

REFLECTIONS ON THE YOUNG SPORT HORSE

Mona Glesener

5C6

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Introduction

What this this Travail personelle generally entail?

In this travail personnel I will attempt to document and share the process of owning and training a young horse. Personally, I hope to be able to further analyze my young horse's and my methodology's progress, along with continuing to constantly learn about everything surrounding this process. I hope that my perspective will be interesting, helpful, and accessible to people with a lot of equine experience or people with none who are simply interested.

In order to achieve this, I have structured this travail personnel into 3 different categories: Diary, Guide, and Goals.

In the Diary, I will be filling out a personally formatted diary entry sheet at least 3 times a month. These are meant to portray more personal, small-scale progress, and insight. I will note what the day's activities and goals were, along with the

horse's mental and physical condition and other aspects of what was going on the particular day of the entry.

The Guides are research plans in which I will be researching and dissecting a question or theme relevant in my young horse's feeding, appointments, equipment, training, blanketing, biology etc. I will when possible and relevant also try to include interviews with equine professionals.

The Goals part of my TraPe will mainly be focused on the personal goals I attempt to set for myself and/or my horse and the process of pursuing and reaching those goals. This is larger scale than the diary entries.

About Gloria

Meeting

I coincidentally met Gloria for the first time on vacation at my grandparents' home in 2019. I followed along to visit a German breeder. My grandparents' intention was to pick a horse of young age to come home with us. We saw many horses that day, one of which was the dark bay, yearling mare I am now lucky to call mine. I remember being drawn to her and believing she was one of the most beautiful horses I'd ever seen. She soon came to my grandparents' farm, befriending some of the other young horses they had bred. For the years to come she remained my consistent favorite. I saw her once a year as she grew along, because of my travels abroad.

In August of 2022 Gloria officially became mine. The goal is to later successfully compete with a special, close relationship of training a horse from the bottom up.

The first year

The first year together contained many ups and downs. Up to February, our training was going great. She arrived with a skin fungus (we were able to heal) and had been quite overweight. She began building muscle, enjoying and understanding the basics of dressage. I worked with a trainer 3 times a week, making our work more efficient.

In February Gloria had an (almost fatal) colic. Colic is a general term for any manifestation of abdominal pain. The nature of colic can range from minor to life-threatening. There are many different reasons for and types of colics. Nevertheless, it is a primary cause of death in horses.

Upon being called to the stable in the evening as someone had noticed Gloria showing mild colic symptoms (laying down, pawing, nervousness, looking at belly) we decided to call a vet. After full examination, including a rectal exam, the veterinarian recommended we immediately take her to the hospital for further evaluation. At the University Clinic of Liege, she was further examined. They began administering medicine and painkillers, pumping reflux out of the stomach, and (after examination) walking her in hopes movement would restore her gastrointestinal tract.

There are about 7 types of colic: gas (occurring when there is an excessive build up in the large intestine), spasmodic (occurring through intestinal cramps or spasms), displacement/entrapment (occurring when the intestine moves away from its healthy location in the abdominal cavity, stretching the blood supply to tissue), torsion (occurring when the intestine folds and inverts over itself), strangulation (in case of the blood circulation being cut off from the intestine, resulting in a quick death of the intestinal walls), and sand (occurring when sand builds up in the large intestine).

Gloria had a gas colic which led to a displaced and entrapped colon. These are time-sensitive situations, as the longer the wait, the higher the chances that blood circulation is cut off. Luckily, we noticed early, so her intestine wasn't strangulated. That is what we thought driving home from the clinic at night (we had to leave Gloria). At 3 a.m. however, we received a call from the clinic that her intestines weren't better and now contorting, putting her at risk of entrapment. We agreed to emergency surgery.

Surgeons had to open her belly and put the intestine back in the correct location. Luckily, the blood supply to the intestines had still been alright meaning no parts of the intestine had to be removed. Surgery, however, brings along many other risks of complication.

We visited Gloria, after her surgery, every day for 14 days until she was able to come back home. Seeing she had the complication of stage 4/4 ulcers (from the stress of staying at the clinic) and a "lame" gastrointestinal tract, a second surgery being recommended (which we didn't agree to), this was a true miracle.

For the following 4-5 months, she was in rehab (no riding, giving her all the time, we could heal) with the occasional minor colic occurring. Her wound healed well, and she slowly got back to normal.

In June, we began trying to rebuild muscle by taking long walks through the forest (hill work) and lunging with tack. Trust was very important during this process. Upon returning from the clinic, she didn't want to be touched or spend any time with me. Turns out her mental state needed just as much time to recover (if not more) as her physical state.

In July, I sat on her back for the first time again in almost half a year. She was acceptant and even motivated to take on work again, giving me the green light to sit on for longer periods of time. We went on hacks (which she loves) and began to pick up where we had left off. I found that after that long time of processing (for context the clinic recommended 3 months of rehab) she was turning back into the horse I remember: happy, motivated, stubborn, strong, and balanced.

About Me

I grew up with the love of horses, my grandparents being horse breeders. I started riding around the age of four and have been completely hooked ever since. So far, I have had the incredible experiences of riding in Germany, China, and America. I feel I've gained lots of valuable insight through this diversity. During my time in America, at the age of eight, I began competing in small hunter/jumper classes and loving the aspect of shows and competition. Upon returning to Luxembourg, I realized that it was very difficult to find a stable allowing me to compete or jump lesson horses in the familiar environment I was used to in the US.

After some time, I was privileged by my parents to begin leasing a horse. They were mainly horses bred by my grandparents. I progressed my riding and learned about everything else that came with "owning" a horse (care, management, equipment, feed, health, etc.).

As of now, I know that I want to work with horses as an adult. I am fortunate that my parents support me in pursuing this passion. I currently fully lease and compete with one of my grandparents' horses: Zeltik d'Alene. He has helped me progress my riding and gain experience in competing, being an experienced horse himself.

I received Gloria around the same time as Zeltik. She is my first own horse. I find it hard to put into words how grateful I am and how fortunate I feel about these opportunities and experiences.

Diary: First Block

Summary

In this block, we did many different activities and had a couple of firsts. The first time jumping and the first-time training away from home. In ridden work the focus was on canter balance which is hard for growing horses.

Week 1/ Saturday, September 23rd, 2023:

Created: Bertrange

Activity: Hack+ trot school outdoor

Favorite: Relaxation in the trot at the end

Goals: Big hack tour, later just relaxation

Hardest: Spookiness

Effort: 2/6

Equipment: Dressage saddle, winderen, 0g stable sheet

Feed: Gurbe mash, cooly

Mental: Alert, spooky

Physical: Getting furry

Week 2/ Friday, September 29th, 2023

Created: Bertrange

Activity: Lunging

Favorite: Coordination, control in line, working out of poles Goals Trot work on 3 pole fan

Hardest: Canter balance in the end

Effort: 2/6

Equipment Kappzaum, winderen, lunge, king carbon, bell boots

Feed: Gurbe, Cooly, Bierhefe

Mental: concentrated, level

Physical: Fit

Treatment: Osteopath on Monday

Turnout: Field

Week 3/ Monday, October 3rd, 2023

Created: Bertrange

Activity: Jumping lesson

Favorite: First combination and oxer, punch at the jump, mental levelness

Goals: to have our first jumps

Hardest: left canter, balance

Instructor: Kim

Effort: 5/6

Equipment: jumping saddle, boots, winderen

Feed: gurbe, cooly, bierhefe

Mental: very level, concentrated, brave

Physical: fit

Turnout: Paddock

Week 5/ Friday, October 20th, 2023

Created: Feelenerhecken

Activity: Out training, jumping

Favorite: How she handled being in a new place, attitude towards work

Goals: Input from Abt, new space

Hardest: More of what we will continue to work on: cavaletties in a circle, properly in trot first then in canter

