

COWabungal!

Written by Lori Sanders

COWabungal! The second annual Surf and Turf clinic was a great success. The weekend of June 26 and 27, 2010 included bikinis, chaps, board shorts, saddles, sunscreen, chap-stick, waves and cattle.

The cow horse clinic day was held at Tar Farms and hosted by the amazing Becky Holman in San Juan Capistrano with World Champion clinicians: Jake Gorrell, Mark Matson and Russell Dilday. The day of surf instruction was lead by World Champion Surfer Izzy Paskowitz and the

Paskowitz Surf Camp gang in San Diego. Danielle Paskowitz along with her husband Izzy made sure everything for the whole weekend ran smoothly. All levels of riders and surfers were welcome on both days.

"It is just FUN," said Lisa Sanchez who manages a large animal clinic in the area. Lisa was spectator last year turned participant this year. "I saw what a great time people were having last year and I knew I had to be part of it this year, and I am glad I did."

"I can't wait to do it again next year!" said Lauri Jensen, an entomologist (bug scientist). Lauri also went from spectator to a participant. "I learned an easier way to get a lead change from Jake. I enjoyed everything about the day from the first lesson, the great lunch provided by Beachfire Grill, the cattle work and the sliding lessons." She has only had her 11



year old gelding Docs Little San for about 6 months, but the two did great. It was a good place to work together as a team. "All the clinicians were very patient and made the lessons easy to understand."

Janis Pearson agrees the patience of all three instructors made for a low stress learning environment. "I am not a reiner by any means, but I can take the exercises I have learned at the clinic and apply them at home. I am going "back to basics" to build a better foundation for my horse."

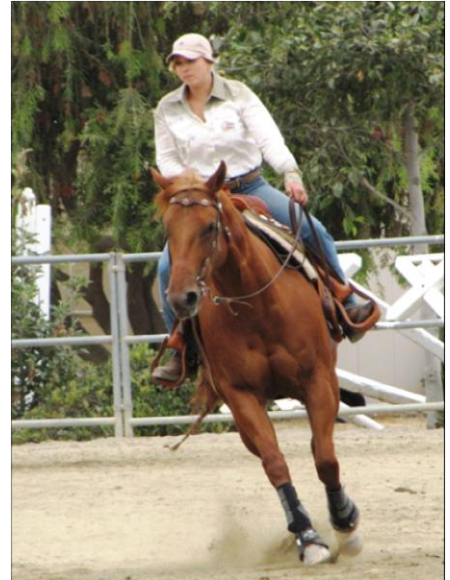
Erlinda Sullivan is a returning rider from last year. "I would recommend the Surf-n-Turf to any rider in any discipline. There is something here for everyone. I liked the personal attention. The one on one time with world class clinicians was so positive. I also learned by listening to what they were telling the other riders in my group and then applying it to myself. By hearing it more than once it reinforced the principles to me."



core."

Sue Carter who shows reined cow horses was also impressed by how much useable information was provided. "I got a nugget from each instructor that I could use: From Russell Dilday I learned that I need to use my legs more to steer my horse, from Mark Matson, I learned not to baby my horse, I should let it make the mistake then correct it. I needed to be less tentative and more committed in my actions, and Jake Gorrell reinforced the need for me to lift my core in order to lift my horse's

Arianna Sage is a 19 year old pre-vet student happened to come to the clinic because someone else dropped out . "I loved it! I have never done anything like this before. It was AWESOME, and worth every penny. The way they explained things really made sense to me. I liked all the riding tips. They made it easy." Arianna's 13 year old quarter horse mare also did great, even though she is missing an eye. "I thought it might be a problem because she only has one eye, but we did everything including fence turns. It was great."



Besides the turf day, this unique two day clinic provides a day of surfing with the Paskowitz' Surf Camp. The Paskowitz Surf Camp was established in 1972 and is the longest running surf camp in the United States. Their mission is to continue the Paskowitz legacy of teaching beginners to surf. They teach the correct basic skills to stand up, and then ride waves. For the purpose of the clinic, what usually takes a week is rolled into one day by giving one on one instruction to the would-be surfers.

Surf camp is held just south from the famous Tourmaline Surfing Park, at the northern end of Pacific Beach in sunny San Diego. Gentle waves and a backdrop of dramatic coastal cliffs make it an ideal spot for the beginning surfer. There is no question that Paskowitz Surf Camp is the ideal place to learn. They take care of everything: comfortable tent camping accommodations on Mission Bay, tasty and healthy meals, and of course surfing equipment and instruction. For over thirty years they have been host to thousands of campers from 4-84. They promote self esteem,

respect and sensitivity to the environment. The only thing left to do is have fun.

