

BARNMANAGER

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to Improve Your Horse's Soundness and Your Mental Strength as a Rider!



On Tuesday, March 19, the [Equine Tech Collab](#) introduced the Masterclass Innovation Series: A Mindful Approach to Horse & Rider.

The two-part panel discussion event included conversations with top riders and experts on "The Soundness Spectrum: Maintaining Horses' Soundness Through Proactive Management" and "In Good Company: Top Riders Discuss the Skills and Practices That Help Them with Mental and Emotional Challenges."

Check out these 10 takeaways from the evening, and for more, watch the full event [on demand on USEF Network here!](#)

1. Keeping your horses sound starts with spending time with them.

Two-time Olympian Daniel Bluman shared: "Nowadays the schedule for the horse and the rider and for the whole team is pretty busy. There's a lot of traveling; there's a lot to do. I think it's very important that you make yourself a good schedule where you get to spend enough time with the horses."

"I think that's the base of our sport, the base of our industry, and our passion. I think for every horseman, grooms, veterinarians, or the rest of the team, it's all about spending many hours with the horses so that you have as much information as you can."



Daniel Bluman. Photo by [Jump Media](#)

2. You're not the only one with show ring anxiety; Olympic and World Championship athletes battle it too.



Panelists for "In Good Company: Top Riders Discuss the Skills and Practices That Help Them with Mental and Emotional Challenges": Kasey Perry-Glass, Adrienne Sternlicht, and Daniel Bluman, with moderator Tonya Johnston, MA. Photo by [Jump Media](#)

"Even these big events that you go to, I try to think of it as a very small thing. Because if it becomes too big in my head, it becomes overpowering. Then I can't focus. Two hours before I start my preparation, I feel sick to my stomach. I'm not nervous; I'm just anxious. Once I start braiding and getting him tacked up and all of that, it goes away. Then after my warm-up I feel pretty secure. I trust my training, I trust my coach, and she sends me in having full confidence."

– Kasey Perry-Glass, the U.S. Dressage Olympic team bronze medalist currently ranked fifth in the world

3. Stress is not always a bad thing – at least if you're a muscle.

While negative connotations generally come to mind when we hear the word "stress," it can be a positive force, too. In fact, stress is needed for a muscle to grow and rebuild. Dr. Sheila Schils, an innovator in the field of equine rehabilitation and injury prevention and a professor in the pre-vet program at the University of Wisconsin for more than 20 years, explained:

"The only way that you'll get a stronger muscle is to break down muscle fibers. Often what we see in our horses is they get done with a competition, and we feel their backs and immediately feel, 'Oh they're sore.' In my world, as long as that soreness doesn't become pathological, I'm in the back going 'Yay!' Because now, next week that horse is going to become stronger."



Dr. Sheila Schils and Danny Ingratta. Photo by [Jump Media](#)

[Read More Here!](#)

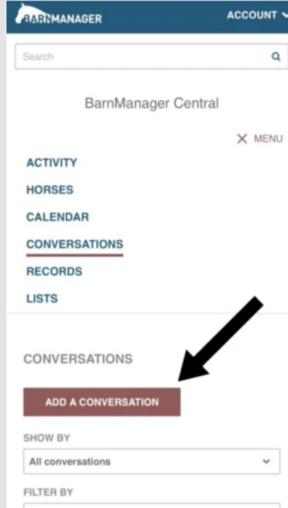
GETTING TO KNOW BARNMANAGER

Communication is Key

BarnManager is all about streamlining and simplifying the communication and organization necessary to manage horses.

With the 'Conversations' feature, users - including owners, clients, grooms, managers, and others - can engage in discussion directly within the software and take advantage of the ability to search and tag specific horses or keywords, all allowing for easy reference of the conversation later, ensuring that no important details or plans are missed!

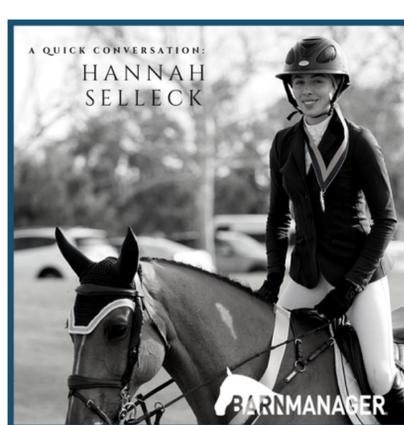
[Find Out More About BarnManager's Features Here!](#)



ON THE BLOG

Quick Conversations With...

Each month, the BarnManager team is sitting down with accomplished riders from across equestrian disciplines to learn more about how they got their start, their typical days, their biggest advice, and more!



This month, BarnManager caught up with show jumpers [Adrienne Sternlicht](#) and [Hannah Selleck!](#)

[Read Adrienne's Interview](#)
[Read Hannah's Interview](#)



BarnManager is a cloud-based software solution that provides horse owners and managers with the tools they need to streamline and simplify their daily management responsibilities. The program offers digitized record keeping for the many facets of horse care and has developed intuitive and simple business tools to make small business management accessible and easy.

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