Instructor: Stefan Abt

Effort: 6/6

Equipment: Jumping Saddle, winderen, boots

Feed: Gurbe, Bierhefe, cooly

Mental: Very receptive, concentrated

Physical: Little tired

Turnout: Field

Week 6/ Monday, October 23rd ,2023

Created: Bertrange

Activity: Jumping

Favorite: Feeling with oser, waiting and listening for me

Goals: Waiting for me, chill

Hardest: Left escape route

Instructor: Kim

Effort: 5/6

Equipment: Jumping tack

Mental: Attentive, concentrated, on the 'go' side

Treatment: Ferrier

Turnout: Field

Week 7/ Friday, November 3rd,2023

Created: Bertrange

Activity: Dressage lesson

Favorite: “Long and low”, transitions, longer canter, super submissive concentrated

Goals: Same as favorite

Instructor: Gasti

Effort: 4/6

Equipment: Dressage tack

Mental: Concentrated

Physical: More condition, loose Turnout Paddock

Guide: Coat change

[How does the winter coat change affect horses and which role does it play?](#)

The first notice of coat change in Gloria’s diary is referenced in the first week which is end-September (R). Shortly afterwards I consulted the nutritionist Nadia Schenk on the subject to figure out how we could support, what we know to be the strenuous activity of coat change. But what actually is it?

Coat cover shedding is the replacement of old coat hair with new hair. It is an important mammalian thermoregulatory process, which uncommon to popular belief, is not only triggered by the temperature but also by a physiological process of photoperiods (day length, period during which the horse skin perceives sunlight).

Horses have three coats: a light summer coat, a short, and a long winter coat. They switch in-between these, in function of temperature and general protection from the outdoor elements.

A study (S2) found that the shoulders back and loins of horses are the most protected with a longer coat. The hind quarters often have the shortest hair. This is probably because these are the parts of their body most exposed to rain and snow.

Coat change is very strenuous for horses and a slump in their performance is often observed. The appetite may decrease, causing fluctuations in horse weight and the metabolism, liver, and immune system may be increasingly stressed.

Vet Dr. Caroline Fritz recommends (S3) supplementation with trace and bulk elements, regular grooming (helping decrease itch as well), and through nutrition offering timely support of the immune system.

The practice of clipping

I would like to shortly touch base on clipping horses. Horse body clipping involves shaving a horse's thick winter coat off in strategic areas where sweat typically gathers. Clipping is an especially popular practice in sport for riders who continue training in colder temperatures and need their horses to dry quicker post-exercise (minimizing risk of disease) or remain more cleanly. On the other hand, clipping removes the horse's natural protection and can perturb the horse's natural cycle.

A study or survey, I found interesting, regarding this is noted here as follows:

“A questionnaire was published online in Germany and contained 32 questions. Four hundred ninety-eight people answered at least one question, and 373 individuals (7% male, 93% female; ages 14–59 years) completed all the questions. Clipped horses were predominantly used as sport horses (68%), and they were either clipped immediately before or during the winter season (88%) or year-round (7%). The clipping date was scheduled according to hair length (52%), sweat amount (47%), and drying time (47%). Participants primarily used two clips: the hunter clip and the blanket clip, both without clipping the head (23% each). The majority of the clipped horses wore a blanket day and night (> 90%).” - J. Steinhoff Wagner (S4)

I have so far not had many problems drying Gloria. The temperatures have however not yet dropped below 0 degrees (10.11.23).

Diary: second block

Summary

In total, the focus was on training in different arenas and continuing to work on our dressage. We experienced the first problems in jumping, such as bolting at jumps. This improved however as we worked on trust/communication in groundwork (especially important for mental balance away from home) and balance in dressage.

Week 1/ Sunday, November 12th ,2023

Created: Bastogne

Activity: Parcours-Out training

Favorite: The experience, smoothness in the end, Gloria's effort to do her best

Goals: rehearsal for a show, faced with things she may find spooky

Hardest: having to wait in the trailer and get ready in the trailer, crazy in the new environment

Instructor: Kim (who also rode her, so we could better guarantee safety)

Effort: 6/6

Equipment: jumping tack

Mental: Stressed, but not headless

Week 2/ Thursday, November 16th, 2023

Created: at home

Activity: Vaccination (Vet)

Physical: no fever or any other abnormalities

Week 3+ 4

Created: at home

Activity: Weeks 3+4 were filled mainly with dressage work

Goals: Roundness, reactivity

Favorite: Rhythm in trot, roundness in canter, correct muscles being built (topline and abs)

Hardest: Precise transitions, she tends to not push with her hind in the beginning of a session and let go, making it hard for her to achieve roundness

Week 5/ Saturday, December 9th, 2023

Created: Bastogne

Activity: Parcours-jumping in a different arena

Favorite: very calm, no more problems in the trailer, full parcours

Goals: safe, calm, retake in getting outside experience with spooky jumps

Hardest: working together, but remaining consistent in aids (though it worked out quite well in my opinion)

Equipment: jumping tack, tried a 3-ring bit with the same mouthpiece and double reins to experiment with a lever effect (positive reaction, possible back up plan)

Instructor: Kim

Mental: cool, still rushing sometimes

Effort: 6/6

Week 6/ Tuesday, December 12th ,2023

Created: Bertrange

Activity: Poles

Favorite: keeping calm, balance, coordination, not coming into a jumping rut where jumping is mentally completely separated from dressage

Goals: safe, calm, chill pole exercise, no head lessness when faced with jumps

Hardest: trust

Equipment: dressage tack

Mental: cool, curious, attentive

Effort: 4/6

Week 7/ Monday, December 18th ,2023

Created: Bertrange

Activity: Cavaletti lesson

Favorite: very beginning when everything was calm

Goals: work through some calm jumps and improve control

Hardest: focus, stressed, bolting, getting very quick after jump

Equipment: jumping tack

Instructor: Kim

Mental: sometimes slightly headless, trouble concentrating because of frustrating outside environment, not our best day

Effort: 5/6

Week 8/ Thursday, December 28th ,2023

Created: Bertrange

Activity: Groundwork

Favorite: reached all goals, felt we really increased good communication and relationship

Goals: work on liberty and trust, halt; go; back; haunches in; poles without lead rope, lunging, releasing tension

Hardest: letting go of energy in a safe and constructive way

Mental: playful

Effort: 2/6

Week 9/ January 1st-7th 2024

A week's break...

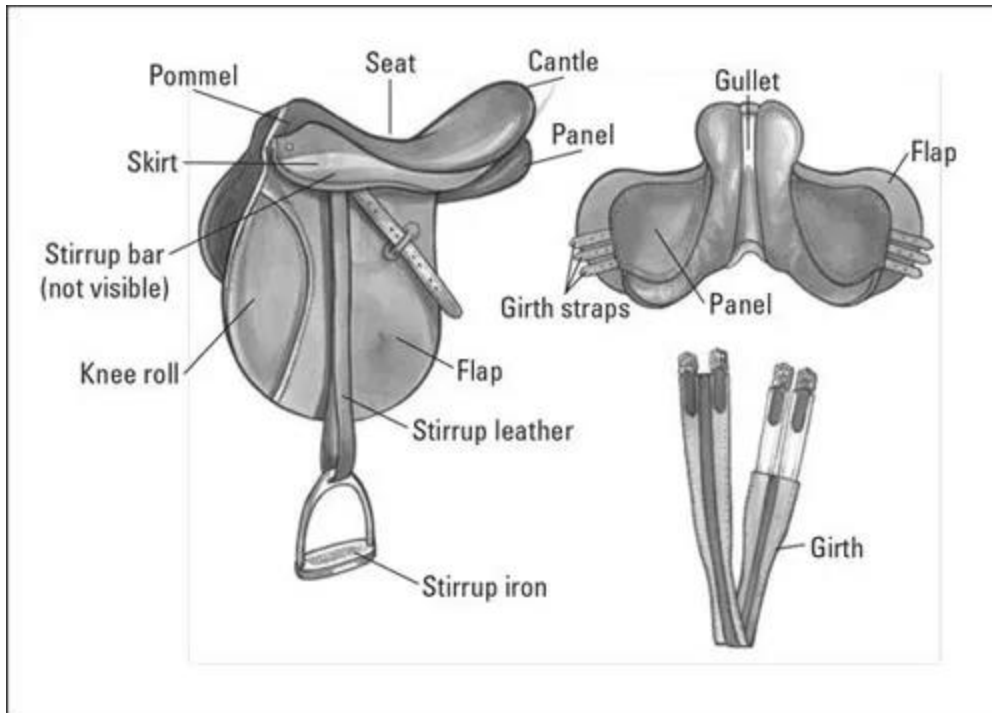
Guide: Equipment

In the guides you may have noticed the Equipment tab changing, depending on the activity we are doing. The equipment or tack usually stands for a bridle, a bit, a saddle, a girth, and boots. Though one can ride without any of these objects as well.

