

Information for Intensives at the National School of Academic Equitation

How much does it cost?

Scheduled with Craig: The cost is \$95 per session, and you'll ride a minimum of two sessions daily- many people choose to include a third session of the work in hand. To hold your reservation, you'll send in a nonrefundable \$190 deposit to cover the first two sessions.

Seatwork and in hand lessons may, on occasion, include instruction by the senior staff.

Scheduled with the Staff: The cost is \$75 per session, the deposit \$150.

What you'll need:

Boots and long pants, a helmet if you have one (we'll provide if you don't). Some riders prefer to bring their own saddle, but we do provide all the tack and will try to keep you comfortable with what we have. *(Please do not bring treeless saddles for use on our horses.)*

What NSAE is like:

We are a small riding academy, about half an hour (traffic permitting) from Seattle. NSAE is a training and lesson barn and the horses and people here are an eclectic group. The atmosphere is warm, supportive and straight forward.

What will I be doing?

You'll be starting your first intensive with seatwork, and you'll be riding our school horses. Everyone starts with seatwork, regardless if you are returning from representing your country at the Olympics or you just took up riding for the first time. The seatwork, practiced in this concentrated format, develops a profoundly balanced rider very quickly.

Once the seat is well established, the riding progresses with theoretical explanations of each of the aids and each of the movements you will execute, and then practice exploring the theory. One session daily, once you have finished the seatwork, may be a semi private, one will always be private. You'll be riding twice daily and you may elect to take a third ride or an in-hand lesson as well. You'll tailor the time that you spend here to explore your particular interests—once the seat is established, you will play with other ideas.

The focus is on learning to communicate clearly with your equine partner, and it is on learning just how lightly, succinctly, and effectively you can use your aids to elicit the response you are looking for. If you have a particular movement or idea or concern that you would like to address, just let us know.

When you come for additional intensives, you may continue to work with our highly trained school horses or you may bring your own horse. You are welcome to return to perfect your seatwork, or you may bring a particular training issue you're concerned with, or you may simply want to really figure out the Piaffer—after the seatwork is complete, where your explorations take the next intensives is up to you.

You'll be taking your intensive while a regular lesson program goes on around you, with riders spanning all ages and skill levels. You may also meet some of our professional's course students, who come from all over the world to work with Craig at NSAE. Sometimes they'll long for Craig during the intensive to listen and learn from the lessons given. If you're studying with Craig, your initial lessons may occasionally be taught by staff instructors. You'll also be observing Craig and his assistants working his horses in training and giving lessons to other riders, and we encourage you to spend the day at the barn, ask questions and

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make sure you really understand each of the ideas that you're encountering here. It's up to you to get the most out of the time you spend with us, and we're happy to help.

If you're studying with the staff, you may work with one or all of the teachers on site. We are very well trained and the information you'll receive will make sense as a whole, each teacher's style complimenting the others.

What time will my lesson start?

Each day is planned together. The time for your first session on the first day will be arranged with the office before you arrive. You'll need to be at the barn about half an hour early to tack up your horse, staff members will assist you with this, and you'll "buzz" Craig or Mary Anne in the house to let us know when you're ready. Then you wait with your horse in the cross-ties until your instructor indicates it's time to bridle up. After the first lesson the ride times are planned together around other lessons, horses in training, and so forth. If you have a special need around times just say so and we'll do our best to accommodate you. We break for lunch at about noon and the day ends when all the horses are ridden and all the lessons completed. You're welcome to stay through the day as long as you'd like, observing and learning from all the other activity that goes on.

What sort of horse will I be riding?

The school horses are a mixed group of various breeds, ages, backgrounds and lineages. They have consistently generous temperaments and very high skill levels—once your balance and aids are correct, you can very quickly find yourself enjoying the piaffe, passage, and flying changes on any one of the school horses at NSAE.

If I bring my horse, what's boarding like?

You'll bring any grain and supplements you feed. We feed primarily orchard grass hay and have alfalfa on hand, it's best to bring a bale of what your horse is used to for the transition to what we're feeding. We feed hay three times daily, grain twice. Your horse will have an inside box stall for the evening and minimum 6 hours of paddock turnout daily—in July and August there's good grass turnout available too. There is a \$35 per day stabling fee.

How to get here:

If you are driving, it's a good idea to do everything possible to avoid arriving in the Seattle area during peak driving times—roughly 7am to 9am, and 3pm to 7pm. If you arrive in rush hour it will add substantially to your drive time.

