At the The Southlands Foundation in July of 2019,I attended an Eric Horgan clinic and I learned many things. We worked on circles in walk, trot, and canter to improve on properly getting a horse on the bit and impulsion. I was reminded that having quieter hands while sponging the reins is a much more effective way of helping the horse get on the bit rather than having incorrect contact. That is one of the things Eric had to get after me about. I worked on my position both over fences and in dressage with the focus on properly administering my seat aids so I would not hinder my horse’s movement. Eric adjusted my jump position so my hips were at a more obtuse angle so I could sit up better and I wouldn’t get in my horse’s way. He showed me that I needed to put more weight into the balls of my feet so I was sitting more lightly to allow my horse to move freely. Additionally, I learned how to relax my legs so I wasn’t rushing my horse, which allowed me to properly keep a consistent pace. This had been a struggle of mine with my horse for awesome.By fixing this, my horse gained more confidence and trust in me.   
  This overnight clinic was my first time trailering and boarding my horse overnight at someone else’s barn without my trainer being there.  I had to take initiative of the situation I was in. I did this by having to be the leader and ask the people that were helping me what I needed them to do. For example I had to ask my dad to assist me with putting my horse’s standing wraps on because I felt it would be safer if I did not do this alone because my horse was in an unfamiliar place.  
  I wanted to point out that I felt very welcomed at the Southlands Foundation. The staff were very kind, all of the horses were very well taken care of, and the barn was kept immaculate. This was something I was worried about because I was not sure how my horse would be cared for at someone else’s barn.   
  I’m extremely thankful for the opportunity I had to be able to work with Eric Horgan with the scholarship money I was given, and I learned so much.  
-Stella Morrison-Eaton