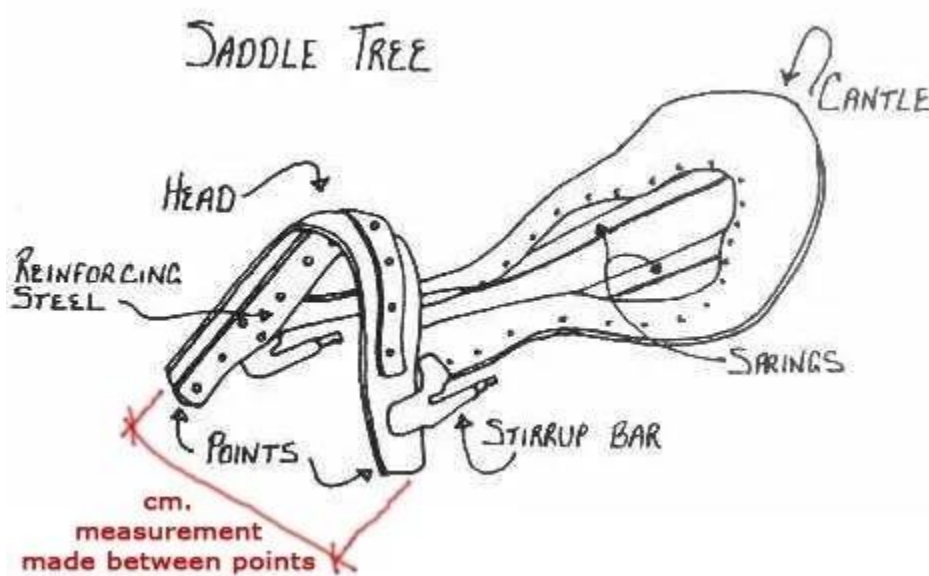
Saddles and girths

The saddle is a supporting structure for the horse and rider. It provides the rider with comfort and stability, aiding the horse (if fitted well) to comfortably carry the rider. This means it also has a protective function for the horse's back. There are many different types of saddles, I use a dressage and a jumping saddle for my horses.

Both saddles have a similar anatomy and are made of leather. They also both base on a somewhat rigid saddle tree. Saddles are fastened with girths around their bellies.



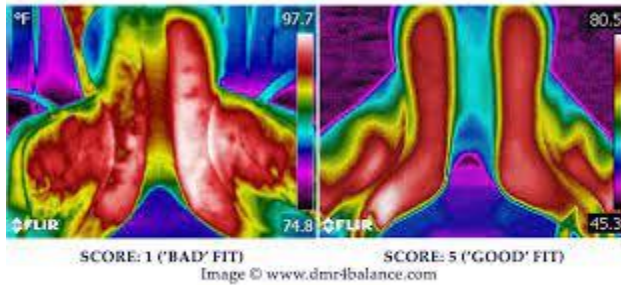
English saddle anatomy



Saddle Tree

Saddle fitting

Ill-fitting saddles can cause damage to the horse concerned. It can pinch nerves, cause muscle atrophy, irritation, and be a precursor to degradation of cartilage in the shoulders and withers.



Heat mapping

Luckily, saddle fitters (studying the fit of saddles, and aiding clients choose the right saddle for themselves and their horse) are now able to measure the heat and pressure transmitted by the saddles with advanced technologies such as infrared heat mapping.

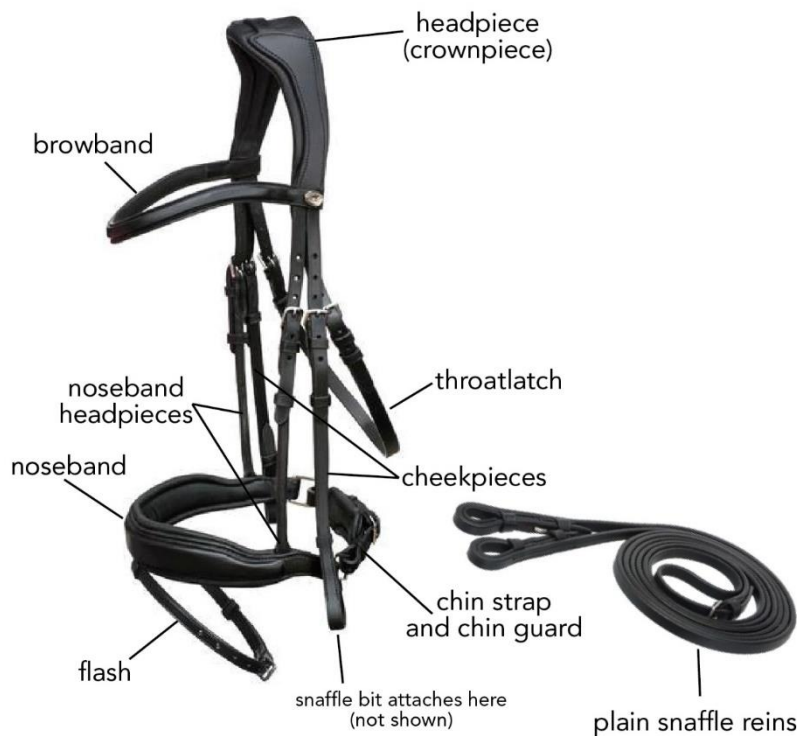
Most important for basic, correct saddle fit is:

1. Freedom of withers (an immensely sensitive area on the horse's body) through the appropriate gullet width and height.
2. Freedom of movement through appropriate shoulder clearance. This depends on the angle of the bars in function of the horse's muscle.
3. Even weight distribution through making sure that the saddle bolstering permits it to sit evenly on the horse's back, the rider's and horse's center of gravity match, and that the saddle length is appropriate.

Bridles and bits

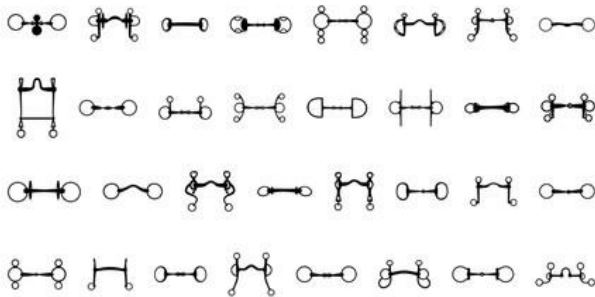
Bridles hold the bit (when riding with one) and help transport the rider's signals from the hands, through the reins, and into the bit without discomfort.

I ride Gloria in a basic snaffle bridle, without a flash, though there are many different options (Mexican, Swedish, Micklem etc.) all varying the amount of pressure but on the horse's nose and face as well as the bits they are made to



carry (I will focus on bridles carrying one bit- double bridles, mostly used in advanced dressage, carry two).

There are also many different types of reins to choose from, varying in texture, length, material, color, and thickness. I mostly ride with relatively thin leather reins; rubber reins however are also a very popular option.