From the Seattle-Tacoma (SeaTac) airport: about 45 minutes follow signs to the 405 freeway, staying in the right hand lane until it presents you with the 405 on-ramp toward Renton, and then merge onto route 405 north toward Renton and Everett. Then follow directions below from 405.

From points south: about 3 1/2 hours from Portland –

Take I-5 north to exit 154b, following signs north to Renton and Bellevue. Then follow the directions below from 405.

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From Spokane- about 4 ½ hours Take I-90 west toward Bellevue. Follow signs to 405 north, and then follow directions below.

From Seattle: About half an hour. Take one of the floating bridges, I-90 toward Bellevue, or 520 crossing at the middle of the lake, and turn north on 405 toward Everett. (You can also follow route 522 and go around the lake to the north.)

From 405: Take route 405 to exit 23, which is marked 522 east: Wenatchee and Woodinville exit. This will put you onto route 522.

From 522: Take 522 east toward Monroe. Continue on 522 about 6 or 7 miles past the Woodinville and Snohomish turnoffs. You'll go past the light at Paradise Lake Road to the next exit, the Fales and Echo Lake Road turn off.

At Echo Lake Road, turn right and proceed about one mile to 215th place.

Turn Left on 215th Place and we are the first driveway on the left. You'll notice a white mailbox with the initials "NSAE".

You will see a red barn/arena and yellow house. Proceed back to the barn area and ask for Craig or Mary Anne.

From British Columbia, Bellingham or Everett: (through Snohomish)

(About two hours from the Canadian border.)

Take I-5 south through Bellingham to Everett. Look for the route 2 exit in Everett, toward Monroe and Wenatchee. Follow Route 2 to Snohomish and route 9. Take route 9 south, past the town of Snohomish.

After Snohomish: Proceed south on route 9 over a bridge and across the valley to where the hill begins to climb, you'll see a traffic light at Broadway, turn left onto Broadway.

Follow Broadway perhaps half a mile up the hill to Connolly. Turn left again.

Follow Connolly under the railroad trestle to where it ends in a "T" at Elliot, turn left again.

Follow Elliot across a small valley past the big farm with signs reading "Bob's Corn" and take the first right after that farm, turning up Fales road.

Fales road winds among big trees and past some nice horse properties, and takes you to 522. As it crosses under 522, Fales becomes Echo Lake Road. Stay straight on Echo Lake Road and proceed about a mile to 215th place. Turn Left on 215th Place and we are the first driveway on the left. You'll notice a white mailbox with the initials "NSAE".

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Lodging:

NSAE offers riders who prefer to stay on site simple accommodations on a first come first served basis. You can camp out in the summer in our field, or park a truck and trailer in our parking area. We ask \$5 per day to cover wear and tear, electricity and utilities for campers. Depending on the working students resident on site, there may be a travel trailer with full amenities available. It is completely independent of the house, with a separate little bedroom, dining area and its own shower and small but fully equipped kitchen. It is supposed to accommodate up to six, but you'd have to be very friendly with one another. Two is about as many as we'd recommend, and please note: it is nothing fancy. Price is \$35 per day per person.

There are several moderately priced hotels in the town of Monroe, about 10 minutes from the barn. Monroe is a "truck stop" town. When it's clear the view of the Cascade Mountains is worth your whole trip—but "when it's clear" is the operative sentence there.

Best Western Baron Inn, Monroe (360) 794-3111 toll free reservation line 1-800-780-7234
www.bestwestern.com
19233 State Route 2, Monroe, WA 98272

Guesthouse Inn & Suites Monroe (360) 863-1900 toll free reservation line (800)214-8378
guesthouseintl.com
19103 State Route 2, Monroe, WA 98272

Bothell: The town of Bothell is on the Seattle side of NSAE, so riders who will take some time during their stay to explore the city might consider staying here. There are interesting shopping areas, including a wonderful boutique-y type mall with lots of hand made items.

Comfort Inn Phone: (425) 402-0900 Fax: (425) 402-1350 www.comfortinn.com
1414 228th St., S.E. , Bothell, WA, US, 98021

Residence Inn Bothell 1-425-485-3030 Fax: 1-425-485-2247
<http://marriott.com/property/propertypage/SEABO>
11920 NE 195th Street, Bothell, Washington 98011 USA

Extended Stay Deluxe Seattle - Bothell (425) 482-2900 Fax: (425) 482-2916
22122 17th Ave. S.E., Bothell, WA 98021
SBT@extendedstay.com

Snohomish: Snohomish is fun, with lots of little shops and restaurants. There's a truly ridiculous Americana shop, lots of antiques and quirky boutiques, as well as a day spa.

