

Speaker 1 ([00:00:00](#)):

You're listening to the journey on podcast with Warwick Schiller. Warwick is a horseman trainer, international clinician and author, whose mission is to help people achieve a deeper connection with their horses through his transformational training program.

Robyn Schiller ([00:00:34](#)):

This is Robyn Schiller taking over the microphone from Warwick again this week to continue my special series on the spouses of some of our earlier podcast guests. I wanted to do this because of the old saying behind every good man is an incredible woman. And as I keep interviewing, it's proving that old adage true. This week, I talked to Sinead Halpin Maynard, who is the wife of the main attraction Sinead is a member of the United States equestrian team. And she rides competitively through the CCI four-star level all over the world. So it's eventing. And for those who don't understand the acronym, she has trained with the likes of David O'Connor, captain, Mark Phillips, and even spent a year working for William Fox Pitt. I hope that you'll enjoy our conversation as much as I did. Okay. So I'm here with Sinead Halpin Maynard and welcome. Thank you for coming on the journey on podcast.

Sinead Halpin-Maynard ([00:01:44](#)):

Thank you. I'm very excited to be here.

Robyn Schiller ([00:01:46](#)):

Excellent. So Sinead is Warwick Maynard's wife. And when I asked Kik, if she would like to be on the podcast and gave him the premise for the, for, for my kind of role in this, he said, well, that's, you know, you may have to redo some of the questions because I'm known as, as you know, Sinead's husband.

Sinead Halpin-Maynard ([00:02:11](#)):

He's never, she's never known as ticks wiper, so, oh, that's funny. He's being very, very humble. I think I think those times have changed quite a bit, I think depending on the circles that we're in, where we're actually, I would say now we're you know, we're, we're kind of known as a couple, most of the time we both would kind of have our own sides of, of the partnership and the business. And I think those things meld together pretty well now, but yeah, that was definitely a running joke for, for a long time at the competitions was I've known the announcers and the commentators for, since I was like a teenager. So he would get announced actually as Mr. Health and a lot of the time, thank God. He has a sense of humor

Robyn Schiller ([00:02:56](#)):

And, you know, for work. And I it's kind of shifted because for, for most of our married life I worked outside of the business. So I was the one with the stable job and, you know, the health benefits and, and so when he would come to my company's events, you know, he was my husband.

Sinead Halpin-Maynard ([00:03:15](#)):

So you do horses sets. Cool.

Robyn Schiller ([00:03:17](#)):

Yeah. They didn't get it. And now, you know, now it's kind of turned around now that I'm a part of the business. And so of course I'm work's wife, so yeah. And, and it's fine. I, I, I ha I have no problem with that. Well, let's get into, get into who you are and yeah. What is your horse background?

Sinead Halpin-Maynard ([00:03:36](#)):

Well, let's see. I mean, I think I probably started like most kids kind of the, I want a pony. I want a pony and my parents immigrated from Ireland, so and my brother was actually born in Ireland as well. So they came over in their early twenties and my mom had grown up on a farm in the country. And so she had kind of grown up on a farm life and with horses. And I think when I started down that road, she thought it would be a nice way to reconnect with that. But I honestly, I was too young to start riding and my brother was a year and a half older. And so they actually let him start riding first and thank God he quit in like a month or two. He was over it. But they ended up finding a place that I could take riding lessons.

Sinead Halpin-Maynard ([00:04:26](#)):

And so, you know, kind of started with up down lessons. And then my mom we, we got a horse together, you know, and it was this huge, you know, massive, I think it was a 15 hand thoroughbred. I was just so little. And so we had that a local boarding barn in South Carolina and kinda grew from there basically, you know, started, started down that road and ended up there was a local kind of ballpark. I mean, it was literally a ballpark in South Carolina where I was at the time. So we do like they had horse shows on the weekend where we could do everything from bare back ride about classes, to Western, to hunters, to jumpers. And so we did a little bit of everything and started taking some lessons with a hunter jumper trainer. And yeah, I mean, it just kind of went wild from there.

Sinead Halpin-Maynard ([00:05:19](#)):

So how old were you when you started? I think I was probably six and we dabbled around kind of an up-down lessons for a few years and then moved into kind of more formal training probably when I was like 10 or something. And yeah, and my mom, you know, my mom is a real, like no nonsense kind of lady. She's pretty strong personality, very Irish, very opinionated and something, you know, I did hunters for a couple of years and it just didn't really sit well with her, honestly. I think there were a couple of situations where it became more important, like the color of my saddle then you know, the quality of the work that I was doing. And I you know, I enjoyed it for a long time and I, I really liked the competing side of it and we had a good community at the barn.

Sinead Halpin-Maynard ([00:06:10](#)):

And then I really think it was one day. My trainer had a, you know, a meltdown at my mom for buying the wrong brand saddle or something, and she just put the pony in the trailer and we left. And that was the last time I was in the hunter ring. So we had a friend that knew something about three-day eventing and I hadn't been introduced to that, but it looked really cool. Like I had been to a local show and seen some cross-country and I didn't realize there were three phases. I just knew people got to like Gallop across the field and jump stuff, which I thought was really neat. So I started taking lessons with a lady that was you know, she had kind of competed through the preliminary level and started taking inventing lessons from her. And I had had had a pony at the time that was kind of a rescue pony.

Sinead Halpin-Maynard ([00:06:59](#)):

And and then ended up, you know, we thought we didn't, I mean, we just didn't know anything and we knew that dressage was part of venting. And so obviously we bought an Arabian and not thinking of the

other two phases, the jumping phases. So anyway, I had this Arabian, I, I started kind of a venting with that. It would kind of do this deer hop thing from one side of the jump to the other, but it was pretty and it was gray. And when you don't know any better, it doesn't matter. So yeah, so that was kind of the, the beginning part. And at the time my, we were at a boarding facility and my mom actually picked up Fox hunting. She really, my mom does not like competing. It's not she just doesn't have much interest in that, but she loves horses.

Sinead Halpin-Maynard ([00:07:49](#)):

It's really her, you know, she's always had, there was just a brief period of time where she didn't have them. And so she found Fox hunting and loved it. So she ended up getting kind of a older, retired show, jumping horse that she Fox hunted and I would event on the weekend. And so it was a really awesome thing for us to do together. And you were still in South Carolina? Yeah, we were in South Carolina and my dad my dad had a number of different jobs and he was a real entrepreneur and he was a builder for a period of time and he ended up actually it was pretty incredible looking back on it. He started working with a local contractor and built a 60 installed boarding barn. And then there was a big question in community built around it. So when I was in high school, it was, it was pretty cool. So we ended up moving above the barn and we were supposed to just live above the barn for a short period of time. And of course, you know, we were there for awhile. And my mom ran the boarding barn and the, actually the university of South Carolina ended up doing their a hundred jumper program out of the barn. And I rode there and it was great cause it was like five miles from my high school. And yeah, it was a good community. It was really cool. And then, so

Robyn Schiller ([00:09:10](#)):

That took you into the eventing with the Arab and then how did it transform to what you are doing now?

