

ISSUE NO. 3 // SPRING // MARCH 2022

ON THE BIT



FOR THE EVERYDAY EQUESTRIAN



DISCOVERING THE CONNECTION

Ladies' Horse Camp Combines Learning About Horse and Human Psychology, page 4



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Adamson Equestrian

Vol. 3

ON THE COVER:

Ladies' camp trail ride with
Rope This Ranch

Photo by: Jenny Norton Schamber

DISCOVERING THE CONNECTION

Ladies' Horse Camp
Combines Learning
About Horse and Human
Psychology

BREED SPOTLIGHT: THE GYPSY VANNER

Positive stories written by
every day equestrians
about their love for the
Gypsy Vanner breed.

ASK KRISTA

Readers write in
questions for
hunter/jumper coach
Krista Steinmetz

THE PSYCH CORNER: GETTING YOUR MENTAL GAME ON

Mental Skills Coach
Daniel Petho gives top
tips for show season.

LETTER FROM THE EDITOR



As much as I love Winter for slowing down and having more time to reflect on the year, I'm so happy when the temperatures start to come up and you can see the first twinge of fresh green on bushes and the sweet purples and pinks as the trees start to bud again.

Spring has always meant a fresh start to me. Nature just has a way of showing us how wonderful it is to start anew. It's almost as if you get a second chance to start over every single year. Having the time to reflect is so important. It gives you a chance to go over things that you learned throughout the previous year and figure out how you want to apply it to your fresh start early on.

Things that I reflected on this past season were focused on really just slowing down and figuring out what wasn't working in my life and with my riding. I ended up taking a huge leap and switched up my career which caused me to take a step back from riding so much so I could adjust to the change. I think Tino and I both needed a break and it was a perfect time

to do it. I miss riding on a regular basis and hope to be able to get back to it this season once things slow back down. This year, Tino and I will be taking a small break from showing to just ride and figure out what we like to do as a team. Who knows what we'll actually end up doing, as long as we're both happy about it!

Speaking of new growth, I'm very excited to see how each issue of this magazine has grown and changed in exciting ways! This issue, we've added a few more educational articles from professionals around the world to help you with your riding and your own journey with horses. I hope to see the Summer issue grow even more! To do that, I need to hear from YOU! What are the things that you are struggling with in your riding? What do you want to learn more about? We are always looking for inspirational stories to motivate each other and lift each other up. If you have one, send it our way!

It's been amazing to see the equestrian community come together; just having riders and professionals that are willing to share their knowledge has been fantastic! It doesn't matter how old or young you are or how long you have owned or haven't owned horses, we are always learning and growing. Being able to put something like this together for you has been an amazing ride in itself and it's a huge honor. I never in a million years would have thought that I would be doing something like this when I was a child. But it just goes to show that you never know where your dreams will take you. I just wanted to have a horse of my own.....and that dream morphed into another and another. Thank you for being a part of it!

If you haven't already, be sure to check out my YouTube channel Adamson Equestrian for fun and educational videos as well as updates on Tino and myself as we learn and grow together.

Starting the new job put that on hold for a bit, but new videos will be coming out soon so be on the lookout!

As always, I love to hear from our readers, so don't be shy in reaching out and for those of you that are getting ready for show season: good luck and be kind to others! You never know what kind of hurdles other riders are jumping over in their lives to get to where they are! See you between the pages!

With love, Misty

Follow along on Instagram: @onthebitmagazine or @adamson.equestrian

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Mustangs: A Love Story

The Plight of The American Mustang

A woman with blonde hair, wearing a black cowboy hat, a red long-sleeved shirt, and a black vest with a white patch, stands next to a dark brown horse. The horse has a white blaze on its face and white markings on its lower legs. They are standing on a grassy area next to a concrete building with a dark door. In the background, there is a paved road, a wooden fence, and a clear blue sky.

Melissa and Buccaneer

Breed Spotlight

INSPIRE

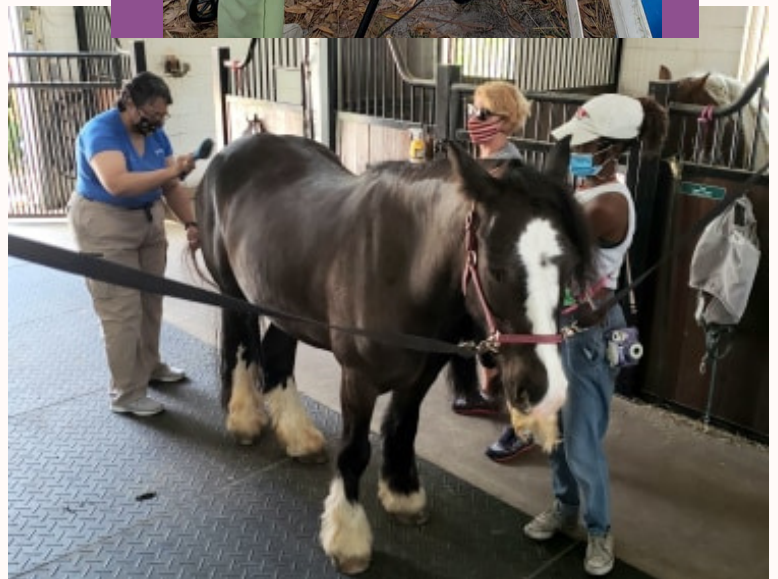
by: Melissa Yarbrough

At Inspire Equine Assisted Center, located in Clearwater Florida, you could watch as a beautiful 13.2 hand, 7 year old Gypsy Vanner gelding named Buccaneer partners with his rider through a difficult obstacle course. Buccaneer joined the Inspire herd in 2017 at the age of 3 years old after being won by Inspire during the Lexlin Gypsy Gift Program.

Over 80 PATH International member centers participated in the contest to be able to receive one of the 10 Gypsy Vanners that were to be donated through the program. Inspire Equine Assisted Center, with the help of the Tampa Bay community, finished in third place and picked Lexlin's Western Lineage as their new member of their herd. Inspire named him Buccaneer in honor of the local NFL football team, the Tampa Bay Buccaneers.

With his amazing mustache, which is a breed trait, and his funny and loving personality, Buccaneer has become a valuable member of the Inspire program. Buccaneer is part of the adaptive riding program for teens and adults with disabilities. Because of his height, Buccaneer is easy for side walkers to assist a rider if they need special support when on the horse.

The Gypsy Vanner breed is very strong and Buccaneer can accommodate most adult riders. Overall, Buccaneer brings so much joy to all of the Inspire participants, especially when he flashes his amazing mustache!



Inspire Equine Assisted Center
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