Pillows and Platters Bed and Breakfast Phone: 360-862-8944 **Toll free: 800-214-1305**

E-mail: pillowsandplatters@verizon.net 502 Avenue C, Snohomish, WA. 98290

Innkeepers: Dennis and Shirley Brindle: truly a wonderful B and B, we're told.

(If you stay at Pillows and Platters, when you come to NSAE in the morning use the directions listed above for people coming from British Columbia, starting at Snohomish you'll get onto highway 9 south, and proceeding to Broadway, continue following the directions from there.)

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Woodinville

and finally there's a fabulous luxury hotel and spa in Woodinville. Willows Lodge is about 10 minutes from the barn. It is expensive, but wonderful. It sports a five star restaurant and absolutely every amenity, and is near some wineries for local color.

Willows Lodge (425) 424-3900 or toll free 1-800-278-5128

www.willowslodge.com

14580 NE 145th St, Woodinville, WA 98072 - 6950

Rental Cars-

Avis is right at the airport. www.avis.com 206-433-5232

Hertz, also right at the airport. www.hertz.com. 206-248-1300

Enterprise Rent-A-Car: West Seattle - (206) 933-1750

Budget Rent A Car (206) 624-2097

Thrifty Car Rental: Downtown Seattle - (206) 625-1133

Restaurants:

We have several serviceable restaurants in the local area, and some really great ones too.

The Snoqualmie Ice Creamery: Paradise Road, five minutes up 522 from the barn.

Very fast, very good sandwiches and salads and gourmet ice cream. Plan on about \$10 for sandwich and a soda. You can call ahead to order, and there's rarely any wait.

Maltby Café- also just up Paradise Road. Breakfasts that would feed an army, with cinnamon rolls the size of your head. Great lunches. Price- 15-25 per person. Five minutes from the barn, but plan on a minimum 20 minute wait for your table.

Mi Tierra- Monroe or Woodinville- either location is about 15 minutes from the barn. Great Mexican cooking, fabulous margaritas. \$10-25 per person.

Arnie's in Mukilteo

Arnie's is terrific seafood, and the view is wonderful, overlooking Puget Sound at the Whidbey Island Ferry terminal. \$25-\$50 per person for dinner, you can just do wonderful crab bisque and a salad for more like \$15. About 40 minutes north of the barn.

Nana Carmella's

The best Italian food this side of New York, says Craig. You must have reservations- make them a day in advance at least, you may have to wait anyway and it's worth it. It's noisy, but fun. Plan on taking home doggie bags: Chef Jimmy feeds you like he was an Italian Grandmother. 22110 Old Owen Road in Monroe, 360-794-6590. \$25 to \$50 per person.

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Weather: We have a nice covered arena, and both warm and cool places to wait for your lessons.

Fall: September through October can be bright and sunny and beautiful or nippy, wet and rainy. Pack for changes in weather- can be 50 degrees and raining or 70 and lovely. (10-21 Celsius). Fall colors start in October.

Winter: November through March- plan on very cold and wet. We may get some freezing weather for a week or two sometime between December and February, and occasionally snow and ice storms. But the real cold is intermittent and at its worst 20-35 degrees Fahrenheit (hovering around zero Celsius). The primary winter thing is rain, and lots of it.

Spring: March through June- raining and blustery. (We did mention it rains.) Beautiful, but wet. Can be weeks at a time of brilliant spring sunlight- but we can't promise when! Pack for changes in weather- can be 50 degrees and raining or 70 and lovely. (10-21 Celsius).

Summer: July 4th through August expect dry and hot (75-90 degrees, 23-32 Celsius) with no humidity to speak of sometimes lasting into September. Bring sunblock and that nice broad brimmed hat. (And...it may also decide to rain. It does that here.)

This answers the most common questions that people ask about the intensive. If we missed some thing else you'd like to know, please call 360-668-5242 or email Mary Anne (mac@classical-equitation.com) with any questions at any time.

National School of Academic Equitation
11901 215th Place SE
Snohomish, WA 98296
www.classical-equitation.com
360-668-5242