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Bit variations

There are also many different types of bits and rules regarding bits (in which classes you are allowed to use them). These vary in size (depending on the horse's mouth), severity, material (rubber, metal etc.), and usage. The bit itself usually consists of the rings (which the reins are attached to in some way) and the mouthpiece (sitting in the horse's mouth)

I ride Gloria in a very flexible gel Mullen mouth with either D-Rings or a Kimblewick, as she is on the sensitive side in the mouth.

Boots



Boots are meant to protect or support the horse's legs and tendons. In jumping, front-open boots are often used. In dressage, bandages are often seen in the warmup (no boots allowed during the competition).

Different Boots (1. front-open, 2. Bandages, 3. Brushing...)

Difference between jumping and dressage saddles



The main difference between the jumping and dressage saddle is the depth of the seat. Jumping saddles typically have a flatter seat, designed to give the rider more freedom of movement over jumps.

Interview with Kim Grangenette

1. What does the job of a "saddle fitter" entail?

It entails finding the perfect model that fits the rider and his horse as well as offering advice and services.

2. Which qualifications does one need to become a "saddle fitter"?

It is recommended to have done a qualification in a saddle factory or to have been taught by a saddler. Also, having worked with the product brings a lot of know-how and understanding useful to the clients.

3. What are the challenges of saddle fitting? Are there any challenges?

Every fit is a new challenge because every horse and his rider are different and have different ideas, wishes, needs, and plans.

4. What importance do "saddle fitters" have in the horse industry?

The saddle fitter makes the bridge between the manufactures and the users. To improve the quality of the product he needs to forward the clients' feedback to the manufacturers, who need the saddle fitters to be "on the field", close to the clients, and presenting the products.

5. What is the importance of a good saddle fit?

The importance of a good fit is that the horse and rider have a well-balanced and good feeling, also avoiding future problems due to wrong pressures.

6. What makes a good saddle fit?

A good saddle fit is a well-balanced saddle on the horse where the rider feels comfortable for the long term. The saddle also needs to be affordable, so that the rider has a partner (the saddle fitter) on his side in any case of issues, need for modification, or reparation and advice.

7. Does the young horse saddle fit differ from a grown horse?

Of course, a young horse must be checked regularly up to the age of 7 or 8. It first grows in height, then later in strength constantly changing the saddle's fit.

[Equipment Video to better visualize the equipment](#)

Video: 4:13 minutes

https://www.canva.com/design/DAF9J_LW9yE/sNblrAkog9oSRMr6_roffQ/edit?utm_content=DAF9J_LW9yE&utm_campaign=designshare&utm_medium=link2&utm_source=sharebutton

Diary: Third Block

Summary

In summary, the focus in this block was on important dressage work in vision of jumping. We worked on collection and contact with self-carriage and healthy rounding of the back (belly muscles to correct her natural hollow back). She is more acceptant and more sensitive to aids. This block was also largely characterized by the stable move in the third week. We moved the horses to Bourglinster as to have them closer to home, therefore more accessible to us. A complete change of environment is often very stressful for horses and considered a large adjustment. She, however, took very well to the change.

Week 1/ **Wednesday, January 10th ,2024**

Created: Bertrange

Activity: dressage

Favorite: progress

Goals: loose framework, rounding of back

Hardest: working through some resistance

Instructor: Gasti

Effort: 4/6

Equipment: dressage tack

Mental: focused

Week 2/**Tuesday, January 16th ,2024**

Created: Bertrange

Activity: Dressage

Favorite: Focus, reaching of goals, tiny beginnings of collection, brake and gas work

Goals: Collection, stable contact

Hardest: maintaining consistent aids through the tough bits

Instructor: Gasti

Effort: 4/6

Equipment: dressage tack

Mental: focused

Week 3/Saturday, January 27th ,2024

Created: Bourglinster

Activity: Move

Favorite: Calmness in transport

Goals: Safe travel and arrival

Week 4/Monday, January 29th ,2024

Created: Bourglinster

Activity: Hack

Favorite: Focus, calmness, first long canter routes

Goals: Controlled canter and trot workout

Effort: 6/6

Equipment: dressage tack

Mental: focused, enjoyment

Week 5/Wednesday, February 7th ,2024

Created: Bertrange

Activity: Out training Dressage

Favorite: collection, clean trot canter transition, focus

Goals: Collection, stable contact

Hardest: balance

Instructor: Gasti

Effort: 4/6

Equipment: dressage tack

Mental: focused

Week 5/ Break week

Guide: Nutrition

What is a horse's natural diet?

Horses are natural herbivores and foragers. They enjoy grass and different weeds, steadily and in little quantities spread out over the day.

Horses should naturally always have access to roughage (hay, grass, etc....) and fresh, drinking water. Most horses enjoy a balanced high-fiber, low-sugar, forageable diet to keep them happy and healthy. Horses in heavier work may profit from supplements, concentrates, or grain.

Low workload	Mainly roughage	work up to 3 times a week
Medium workload	Mainly roughage, some concentrate	Work up to every day
Heavy workload	Balance of roughage and concentrates	Racing and endurance

However, it is important to note that each horse has a unique metabolism, influencing their dietary regime. When feeding concentrates it is recommended to speak to a vet or nutritionist.

Hay and grass

A horse should typically eat 2-2.5 % roughage of their body weight.

When speaking of grass, fresh grass on the pasture I meant. There are many different types, depending on location such as: meadow, Timothee, or rye, etc.... Hay is cut and dries grass that I stored for the colder months.

Grain

- The most common grain fed to horses are oats. The fiber content is around 13 % making it a great bulk food. Bulk prevents overeating and therefore colic.
- Barley is lower in fiber than oats and considered a “heavy” feed. It is however more energy dense than oats.
- Corn is one of the most energy dens feeds (three times more than oats).
- Wheat is also sometimes added to a horse’s diet as it is very palatable and bulk.
- Dehydrated beet pulp is commonly present in a sport horse’s diet. It’s relatively high in energy and calcium but low in phosphor. It is healthy for the horse’s hindgut.
- Soy is also commonly fed as a high protein grain.

Minerals/Micro-nutrients

Vitamins and minerals make up only a small portion of the equine diet, but are nevertheless key in metabolism, bone structure, physiology, etc....

Minerals are naturally occurring, pure, inorganic substances. Mineral digestion and absorption occurs in the small intestine, while some mineral absorption also occurs in the hindgut. After they are absorbed, minerals are transported throughout the body where they assist with almost every function in the body. Minerals are involved in bone structure, muscles, nerves, hormone signaling, oxygen transport, metabolism, etc... Required minerals in the correct amounts and rations are essential in equine diets. Some include Zinc, Sodium, Copper, Manganese, Electrolytes (provided by salt blocks), etc....

Horses are made up of 5% minerals which fall under one of two categories: macro- and microminerals.

Here a table of microminerals (4th source):

Sodium	Supplement (i.e., salt or mineral block)	Muscle and nerve function, thirst signaling, and thermoregulation
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Chloride	Supplement (i.e., salt or mineral block)	Muscle and nerve function, thirst signaling, and thermoregulation
Potassium	Forages	Muscle and nerve function, thirst signaling, and thermoregulation
Calcium	Forages, especially legumes (e.g., clover and alfalfa)	Bone growth and formation, muscle contraction, and blood clotting
Phosphorus	Cereal grains (e.g., oats)	Bone growth and formation, metabolism, and protein synthesis
Magnesium	Forages and cereal grains	Bone and muscle function and immune system
Sulfur	Forages and cereal grains	Hoof and hair (keratin) and insulin synthesis

Here a table of microminerals(*) :

Iron	Forages	Hemoglobin (oxygen transport in blood) and myoglobin
Zinc	Forages and cereal grains	RNA and DNA synthesis, hoof and hair (keratin), and growth and development
Iodine	Forages, cereal grains, and iodized salt	Thyroid hormone and nervous system development
Selenium	Forages and cereal grains	Antioxidant, reproductive health, and immune function
Copper	Forages and cereal grains	Bone formation, artery strength, and blood cell production
Manganese	Forages and cereal grains	Metabolism and collagen synthesis
Cobalt	Forages and cereal grains	B-vitamin synthesis and coenzyme

Vitamins are categorized by their solubility: fat and water solubility.

