



Spring Down Low Down Newsletter

The newsletter of Spring Down Equestrian Center

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Fall & Winter 2009-2010

Welcome

Winter is here, and at Spring Down we are able to continue to ride outside when the weather gets rainy and wet! Of course, we have our covered arena, but we also have an outdoor arena that truly has all weather footing. The jumping arena utilizes Attwood Equestrian surfaces, which is dust free, requires no watering, and is very compliant and supportive to the horses' ligaments and tendons. Even in the rain, the footing is good enough to have our jumping lessons outside.

We have now been through a complete winter of rainy weather with our new arena, and there have been rave reviews overall. The majority of the jumping lessons were able to carry on outside despite the weather. Therefore, we were able to avoid the crowded riding in our covered arena that used to occur on a regular basis during the rainy months.

All year long, Spring Down can therefore continue on in its tradition of teaching all aspects of horsemanship.

Horse Show Updates

Spring Down hosts four horse shows a year, in March, June, September, and December. Our shows continue because Carol Goodstein, the owner of Spring Down, makes it a priority to provide these opportunities for folks who might not otherwise be able to participate in a horse show. The cost of participating in a Spring Down show is often close to one tenth the cost of participating in a rated show elsewhere, so the shows at Spring Down are an excellent value for the money. The behind the scenes work that goes into putting on a horse show is a Herculean task for the entire Spring Down staff—but we all do it because we realize how very important it is to give everyone who would like to show the opportunity to do so in a supportive environment.

We have classes that range from very beginning lead line classes, to very advanced jumping classes, and then everything in between. We always need volunteers to help out at the shows as well, because we have two arenas running concurrently; there are always many jobs that need to be done. If you are talented at public speaking (and multi-tasking) and would like to be an announcer for our shows, we would love to have you volunteer your time.

Our last horse show in September was a great success. The High Point awards this time went to some of our newer horses at Spring Down. The Beginner High Point award went to Leo, ridden by Laurel Saldinger. The Advanced Junior High Point award went to Butterscotch, ridden by Kelcy Senz. And, the Senior Advanced High Point award went to Stan, a long time Spring Down resident... and his owner and rider, Natalie Feirman. Congratulations to all our winners, and to all our participants. Whether one wins any ribbons or not, just participating in a show is a great achievement in itself.

Christmas is coming!

It is hard to believe that the holidays are just around the corner! We have a tradition at Spring Down to support the grooms during the holidays. Without these folks who work extremely hard, Spring Down would not exist. A collection envelope will be in the office for this fund. Please give as you can, and the monies will be distributed to all the grooms and stable hands as a holiday gift from everyone. Cash is easiest, but if you wish to write a check, please make it out to "Diane Allison", who is organizing this effort.

Give a gift of horses this holiday season...

Holiday Riding Packages are available for those horse lovers on your list!

1)HORSE LOVER'S PACKAGE - \$295

Gift certificate for 5 lessons, includes a SD t-shirt and a bag of horse cookies.

2)GIDDY UP CAMP PACKAGE - \$375

Gift certificate for a spot in the 2009 Holiday Horse Camp, a SD sweatshirt, and a bag of horse cookies.

3)SADDLE UP 10-PAK - \$650

Gift certificate for 10 lessons includes a tack up lesson and horse handling session. Your choice of a SD t-shirt or hat along with a bag of horse cookies.

Contact the office to purchase a riding package.

Welcome to new horses at Spring Down

- Sally
- Leo
- Party
- Trevor

Welcome to new barn cats at Spring Down

- Stormy

Spring Down Stars

We've launched it on the web site! Go look at the STARS of Spring Down who work tirelessly, patiently and lovingly to teach our riders how to ride. We couldn't do what we do without our horses! They are trained to do a special job here, keeping new or experienced riders safe, as well as patiently guiding us to new challenges in the arena. Coming soon are the Spring Down Trading Cards, where you can ride your favorite horse and then collect, and trade horse cards of your favorite mount.

News from Nacho

NACHO IS FREE!!! Nacho was released from prison in October of this year, and he was immediately deported back to Mexico. Unfortunately, Nacho will not be able to come back to California in the near future, but he is now living in Tijuana, Mexico with his Aunt. When Nacho first was released back to Mexico, his mother and his family were all there to greet him. His mom had to go back to California, though, where she lives currently.

When contact information for Nacho becomes available, it will be shared with the Spring Down community. Until then, please keep Nacho and his family in your thoughts during this holiday season.

Drill Team Update

The Spring Down Drill Team, "Spring Down Rhythm 'N Blues" is planning to perform at our next horse show on December 6th. These dedicated groups of riders come to Spring Down at 8AM every Saturday and Sunday morning to practice with their coach, Carol Goodstein. For those of you who do not know, drill teams are, basically, horses and riders performing maneuvers, sometimes very complicated maneuvers, to music in a choreographed routine.

