

INTRODUCTION TO THE **PERFORMANCE HORSE**

With **Sarah Mackay**

Sarah Mackay Training is located at Rimoe Ranch
968 County Rd. H
New Richmond, WI 54016

Week One: February 18th

- Giving to the bit: Lateral work and Softness in face while staying forward and off the front end.
- Body Control: Moving the hip and shoulder away from pressure

Week Two: February 25th

- Advanced Body Control: Moving away from pressure at different gaits and setting up for the lope departure
- Transitions: Moving forward and off your leg at the same time to quietly and smoothly move up and down through the gaits

Week Three: March 3rd

- Rating your Speed: Speeding up and slowing down within the same gait while staying level and soft in the face
- Stops: Learning to stop your horse on the hind end; the basis for sliding stops

Week Four: March 10th

- Rollbacks: as applied to both reining and cow horse work
- Spins: the fundamentals of spinning the horse, starting with steering from the shoulder and correct pivots

~Limit 5 Riders per Session ~4 Hour Session- with break
~\$200 for Series/\$60 per Session

Waltenbury

For more information and to register contact:
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