Here a table of fat-soluble vitamins (*):

A	Fresh forage (i.e., pasture)	Vision, bone growth, and reproduction
D	Sunlight and sun-cured forage	Antioxidant and immune support
E	Fresh forage (i.e., pasture)	Antioxidant and immune support
K	Fresh forage (i.e., pasture)	Antioxidant and immune support

Here a table of water-soluble vitamins (*):

B1 (Thiamin)	Cereal grains, grain by-products and microbial synthesis	Nervous system function and metabolism
B2 (Riboflavin)	Legumes and microbial synthesis	ATP synthesis (energy) and metabolism
B3 (Niacin)	Forages and microbial synthesis	Energy metabolism
Biotin	Fresh forages and microbial synthesis	Gluconeogenesis and protein (including keratin) synthesis, and metabolism
Folate	Fresh forages	Red blood cell synthesis and tissue maintenance
C (Ascorbic Acid)	Produced from glucose in the liver	Antioxidant and collagen synthesis

Treats

What horses can eat:	What horses can't eat:
Cucumber	Onion
Carrots	Potato
Turnips	Broccoli
Beetroot	Cabbage
Celery	Tomatoes
Parsnip	Avocado
Apple	Rhubarb
Pear	

Apricot	
Banana	
Grape	
Grapefruit	
Orange	
Watermelon	
Peach	
Plum	
Berries	

Interview with Nadia Schenk

Nadia Schenk:

Ernährungsberaterin für Pferde

C-Lizenz Träger

Ernährungsmanagement für Pferde

Futtermittelberater für Pferde

Basis-Weiterbildung in Mineralien in Balance

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Translation

1. What does being an equine nutritionist entail?

For me it is one of the most beautiful side jobs, as one can make so many mistakes in horse feeding and husbandry. I help owners with their 4-legged friends whenever they are at an impasse. I help prevent and sometimes even cure diseases.

2. Which qualifications can one obtain to become an equine nutritionist?

I believe in always deepening one's knowledge and regularly attending seminars.

3. What are the challenges of being an equine nutritionist?
Horses are usually not complicated; I successfully find solutions for them about 90% of the time. Owners, however, often don't follow the plans made and expect the impossible. I always say that I can't wave a wand and that good things take their time.
4. What importance do equine nutritionists have in the horse industry?
We are always informed on the newest scientific discoveries and research, to make sure our clients are always up to date.
5. What makes a balanced and healthy horse nutrition plan?
Each horse has its unique needs, which is why the nutrition plan needs to always be adapted to the specific animal in question. To perfectly customize and create the healthiest plan I need to know about the horse's weight, breed, gender, workload, form of husbandry, etc...
6. How do you create a nutrition plan?
I work with a specific questionnaire and calculations to define the horse's current and best-possible future
7. What is the importance of a good nutrition plan?
Natural but not costly feeding that balances the horse
8. Does young horse nutrition differ from a grown horse's? If yes, how?
Growing horses need to be fed and supported differently than old horses.
Old horses have different and increased needs than young horses.
9. Is it recommended to supplement young horse's coming into work as you would a grown horse coming back into work?
As already mentioned, this cannot be generalized - each horse has its own needs and these must be calculated individually

(Original in German)

Diary: Fourth Block

Summary

This block was characterized by a broader introduction to jumping whilst continuing the dressage work and participating in Out training. Gloria was unfortunately also plagued by a number of small colics, during one of which a vet was also present. In Week 3, I documented a colic for which we stayed overnight to look after her and managed without a vet present. A vet, however, was always consulted for guidance. The reason for her colic remains unknown.

Week 1/Saturday, February 24th ,2024

Created: Ermsdorf

Activity: Out training Jumping

Favorite: calmness, control in jumps, how hard she tries

Goals: Gymnastic jumps, trotting lots of jumps

Hardest: control in lines

Instructor: Stefan

Effort: 6/6

Equipment: jumping tack

Mental: alert

Week 2/Sunday, February 25th ,2024

Created: Ermsdorf

Activity: Out training Jumping

Favorite: control, smoothness, looking for the next jump without getting hectic, safety

Goals: stable parcours

Hardest: maintaining balance

Instructor: Stefan

Effort: 5/6

Equipment: jumping tack

Mental: focused

Week 3/Tuesday, March 12th ,2024

Created: Bourglinster

Activity: Minor Colic documentation

19.30: call from stable, Gloria behaving abnormally

20.00: arrival at stables, checking vital (37.7 C, digital 27bpm), very sensitive to touch stomach and intestines, 15ml Colosan and Digize (essential oil), Walking

20.30: pooped, removed hay from box, Gloria back in box, immediate drinking

-Observation, evolution from awake and gassy, to apathy, cramps, stretching, and occasional belly kicking, very sensitive to touch

22.00: walking, immediate poo

22.15: back in box

22.20: 10ml Colosan and a little hay

22.30: eating hay

-Observation, from, digital BPM ~40, gassy, very sensitive to touch In, still eating hay

23.00: cramps and agitatedness lead to very soft poo, continues eating hay

23.45: walking, soft poo

00.00: back in box, gassy, still very sensitive to touch*

1.00: walking, pooing

1.15: *, occasionally sleeping then being bothered by cramps (pain face, noises) *

2.15: walking, pooing

2:30: back in box, *

3.30: found lying down, resting, gets up on own, poos, still gassy and occasional cramps with almost no raised belly, noisy, walking and poo

3.45: some more hay

Observation- calm with occasional pain, tired, grumpy, doesn't want to be touched at all, turns hind

4.10: We leave

7:45: We return-all pretty good

Week 3/Thursday, March 21st ,2024

Created: Bourglinster

Activity: Polework/Cavaletti

Favorite: Independence, starting to notice experience, reactivity, balance

Goal: complete trot and canter cavaletti exercise on a circle in a controlled and balanced manner