Riding in a drill team teaches you many riding skills, and you are having so much fun "dancing" with your horse, that you are not even aware how much you are learning! Carol is currently looking for more members for "Spring Down Rhythm `N Blues", so please consider joining this wonderful team. Contact the office if you are interested, and they will make it happen.

The current members of the Saturday advanced drill team are as follows: Britta Buehneman, Kris Clark -Hahn, Maureen Kelly, Deb Lyons, Laurel Saldinger, Kelcy Senz, and Tracy Tilley. Thank you for a wonderful performance at our last horse show!

The current members of the Sunday team are as follows: Aleshia Cairo, Kore Chan, Nandi Gunning, Maureen Kelly, Jan Reed, and Cathy Siegel.

The drill team alternates are Nicole Elsinetti, Robyn Ogilvie, and Caroline Warde.

Tack-up Clinic

Spring Down will be continuing to offer group tack-up clinics on a monthly basis. The clinics are scheduled every Sunday, at noon, for one hour.

"Why take this clinic?," you may ask. At Spring Down, we teach comprehensive horsemanship, not just horseback riding. A very important component of horsemanship is understanding the equipment you are using on any given horse: both how it is put on, and how and why it works. The group tack-up clinics will allow time both for demonstration of the equipment that we use, and hands on practice with someone standing by for instruction and assistance.

General grooming and equipment used for grooming will also be taught in the tack-up clinic. And, of course, as we are very safety conscious here at Spring Down, techniques for keeping both you and your horse safe will be taught so that everyone is safe and comfortable during the grooming and tacking-up procedures.

Please see the office to schedule yourself into one of these tack up clinics. If you are unable to make the group clinics, a private clinic may be arranged. The group clinics are preferable, because the hour time will allow you to become familiar with more different types of equipment and also allows for more time to practice. A private clinic is the next best thing, however, if that is what your schedule will allow.

News from the Office

As we get into winter schedules, please remember that Spring Down has a 24 hour cancellation policy. If you do not cancel with 24 hours notice, you will be charged for your

lesson. This policy exists because we have reserved your teacher's time for you, your horse's time for you, and very often the horse has been tacked up by one of our grooms.

When requesting a specific horse for a lesson, everyone needs to understand that it is just that: a request. The office will make every effort to honor that request, but sometimes we have ten requests for the same horse in a given day. Also, all the horses at Spring Down need to get exercise each and every day, so it is our responsibility to make sure that each horse gets ridden by someone (and that one horse doesn't get ridden too much). We try to match the horses and riders as best as possible, but please remember that each horse can teach you some new and different skills. Everyone should be here to learn more about horseback riding AND horsemanship...not just to ride the same horse over and over again. Be flexible, and you'll be surprised at how many new horse friends you will acquire by branching out a bit... and at how much you will learn.

Horse Show Dates in 2010

- March 21st
- June 6th
- September 19h
- December 5th

Holiday Camp in 2009

- December 21,22,23,and 24th
- December 28,29,30,and 31st
(sign up for a 4-day week, or by the day!)
GREAT FOR HOLIDAY SHOPPING!!
- Intermediate Camp if enough interest.

Winter Camp in 2010

- February 15th – 19th

Spring Camp in 2010

- April 5th—9th
- April 12th - 16th
- Intermediate Camp if enough interest.

Summer Camp is coming in 2010!

- June 14th - June 25th
- July 5th - July 16th
- July 19th - July 30th
- August 2nd - August 13th
- August 16th - August 27th

Intermediate Camp in 2010

- June and August, TBD

Nick Clinics in 2010

- March 30st,.31st, and April 1st
- June 29th, 30th, and July 1st
- October 5th, 6th, & 7th

Mini Camps

Our new monthly program "Crazy About Horses" has been quite successful for those that only have a day to spend with horses and get their "boots wet." It is a perfect option for the parent, friend, or grandparent to ride along with their horse crazy kid. The camp is from 10 AM - 2PM covering many aspects of horsemanship: safety around horses, horse

management and care, grooming, understanding how to put on special equipment, a live demonstration, and of course, RIDING! Be sure to sign up early as this program is very popular!

First part of 2010 DATES:

Jan 23rd, March 27th, May 22nd, and July 24th.

Girl Scout "Horse Rider" Badge Programs

We've been working with the Girl Scouts of Northern California as an approved vendor. The standard Horse Rider badge is \$40 per rider. We currently offer the Horse Rider and now Horse Fan badge to all troops. Each troop can earn 2 badges in one visit for a special price of \$65 per rider. For the Brownies, we are offering the Horse and Pony Try It patch for those young scouts!

