

*What's the motivation to do ground work?  
Gordon McKinley, the great trainer I worked  
with in Australia, always told me, 'The more  
times you pick yourself up off the ground,  
the better your ground work is going to get.  
- Clinton Anderson -*



*Horses are mirrors - they reflect their  
surroundings - that means we need to  
look to ourselves in order to "fix"  
our horses"  
~ Sarah Schmidt*



## **SARAH'S STABLES**

A BALANCED APPROACH

**SARAH SCHMIDT**  
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## **WHAT PEOPLE SAY ABOUT SARAH:**

**I HAVE HAD A NUMBER OF INSTRUCTORS OVER THE YEARS, AND BELIEVE THAT SARAH IS THE BEST INSTRUCTOR I HAVE HAD. SHE BREAKS THE SKILLS DOWN INTO STEPS SO I CAN UNDERSTAND WHAT SHE IS TRYING TO GET ME TO DO.**

Gerry

**SARAH SHOWS THE ABILITY OF A NATURAL INSTRUCTOR IN COMMUNICATING THE LESSON. HER ABILITY AND EYE ARE VERY GOOD, AS WELL AS HER GIFT OF ENCOURAGEMENT. I APPRECIATE THE VARIETY OF IMAGERY SHE USED TO GET HER POINT ACROSS. OR SHOULD I SAY THE IMAGERY SHE HAD THE RIDER USE**

Amanda

**WITHOUT SARAH I WOULD NEVER EVEN HAVE THOUGHT OF TRYING TO DO THE CANTRA ASSISTANT INSTRUCTOR CERTIFICATION. WITH HER ENCOURAGEMENT, COACHING AND MENTORING, I AM NOW CERTIFIED!!!**

Michelle



## **SARAH'S STABLES**

A BALANCED APPROACH



**Multi-Discipline Lessons  
& Coaching**  
at  
**Michael Lake Equestrian Centre**  
13270 Doole Road, Ladysmith, BC

# SARAH SCHMIDT



*"Riding instructors/coaches do much more than impart specific skills and should approach the horse and rider in a holistic way."*

With over 40 years experience with horses, Sarah has competed in and judged hacks, hunters, dressage and western performance. She has taken instruction from excellent clinicians and professionals such as Leslie Reid and Len Cooke.

Sarah started as one of those pony crazy kids galloping dangerously around the neighbourhood when she was introduced to Pony Club.

It was the beginning of a journey to becoming a well rounded horse person with an attention to detail and a commitment to ongoing learning.

Sarah pulls knowledge and expertise from both English and Western disciplines.

Her strong base gave her the knowledge that she applied to her most recent undertaking - forming Creston's CanTRA certified Therapeutic Riding Program where she was also the instructor and barn manager.

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Sarah's other achievements include:

- . EC Competition Coach, English, 1991 with over twenty years coaching, judging & teaching beginners and intermediate riders
  - . National Pony Club Examiner, 1988 - 1998
  - . Facilitator, Equine Program Fairview College, 1996
  - . Graduate, Farrier Program Fairview College, 1995
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Drill ride at the end of camp

*Love means attention, which means looking after the things we love. We call this stable management.*

- George H. Morris -

Sarah's Stables resides at Micheal Lake Equestrian Centre where she offers instruction & coaching on your own horse or on a school horse, in either English or Western disciplines for the recreational and competitive rider.

She remains an active judge and examiner as well as coordinates the Co-operative Board at MLEC.

Students boarding at MLEC has the benefit of indoor and outdoor arenas, round pen, trails and cross country fields.

Some of Sarah's students . . . . .



Practicing



At their first horse show



Enjoying a trail ride