



Graceland Equestrian Center  
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Nancy Ortman who owns Wild Horse Design makes Graceland tack trunk covers. A standard size tack box cover runs about \$150. Why not have it monogrammed with your name or the name of your horse! She also makes custom plastic covers to protect them and keep them looking horse show perfect. Show your Graceland spirit! Contact Nancy at 209-329-9223 or wildhorsesdesigns0505@vahoo.com



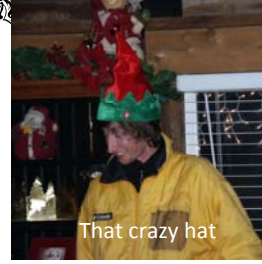
Can you name the horse and rider?

## HEARD BY BLACK BEAUTY

Got a light bulb above your head? The bathroom light in the West barn (the one closest to the bay) is finally fixed. Bulb after bulb was burning out so finally someone had the **bright idea** to replace the entire fixture. We were all relieved to hear that Peggy's only getting a **new horse** for her birthday. Congratulations to pretty Gypsy Vanner mare Soono Barrett on winning ribbons at her first horse show. Everyone at Graceland sends our wishes for a speedy recovery to Yash Barrett and we look forward to seeing you riding Soono soon. (Oh!) Liability waivers are now available on our website for your convenience. Graceland's holiday party was a scream! Kim and Christine gave James an animated Santa hat that frightened Harley (and some of the young girls!) Champagne flowed freely and guests dined on pate, sushi and rich chocolate desserts. It was delightful to meet Kat's charming young children, too! James received a wireless intercom system from his clients and Hilary received a warm pair of tall riding boots.



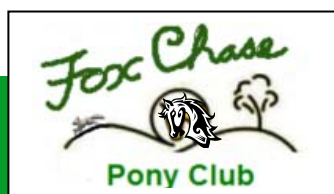
Hilary gives a riding lesson to one of Santa's elves



That crazy hat



Soono ridden by James Alliston



Sofia Wills

Fox Chase Pony Club is about to have its inaugural meeting Sunday, February 7<sup>th</sup>! The founding members are: Destiny Barrett, Erica Doberenz, Gabriella Filippi, Ginger and Peyton Freeman, Emma Willis, Sophina and Madeline Moore. FCPC's first meeting will feature guest instructor Crystal Forsell of WelshCobSporthorse. Some great news: over the holidays the club raised \$1050 from Mistletoe sales. Regular club meetings will be held February thru November on the 1<sup>st</sup> and 3<sup>rd</sup> Sundays, general between noon and 4pm. If you know a young boy or girl someone who's interested in becoming a better rider, have them contact District Commissioner Elizabeth Moore at [jmoore0003@aol.com](mailto:jmoore0003@aol.com) or call (925)831-2998. Cheers to Fox Chase!

## The latest Graceland Improvements

Chuck is constantly working with Graceland's staff to upgrade the facility. The rainy weather has delayed further improvements to the cross-country course for now so the guys have been added an attractive rock-lined channel to conduct rain water down the hill and into Crow Creek. And speaking of the cross-country course, the course pond is full to the brim; Chuck thinks it may be over **15 feet deep!** Keeping Mother Nature at bay is challenging and we appreciate your tolerance of sand bags and soggy ground. Hopefully all of this rain will ensure a long green springtime at Graceland. You may not have noticed that the automatic gate opener is currently being installed. Soon the Gates of Graceland will open for you with the wave of your hand.

GRACELAND TRAIL MAP INSIDE!

# Graceland Hoof Prints

January-February 2010



Two Day "Show Prep" Clinic  
featuring  
Paul Bennett, Hunter/Equitation Judge &  
Tonya Johnston Sports Psychologist  
January 30 & 31st (weather permitting)  
Recommended for everyone whether you show or not!

### Clinic Day 1: Classroom Session

- This un-mounted group session orients riders to basic sport psychology techniques (2.5 hours). • 6 - 12 people per group.
- Take-home materials and strategies to implement immediately are provided.
- Topics: **Goal Setting:** Outcome, Performance and Success Strategies **Self-Talk:** Increasing awareness and control
- Relaxation & Activation:** Adjust mental and physical energy **Visualization:** From Fundamentals to Fine-Tuning
- Focus skills:** Control your attention and concentration **Centering:** Breathing, focus and body awareness

### Clinic Day 1: Mounted Session

- Group riding sessions provide exercises to highlight the rider's focus, preparation, goals, debriefing skills, energy management, centering and visualization.
- Paul Bennett is in the ring to help with specific training issues as needed.
- Video recording and review may be included.
- Learn coping skills and strategies to handle mistakes, the 'unexpected', or negative habits.
- Techniques to utilize during down time or when watching other riders in clinics, lessons and shows.

### Day 2: Horse Show

Riders will all participate in a horse show and be judged by Paul Bennett in various classes both on the flat and over fences. Tonya Johnston will work with students both before and after their rounds. After the show Paul Bennett will discuss everyone's rides from the Judge's perspective. Both he and Tonya will help you all to be prepared for a wonderful 2010 show season!

Clinic cost for both days, classroom, riding time and horse show class fees \$350.00

### Graceland's Eventing Team Wins Everything at January Ram Tap Combined Test

Ask Peggy Moore to show you the **two 1<sup>st</sup> place medals** she won at the Ram Tap Combined Test this month. Peggy rode **three horses** at the show and says it was physically exhausting. Graceland's James Alliston was the sole Advanced rider at the show. India McEvoy and Jumbo's Jake easily outshined the competition in the Open Intermediate class with a dressage score of 33.6. Taking second in the same class was our own James Alliston on Parker. In the Open Preliminary class India took 2<sup>nd</sup> and James finished with a 3<sup>rd</sup> place ribbon on Tivoli. Mojo brought James to a 3<sup>rd</sup> place finish in the Open Training class but the other big wins for Graceland's Eventing Team came from Peggy in the Senior Novice class where she took first place on Royce and second place on Chewey. Riding three horses in the Senior Beginner Novice class, Peggy won first place on Royce, 3<sup>rd</sup> on Reilly and 5<sup>th</sup> on Chewey. Huge congratulations to James, India and Peggy for their awesome showing at Ram Tap!



Tonya Johnston, MA, is a Sport Psychology Consultant who works with equestrian athletes on the mental skills required for achieving peak performance. She specializes in work with horseback riders from a variety of equestrian disciplines, including dressage, three-day eventing, and hunter/jumpers. Tonya offers *Sport Psychology for Riders* clinics, and individual phone or in-person appointments.

www.TonyaJohnston.com

REMEMBER YOUR GRACELAND SWEETHEART  
ON VALENTINES DAY!