15 for 15

Do you finally get in the groove after the first half of your lesson, and need just a little more time to figure out how to get things right? We are offering, during the slower times of the day (Mon - Fri, 9AM - 2PM) 15 extra minutes of lesson time for \$15 dollars. If your instructor is available, the extra time can be just the ticket to boost your confidence. Contact the office within 24 hours of your lesson to see if the 15 for 15 is available for your next lesson!

SGIL Helper Training Program

Work at the barn to help pay for your next riding lesson? Is that possible? We have many special events at the barn and need helpers to assist in making them successful. Here are the qualifications:

- Must be at least 12 years old.
- Experienced intermediate level rider.
- We will have you shadow and train under an instructor.
- Available on either Saturdays or Sundays.

All hours worked will be paid and put in your pre-paid account toward lessons, shows, clinics, or board.

Contact lisa@baileyhome.com for more information.

Welcome New Spring Down Employees!

Spring Down is pleased to welcome four new employees to our wonderful staff! Tracey Roake and Marti Van de Vosse have joined Jennifer Dekker and Dianne Garcia to complete the office staff - those amazing folks who keep Spring Down running with all their behind the scenes expertise. These folks work very hard to manage not only the lesson programs at Spring Down, but all the other events, and all the tasks necessary to manage an equestrian center. Jennifer, Dianne, Tracey, and Marti—you are all greatly appreciated and thank you all for your hard work!

Also joining our staff of instructors are Erin Pittock and Emily Steemers. Erin is a long time equestrian at Spring Down who has started teaching lessons on Saturday afternoons. Not only is Erin a wonderful and talented rider, but she is also an outstanding instructor with beginning riders—very calming and reassuring all the time. Emily is a young lady who began her riding career at Spring Down, and has now come back to share her knowledge and expertise with future horse lovers! Emily is teaching on Thursday afternoons. Please see the office to schedule some lessons with these two new and wonderful instructors!

Spring Down Horses' Retirement

Some of our beloved horses are at the point of, or soon to be on the verge of, retirement. This means that they have lived a wonderful and fulfilling life here at Spring Down, teaching countless people how to ride and care for horses.

Now, however, due to medical issues, or issues related simply to advanced age, these horses are no longer able to do this job for which we respect and admire them so very much. But, they are not quite ready to leave this earth... so they need to have a place to live in which they are comfortable and can live out their lives in peace .

We realize that this is a difficult time, economically, for a lot of people. But, these horses will continue to need regular care, in the way of feeding, board, shoeing, medications etc... as well as any extra veterinary care and other services they may require. If you are so inclined to contribute to a retirement fund for these wonderful animals, please see the Spring Down office. Your contributions will be appreciated more than you can realize, both by the wonderful horses you are supporting, and the Spring Down staff and family who love them.

Mommy and Me

This program has turned out to be a smashing success. It is a series of 3 classes designed to introduce the smallest member of your family to horses while spending some quality time with Mom or Dad. As a group, you'll be introduced to safety, horse's ground manners, and you will get comfortable around horses. We'll teach you all about their special equipment, grooming and tacking up, and learning to ride. Each class may include the use of a vaulting horse, grooming, a riding lesson, and a special lesson about some aspect of horsemanship, geared to the little ones. The series is a scheduled class, so look for upcoming dates!

Please see the office for more info.

- Session 1: 1/12, 1/19, 1/26
- Session 2: 2/4, 2/11, 2/25
- Session 3: 3/12, 3/19, 3/26

SDEC times for this class are scheduled from 11:30 AM to 1:00 PM. If you have capability for registering through Park and Rec in Redwood City, Los Altos, and San Carlos, there may be availability to sign up for the earlier group from 10:00AM - 11:30 PM. You must register through Park and Rec to get into this time slot.

Spring Down Update

The Woodside-area Horse Owners Association chose Spring Down's own Carol Goodstein for the 2009 WHOA! Hall of Fame award. This year, Carol and her husband Stan Goodstein celebrated the 25th year of owning and operating Spring Down Equestrian Center. Spring Down has provided quality riding lessons to the community including camps, clinics, and four horse shows on the property a year. The couple's hope was to create a riding school to promote an understanding of horses and teach horsemanship from the ground up in a safe environment, having fun along the way. They have accomplished this and a lot more!

The Goodsteins have been huge supporters of horses their entire lives, allocating proceeds from Spring Down to the Folger Stable Restoration Project, the National Center for Equine Facilitated Therapy, and other equine and animal groups.

Congratulations, Carol!

Are you ready to join a group?

