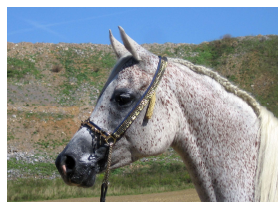


The Saddle Club Gazette

The Letter From the Editor

By Zeus –An Imaginary Horse (Lyla)



MERRY CHRISTMAS! Wait...in July? Yes! Cricket Hill is back in the LYDF saddle this summer with a knockout tack room theme: Christmas! It can be Christmas anytime! We have an impressive team this year, I am so excited to be going again to see all of everyone's hard work in action. Our awesome team is made up of blank, Carly Moscowitz Frosted Bandit, blank AnneMae Billy, Abbey Von Deck riding Olivia, and Ava Moscowitz riding Rascal! Our team is made of seasoned horses, like Bandit who has gone to YDF 10 times, to Carly who is riding in her first YDF show! For this fourth special issue I want to switch up what we normally write about (showing, how to keep cool, more interviews) and write about health and rider wellness. Please check out the most recent *TSCG Medical Journal* supplement: "Why Warm Up?" And Is you have any questions/ comments/ concerns or you want to contribute: email Lyla Andrick at HorseDoctor25@iCloud.com and please check out the SCG website: http://crickethillfarm.org/news/?page_id=601! Au revoir! Amuse-toi!

Upcoming Events and News

By Zeus

For some, the last June show was an improbable disaster. I could get one grain of food for every equine fail, I would get fat. Just kidding. I am so excited to be at YDF this year! There is so much in store at Cricket Hill this summer! After YDF we have regular summer lessons and dressage and jumping (design-your-own) workshops! There are Beth Baumert Clinics on July 25th, 30th, and August 14th! We have a summer camp for kids July 31-August 4th there are still openings to sign up! August 25th is the 40th Anniversary of Cricket Hill Farm! Come to our annual Barbeque and Drill performance to celebrate! To learn more about our events, see our website: <http://www.crickethillfarm.org/events.html>

The Importance of Exercise

By Lyla Andrick

This issue I want to emphasize the importance of exercise for riders. Since many of us have participated in centered riding, we all have an idea of how important our bodies are. More important is how we are cognizant of how are bodies work, especially in conjunction with our horses. Exercise is not only about being in shape, and it's not only about when you feel like it, nor should you be killing yourself lifting heavy weights. Exercise is about building positive self-image and becoming aware of how to use different parts of your body to accomplish different tasks. In dressage, we are constantly instructed to use parts of our bodies that we are not so familiar with, exercise helps. I do a combination of yoga, core strengthening, and cardio workouts to help me fine-tune the different parts of my body that I use for aids. If you don't have access to a gym, then I suggest you use the free training app, Nike Training Club. You can personalize your own workout down to how long (5 minutes to 30) and for what part of your body you want to focus on. Hope you have fun!

Rebel: The Story Of A True Heart

By Lyla Andrick

Previously on Rebel:

"Is it...true then?" she asked.
 "Is what true?"
 "That you love me?"

"Of course I do...you know that," Rebel said.
 "Do I?" Phea asked.
 "Don't you?"
 "Why did you pull away from me then?"
 "I-I don't know...I didn't know what you were doing I guess...you caught me by surprise."
 "I'm sorry Rebel-," Phea never finished. Rebel has kissed her before she could make out another word.



"Okay bro, that calls for a parteeeeeey!" Blue said.
 "Yo Rebel! You're one awesome stallion!" Lex said.
 "Now for the honors!" Blue said.
 "What?" Rebel asked. He had just explained how everything had gone down with Phea and his friends were very excited.

"Three! Two! One!" Blue shouted. He picked up Rebel's mane in his mouth and dunked his head in the water trough.
 "Hey! Phew!" Rebel said spitting water.
 "You're an official Stallion!" Lex said.
 The horses started laughing.
 And then the blow came so fast no one saw it coming.