Sinead Halpin-Maynard ([00:09:17](#)):

A lot of broken bones? Well, I guess what happened was when I was 15, so it was the summer between my sophomore and junior year, I guess. I had heard about these working student programs where you could basically go be an intern for a professional rider and not really interest me a lot. And my parents were awesome. Like I would never let my child like leave the state at 50. I mean, 15 is like, you know, and but in South Carolina you can have your driver's license. I had my, I could drive during the day by myself. And so I ended up in getting a working student job in Virginia, which was 10 hours north. So I got to go to Virginia when I was 15 for three months in the summer and work for a Canadian Olympic rider.

Sinead Halpin-Maynard ([00:10:12](#)):

And at the time he was competing at the five-star level and it was just like nothing I'd ever seen before. And I had a at that point we had bought a thoroughbred off the track, the four year old, it was way too much for me. Like my at the time I was pretty intimidated by the horse, but anyway, that was even more of a reason to head up to Virginia. And, you know, I had been pretty shy in school. I didn't really connect too much people there. Weren't horses. Weren't really a thing at my school. And I had some barn friends, you know, how we do, but when I went to Virginia, I realized there was just like this hub of people just like me. And there was a girl there from England and there was a girl there from Maryland and there was a girl there from Virginia and we all kind of were on this weird, we were just drawn to this space and and I just loved it.

Sinead Halpin-Maynard ([00:11:06](#)):

And I got a taste of you know, I kind of saw these magnificent animals, you know, these imported, warm blood, you know, thoroughbred jumping. I mean, just like nothing I'd ever seen before. And the barn management was just unbelievable and the head grooms were just, I mean, it was just crazy. And I, you know, I think I was a nightmare when I got home. You know, I walked into the barn like a 15 year old total, no, at all. And so I did that when I was 15 and then went back to my junior year of school. And then I went back again when I was 16 and spent a couple of months. And then I actually got out of school as fast as I could. And ended up moving at 17 to go work for this trainer at the time.

Sinead Halpin-Maynard ([00:11:53](#)):

And I think, I think we were actually in Georgia. I think I had moved to, he had him and his wife had moved to Georgia at the time. So I'm packed up and headed to Georgia and worked for him for the next kind of three years. And that was a pretty interesting time. I mean, I, he is not a good person. I had no idea at the time. I mean, right now stay anonymous, I think. Yeah, exactly. He, you know what he I learned, I wouldn't say I would probably make the time period shorter that I was there, but you know, in this time of safe sport, like he's not allowed in the country anymore. He's listed on the safe sport stuff. It's pretty the, you know, and I didn't see some of that side, but it was a pretty you know, just some of the things that were allowed as far as kind of emotional abuse were, were pretty powerful.

Sinead Halpin-Maynard ([00:12:47](#)):

You know, it was like pretty gnarly stuff. And but the horses and the barn management was amazing. And the work ethic that I learned from a really young age was amazing. And I think I feel I'm a real big believer in the working student program. I mean, I would advise parents to be wary of the, you know, and I think the time now people are a lot more wary of, of situations that you can go into, but, you know, there's nothing better than just being immersed in the environment and especially at a very elite level. So, you know, through that period of time, I ended up the horse that I went with originally was, it was too much of a horse for me. And I ended up trading it with the trainer for another horse that he was riding that was kind of on, it was, it was a kind of a schoolmaster on its way down.

Sinead Halpin-Maynard ([00:13:40](#)):

And this horse that I had was an exceptionally talented horse on the way up. So it was actually an opportunity for both of us. And that course, the young horse I had ended up going. It went to Kentucky, went to Burley, it traveled all over the world, doing amazing things, but not with me. And and I had it and I had had it, the horse that I got headed, you know, kind of a two year run with me. And it took me through the top levels of the sport, like through the advanced levels of the sport, which was you know, it was great from a young age to get a taste of that level. And I think it was, it really hooked me in, I mean, I just saw from the bottom to the top and all the behind the scenes and the good, the bad, the ugly, and and actually, I kind of recognize that if you did just kind of keep your head down and work really hard, no matter what you could kind of get there.

Sinead Halpin-Maynard ([00:14:32](#)):

You know, I think it's, it, you know, horses at the end of the day are kind of an elitist sport. And so especially in the jumping disciplines, things like that, it can kind of feel like if you're not, you know, if you don't have the finances that you're not going to be able to achieve all that you want to, but I came at it from a very strong work point of view and really got, got there early, and then it'll be another 10 years before I got back there again. But it was, it was a really wild, you know, kind of five, six years on that,

you know, on that path. I mean, we were in Georgia and Virginia, we spent months in Canada competing. We were in Florida competing every weekend and it was just kind of like, you know, go, go. So, yeah. So

Robyn Schiller ([00:15:20](#)):

You mentioned a 10 year break. It was,

Sinead Halpin-Maynard ([00:15:23](#)):

Well, it was well, before I got kind of back to the top again so I, when I was about 18 or 19, I recognized it was a pretty unhealthy place for me to stay. And and I, so I just had to figure out what to do. And so what I ended up doing was I was in, I went back to Middleburg, Virginia, and just started, I was very wary of the working student program, but I knew that I needed to be around really good people. And I had a friend who knew David and Karen O'Connor and David Wood had just come off of his gold medal when it Sydney. And she said, I can introduce you. And so I remember like going over to meet David, and he was like, I was shaking, you know, I was just like, I couldn't, I was, so I was traumatized from my previous situation.

Sinead Halpin-Maynard ([00:16:18](#)):

And I was just AUSTRAC and he was so cool and down to earth and laid back and just kind of asked me what I wanted to do. And I think I rambled for, I don't even know what I said for a long time. And he and Karen had really developed a team. It was called O'Connor event team, and a lot, honestly, probably 80% of the people that maybe more that rode for him were people that were between the, my age, which was like 18. So like 16 to 21 or mid twenties, but most of them were fairly honestly wealthy. Like they had their, they were paying to be in the program and they had one or two working students. And I kind of explained my situation and said, I, you know, I would like to pay for lessons. I'm going to keep, I had one horse, I'm gonna keep it off the property.

Sinead Halpin-Maynard ([00:17:10](#)):

I'll pay for that. And, but I'd like to be part of this team. And and I'll, you know, I, I will do whatever it takes to be a part of this team. So he was great. And I ended up galloping resources and waitressing. So I bookend the day and there was a great track, great training track there. And I got to learn to ride race horses under a really amazing lady named Barbara Graham who kind of took care of all of us kids. So I would, you know, Gallup kind of eight to 10 horses in the morning and then ride whatever, if there were like polo ponies, Fox centers, Middleburg is just an awesome space. So there was, it was lot, there was ways to kind of, you know, survive and make ends meet, and then I'd take my lessons and then waitress down in the, at the local pub as terrible waitress.

Sinead Halpin-Maynard ([00:17:59](#)):

I don't even know. I mean, I probably, yeah, it was awful. But yeah, and so that was kind of the next several years I stayed in that program and was really you know, went through you know, a few horses up and down. And David and Karen were just amazing. That was my first introduction to kind of the natural horsemanship side of stuff. I mean, David, at that point had partnered up with pat and Linda a bit. And so it was really cool because the way that David does stuff and Karen do stuff it's really neat. They just kind of immerse and for a little while, and then they kind of take out what they like. And, you know, a lot of the work that David wanted to do was to teach horses, to jump on a rope, you know, so they could get more confident in on the cross-country work, especially with starting the babies.

