

Loomis teen racks up equestrian medals

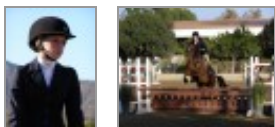
Addy Cord hopes to one day teach

Martha Garcia, Loomis News Editor



Courtesy/Loomis News

Addy Cord, riding Maya, jumps a fence at an equestrian competition. The 13-year-old hopes to one day become a horse trainer.



Addy Cord has turned a green horse into gold.

After acquiring a new mare early last year, Addy, now 13, worked with Maya and by the end of the year had won an impressive list of medals as a hunter jumper.

But Addy isn't satisfied with past laurels. Instead, she continues to train and improve her skills. While one day she hopes to become a horse trainer, right now it's all about training.

"Riding is very time consuming," Addy said. "That's the only sport I can do."

Having tried soccer, basketball, gymnastics and karate, Addy feels riding is the most challenging.

Erin Cord, Addy's mother, said riding well requires a lot of work that often isn't that apparent.

Her daughter, she said, rides her horse six days a week, and sometimes daily.

"When the riders ride so well, they make it look so easy. So many people think they are just sitting up on the horse, and the horse is taking them around. It is really the opposite. The rider controls the whole ride, and the courses they do are very difficult, especially when they get to Addy's level of riding."

A great deal of patience is required to make riding look effortless, said Addy.

"The horse does what it's supposed to do. You do the basics, like walk, trot and cantor, but then you can do harder stuff, like turn on the forehand, turn haunches and half-passes," it's very rewarding, she said.

For Addy, riding is also enjoyable.

"Riding is really fun," she said. She likes "being able to jump, feeling like you can control the animal underneath you."

Exercise is an added benefit of the sport.

"It's a full body workout," Addy said. "It strengthens your legs from squeezing, your arms from pulling, and your abs from balancing."

Trainer Sami Milo, of Cavallo Stables in Penryn, has been working with Addy for four of the five years the young girl has been riding. Milo trains her in medals and equitation, aiming for form, style and ability.

"They're both judged on horse and rider combined. Equitation is judged primarily on the rider," Milo said.

Early on, Milo said she recognized Addy's raw talent.

"She's very teachable. She listens. She works very hard. She just keeps working and working.

Addy, she said, is a "complete" package.

"She's got everything: The passion, the drive, the talent."

Milo has no doubt Addy has a bright future ahead in equestrian sports.

"I think she is a very promising student with great talent. I think she'll keep going up and up.

"Hopefully, she'll ride for a lifetime, not just something she does until she goes off to college."

Addy, now in eighth grade at Franklin Elementary School, hopes to go to a horse-riding college in the east, or to Fresno State University to take advantage of their riding program.

For now, she's concentrating on training for the Sacramento Area Hunter Jumper Medal Finals to be held in April and the Pacific Coast Horse Show Association Medal Finals taking place in September.

She'll try to surpass her 2009 accomplishments, some of which include placing third overall in her age group in a field of 15 riders at the Almaden Medal Finals in July; fourth overall in a field of 28 at the Cloverleaf Medal Finals in October; fourth overall in a field of 26 riders at the Norcal Medal Finals, also in October; and third overall in the Onondarka Medal Finals in November, where she competed among the top West