A frequently asked question is "When will I (or my child) be able to join a group?" There is no one answer to that question, because every person, no matter how young or old, learns skills at a different rate. In my experience as an instructor, the time may vary from just a few months, to over a year or more. But, there are a few key criteria from which we instructors judge whether or not joining a group is feasible:

1. Can you get your horse out of the stall to the arena, and back again after the lesson SAFELY AND CORRECTLY? Parents, a hint to expedite this process for your smaller child is to learn how to do this too so that you can assist your child. There can sometimes be 6 or 7 folks in a group, and one instructor can not help everyone in the group to and from the stall.
2. You must be able to check and tighten your girth, and also adjust your stirrups MOSTLY BY YOURSELF. This does not mean that your instructor will not help you at all, but it DOES mean that you must make a good effort to get as much done by yourself as you can.
3. You must have good skills at mounting the horse safely.
4. You must be able to do a posting trot ON THE RAIL BY YOURSELF WITHOUT MUCH ASSISTANCE. This includes being able to start, stop, and steer by yourself.
5. Do you know how close you can safely get to the horse in front of you? Do you know what to do if you think you will get too close, i.e. pass safely, cut across the arena, or circle safely? Your instructors can assist with your refining these skills, but the basic knowledge and ability must be there.
6. A basic understanding of posting diagonals is necessary. Of course, your instructor will continue to help you with this skill, but it must be understood by the rider.
7. Do you know how to dismount safely by yourself? Your instructor can not assist everyone in a group without taking too much time away from the lesson.

There are, to recap, lots of requirements for being able to join a group. The bottom line for

the necessity of these requirements is to ensure the safety of all the riders. Remember, there is only one instructor in a group, so each rider must possess the basic riding skills to ride responsibly and safely.

Do You Want To Jump?

Our goal at Spring Down is to help people to acquire the skills to do whatever type of riding interests them. Jumping is one part of the equestrian experience, and although it can be very exciting, it is also very demanding and challenging.

It is essential that you have mastered your flat work before you start jumping. After all, jumping is really advanced flat work with obstacles. Having solid flat skills is vital for your safety and security.

The following guidelines provide the minimum essentials that are required before you are able to safely and securely start jumping:

1. Must be able to maintain good balance, steering, and control of the horse at all gaits: walk, trot, and canter.
2. Must be able to walk and trot without stirrups. The instructor should not notice any difference in leg position or effectiveness with or without stirrups.
3. Two-point seat must be strong and balanced, with the ability to do poles at the trot and canter.
4. Must be able to stay in two-point seat at the canter three times around the indoor arena, or one time around the big, jumping arena.
5. Must be able to execute circles at the canter effectively.
6. Must be able to drop and regain stirrups at all gaits.
7. Must know diagonals and leads.
8. Must have a basic knowledge of simple and flying lead changes.

"Make the wrong thing difficult and the right thing easy."

- Carol Goodstein

We Get Letters

The following are excerpts from some of the many letters that we receive in support of Spring Down:

Dear Spring Down,

We started riding here at nine years old. Now, we are eighteen. That means we have spent half our lives at Spring Down. It has been a place where we have done most of our growing and learning. We would like to thank everyone at Spring Down for being such welcoming, friendly, helpful, and enthusiastic people. You have made our experiences at the barn become memories that we will remember forever. Thank you so much, and we hope to see you sometime around the holidays.

Sincerely,

Candace and Christine Lung

September 23, 2009

Dear Carol,

Just a note of thanks to let you know how much I have learned about show jumping since coming to Spring Down Equestrian Center. Before I came, I was a nervous jumper, likely to get lost on course in the arena. With your systematic approach each week, on a safe mount, you increased my confidence by leaps and bounds (literally!!)

I would never have thought that I would actually enjoy a horse show. The show turned out to be good fun, and I was successful in winning a couple of ribbons on my wonderful mount, Freckles., who is obviously loved by many people judging from the number of compliments I got last Sunday.

Please convey my thanks to all the staff at Spring Down who were always cheerful and helpful.

Thank you for running a great program.

Sincerely,

Katie Graham

Classifieds

Spring Down is cleaning out the barn and we have many close contact saddles (no knee rolls) for sale. Asking \$250 for each saddle. They are in excellent condition and just need a new home!

Devoucoux galloping boots for sale—regularly prices at \$400 (front and back boots). Beautiful leather and traditional green stripe Velcro trim. Gorgeous and never used. Still in package.

Contact Lisa Bailey at: lisa@baileyhome.com for photos or to see these items.

Visit www.springdown.com to learn more!

725 Portola Rd. Portola Valley, CA 94028
Office: (650)851-1114 Fax: (650)851-3585
Email: sdecenter@aol.com

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