who just is not doing their job like they used to. The first step in determining the cause of poor performance is gaining a thorough history. Some examples of common complaints are the development of unwanted behaviors, a horse that used to go straight has developed a drift, does not want to switch canter leads, kicks out when being ridden or has started refusing jumps. Communication between the veterinarian, specialists and the horse's team is key to not only getting an accurate diagnosis but also getting a timely one. The next step is to evaluate the horse. It is

essential to look at the horse in its entirety. Often the hardest thing to do is take a step back and look over the horse to look for asymmetries in musculature, how it stands and if it is anxious or calm in its surroundings. It is best (although not always achievable) to examine the horse in an area they are used to or where they usually get ready for riding to evaluate behavior. After a distant exam, a full physical exam, including heart and lung auscultation is done at rest. The exam should include evaluating all four limbs for any subtle swellings or thickenings, decreased passive range of motion of joints or any aversion behaviors by the horse. A lameness exam will rule out a musculoskeletal reason as this is the most common cause of poor performance. This includes evaluating the horse at the walk, trot and canter without and sometimes with a rider, flexion tests and different footing surfaces if possible. When evaluating with a rider, this also includes watching the horse getting tacked up as it often provides many clues, especially

Poor Horse Performance?

if suspicious of saddle fit or back pain. The results of the lameness exam determine the next steps in reaching for a diagnosis. If lameness is present, diagnostic nerve blocks or imaging is the avenue often pursued.

Some horses do not have an obvious lameness but are still exercise intolerant. This lameness is when other diagnostic testing should be performed. Suppose a noise is created while breathing, coughing during exercise or behavioral changes that cannot be attributed to a lameness. Alternatively, perhaps there is an orthopedic issue and a concern for an additional internal medicine cause such as stomach ulcers that contributes to the poor performance. It can be somewhat frustrating to pinpoint one cause as there is often more than one issue. All parties must keep an open mind, communicate and be patient while working towards keeping our equine athletes healthy.



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# 2021's New FEI Hind Boot Rule

Only non-elastic Velcro-type fasteners are permitted; no hooks, buckles, clips or other methods of attaching the fasteners may be used. No additional elements may be added to or inserted in the boot itself.

At all international Jumping Events and at all FEI World Jumping Challenge Events, only hind boots meeting the following descriptions may be used:

Boots that have a protective element on the inside only, and boots with a protective element on the inside and outside, that is, double-shell boots that wrap around the back of the fetlock, are permitted providing they meet the following criteria: The boot must have a maximum length of 20 centimetres at its longest point (refer to the FEI Jumping Stewards' Manual for instructions on how to measure the length of the boot correctly). The rounded protective part of the boot must be placed around the fetlock (for boots with a protective element on one side only, the protective element must be placed around the inside of the fetlock).

The inside of the boot must be smooth, that is, the surface must be even and there may not be any pressure points on the inside of the boot; for the avoidance of doubt, stitching on the inside of the protective element that attaches the inner lining to the boot, is permitted. Sheepskin linings are allowed.

The boot may have no more than two fasteners. Only the following types of fasteners are permitted: All fasteners must be one-directional, that is, the fastener must be attached directly from one side of the boot to the other side but must not wrap around the entire boot; no mechanism that allows the fastener to double back on itself is permitted.

## Velcro-type fasteners:

- Each strap must:
- Have a Velcro or Velcro-type fastening system
- Have a minimum width of 2.5 cm if there are two straps or
- Have a minimum width of 5 cm if there is only one strap
- For boots with a protective element only on the inside of the fetlock, straps may be elastic or non-elastic
- For double-shell boots, the straps must be elastic



## Stud-type fasteners:

- Each strap must:
- Be made of elastic
- Have a minimum width of 2.5 cm
- Have holes that fit over a stud on the boot



## Hook-type fasteners:

- Each strap must:
- Be made of elastic
- Have a minimum width of 2.5 cm
- Have a hook at the end that fits into an "eyelet" on the boot



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