Hardest: getting the transition right in the beginning

Effort: 5/6

Equipment: Jumping Tack

Mental: focused

Week 5/Tuesday, April 2nd ,2024

Created: Bertrange

Activity: Out training Dressage

Favorite: Concentration, acceptance of one-sided leg aids

Goal: Smooth training

Hardest: Forwardness at times

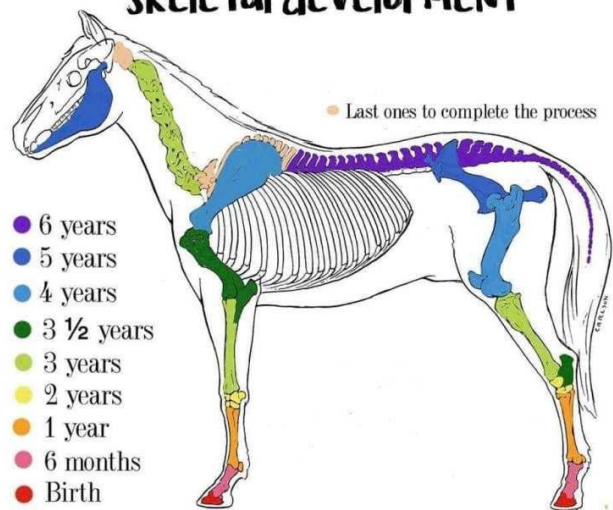
Effort: 4/6

Equipment: Dressage tack

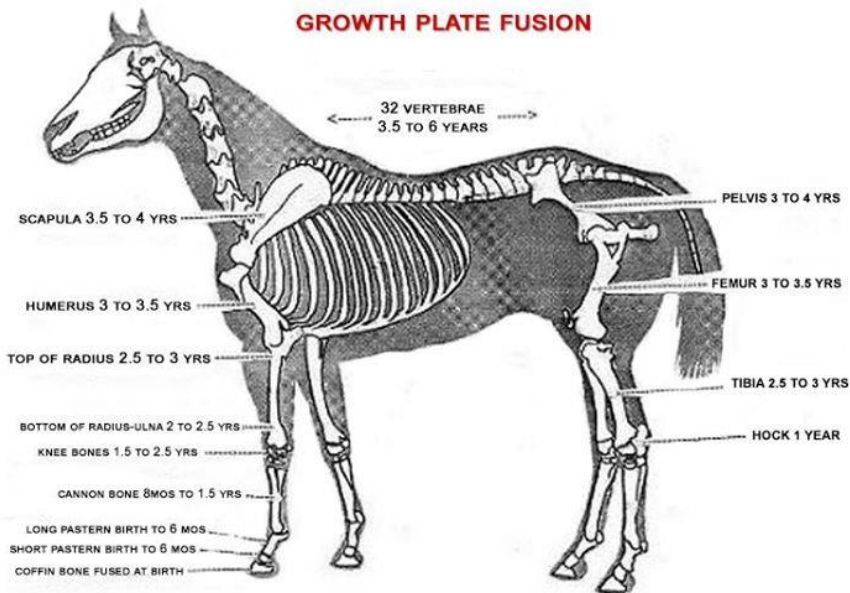
Young horse growth

There are 4 main factors influencing young horse development: management, environment, nutrition, and genetics. A horse is considered to be physically maturing up to the age of 8 and emotionally maturing between 5 and 7 years of age. They are sexually mature around the age of 3 (when it is considered safe to begin breeding). During the first 9 months and up to 6 years of age, horses develop teeth. Bottom of Radius-Ulna fuse at 2 to 2 ½ years.

THE STAGES OF EQUINE SKELETAL DEVELOPMENT



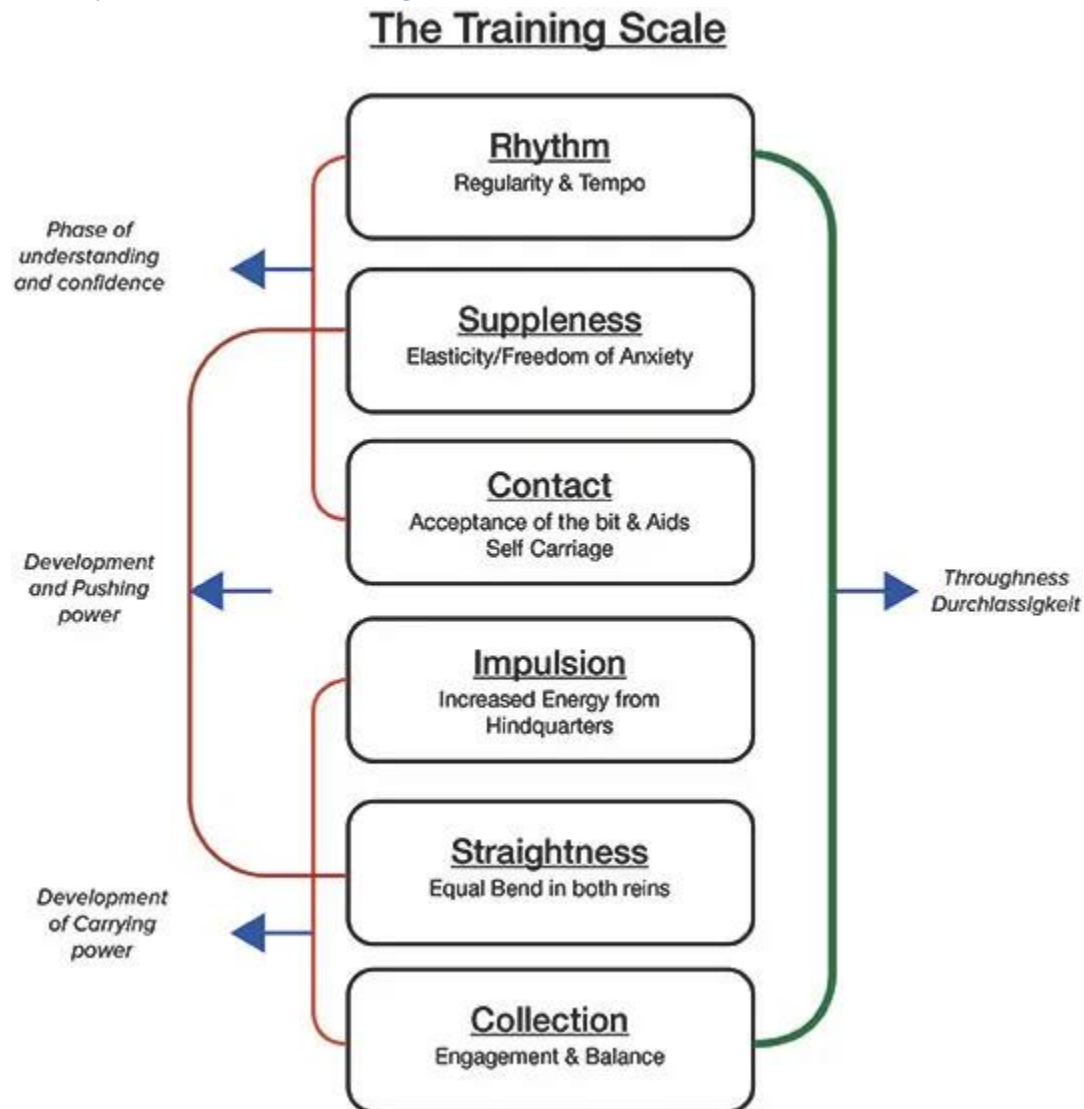
GROWTH PLATE FUSION



- Tibia and top of Radius fuse at 2 ½ to 3 years.
- Femur and Humerus fuse at 3 to 3 ½ years.
- The Scapula and Pelvis fuse at 3 to 4 years.
- The vertebrae fuse between 3 ½ and 6 years.

System to young horse education

Principles of classical riding



Above is the training scale with its six points representing a holistic training system which applies to all horses and all areas of riding - regardless of whether they are dressage, show jumping or leisure horses. It is considered a general tool, as it is not only used in the basic training of the young horse, but also provides the framework for training sessions with older, more advanced horses. In the scale of training, knowledge about the horse's nature merges with knowledge from training theory. I attempt to base Gloria's ridden training on this scale.

Development

There are many different approaches to young horse training and training in general. However, many agree that training consists of a planned improvement of the horse's conditional capabilities (strength, condition, mobility, speed, etc.) and strengthening of its psyche, whilst taking into account its constitutional build (all the physical and mental predispositions it brings with it).

Prerequisites for positive learning are attention, safety, trust, respect, obedience (consequence of a trusting, willing, and stable relationship), serenity, motivation, and fitness (physically and emotionally). Horses, especially young horses, will be picking up and learning from every subtlety before ever being ridden.

Horses learn through repetition, desensitization, sensitization, reinforcement (reward), and role models. When riding the horse will, through increased training, mirror its rider and learn to react to the smallest of aids. As the basics of riding develop the horse's fitness and sensitivity will ideally grow in function of the partnership's harmony.

The young horse's foundational education is usually versatile and alternate making later specialization easy and safe. The foundation will always be refreshed as horses and riders gain experience

Introduction to jumping

The introduction to jumping is progressive from exercises with ground poles, to small cavalettis, and later jumps. Jumping is often an extension of the foundational dressage work and meant to be kept light, playful, and yet carefully monitored. The first establishments for the young horse when jumping are to just have them understand the general concept (getting from one side to the other). The horse is introduced to elements of a parcours in function of its advancement and confidence.

Common exercises

Distances between poles depend on the horse's gait and range of motion in that gait. Distances between jumps also vary depending on the jump's height and width (closer or farther takeoff and landing point from the jump). The pole work set up depends on the horse's education. Below are simple exercises ideal for green horses.

