



Janne & her husband Gerry



MICHAEL LAKE EQUESTRIAN CENTRE



JOANNE UHRIG

From Australia via Edmonton

When Joanne came to Canada (as an adult) she took up riding and fortunately found herself in a Dressage barn and her passion for the sport started. For many years Joanne was at Donsdale Stables in Edmonton, home of Bonny Bonnello and her mother Mona. Now 30 years later and still riding and training her love of the sport has not diminished and now holds credits in the show ring – some of them are

Reserve Champion Open Basic 3 at the 2000 Canadian National Dressage Championships held in Regina, Saskatchewan
Champion Alberta Provincial 2000 Open Basic 3 & 4.
Rsv High Pt Champion Alberta Dressage Classic, Basic 3 & 4
Med 1 Champion Western Regional Dressage Championships
Med 2 Champion Western Regional Dressage Championships
Med Division Champion Western Regional Dressage Championships
FEI Prix St. George – 3rd Amberlea Meadows Dressage Show 2004
..... and the list goes on.

Joanne and her husband ran a successful 320 acre farm in Edmonton, with a barn of 19 horses with indoor riding arena, plus 100 head of beef cattle. Joanne believes that riders have to be taught to feel the horse and respect its capabilities. She loves training horses and riders and turning them into confident partners.

Personal Passion: Helping beginners and all riders successfully climb the ladder of Dressage which is simply basic training of horse and rider.

Trained with: Bonny Bonnello & Mona Bonnello, Heidi Schultz, Norma Jean Clayton, Lee Tubman, Ashley Holzer, Tom Dvorak & Gary van der Ploeg.

TRAINING AND THEORY GO TOGETHER

(Theory: the body of rules, ideas, principles and techniques that apply to a particular subject)

What is classical training? ...is the schooling of the horse to perform various exercises required in Dressage or any other discipline that he is going into – which takes stamina and muscle development – you cannot train without conditioning.

Conditioning :- is getting a horse aerobically and physically capable to start his training. A horse in top condition will be able to move steadily forward with an elastic neck and his muscles and joints will look and feel supple. If the horse is winded after work he still needs more aerobic conditioning.

Starting work with a young horse..... and/or retraining from another discipline, I usually lunge and/or ride according to the fitness level. I then slowly increase the sessions in walk/trot/canter until I feel he is fit enough to carry a rider comfortably without being soaking wet or breathing hard. Then the training of the exercises begins, to create an uphill forward, soft horse working into the bridle. If the exercises begin to early – resistance due to soreness is created (like a human athlete they get muscle sore). In the training of the exercises not only do I work with the physical body, the mental state must be monitored, both must be in harmony, as then the horse and rider are enjoying their work. Relaxation is the key to all good work physical relaxation comes from the development of strength and power created through the exercises to maintain balance that gives the horse confidence in his work.

Pushing the horse beyond his capabilities is the issue always at hand. If a particular horse cannot perform to what you expect re-think and re-evaluate, perhaps you need to go slower or go back a step to create the proper foundation for the horse to understand the work. Human egos are a constant threat to horses.

It falls on the trainers/coaches to “know” their stuff. Many people know how to ride but fail to learn how to turn a horse into an athlete.

Teach horses to go forward in rhythm – reaction to the aids is a must (submission to the aids reduces spooking) plus you can only get submission when the horse is on the aids. Never hurry out of rhythm, be organized in your preparation for the upcoming movement, don't push past the horses natural tempo which causes tension/rushing and/or panic in trying to keep up to the demands of the rider.

We can only train a horses mind through his body which must be relaxed in order for his mind to be relaxed. Sit well, sit relaxed and quietly work with the horse in simple clear messages.



..... cont'd



cont'd

- *Young horses should not be overfed.
- *Young horses should not be started at too young of an age.
- *Senior horses have to have adjustments made in their life.
- *Working horses should be fed according to their disciplines.
- *Ulcers are common yet most horse owners are unaware they exist.
- *Stressed horses are more prone to becoming infected with diseases, skin disorders poor hair coats and losing stamina.
- *Proper nutrition is important for minimizing problems,
- *Proper conditioning and training on a regular basis,
- *Being able to adjust your training to benefit the horse and not overtax him.
- *Knowing your horses stress situations.
- *Train horses properly before expecting them to perform optimally in heavy workout.
- *Purchase a horse that is suitable for whatever experience you have.
- *Little things make all the difference even knowing when your horse is in his stall and his body language says “Do Not Disturb” (My horse for example turns his butt to the aisle and hides in the right side of his stall, I know that is his leave me alone time.)
- *The most common lameness problems are :- simply breaking the horse down through improper work and lack of maintenance.

I adhere to the classical dressage training scale as it gives a standard and systematic training which has been used for over 400 years and has been proven time and time again to be successful.



Joanne Uhrig
Victory7dres@shaw.ca