Sinead Halpin-Maynard ([00:18:47](#)):

So we all had, it was like required that we learned quite a bit of that work, which was pretty inspiring. And nobody else was doing it and in the equestrian sports or in the venting that we knew of. So, so yeah, I was there for a long time and to be honest, then I went through kind of a stint of breaking a lot of bones. Like I just, I just kept you know, I was competing and I was, I was like, kind of any young person. I was in a hurry all the time. I was exhausted. I was working like a lot. And, but it was also, you know, pretty stubborn and pretty driven and you know, with horses that doesn't always work. So they kept teaching my me lessons. And yeah, so it was there for a while and it was, I mean, I think I broke my hand, my collarbone, my femur you know, it was just kind of a, kind of a funky run there for a few years.

Sinead Halpin-Maynard ([00:19:56](#)):

And ultimately I had a really awful experience with a horse having a rotational and cross-country, and that was kind of, and I lost the horse and it was, I was kind of, you know, the world needed to shift. So I sold everything and moved to LA, well, there you go. So that brings us to that next part. So yeah, that was kind of a mouthful. And so what was in England? So I had ended up talking to David quite a bit and just was really you know, kind of lost and nobody could really answer the questions for me about what in particular was going on or going wrong. And at that point I had been on, so we have kind of these training sessions and they've got something, you know, they've got lists. So twice a year, the us inventing team comes out with kind of like what would be like an, a list, a B list and a developing rider list.

Sinead Halpin-Maynard ([00:20:59](#)):

And so I had gotten on developing writers a couple of times, meaning that you're kind of an up and coming rider. You get a couple of training sessions you get connected with the team coach at the time was captain Mark Phillips. So I had had all these interactions and been fortunate enough to kind of be in the spaces with these people. And then Mark Phillips, who was our coach at the time, and David both kind of said, well, why don't you go to England and Zara Phillips who's Mark's daughter who if anybody watches the crown. So princess ans so you know, and I didn't really know anything. I mean, royalty wasn't really like a thing. I didn't really realize it was a thing until I got over there. But Zara is my age and needed some freelancing help. And, and mark had said captain Phillips had said, look like Zara had won the world championships at that point and was 27 or something, but she didn't have a ton of her business side worked out and she didn't have all of that aren't out, but she had been very competitive.

Sinead Halpin-Maynard ([00:22:08](#)):

And for me at this point, I had kind of had a sales business. I had obviously done a bunch of different things, done, some consignments, and I really had kind of a business savvy of it, but I hadn't quite gotten the competitive side. And so mark kind of thought, you know, together, we could figure out, you know, it might just be a good match. So I thought, what the heck am, let's go. So I moved over there in 2007 to work for Zara and in it's in the Cotswolds. And yeah, so I was, I was there for about six months. And to be honest with you, it didn't really work great. There was quite a divide, which I didn't realize kind of the area that I was in was very close knit, very kind of old money.

Sinead Halpin-Maynard ([00:23:01](#)):

You know, if you didn't have a five-star horse, you didn't, you know, it was like, well then what are you doing? You know? And it was a big divide. And at the time I didn't really understand now, honestly, you know, 10 years later, 12 years later, like now I'm friends with Zahra, I'm friends with a lot of people

there that I, but I think I kinda came in a little bit naive and I didn't realize you know, every culture is a little different of how you can move into it. And I think I came in honestly, a little strong and so I, David came over for Burley in, in September or something. I'd been there a couple of months and I said, this isn't working like, I'm really unhappy and there's not enough work. Like I wasn't working. Like I you know, I was kind of riding a couple horses, Zahra, there wasn't the type of freelance work that had been in the states.

Sinead Halpin-Maynard ([00:23:48](#)):

I couldn't get, you know, I just wasn't doing anything. So I was really unhappy. And so he introduced me to William Fox Pitt. He's just amazing. And he, him and his wife were down in Dorset and I, and I drove down and interviewed with him to be part of his team and to work, you know, like just to be in the barn and to ride and do everything. And he had, it was awesome. I mean, he had 26 horses, all of them were competing at the preliminary level and above he had three that were qualified for Hong Kong that were getting ready for the Olympics that the team just get, they said, take whoever you want. He couldn't decide. So we were getting three horses ready for Hong Kong, which was so cool. And I just loved it. So I was there for close to two years and just like, it was the shift I needed.

Sinead Halpin-Maynard ([00:24:36](#)):

It just like I had a break from everything in the states. I didn't have I didn't, I bought a horse when I, right before I went to Williams and the third day was in quarantine. The third day I was there. And when I went down to the barn to feed him, I, he didn't come to the door and he had one of the ponies that William had bought his wife, this pony for Christmas, and hadn't told her yet. And it had gotten loose. And the horse I had gotten was very French and he had kicked his leg through the metal door and severed his hind extensor tendon. So literally the tendon that runs down the front of his hind leg had already recoiled an inch. And it picks up the hind leg. So that sucked. Yeah. So we got him on the trailer and got him to the vet clinic.

Sinead Halpin-Maynard ([00:25:25](#)):

And honestly he spent the whole time almost the whole time I was at Williams rehabbing. So I didn't really have a horse there, but William was so wonderful. He like, I mean, I was riding six or seven horses for him, and then he, any horse that came onto the yard for him that was too small. Cause he's like six, five I would get to compete and ride. And it was almost better actually, because I just got to just focus on what he was doing and he's, he wouldn't have been a big teacher, but he just kind of watched and learned, and he's a wonderful horseman. So yeah, that was that. Okay.

Robyn Schiller ([00:26:03](#)):

So after England then what

Sinead Halpin-Maynard ([00:26:07](#)):

So then I came home I kind of was there long enough to realize it was going to be big. I really loved it, but I needed to be able to make a living. And I didn't think I was going to be able to do that there. So the horse that had been injured was I, I, he somehow miraculously recovered. I mean, the tendon just found itself again and I competed him twice in England before I came home. And he seemed like he was going to be a pretty nice horse. And I remember William saying you know, he's a little shy, he's a little introverted. He kind of had his own style jumping, but William loved him and just said, don't let, you're

going to go home. And people are going to try and change this horse and don't think he's as good as any horse in my barn.

Sinead Halpin-Maynard ([00:26:50](#)):

And so I came home and ended up going back to Virginia for a little bit to try and get my bearings there. And that horse ended up going to right away to a three-star, which at the time was that advanced level competition. And he like, and this was so my first, so I guess it was about eight years later, nine years later, because the last time I had really been, like I said before at the top level was around 2000, 2001, and then this horse came back and he all of a sudden finished third in the national championships that year. And it was kind of crazy and right away, I got back on some of those lists and and then I had a really awesome ten-year run with that horse. I mean, he ended up the, he was the next year or two is on all the lists. Then we got to go to Holland for a nation's cup. And then he was national champion at Kentucky and then went to Burley a couple of times and went to the world championships. And so it was just like a whirlwind. And now here we are. So

Robyn Schiller ([00:27:58](#)):

Question your Irish American, do you ride for us? Okay.

