



HORSE LISTENING

Listening to Horses and to life in general



6 Ways To Compete Against Yourself

By Kathy Farrokhzad.

It's tempting to watch other horse people and feel either somehow deficient, or somewhat rushed. Many of us end up avoiding new learning because it takes us out of our comfort zones.

However, it helps to think of "competition" not as an aggressive, winner-take-all, loser-get-none scenario, but as a process of self-development and education. In other words, the quickest route to winning might be to "compete" against yourself instead of others - in all areas of riding and horsemanship.

It's not just about the show or competition arena. It can be about everything from horse management, to ground skills, to training and skill development, to doing the most fun things you've always wanted to do with horses - like a weekend camping trip, a trail challenge, or a swim at the beach.

If you regularly look for ways you can expand your skills, you will surely be on track toward making progress as you build in step by tiny step into your regular routines. Here are 6 ways

that you can improve to make gradual improvements in your own skills and knowledge.

Watch Others

In this day and age, you don't even have to watch a rider in person (although you certainly can do that too). Search for your topic of interest and you'll likely find many videos on YouTube, Instagram, TikTok and Facebook. Look for clinic videos, major shows (that are often live-streamed) and training videos put up by professionals from all around the world. Watch them and see what you would like to emulate - and what you would definitely like to avoid doing. Then take some of those ideas back to your horse and start practicing.

Instruction

You can't avoid instruction when it comes to horses. Not even for groundwork. As the old saying goes, "You don't know what you don't know." At some point, you will need guidance.

Find a well-educated instructor who understands your goals and needs, and



the commit to a regular schedule. If you would like to develop new skills, you have to find the information you need, and then dedicate time and effort into your "homework."

Steps

Break down your goals into small, manage-

able steps and be satisfied with making incremental progress. Learning is a funny thing. Occasionally, you might make a huge leap in your skill development.

Other times, (much of the time!) you might have to claw your way through each phase, feeling like it's one step forward, two steps

back. Stay devoted to challenging yourself and build your repertoire of skills one after another.

Routine

One way you can develop new skills is to put them into your regular riding (or groundwork) rou-

tines. So if you want to work on canter departure, for example, make sure you integrate this specific skill into each and every ride.

You can work on the transition toward the end of your warm-up, in the "lesson" phase of your ride (when you do something new or something you're still working on) and then maybe do a little "pop quiz" at the end of your ride, just before you get off the horse.

In this manner, you can weave the new skill into other more comfortable movements.

Feedback

Get feedback from a clinician or judge (who maybe doesn't know you at all) and work on their recommendations.

Alternately, self-assess. How did your ride go on the trails? How well did you get along with your horse at the beach? All of the results are a form of feedback that you can use to inform your understanding of your progress and training with your horse.

Track It

Finally, it is important

to keep track of your progress. Use a journal, or a book like my Goal Setting for Equestrians Workbook to reflect on the new skills and plan your next steps week to week. Later on, you can come back to your notes to gauge your progress, areas that need special attention, and achievements.

Don't think about competing against everyone else. Rather, compete against yourself, step by step. One sunny day, you may come to the realization that skills which seemed unreachable have become your new everyday comfort zone. Soon enough, you will have to challenge yourself even beyond those levels!

Bio: Kathy Farrokhzad is an EC coach and author of the *Horse Listening* book collection, *Goal Setting For The Equestrian: A Personal Workbook*, and the creator of the *Practice Sessions* online program. If you liked what you read here, check out her blog at HorseListening.com for many more articles about horses, riding and life in general.

Giavanna Rinaldi Rides to Victory in Kubota Grand Prix at Major League Show Jumping Ottawa

Ottawa, Ontario – The American anthem rang out as Giavanna Rinaldi celebrated victory in the \$31,100 USD CSI2* Kubota Grand Prix on Saturday, August 24, at Wesley Clover Parks in Ottawa, ON.

The Major League Show Jumping Ottawa tournament has attracted some of the top-ranked athletes in the world to Canada's national capital for a weekend of equestrian sport. With 55 horse-rider combinations contesting the Kubota Grand Prix, the international flavour was apparent when five different nations were represented in the eight-horse jump-off.

In the end, none were faster than 25-year-old Rinaldi and her new partner, Snapchat vd Broekkant Z. With a jump-off time of 39.72 seconds, the pair claimed victory over Colombia's Roberto Teran Tafur riding Iron Maiden, who stopped the timers in 40.57 seconds. Bliss Heers of United States was double clear in a time of 40.97 seconds to take third riding Goodbye while Abdel Said and Calvaro slotted into fourth place representing Belgium. Two-time Canadian hometown



Giavanna Rinaldi riding Snapchat vd Broekkant Z for owner Ashford Farm won the \$31,100 USD CSI2* Kubota Grand Prix on Saturday, August 24, at Wesley Clover Parks in Ottawa, ON. Photo by Ben Radvanyi Photography

favourite Amy Millar of Perth, ON, rounded out the top five with a double-clear performance riding Jagger HX.

Ottawa marked only the third competition together for Rinaldi, who rides for Enda Carroll's Ashford Farm in Belgium, and Snapchat vd Broekkant Z. "He's quite young but he definitely doesn't act his age; he acts like an old soul," said Rinaldi of the eight-year-old Zangersheide gelding (Hunter's Scendix x

Concorde) owned by Ashford Farm. "This is only the second two-star grand prix he has ever jumped. I wasn't able to watch any go before me in the jump-off, but I know my horse has a really big stride so thought I would use that to my advantage. I tried not to interfere with him. He knows what he's doing. To get the win as a young horse just learning the ropes, he's done a fantastic job. I want to thank Ashford Farm for the opportunity and my groom,

Leah, for always taking such good care of the horses."

To score victory in her first trip to Wesley Clover Parks was an exciting moment for Rinaldi, who is originally from Wayne, IL, and now calls Wellington, FL, home.

"It's my first season doing Major League Show Jumping and I'm really excited to be out here," said Rinaldi, who is competing as a member of the Archers team. "The field is amazing. It rides great and I love jumping on the grass. There's a nice crowd here, nice atmosphere, and we got really lucky with the weather. This venue also really takes care of the horses; there are plenty of places to walk and hand-graze them. I love it."

The \$200,000 USD Major League Show Jumping Team event, presented by ClipMyHorse.TV, was also held on Saturday with the win going to the Northern Lights. The all-Canadian team of Elizabeth Bates riding Heartbeat W, Sean Jobin aboard Coquelicot vh Heuvelland Z, and Nicole Walker riding Atout des Trambles held off the Trailblazers for the win. Team KPF claimed the final spot on the



Colombia's Roberto Teran Tafur took second in the \$31,100 USD CSI2* Kubota Grand Prix aboard Iron Maiden, owned by Rocking Basilisk Farm. Photo by Ben Radvanyi Photography

podium with a third-place finish. The Major League Show Jumping Ottawa tournament runs through Sunday, August 25, 2024, at Wesley Clover Parks in Ottawa, ON. Showcasing the highest level of international show jumping competition with a CSI5* rating from the Fédération Equestre Internationale (FEI), Major League Show Jumping Ottawa also features a combined total of more than

\$800,000 in prize money. For more information on the Ottawa Equestrian Tournaments, visit www.OttawaEquestrianTournaments.com. All competitor information is available at www.ottawaequestriantournaments.com/calendar and full results can be found here. All class lists and results are also available by downloading the Major League Show Jumping app.