"REBEL!" Blue shouted.
 Yeah, he won't be responding anytime soon," Remington laughed, trotting manically around Rebel.
 "You! You!" Lexington shouted. While Blue stood over the unconscious Rebel, Lex took Remington into his own hooves, his eyes burned with fury.

"You think it's okay to come up out of nowhere and KICK MY FRIEND IN THE HEAD? What is wrong with you? What's your problem? You are so mean...and you're a bully...you walk in here like you own the place, you don't even open your mouth before most of us already have our opinions about you! I don't know who you think you are, but take it down a notch okay?" Lexington shouted.
 "PHEEEEEEEEEEEEEAAHHHHHHH!" Blue cried out.
 "You wouldn't..." Remington said, aware of the consequences he would face bringing in the head mare.
 "Oh I already did," Blue spat.

To Be Continued

STAFF Publisher/Editor/Layout: Lyla Andrick. Reporters: Lyla Andrick, AnneMae Cashen, Lulu Levy, Ava Moscowitz, Carly Moscowitz

TSCG Top Ten

By Misty (Lyla)

As a posh imaginary mare, I am very peculiar about who rides me (I eject some poor riders). I prefer people who are in tune with their own body, but I understand some people may not know how to use certain parts, or like my imaginative creator, go through impossible growth spurts. Here are a list of exercises you can do to find out how your body as a rider can communicate:

- 1, calf extensions: engaging your calf is an important beginner "go" aid. Opening at the hip and applying your leg can be hard, so try standing on a stair with your legs apart and raise up on your toes, then lower your heel below the stair. Try doing it in a squat.
- 2., triceps row: using your triceps has better affects than your biceps! Take a weight (or soup can if you don't have weights) and pull your elbows behind your back, and then release and repeat.
- 3, curl ups: they are easier than sit ups! Doing them to the left and right engages your core!
- 4, child's pose: this move is yoga make you imagine your spine lengthening.
- 5, bending over: try to imagine one single vertebrae moving at a time, notice how the space between those vertebrae expand and contract.
- 6, softening your eyes: focus on a near object, then loose the focus and try to notice how much more you see
- 7, the "thutt" if you are one of those people who half halt using the muscle between your butt and thigh, try sitting and flexing those muscles until you can feel where the muscle is moving. Sit on your hands to help.
- 8, push ups/ plants: these engage your upper body for strengthening your muscles. Focus on using your shoulder
- 9, hanging upside down: this is hard if you don't have proper equipment, but if you do its magic. You could also try leaning upside down against a wall on yoga bricks
- 10, dance! This is so easy, whether or not you are good. It is a form of casual exercise that is fun for your mind

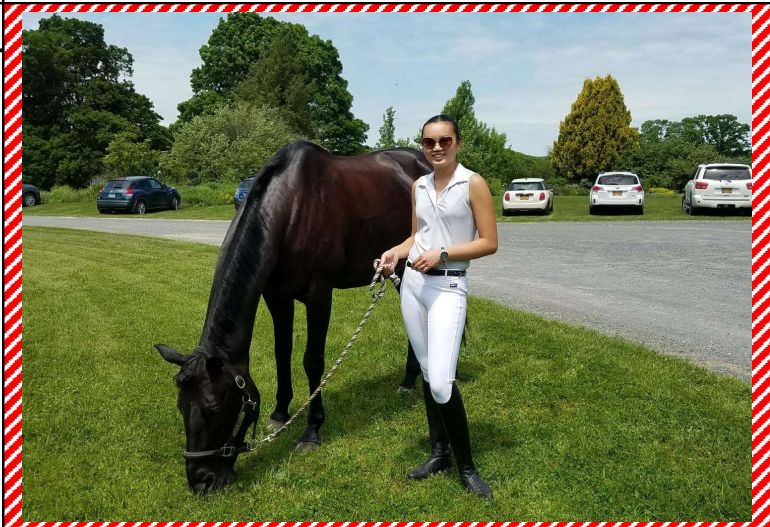
Sir Madison the Stallion

By himself (Lulu Levv)