Sinead Halpin-Maynard ([00:28:04](#)):

Yeah. Yeah. I've got dual citizenship, but yeah. Awesome. Yeah. And then,

Robyn Schiller ([00:28:11](#)):

So does that bring us up to when you met tick or what, like, so, so you're competing at this really high level and doing all these fabulous things and you have your own training barn.

Sinead Halpin-Maynard ([00:28:21](#)):

Yeah, yeah, yeah. So, yeah, it was really funny tick and I actually crossed paths like for two years. I mean, it was really bizarre. So I, when I had come back from England, I was in Virginia and then I actually went to Aiken for the winter because it started to become something that people did and one of the events got snowed out. And so I needed to go to Florida to compete this worst, this nice horse that had come back with me from England. And then I think I had four horses competing, so I needed help at the event. And I called down to David and Karen and their head groom, max. I said, do you, do you have anybody that can help me? Because you know, when you go to a three-day event, you know, if you have, if you have one more, so you can do it yourself. No problem. But if you have four, like logistically, you know, you're, you're kind of thinking 3, 6, 9, 12 rides in two days. So you really can't be everywhere. You need to be, so you really need help. And so max said, well, we have this guy here for the week or for the winter working for us, he could probably come help you. And I literally said, max, I need somebody that's useful. Like the, my experience with guys is just, they're not.

Sinead Halpin-Maynard ([00:29:32](#)):

And she kind of said, well, he's all we've got. So he can at least dump your water buckets. And so yeah, so I showed at the events and I pulled in and it was so funny because I can still picture it, you know, like I'm pulling in with my rig and I see this guy and he's got a camera over his shoulder and it's tic and he sees me, he starts waving and he's smiling from ear to ear and just so Canadian. Right. And I'm like, w you know, just, just filled with energy and saying, oh, you know, what can I do, blah, blah, blah, blah.



And it was so funny. So he, yeah, he grew up, that's the joke. He groomed for me for the weekend. He worked for me for the weekend. And, and that was nice. Like he had a great energy.

Sinead Halpin-Maynard ([00:30:16](#)):

It was really fun. It was really nice. I was seeing someone else. He was seeing somebody else. I wasn't really, you know, and he was, I went back to Aiken and he went back to the O'Connors and then funnily enough, like five months later or something, I was back in Virginia and I was renting a room from a friend and she called me and said, oh, Hey I've got a friend that's coming by, that's heading back home. He's just spending the night at the house. And she wasn't there. She was out of town, so that's fine. And I come home and tic is on the couch and I'm like, well, hello. Yeah. Yeah. So he was flying back to Vancouver. So I, again, I was in and out, I said, hi, how's everything going and chatted for a second. And then he was off to Vancouver and that was it.

Sinead Halpin-Maynard ([00:31:07](#)):

And the next winter I was in Aiken, I think again, and I had a horse that I needed to send to Wellington to get sold as a jumper. And I had been riding a bit with Andy Krasinski. He's a really good show jumper. And I called her to see if I could send the horse down. And she called, she said, yeah. And she called me back and she goes, oh, I have a friend of yours. That's working down here. And it was tick who was working for Anne that winter. I had worked for the O'Connor's winter river and he was working for an that winter, which was so funny. And so then tech starts texting, are you bringing the horse down? Are you coming down here are blah, blah, blah, blah. And I said, no, I'm sending the horse on a shipper. Hope everything's well, see you later.

Sinead Halpin-Maynard ([00:31:54](#)):

Next summer, I get a phone call from, I had in this, at this point, I'd moved to New Jersey. Actually. I had some friends that were in the area and the business in Virginia was just super saturated. So I decided to try Gladstone New Jersey, which is really beautiful area to see if I could just get a little bit better start there. And I got a Facebook message from Tik saying, Hey, I have taken on an assistant trainer job with Anne. And I think we're living in the same state. And he was living like 20 minutes away from me which was like crazy. And at that time I was kind of all by myself. Like I, the person I had been dating before we had broken up and I was just kind of getting things going. And so, yeah, that summer, we just hung out every Monday, he on his day off and my day off. And we'd just, none of us knew anything about New Jersey. So we just kind of pick a little town and go hang out and have lunch at a town. And I think that was 2010. And we still just were kind of friends all summer. And then the fall of 2010, finally, we were like, maybe this is like, meant to be. And that was that. All right. So that was a mouthful. Sorry that I just that's. Okay. So, so it was

Robyn Schiller ([00:33:12](#)):

Just a friendship that evolved into a relationship. Yeah. Yeah. Nice. Those are kind of the best kind, I guess.

Sinead Halpin-Maynard ([00:33:20](#)):

Yeah. Yeah. I think, I think in our own way, we're both on, you know, and we laugh about it now. We're like so glad we didn't meet each other when we were like 20 because we were both so on our own journey and path and, you know, kind of emotionally up and down and by the time our paths, you know, bumped against and bumped against, and by the time they kind of aligned, I think we were both really in

a space that we were kind of ready for each other, if that makes sense. So it was pretty, it was pretty powerful and I, you know, like I had never, it was just, I just never have horses were always my agenda. And I just had never thought about, I mean, it's weird. I was like 27 or something, and I just assumed I'd get married at some point, but it was never on my radar. And then, you know, kind of that year, it was just like, you know, a given, you know, it was just, this is the perfect person for me. And that was that.

Robyn Schiller ([00:34:18](#)):

And that brings, okay. So then, so how did you, once you were a couple, what, how did that evolve? So what, where did you live? And,

Sinead Halpin-Maynard ([00:34:30](#)):

Yeah. So that was interesting. So I had an apartment and so he moved into the apartment. It was so funny because, you know, ticket never. I mean, he was, I think 27, 28. He never had his own apartment, like, because he had, you know, his, his pentathlete for a long time. So he went and he went to UBC. So when he was in school, he lived at his house and then for pentathlon, he just traveled all over the world. I mean, he was a carded athlete for that once with Pan-Am. So he was always traveling and then his home base would be at home. And then, you know, after he missed out on going to the Olympics after that bad fall in Mexico, he kind of went on his journey. You know, that he wrote about in his book where he was just doing all of these short working students, stints.

Sinead Halpin-Maynard ([00:35:18](#)):

And he was in Belgium for a while in Germany and then Wellington and Texas. And so still, he just kind of was roaming, you know? And so when I met him, he was still very much in that phase of not totally, you know, like anytime you're around tech, he just, he's so awesome. He just is so broad, so many you know, he just can't get enough information and his energy is so fun and open and you know, but it needed a little focusing and mine would have been the opposite. I would have been like, this is what I'm doing. Like there's no other way or thing, and there's nothing out there. And so I think we were both really good for each other, but he, so we ended up moving into the apartment, my apartment in and yeah, and then it was kind of like a slow grow.

