

# THE RINGSIDE POST

Ringside Equestrian Center's Newsletter

June 2019

## Farewell, Mr. Robert Gage

Ringside Equestrian Center is extremely sad to confirm the passing of our long time mentor, clinician, and friend, Rob Gage. As recently as May, Mr. Gage visited Ringside to teach over 30 students aboard their own horses and our school horses. We will be forever grateful that he visited frequently and was able to pass on so much wisdom and horsemanship to Ringside's family. An exemplary rider, Mr. Gage taught riders of all levels and better helped them connect with their equine partners. Thank you for all of your guidance and may you rest in peace.



Ringside Equestrian Center LLC



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# Pasture Party

On Saturday June 8th, Ringside riders and family members joined together to clean up our pastures and property. Tasks included cleaning up extra baling twine left in the fields, checking the fences to ensure the electric wiring was in working order, string trimming and mowing the lawn, and setting up temporary pastures for horses who may need a smaller field. The hard working crew then celebrated with pizza and desserts and a bonfire to burn some extra straw and left over pallets. Thank you for helping to ensure our horses' pastures are clean and safe!



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## New Toys

Ringside has recently acquired a couple of new pieces of equipment or "toys" that will help horses through a rehab process. The first item is a cold hosing system that reduces any swelling or heat in a horse's leg through the use of special boots. This allows riders to avoid standing with a hose in hand for an extended period of time, while also allowing two legs to be hosed off at the same time. The second new "toy" is an electric stimulation system that encourages relaxation and reduction in muscle tension. Many horses find it pleasant and similar to a massage.



**Romeo relaxing with electric stimulation**

# Horse Stretches

Just like people, it is important for horses to stretch and be properly warmed up before and cooled down after a workout.

Stretches help create a more limber horse and allow them to strengthen their muscles. Some examples of stretches for horses are shown below and a treat can be used to help encourage a horse to stretch fully. Speak to your trainer before you try these stretches with your horse to ensure these are safe.



## Upcoming Event

Ringside is proud to host an upcoming important event for both riders and parents.

### Thursday June 11th: Farrier and Equine Dentistry at 11 am

Ringside will be hosting local farrier and equine dentist Tad Richard. Riders are encouraged to attend this educational session at 11 am to learn what goes into the farrier process and what an equine dentist looks for when ensuring a horse's teeth are healthy. The cost is \$15 per rider.

## Lesson Program Changes

As of Saturday June 22nd, Ringside's Head Trainer, Lauren Nassar, has switched the days that she teaches lessons from Sundays to Saturdays. This allows a trainer to be available seven days a week for Ringside riders. Please speak to Lauren or Emily if you need to adjust your own lesson schedule.

## Mane Mentors: Ringside's School Horses

Sammylynn is an OTTB who is most successful in the jumper ring, helping intermediate riders master skills such as tight turns. A powerful horse who loves to jump, Ms. Sammy is as affectionate as she is brave.



# Upcoming Events

## July 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4 Fourth of July No Lessons	5	6
7	8	9	10	11 Farrier/Equine Dentistry Educational Session	12	13
14	15	16	17	18 Hunters Run B, C, and Pony Show	19 Emily's Birthday	20
21	22	23	24	25	26	27 Lauren's Wedding
28	29	30	31			

