



Saddle Up Niagara

S.U.N.

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Games Clinic with Shelley Hamilton



Shelley has been in the horse industry since 1976. She started out on an old grade horse named "Midnight" (draft/quarter mix). He taught her the basics of the horse world, and it was through him she fell in love with the sport of Barrel Racing. This gentle old horse taught her that patience and consistency was key to obtaining what you set your sights on. Shelley purchased her first quarter horse names "Leo" in 1978, and through hard work, and lessons well learned from "Midnight", this new team soon moved from beginner to pro.

- Shelley has travelled throughout Ontario and the States competing
- She took horsemanship course at Humber College in Toronto
- Travelled to Texas with her horse for a 3 week clinic to study under her mentor—Martha Josey
- Set the fastest record for pole bending at the CNE in 1983
- Won the Ontario Burlington High Point Games horse 3 years running
- Has enjoyed watching the growth of her past students, as they have become winners themselves

For Shelley, Barrel Racing is about handling your horse as you do life, always try to move forward with your learning and your thinking, and don't fret about the little things. Its friendships that have more value than the trophy. And the journey you take will give a life of memories.

The clinic with Shelley Hamilton was full with participants but it would have been great to have more spectators or auditors. Our thanks goes out to BNR stables for such awesome participation in our clinic.

If you are looking for a good mentor to learn the ropes of barrel racing or pole bending, you need to call Shelley Hamilton! She is patient, logical, informative and most of all, experienced. She had so much information to give to all in attendance. Shelley will be at our shows this summer, so please track her down and say hello to her and feel free to take gaming with her! She is very eager to be part of Saddle Up Niagara and wants to be at all of our shows to help anyone or anywhere she can.

Thank you so much Shelley!

Trivia Night



For those of you that attended the Trivia Night fundraiser on April 4th, we hope you enjoyed yourselves! It was a great time and will definitely be something we might just have to do again. Thank you to Sam Hildebrandt for coming up with the great idea and the rest of the Directors for pitching in to help pull it all together. And a special thank you to all that attended the event. Your support is greatly appreciated.

Reign Equestrian and Athletics Open House

On Sunday, April 19th, Reign Equestrian and Athletics opened their doors to Saddle Up Niagara and Cedar Ridge Stables. Sherry and Monique were fabulous hostesses...they had pizza, wine, juice and cookies available for all that attended. There were fabulous discounts on several items in the store for us to take advantage of, ranging from 10% - 25% off! We would like to take this opportunity to thank Sherry and Monique for their support and enthusiasm. Look for these ladies at our shows this summer as they are planning on having a little booth of goodies set up. Be sure to check out the photos throughout the newsletter.



Tips for Managing your Pre-horse Show Jitters (from America's Horse)

The amount of pressure you perform best under varies from person to person. When your nervousness exceeds your optimum levels, you lose focus, and your skills suffer. Here are a few ways to manage that anxiety you feel before an event.

Plan Ahead

- Make lists of the things you need to do, pack or clean before you leave.
- Find necessary items ahead of time to avoid frantic last-minute searches.
- Load your tack and clothes the day before so you can take a mental inventory and make sure you don't forget anything.

Slow Down

- planning ahead allows you avoid overwhelming stress and concentrate on the competition.
- Rushing to get the horse or yourself ready only magnifies unproductive stress.

Exercise

- Working off your stress relaxes your muscles and helps you get a good night's sleep
- Exercise speeds the flow of blood to your brain, allows you to think more clearly and release endorphins into your bloodstream, giving you a sense of happiness and well-being.

Relax

- use relaxation techniques at the event to help calm pre-performance jitters.

- These will take your mind away from nervous feelings and reinforce your energy in a positive manner.

- Tension prevents you from riding your best, so think about what part of your body becomes most tense before you perform.

Breathe

- When you're nervous, the quality of breath you take is lower and shallower than usual.
- Exhale slowly through your mouth, feeling the tension leave your body.

Imagery

-Imagine a pleasant scene using all of your senses or imagine seeing all of your anxieties leave your body.

- Rehearse your competition in your mind.

Friendly Faces

- The company you keep at the event should encourage you to excel.
- Your friends, family, trainer or whomever you socialize with can have a calming effect on your nerves or can increase your anxieties.
- Surround yourself with encouraging, understanding individuals.



2009 Show Dates

Mark your calendars now....our 2009 Show Dates have been approved by LAS and they are as follows:

Sunday, June 7

Sunday, July 5

Sunday, August 2

Sunday, September 6

Sunday, September 20 (rain date)

Judges have not been booked yet but stay tuned to find out who we will be having!



Who do I contact for information?

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Thank you to our sponsors:

- Little Oak Farm
- Cedar Ridge
- Mary & Keith Seabrook
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- The Lywood Family
- Purina Feeds
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- Scotty & Ruth Jones
- Meridian
- Canadian Tire Footprint
- Hare's Harness
- Talk Wireless (Motorola)
- Greenhawk Equestrian
- Irene Manuel
- Shelley Hamilton (Spirit Horse Farm)
- Almatay's Fine Foods

Your name can be here too!

Call a director to see how you can make it happen!

Sponsorships

As most non-profit organizations, we rely on sponsorships for the financial aspect of our club. We would like to thank all of our sponsors from 2008 for their generous donations and support. We really hope that you will be interested in being a sponsor again in 2009.

If you were a sponsor in 2008 and you have some comments/suggestions, please send them to sheltieluv@sympatico.ca. It was our first year of operation and we know that there is always room for improvement.



We would like to thank the following sponsors for their generous support.




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jtstock@live.com

www.petecroftlivery.com

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Want to learn how?

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Upcoming Events:

May 23, 2009—Fundraiser Barn Dance for the Dykstra family...Beamsville Grand Stand Hall (at Fairgrounds). Contact Marie Whiting for tickets.

Sunday, May 24, 2009—**Cedar Ridge Schooling show**...contact Jim or Brenda Corbett for more information. 905-892-6468 or 905-651-5867.

Sunday, May 24, 2009—**Dunnville Saddle Club show**—go to www.dunnvillesaddleclub.com for full details or check them out on Facebook.

Sunday, June 7, 2009—**First Saddle Up Niagara show for 2009!**

Saturday, June 13 and Sunday, June 14th—**First ever Niagara Cup Series shows**—This show will be held at Red Ribbon Farm in Niagara-on-the-Lake. For more details on this event please contact Jim Corbett at 905-892-6468

Sunday, June 14, 2009—**Port Colborne Saddle Club**—Western Division show.

Sunday, June 26, 2009—**Dunnville Saddle Club show**—go to www.dunnvillesaddleclub.com for full details or check them out on Facebook.

Saturday, June 27, 2009—**Cedar Ridge Jumpers Show**—Contact Jim Corbett for more information 905-892-6468.

Classified:

Need your horse blankets cleaned? Call Christine or Lorraine at 905-309-1903 or drop them off at Tack Connection on Quarry Road, Beamsville or 5811 Young Street, Smithville right by Dreamquest Stables. \$15 per blanket (power washed, hand scrubbed and air dried). We have a seamstress available if mending is required.