Sinead Halpin-Maynard ([00:36:07](#)):

I mean, because at that point, like even he, like his truck was his dad's truck, you know, like this. So basically I was like, you gotta get rid of the truck, you gotta get a visa, you gotta get a job, you gotta get your own cell phone. And you know, let's, let's figure this out and, you know, he's just so awesome. And I think, I think that's what I mean when we were both kind of ready for each other at that point is that I think he was really ready to figure out what he wanted to do and what his journey with horses when he, over his time. Kind of all over the place with riding and working with different people. I think it really solidified that horses were going to be his, his life's work. So he was ready to figure that out.

Sinead Halpin-Maynard ([00:36:50](#)):

So he ended up getting a training job at a local barn. And so for the first couple of years, honestly, he had to stay back in New Jersey and I'd go to Florida for the winter. And then eventually, I mean, eventually we got married. So then when he got his green card, he was able to have be a little bit of a, you know, start his own business basically. And we started business separately. Like I didn't, I actually really didn't want to do our businesses together. I wanted separate staff, separate Barnes, separate everything. And we did that. We ended up, you know, we ended up at two different barns in New

Jersey, you know, he'd go off to work, I'd go off to work. And then same thing in Florida, we'd rent barns that are properties that had two different barns, different staff. And we did that for a long time.

Sinead Halpin-Maynard ([00:37:39](#)):

And then it just, you know, as you know, it just becomes easier to kind of and I think I was very worried about, you know, conflict and I'd seen it a lot in you know, husband, wife, couples that do the same thing in the same barn. It just becomes work all the time. And there's a lot of stress that's involved there, but the more we started to work together, the more we really recognize our strengths were in such different places. And we really could compliment each other on what we liked doing honestly, and, and things that we didn't like doing. And even when it comes down to the horses, like the, our favorite types of horses are different. So it's often we're shifting horses around even competitive horses. That'll come into the barn for him to ride, he'll ride them for a month or two and say, I think this is really suited more towards you.

Sinead Halpin-Maynard ([00:38:26](#)):

And same thing. Some will come into the barn and I'll shift them towards him. So what, what are those differences? Well, a couple of different things like a tick is well, a, he loves he actually loves a few different avenues in his day. Like it's his perfect world. If he could you know, get up, have his cup of coffee, do two horses or three horses in the round pen and, you know, help and watch and do that, then do his two horses or three competitive horses, maybe teach a lesson and then writes for the afternoon. And he would love doing that. He loves teaching clinics. Like he loves traveling, you know, like it wouldn't be his perfect world to manage the staff, figure out the veterinary stuff. Organize the show, schedule, ride eight horses a day. You know, whereas that's my jam, you know, you know what I'm saying?

Sinead Halpin-Maynard ([00:39:17](#)):

I feel like you get that. Yes. So you know, those things and actually he's way better. Like he won't, he doesn't enjoy it, but like he's way better at the paperwork. Like he is, is kind of good at adulting that way. So if he can write and work in front of his computer for two hours and then spend 20 minutes catching up on some paperwork, that's good for him. If I'm down in the barn, working with the staff, talking to the vets, organizing, you know, stuff with our sponsors, that's a good compromise.

Robyn Schiller ([00:39:49](#)):

So that's currently, that's how it looks.

Sinead Halpin-Maynard ([00:39:52](#)):

Yeah. So we have a three-year while he's almost three, we have a a three-year-old son. So yeah. So right now the barn, the majority of what we do is horses and training and clinics. We have probably, you know, I would say 10 shipping lessons a week between the two of us, maybe more, maybe less, but that's not a big focus of our work. We have a, we have 20 acres and 22 stalls. And so there's a pretty even split there of competition horses and and horses and training. We don't do a lot of sales, neither of us really enjoy sales. We did that for a little bit and found that quite disheartening on a few levels. So yeah, and then the clinics, we both do a lot of clinics.

Robyn Schiller ([00:40:39](#)):

And how did life change after your, your son was born?

Sinead Halpin-Maynard ([00:40:45](#)):

I like we lack in sleep. You know, it's been great, honestly, I think I think for me it was really helpful because for once I kind of let myself off the hook a little bit, like, you know, I was always like, you couldn't work enough hours in a day, you know, like it was just like, even if it was stupid work, you know, like even if I'd just be in the barn till nine, because I just felt guilty if I left you know, like I have to work harder and you know, now it's, I've gotta be a lot better about time management and making sure that our lives are streamlined into a way that is what's important, you know, what do we love doing? What keeps us financially stable? You know, how, how can, you know, we just can't waste time.

Sinead Halpin-Maynard ([00:41:34](#)):

I mean, you know, you just, can't, there's no time to waste. And so I think that's actually been really great and, you know, I was really scared. I'm really, really scared because it's not my, it, I w you know, we had a kid because like, I just would tick, he just had to be a dad. Like there was just, no. And again, it was kind of like the marriage thing. I'd never really thought about it. And then all of a sudden I'm like, whoa, I'm 36. I mean, I didn't know, that was like a geriatric pregnancy. I was like, who's mature and enough to have a kid before 36. But, you know, so it had to, it became yeah, it became part of the conversation. And I was just so scared because I didn't want to stop doing what I do, you know, I just had had, and I'm just so lucky because tick is just super dad.

Sinead Halpin-Maynard ([00:42:27](#)):

And honestly, like if his day could be like writing and just like playing with just play. And so we, we share everything pretty equally. I mean, Brooks, we had, we went through, you know, nannies and working students and stuff helping us with Brooks cause we don't have our, my mom just moved down closer to here and she's down about once a month, but our family is not around. So now he's in a Montessori school, which is great. So it's actually been awesome. And I think that's one of the things that now I'm seeing more in the competitive culture is that it's okay to stop and have kids. I think the generation before me, I think there's a lot of regrets in that. It's a feeling like there's never time, it's never right time. And if you stop, then you're going to lose your competitive edge and it's just not true. So it's been pretty powerful.

Robyn Schiller ([00:43:21](#)):

So I want to veer off because I'm curious about, about what tic mentioned something in his questions about an inventing horse that maybe somebody thinks is a great one because they're enthusiastic and, you know, fast on the cross country course when he said I don't, I am paraphrasing. Totally. Cause I don't know anything about it, but you know, maybe that horse is just anxious. So, so my question is what makes for a good inventor? What do you look for in an inventing horse?

Sinead Halpin-Maynard ([00:43:56](#)):

The elusive, yeah. I mean, it's a hard, it's a hard question to answer. I mean, I, and they have to be, you know, th they for a very good inventing horse, they need to be excuse me trainable. I mean, they need to be trainable and rideable. Now this, the level of the sport has gotten so hard is that you, you really need to have three very good gates. I mean their dishonest gates need to be good, great walk, great trot, great canner. They need to be very brave on cross-country, but also very careful, which is a hard combination to find, because like in the show, jumping horses jumped, you know, meter 50 meter 60

they would probably be too careful to go cross country, you know, in the footings a bit tough or they're at the pull-out Gallup, or something's not quite right.