I LIVE. I know my presence has been sorely missed. I simply haven't had time to write to my friends. Between learning the name of the mare that is my neighbor and meeting the other pony, I just have not felt like myself. Recently I went to the stockade show. I got third in the pony cup division and qualified for the pony cup. So, I will be going to the East Coast Pony Cup this August. Also, I will be at LYDF so come visit me. For autographing sessions, please consult my secretary, Lulu. *Note from the secretary: All autographs and selfies are free. ☺

Any who, I just need one more qualifying score for Region 8 Championships. Woohoo. But you don't want to hear about that. The interesting stuff is, well, interesting. At my barn there is a cat named Cat and a horse named Gryphon and a mare named Wistful and a pony named Otto. Then there is me. The finest in the land. I was not allowed to live next to Wistful because supposedly I got too "studly" to remain sane. I also have a bestie named Fellow. Sorry for the uninteresting update, I am waiting for some exciting news that will change a lot of things. I will be sure to let you know when I get this confidential peace of news. SUSPENSE...
Sir Madison the Stallion

TSCG Photo Gallery



At least Lyla didn't come off...



Velvet photo taken by Abby Marino



The team: left to right: Anne Mae Cashen, Abbey Von Deck, Ava Moscovitz, Carly Moscovitz

A Cricket Hill Christmas In The Sand

The Line Up

By Zeus

Hey Everyone! Zeus here! I can't wait to come to LYDF with all my friends again this year. We have a bulletproof roster of new and seasoned team members competing this year! Besides being area-queens, we have come back from a quietly embarrassing themeless tack room competition last year with an all-new Christmas In the Sand theme! Though it's July, why not dream up some pleasant cool snowflakes amidst the unbearable heat! The stalls are clad with naughty or nice horses, snowmen, penguins and more! Come check us out!

Take a look at the Cricket Hill Team bios! We have an impressive group this year!



The team with head trainer Kira Steines

Abbey Von Deck

Abbey, 21, has been riding at Cricket Hill Farm for one and a half years. This is her second time attending YDF. She is accompanied by her own rescue pony, *Femme Fatale* (Olivia). She is showing at first level.

Do you feel that the YDF reading assignments and test help you learn more about horses?

Yes! Also there's not many other places you can test your knowledge like this.

What would you tell beginner riders as horse-show advice?

A ribbon only costs 50 cents—just do your best.

If you would tell your pony a secret, what you tell her?

That she's the literal love of my life. 😊

Ava Moscovitz

Ava, 11, has been riding at Cricket Hill Farm for seven years. This is her second time attending YDF. She is riding academy POA Rascal in training level.

What is the best part of YDF?

Riding

Do you feel that the YDF reading assignments and test help you learn more about horses?

Yes!

What are your riding strengths/ weaknesses?

Weaknesses: leaning to the left

Strengths: good seat

AnneMae Cashen

AnneMae, 12, has been riding at CHF for over a year. She brings her own horse, *William Shakespeare* (Billy) to their third YDF event. They will be showing in Training Level.

(Lyla was not present to Interview AnneMae and regrets to inform an interview was not completed. To see her full interview, see *The Saddle Club Gazette's* website where it will be posted soon!)

Carly Moscovitz

Carly, 8, has been riding at CHF for three years. This will be her first time attending YDF!!! She is riding academy schoolmaster *Frosted Bandit* (Bandit) in Introductory Level.

If you were trying to convince your friend to take lessons, what would you tell them?

CHF is really great! You can do shows, lessons and a LOT more stuff!

What would you tell beginner riders as horse-show advice?

Try your best and have fun!

If you would tell your pony a secret, what you tell him?

I actually have multiple favorite horses!