These are the distances used to set up pole exercises, jumps, and distances for horses (155cm and above)

BETWEEN POLES		Meters
Trot poles	Min.	1.2
	Max	1.7
In front of fence	Min.	2.7
	Max.	3
After fence	Min.	3
Canter poles	Min.	2.7
	Max.	3.5
Infront of fence	Min.	3
	Max.	3.5
After fence	Min.	3
	Max.	3.5
BETWEEN FENCES		
One stride	Min.	6.5
	Max.	7.5
Two Strides	Min.	10
	Max.	11
Three Strides	Min.	13.5
	Max.	14.5
Four strides	Min.	17
	Max.	18
Five strides	Min.	20
	Max.	22
Bounce		3

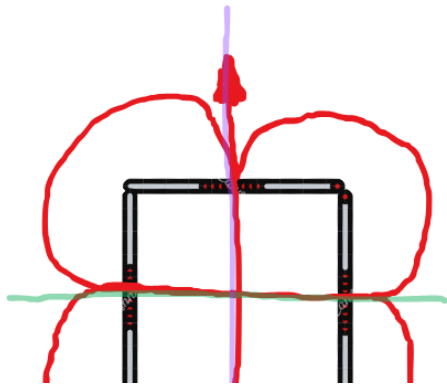
Pole work

Square

Amount of poles: 4

Length of poles: 3-3.5m

This exercise can be set up using ground poles or cavalettis. They can be ridden in

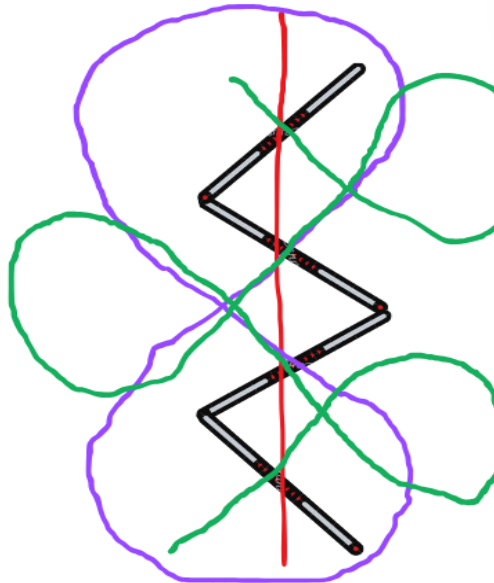


all three gaits (walk, trot, canter). It is versatile, meaning many exercises are possible with just the square and that one can easily build on it, by adding more poles. The four-leaf clover (red) encourages bend then straightness over the poles. Halting or precise transitions can also be practiced inside the square.

Zig Zag

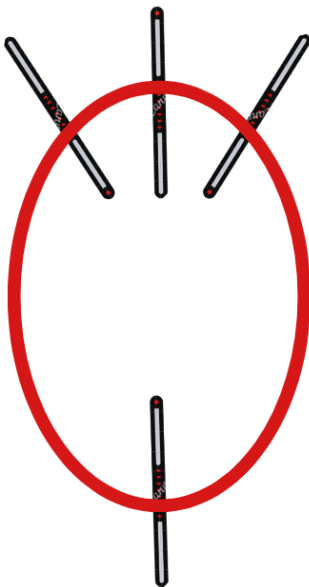
Amount of poles: 4

Length of poles: 3-3.5m



This exercise can be ridden in all gaits. Red for rhythm and straightness. It is also used to incorporate poles into a figure of eight, ideal for training lead changes for example. Bend and balance are tested with the ten-meter circles before and after each pole. This exercise also has multiple uses and can easily be expanded. The red distance from pole to pole should be 3.5m

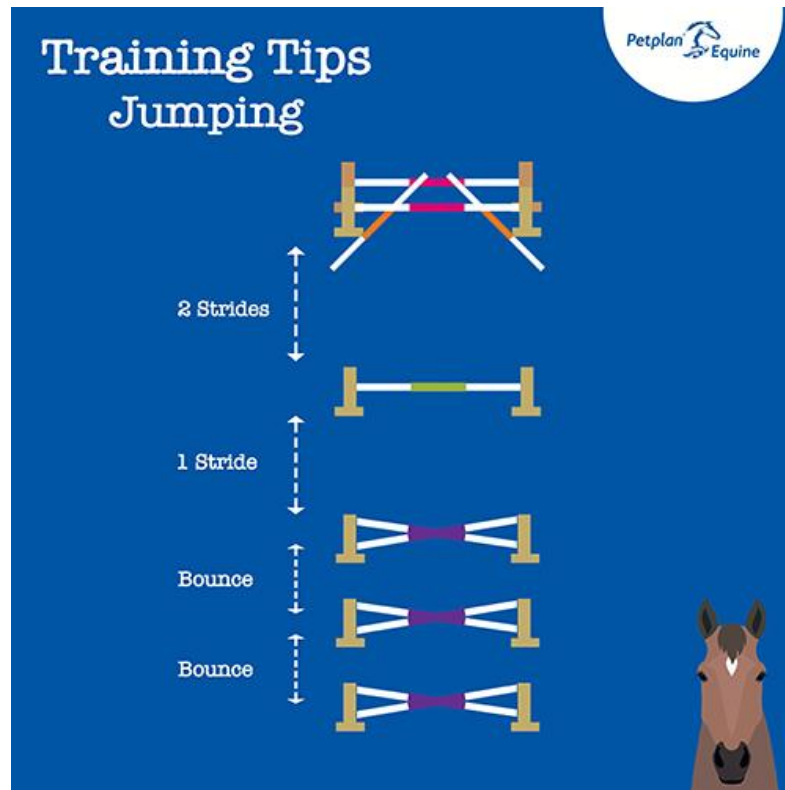
Fan



Amount of poles: 4

Length of poles: 3.5m

This exercise can be ridden in both trot and canter. It is usually set up on a 20-meter circle allowing room for transitions, precision, and rhythm on a bent line. The outer distance between the 3 top poles should be around 3.5m and the inside around 1.5m so they are rideable in both trot and canter depending on the axis they are ridden towards.



Amount of stands: 10
Amount of poles: 11
Length of poles: 3.5m
Grid work is helpful for confidence, horses just learning to use their bodies over different obstacles, reactivity, steady rhythm, and straightness. Grid work allows the rider to focus on steadiness as the take-off and landing points are already set. The last jump has the two V pole placed over it to ensure straightness and encourage

the horse to stay focused on the top pole. These exercises are known to increase the horse's bascule over the jump and are ridden in a canter.

Parcours Elements



These are elements frequently found in parcours. Number of jumps, height of jumps, amount, and variety of elements change in function of class difficulty.

Goals: What were they? Which steps did we take to try and reach them?

The main goal of Classical riding is based on the horse's nature, i.e. its natural needs. A horse that is trained according to the principles of classical horse training trusts its rider, cooperates willingly, is happy, and willing to perform.

The basic training of

the horse in classical riding is geared towards its well-being and health.

The main goal is to maintain a happy, strong, yet gymnastically capable, safe horse and sport partner to have fun and learn with. Through riding we try to keep the horses healthy. Teaching horses the fundamental principles of classical riding is a process which involves patience, consistency, and kindness as well as continuing to develop (especially in my case) as a rider.

In conclusion, my goal with Gloria was to keep progressing a happy relationship and a good ridden foundation.

Horse shows

One of our big goals was to show Gloria. Ideally, we wanted her to have a positive (most stress-free possible) horse showing experience, opening doors for a full season to come.

I don't have a specific goal for which level I would be competing her on. There was a certain awareness that this year (2024) would be the last year she would compete in some young horse classes, as she is turning 6 this year. So, if possible, I would like to introduce her to the 95cm and 105cm young horse classes this year.

In order to achieve this goal, I wanted to be sure that the level I was starting to show her at would be "easy" for her. I want to do my best to set her up for success and confidence in the new and challenging environment of horse showing (loud music, lots of other horses, new venue, etc...),

I also wanted to start her out at a dressage show, as the warmup is less stressful and the task at hand less likely to cause a lack of focus or control.