Sinead Halpin-Maynard ([00:44:41](#)):

Or, you know, it's, they're going to be too careful to navigate that. So it's a combination of, of, you know, mind, body spirit really is. They've got to have the physique to be able to tolerate the work. It's a lot of fitness work, you know, like it's, they have to be very strong boned and be able to handle a lot of trots, a lot of cantering, a lot of galloping, you know, bill uphill, great feet, that type of thing. So they can sustain the work because, you know, in a inventing horse, isn't something that's developed over a year. I mean, your peak age at the top level, you know, probably your youngest horse at the Olympics this year was maybe nine or 10. But I would say, you know, like when you're 13, 14, that's your peak year. So you're developing these horses from four years old.

Sinead Halpin-Maynard ([00:45:25](#)):

So you're most likely going to have a season or two off with a small injury here or there just cause that's life, but physically they have to be able to hold up to it. So you need to be, well-built mentally, they've gotta be pretty tough, but also pliable, you know, they have to be flexible and, and on several different ways that they can handle atmosphere, they can handle the training, they can handle the cross-country. Yeah. So I think it's, it's really, it's hard to find one that's a master at all three phases. I think the heart of our sport is cross country. So the bravery is very important. The Gallup is very, very important. And, and for us, you know, that's what I think what we're trying to do kind of this time around is I think we've all touched on it.

Sinead Halpin-Maynard ([00:46:11](#)):

You know, all of us with horses have touched on it is that relationship side of it. And I think for eventing horses, the relationship and the connection is so powerful because it needs because the dialogue changes across three phases and, you know, safety is an issue and split second decisions and being you know, calm when you're going, you know, 600 meters per minute at a solid obstacle is, is really important. And having that faith and trust in, in your horse. So yeah, and, and I think, you know, looking for a lower level event, horse and amateurs event horse is different than a five-star event horse. You know, they, they don't need to be, you know, they just need to be kind when they're kind and brave and forgiving, you know, a little bit more of like an earth constitution at the lower levels and at the top levels that be leaning a little more towards that fiery you know, warrior type mentality it's gonna be important.

Robyn Schiller ([00:47:12](#)):

And probably, it sounds like I'm just envisioning that that's kind of the same thing you need in the rider. Yeah.

Sinead Halpin-Maynard ([00:47:22](#)):

You know, I wouldn't, you know, I'm not brave, like I'm not a brave you know, like I joke all the time. Like I'm scared of Heights, I'm scared of flying. I'm scared, but water I'm scared of sharks. But I have a ton of faith in the horses and the connection and the skillset. You know, I work really hard at that. Like tick the little bit more of like, you know, like he doesn't mind the eight second. Let's see if we ride out the eight second buck, you know, or put it up or let's go faster. You know, he's very cool in his head. So but yeah, I mean, I think there's gotta be some type of burning something that, you know, pushes you to those

extreme levels. But I would imagine it's the same in any like high performance sport or business or anything like that, that kind of just pushes you in a direction to try to be the best that you can.

Sinead Halpin-Maynard ([00:48:12](#)):

And in competition, it's, it's actually sometimes a little easier to tell because it's actually, the competition is where you go and you see, no, am I, do we have this together? Do we need to go back to the, to the drawing board? And I think you know, the competition for me kind of inspires the evolution, you know, like that is, you know, tick, tick really likes to compete, but he'd also say like, if I didn't compete again, like I'd stay, you know, I'd still be doing this job. And, and I'm pretty sure I would be too, but the competition really inspires my evolution, if that makes sense. So yeah. Yeah.

Robyn Schiller ([00:48:49](#)):

All right. I'm going to get into some of these questions here that we haven't answered. Well, what is the, what is your competition schedule like?

Sinead Halpin-Maynard ([00:49:03](#)):

Well I know, right? So we like we started, we're got a competition this weekend and then we're in Georgia next weekend and then we're gone to my brother's getting married and then we're at a competition South Carolina the next weekend, but we work in seasons. So there's normally a culmination event and the championships in the fall and a championships in the spring. So the, the competition leading up to those are qualifiers. So it depends what horses we have in the barn and who's doing what, but our summer season in Florida is light too. So we like the new world equestrian center got built down here, which is pretty phenomenal. So we actually show jumped a lot this summer. So there's like air conditioning. So yeah, it's pretty, pretty spoiled. And then our season kind of, it started last weekend actually. So it goes on until about December and then there's like a month off and then it starts in January.

Robyn Schiller ([00:49:56](#)):

And then the clinics you mentioned earlier are those joint clinics, or

Sinead Halpin-Maynard ([00:50:02](#)):

We do both. We do both. There's probably four or five a year that we'll do together, which we really enjoy. That's so much fun. But then we both have places that we, we go by herself. So most of the time, and then we do a winter camp together. That's like a four or five day camp down in Florida. Okay, awesome.

Robyn Schiller ([00:50:23](#)):

How does it go do so who trains?

Sinead Halpin-Maynard ([00:50:29](#)):

We both help

Robyn Schiller ([00:50:30](#)):

Each other. What's that dynamic like?

Sinead Halpin-Maynard ([00:50:33](#)):

Well, we actually both are pretty good at helping each other, like I tend to help tick on the flat in the, you know, in the dressage part of stuff and I will have an eye on him jumping or he'll, I'll come and watch and, and whatnot. And tic helps me a lot on the, you know, like cross country or if I'm struggling with the horses, having some obviously anxiety issues or something like that he tends to help me a lot there and we'll, we'll trade off quite a bit horses that way. We both ride actually right now we're both training with different instructors. But we also just do a lot of talking. I mean, I'm sure like you work just so much chatting about what we're learning and what we're doing, and that, that conversation is really, really fun, but to grew up taking lessons from his parents. So he's actually great about about instruction, but we both help each other. Good. Awesome. All right.

Robyn Schiller ([00:51:33](#)):

Let me get I'll go ahead and get to the questions that Tik answered and I'll have you have you answer them. Okay. So Warrick asked him what book do you recommend the most? And it didn't have to be his favorite book to read, but one that he feels that everybody needs to read. And he had a few different ones. He talked about Hemingway and Steinbeck, and then he mentioned a pat Conroy.

Sinead Halpin-Maynard ([00:51:58](#)):

Oh yeah. That's pat Conroy. He just likes the way pat Conroy writes. Okay.

Robyn Schiller ([00:52:04](#)):

Well, so what, what about you other than ticks book?

Sinead Halpin-Maynard ([00:52:10](#)):

Let me see, what am I kind of go through different phases? So one of the books that hit me really powerfully lately was called the inner game of tennis which is, I think it actually was written in like the seventies or the eighties anyway. It's really really neat. And it, it's funny because it actually lines up with some of the, you know, the stuff that you guys talk about on the podcast as well, kind of like the inner mind and outer mind and that type of thing. And, and it's talking about kind of, it, it labels it as is mind one in mind too, and it's really talking about your conscious mind and your subconscious mind and how that is. And it's this coach that writes it and it's, it is really simplified my teaching, my writing, and it comes back to a lot of calming down that, not like the chatter, all of those second guessing type of voices and really harmonizing and getting your focus so clean and present.

