



Trail Class & Cross-Training

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Do you compete in performance events, speed events, or technical events? We all have two goals in common.

The *first goal* is having a horse that is in control and responsive to our cues. An out of control horse is unsafe for the rider and for other riders and horses nearby. And, it's pretty hard to win with an out of control horse.

An in-control horse is paying attention to what you want and need - both in and out of the competition arena. This allows her to pay attention to your cues; which, in turn, allows the rider to willingly guide the horse in the chosen event.

The *second goal* we have in common is that as we progress from the basics of our chosen events, we want to get better at it. Improvement happens when the rider and horse start to get more specific with what skills and maneuvers will help us be more precise. Whether you want to get closer to the barrel, get better position on a cow, or transition in a pattern class, moving the separate parts of the horse's body accomplishes this.

Trail Class requires that the horse is both physically and emotionally in control and paying attention to the rider's cues and needs. It requires that the rider and horse move as a team across, through, over, and around obstacles. It also gives the horse something new to focus on and helps improve a competition soured attitude.

Trail Class definitely accomplishes the two goals that we all have in common.