Preparing for the "issue" of a new venue, jumps, and conditions we tried to normalize training away from home, desensitizing her to a show routine.

I noticed each training away from home (Out training) become easier as she had positive experiences. The mental state noted was 'stressed', the last 'focused'.

Gloria's first show will be taking place after the due date of this TRAPE.

Analysis of the Diary entries

To analyze the contents of this Trape, what we've learnt, and my methodology I make charts visually portraying the different trends.

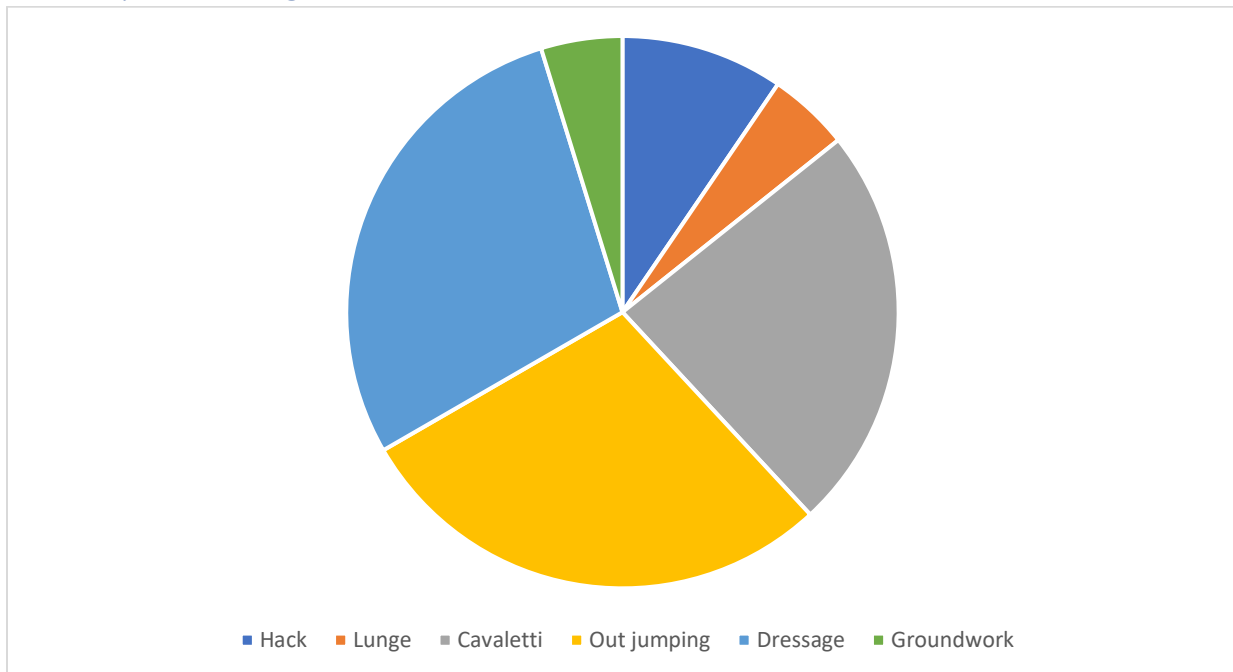
Diversity of Effort recorded



Average Effort recorded: 4.5

In this Chart, one can observe that the efforts recorded are progressively rising, however very varied. This, in my opinion, indicates varied training and possibly an increasing fitness and condition level as the training becomes more demanding.

Diversity of Trainings recorded



In this chart, one can observe that a mix of jumping, pole/cavaletti, and dressage work make up a majority of the recorded training. This leads me to believe that the most significant progress towards our goals takes place in those sessions. In

my opinion this mix also indicates varied training. The balance may look different for every young horse and rider depending on their methodology and values.

Conclusion and Reflection

In my opinion, my Trape portrays how training young horses is a long but rewarding process requiring patience and consistency. I learned that progress isn't made overnight and requires a trusting relationship. Having a system has proved helpful but I've also found that a certain adaptability is necessary as every training session- every day is different. I learned that variety but mainly work on the most basic levels is important and tried to collect as much input from different instructors as possible. We were able to keep training mostly light and fun, but still make progress.

Gloria is a single case, though I have had the amazing opportunity to learn from her and share, all horses are different and have unique training needs. However, I have collected and hope to have portrayed that a 'sport performance' is only a small part of the young horse education. A constant refreshment of the basics, a respectful relationship respecting the horse's natural rhythm and ability, care, feed, husbandry in general, equipment etc. play the greatest roles and cannot be neglected. In my entire experience, I've learned that an unhappy, not-well-looked after horse cannot 'perform' well in the long-term, be it a simple trot around the arena or the jumping of a large and technical parcours. As the saying goes, when mind, body, and spirit are in harmony, the path is clear.

Thanks

Thank you for reading this, Trape, I hope it was enjoyable.

I would also like to thank my horses and instructors for the great learning experiences.

Mentioned:

- Gaston Chelius (Gasti)
- Stefan Abt
- Kim Grangenette

Many thanks for the helpful interviews!

- Nadia Schenk

- Kim Grangenette

Lastly, thanks to my parents for making it all possible and my tutrice (Claudine Muno) for the support and editing.

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Nadia Schenk

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- Cavaletti- Dressur und Springen (Reiner Klimke & Ingrid Klimke)
- Dressage Naturally (Karen Rohlf)
- Horse Brain-Human Brain (Janet L. Jones, PhD)
- Grundausbildung für Reiter und Pferd (FN)
- Geheimnisse und Methoden eines großen Meisters (Michel Robert)
- Anatomie, Gymnastizierung, Muskelaufbau (Gillian Higgins)

Picture Gallery

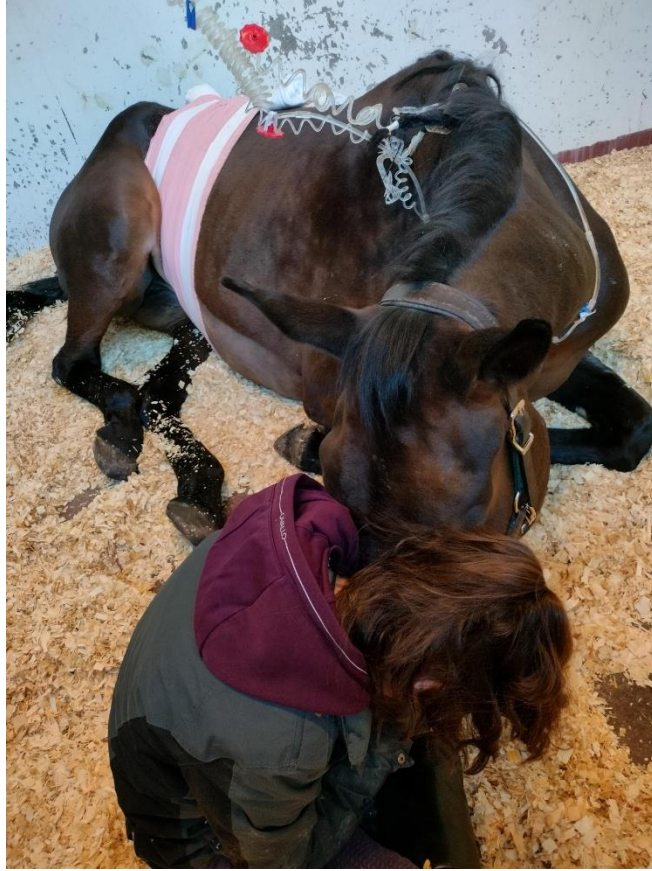


Gloria's first-ever show (dressage)



Gloria's clinic stay due to colic





Zeltik giving me great show experiences



Jumping Burringplatz K-Stables Huldange 15.Springprüfung Kl.M3. Wertung Junior & Amateur 17.09.23