Sinead Halpin-Maynard ([00:53:11](#)):

And I just I actually listened to it on audible and then read the book and then highlighted it over and over. And it's just a really I think it's kind of before its time and this, you know, people hire him to go in and like teach you know, he's a tennis coach and he was getting hired by orchestras, by people playing in orchestras because it actually what he was teaching had very little to do with the actual technique. And it had more to do with what people were feeling and sensing and where their, where their mind was going. And he could kind of help with that. And that has been really powerful with me noticing how distracted I have been in my writing and when I'm teaching and with the horses, it's really helped me. Just kind of like in a little bit of an umbrella effect, find one thing to focus on. And then that thing kind of takes care of everything else. So I thought that book was really, really awesome. And what's it called

again? It's called the inner game of tennis inner game of tennis. Yeah, it's really good. Another one the power of one is a really awesome book. Have you read that one? I

Robyn Schiller ([00:54:25](#)):

Have a long time ago.

Sinead Halpin-Maynard ([00:54:27](#)):

Oh, I love, I love it. And it's, you know, I, I want to go back and read it again, but I kind of have gone through, you know, take an idea this a lot. We kind of go through these like little mini I don't know, like we'll get on a tangent about something, I'm sure you guys do the same and it'll be like a three to four months tangent we'll, you'll learn something new. And then you're just, you know, putting all your energy in that. And, and I kind of went through an experience last year where I just took a break from some of the jumping stuff and started riding with this guy, basically took a break from competing for three months and jumped honestly, one pole on the ground for six weeks straight. I bring four or five horses over and he just had me jumped this one pool over and over and over again.

Sinead Halpin-Maynard ([00:55:10](#)):

And it just that in that book, you know, this guy won this soft little SA south African kid wants to be the heavyweight champion of the world. And then he, he practices his practices and learns all this skill set, and then he just realizes he needs to bulk up and needs a different type of skill set. And so he goes to work in the coal mines. And it just like, if you pull back from that book, there's so many different things that you can apply to life that are, you know, you can get super focused on one thing and sometimes you need to pull back and do something completely different to help that one thing over there. So those those books, I they're two totally different types of books, but I, those are both on pile on my list. Perfect.

Robyn Schiller ([00:55:49](#)):

All right. So the next one was, what is, what is, what's been your biggest failure and how has it helped you and ticks answer? I'm paraphrasing, but he said, I've realized that if I'm always going to set my goals so high, that I'm going to fail, I have to find something that I'm going to enjoy wholeheartedly, even if I don't achieve, achieve that goal. So I can enjoy doing that thing every day. He didn't really, he didn't really talk about a particular

Sinead Halpin-Maynard ([00:56:19](#)):

Failure. Yeah. Probably not, not going to the Olympics in 2012. I think that was a really really, really hard. I was pretty much that like, like leading up to that the year before, I was almost like a guarantee and I hadn't been around that long, but my results and it was just kind of a given. And I went to Europe and train the whole summer and still, I just was kind of like, oh yeah, I'm going. And final trials didn't go as planned. And I didn't make the team. And it was like, you know, all the dreams and goals of my whole life I thought were about to get met. And then it all came, you know, it didn't happen. And it was the best thing ever. There was some really, I learned so much about humility and you know, like seeing what things are and then the power of being by myself. Honestly, I stayed in Europe for a couple of weeks and just kept my head down and went to work. And after that had one of the best results of my career even to date. And it was, it was very eyeopening. And I think honestly, if I had gone to the Olympics, I would have done fine. I probably would have been done a mediocre result, but I think I would have missed so many powerful lessons. It was a huge shifting point for me. And yeah, I learned so much



Robyn Schiller ([00:57:48](#)):

Great. What is the most worthwhile thing you've put your time into something that's changed the course of your life?

Sinead Halpin-Maynard ([00:57:56](#)):

The most worthwhile thing I put my time into I think our foundation, like my family and our farm I think one of the things that I realized in the rollercoaster of the first kind of 15 years in this sport was that I had no, nothing to fall back on and no stability like home, financially relationship. I was just riding this, you know, self-worth of if I was winning or losing. And I think that is too much weight for one person and, and the horses and and it gets in a continuous cycle. And then once, and it was a really hard decision, like once, because we both knew we were going to be putting our competitive goals aside to buy the farm, buckled down, you know, do the family stuff. We were going to have to just take a hot second and it's just been so great and we feel so much more yeah. Fulfilled. So whatever we do on top of that, it's just awesome.

Robyn Schiller ([00:59:01](#)):

That's similar to his, he said family, having a son learning to be a better writer, right. Writer, w R I T E R about horses. Yeah, he said the nuances in words matter. Oh yeah. He also answered the fear question. So most, every guest has answered this question because we give them a list of 20 to choose from. And the question is, what is your relationship like with fear? Do you run towards it or find that you play things close to your chest? And I would gather that being an inventor, you run pretty fast towards it?

Sinead Halpin-Maynard ([00:59:39](#)):

No, like I said, I'm very, you know, what I, I was, well, again, it's lucky and unlucky. I was, I had to conquer that pretty, pretty quick. I was pretty fearless as a kid. I just hadn't, you know, I was whatever, you know, how most kids are. And then probably when I broke my femur so I had a horse, I just made a bad decision and I had a horse flip over and landed smack in the middle of my femur and broke it right in half. And and it was pretty awful. The surgery was awful. I was in a Walker for a while and you know, limped for a year and a half. And the, the like, like I was so scared all the time. I mean, I just be hacking on the quietest horse and I'd be walking past up Creek and I would picture the horse tripping and flipping over and falling in the Creek and, you know, being stuck.

Sinead Halpin-Maynard ([01:00:26](#)):

And I was so scared. And I, you know, I, I actually didn't think I was gonna make it. Like, I didn't think I, I remember calling Dave and going, what am I going to do? Like, this is, this is my job. I'm what am I going to do? And he gave me a book. It was called body-mind mastery. And which was a pretty great book. And then he just basically said one day at a time when jump at a time. And I remember going to a competition and I had a really wonderful owner at the time too. And she recognized that I was very fearful and I was in the start box and David just said, jump the first jump. And if you don't want to jump the second one don't and I jumped the first jump and I checked in and I thought I can jump the second jump.

Sinead Halpin-Maynard ([01:01:17](#)):

And I was going intermediate, which is pretty high level. And but it, you know, like it starts out a little smaller and then grows. And then honestly, I jumped a few jumps like that and I jumped into the water

jump and I was supposed to turn right and jump a big log or something, and I didn't want to jump it. And I turned left and I looked at it for a second and I thought, okay, I can do it. And I kind of meandered through the course that way. And I was probably out there for like an hour. And anyway, it was a really, like, I was just giving myself the space and the next competition I went to and went slow and took my time, but jumped all the jumps and, you know, like just, I figured out through that book and through slowing down time and that space that I just kept telling myself that, you know, eight strides in front of the fence, I'm going to be okay.