Julie Poznoff and her 11 year old son, Robbie, split the clinic with Robbie surfing and Julie and her 12 year old daughter Jolee riding. "It was a great family weekend. So many times the weekend is either just for Robbie, or just for Jolee. This time we got to spend the whole weekend together as a family. Great weather and a great faculty really made this a memorable weekend for all of us. The kids are still talking about it and they can't wait to go back next year." Julie's husband Rob drove and was in charge of towels and helping saddle up.



Cynthia Bias and her son, Gareth Beach 11, split the clinic as well. Cynthia made sure that the instructors did not put Gareth in the red and black wetsuit because she felt it looked too much like an injured seal. Once Gareth had on a mother approved suit and headed to the beach all was well. Gareth popped right up on his board and enjoyed the waves while Cynthia and Roger Bias watched from the beach chairs. On the turf day Gareth kept himself entertained by riding his bike, playing catch with Robbie Poznoff and helping out around the clinic.



Ingrid Vangelos brought her sister Ruth along. Ruth had no idea that this was anything more than a trail ride before it started, but by the end of the weekend Ruth was standing up on her board and turning her cow on the fence.



Ty Burke is a returning surfer and rider. Ty and his wife Nicole enjoy the both worlds with the great weather and friendly atmosphere of Southern California. It is a great place to tune up both riding waves and riding horses.

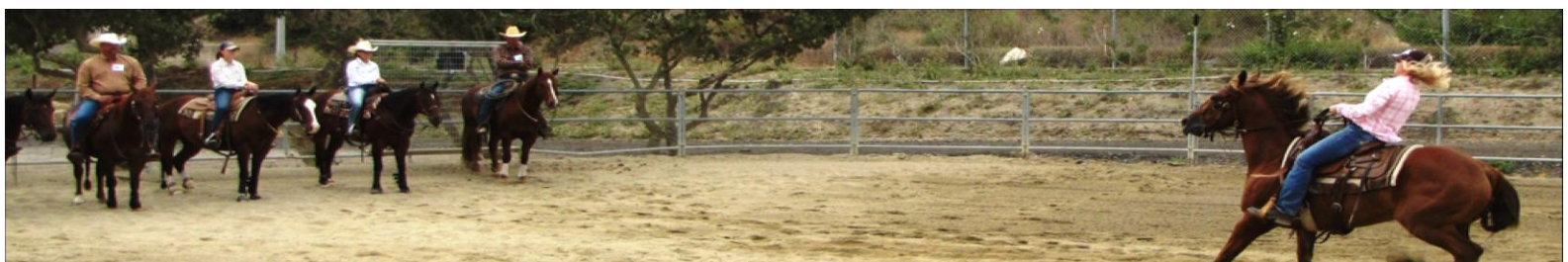
Izzy Paskowitz knows firsthand, "Surfing is an amazing experience. Few things are as exhilarating as zipping across the face of a wave. . Have you ever said to yourself, 'Self, one of these days you really have to learn how to surf.' No matter what your skill, experience or ability, our mission is to safely insure you have fun, feel good about yourself and experience the thrill of surfing." Izzy also show reined cow horses at the Green As Grass level . Izzy observed, "I am a thrill seeker. Even though I have ridden twenty to thirty foot waves, this cow horse stuff gets my heart pumping. There is nothing that compares to this. Plus the people are super supportive."



If you are interested in learning more about Surf-and-Turf or would like to sign up to be notified about upcoming events please send me an email to Lori at TheWebWrangler@aol.com or you can find us on Facebook at Paskowitz Surf and Turf Weekend or Lori Lefty Sanders

You can contact

- 🚩 Jake Gorrell at GorrelPerformanceHorses.com
- 🚩 Russell Dilday at DildayRanch.com
- 🚩 Mark Matson at RideWithMark.com
- 🚩 Becky Holman at BlackDiamondPerformanceHorses.com
- 🚩 Paskowitz Surf Camp at Paskowitz.com
- 🚩 Lori Sanders at GoGreenAsGrass.com
- 🚩 Surfer's Healing at SurfersHealing.org



The photo in the article were taken by Lori Sanders

The photos below are courtesy of Lia Segerblom
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