Sinead Halpin-Maynard ([01:02:06](#)):

And I just created this safe space in front of the fence where my focus would just kind of take over on the cross country. And no matter how nervous, cause I still am so nervous in like in the start box at before horse show, any of the girls that me or work for me, like you can't talk to me before I get on and go cross country. I'm just like, you know, but I normally, as soon as I'm out of the box, it's like business. So the fear thing, I really I still have tons of, you know, little tricks and trades that I, I work with and, you know, fears valid and it's real. And you know, when you have, start have being a few injuries and significant things, you need to, you know, like process and learn. And you know, I'm probably a jumpier person in the barn.

Sinead Halpin-Maynard ([01:02:49](#)):

Like I, when I watched some people move her in, you know, space around the barn and they don't even think anything. I'm like, oh, wow, that must be nice to just move around this space and not, you know, be cautious. But then sometimes I'm like the, you know, that's also when you end up getting a little hurt. So I would say I have a respectful relationship with fear. I, I see it. I don't avoid it, but I don't enjoy it, but it's part of the job and I have a healthy you know, way of conversating with it. If that makes sense.

Robyn Schiller ([01:03:22](#)):

And you mentioned a book body-mind mastery. Yeah. Yeah. I haven't read it a long

Sinead Halpin-Maynard ([01:03:28](#)):

Time, but it was, I remember it being really good. Yeah. Check it out. Yep.

Robyn Schiller ([01:03:35](#)):

All right. This is the last one. What do you feel is the worst advice given in your profession? Oh, well let me go back to ticks, answer with fear. He said I try to break it down and start small, just like I would with a horse. So if like, if a horse is scared, I try to think like, how can I start at the beginning? How can I break it down? And so that's how he is.

Sinead Halpin-Maynard ([01:03:58](#)):

Yeah. I haven't seen him scared very much. He's pretty brave.

Robyn Schiller ([01:04:05](#)):

You say the same thing about work? I haven't really seen him. Yeah. It's too scary to

Sinead Halpin-Maynard ([01:04:11](#)):

I don't know. That was a little naturally the bravery or comfort or whatever that is, but

Robyn Schiller ([01:04:20](#)):

What do you feel is the worst advice given in your profession? And this is where, this is where you said, when you have a person who says my love, my horse just loves cross country. He'd run. He just runs around there. I can hardly stop him. He said, that's probably not the type of horse you want for eventing, probably just running from fear. And again, I'm paraphrasing how

Sinead Halpin-Maynard ([01:04:39](#)):

I now know. It's, it's so funny. We get, we do get phone calls from, I've got this from other disciplines. I've got this horse. He make making a great event horse. He's always like running everywhere, bolting, lathered, and sweat. You know, we could go all day and I'm like, oh dear God. Good luck to you. The worst advice

Robyn Schiller ([01:05:01](#)):

Given in your profession,

Sinead Halpin-Maynard ([01:05:05](#)):

I think, I think probably I think probably something along the lines in the training, like it's something the lines of like, honestly, it's probably when I hear, does it make them do it? And I think that's horses and people. I've heard that with instructors with timid or scared students and riders. And I've heard that in young horses and I've heard it in scared and timid horses that don't, you know, they don't understand something and it's just this, like, just make them do it, ride them through it. Yeah. It's just makes me insane. I think that is such a part of the culture that needs to change. And it, it's crazy how close it is, you know, like how certain things have evolved so much in certain things are just the same, you know? And some of the, I know in, in our sports, sometimes I look at it and just some of the training methods are so archaic and it's like, it should just be so much better.

Sinead Halpin-Maynard ([01:06:10](#)):

And I don't like getting down in the dirt about, you know, kind of, you know, you, you want to lead by example and speak and show like there's a different way and there's a better way. And it's nicer. Like it's just so much nicer. Not even on like, like warm and fuzzy, but it's just nicer and more enjoyable for everybody and it gets you there faster. So I see that and I also see that with yeah, with, with some trainers that don't understand sometimes the fear that just hijacks your body or your brain. And it's like, you're telling this person to just make them do it and they're terrified. And then their horses terrified, and this is just a disaster. And you know, that, that I don't like, especially when we have, you know, cross country and the horses going cross country, there's already so much adrenaline. I would really like to see a new way forward with that. So

Robyn Schiller ([01:07:01](#)):

That's similar to, you know, the raining that we do well, what I do or works decided after the world, the cross games, he didn't really want to do it anymore. And I'm kind of, I'm kind of right there at this cliff of that, you know? And I have justified at the last couple of years, you know, saying I'm going to show them a different way. You know, we went, we went to wag with the two horses that live together in the paddock and there are horses, you know, so we, and we had the best result we've ever had. So, you know, the lead by example and, and such, and, you know, that's kind of been my thing for the last

couple of years. And I don't know, I just, I don't know. The last show I went to, I saw things from the top riders that I don't ever want to see anybody do to a horse.

Sinead Halpin-Maynard ([01:07:54](#)):

Yeah. And it can, it can be hard. Yeah. It can be. It's funny that you say that. Cause I went to a competition this spring and honestly I was listening to one of, I think one of y'all's podcasts and it said it was something about anxiety is unwanted behavior or, you know, unwanted behavior is a form of anxiety about something. And I went to a competition and I started looking around and I thought, oh my dear God. And I just saw, I just saw things in a little bit of a different light and saw so many horses that were anxious about something. And then riders that were getting angry, you know, and like put their head down or send them the right or send them the left or stop or back them up. And you're just going either, you know, it's just hard to, to watch. So I hear that because it's like, you know, like if you're just inching away at it, like how much can you get done and how much do you have to remove yourself and make a change elsewhere? You know, if it's gonna hurt your humanity or your heart. Yeah. It's hard. I know.

Robyn Schiller ([01:08:51](#)):

So I'm staring down this. Yeah. I don't know. I don't know what I'm going to do. I know, I love my horses and I love to ride and I love to compete, but yeah. I'm not sure. Yeah. Future holds there, but yeah, I applaud you for, for, yeah. Leading by example. That's what we need more people to do.

Sinead Halpin-Maynard ([01:09:11](#)):

Yeah. Well hopefully, I mean, I think you guys are sharing a lot of that message with what you're doing, so I applaud you all. I know we've got I'm a super fan and I'll share it with a lot of my eventing friends. And there are a lot of people that are fairly high in the sport, like Olympians that are listening. So I think the message is getting heard. So I think your, your your message is definitely being heard through here. Even if the competition seems to be taking a back burner.

Robyn Schiller ([01:09:37](#)):

Wow. Well, that's, I'll, I'll wait to tell Tom tell

Sinead Halpin-Maynard ([01:09:41](#)):

Work that

Robyn Schiller ([01:09:43](#)):

He'll be, he'll be thrilled and humbled and yeah. Good. awesome. Well that, I think we covered a lot of ground and I think people have a great idea about who you are and, and yeah, I think it was a great conversation.

Sinead Halpin-Maynard ([01:10:00](#)):

Yeah. That was super fun. Sorry. I just talked your ear off for like, oh, that's great.

Robyn Schiller ([01:10:05](#)):

So, so thank you so much for being on the journey on podcast and yeah. We'll hopefully your friends will be listening to this one. Yeah.

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Sinead Halpin-Maynard ([01:10:13](#)):

Yeah. I know. I'll be like, I'm so excited. I'm on the show.

Speaker 1 ([01:10:20](#)):

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