



CENTERLINE



CONNECTICUT DRESSAGE ASSOCIATION

March 2004

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- CDA Website -
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Barn Mom Notes: Finding the Nugget of Gold

'When you find yourself in an unexpected mess, try to turn it around and ask: What is going right? What new opportunity is hidden? Find that nugget of gold and cling to it.'

Leslie Weiss, sports psychologist

At the Dressage4Kids & Teikyo Post Equine Program's Second Annual Weekend Education Program, I was on a panel that explored what it takes to get a young rider down the center line. Led by Leslie Weiss, the panel included our trainer, Vicki-Hammers O'Neil and my daughter, Kate. The session had 20 participants, including Margaret Freeman, dressage judge.

Leslie focused on two key aspects of motivation – having manageable and meaningful activity. Part of being motivated is finding ways to keep going when things aren't going well. To my delight, Kate was used as an example of being resilient and working around significant obstacles. Kate shared how she coped when her horse broke his leg last year. Her advice to young riders when a horse becomes lame included:

- Volunteer – at clinics, horse shows, your barn
- Educate yourself – audit clinics, learn new skills (ex: scribing)
- Lend a hand to other riders, watch their lessons
- Spend down time with your horse – grooming, walking, increased bonding
- Offer to work other people's horses when they can't get to the barn

Both Leslie and Vicki described how Kate's behavior during a difficult time provided her with a 'nugget of gold' – she was allowed to ride and show Leslie's horse. Had she not bounced back from the initial trauma, Kate would have missed this hidden opportunity. Leslie and Vicki were part of Kate's 'wide web of support'. Leslie encouraged the group to identify their own support system – and to appreciate that our best achievements are due, in part, to the efforts of others.

This theme of "It's Not Just About You" was reinforced by Vicki, who stressed the need for open communications between the youth rider, parent and trainer. As a parent, I have learned how critical it is to have realistic yet flexible goals. Vicki also described her philosophy of treating the horse as an athlete - as performance goals increase, so does the need for physical maintenance. She urged the young riders to keep their horses as physically comfortable as possible, which can include supplements, alternative therapies and injections. A properly fit horse allows for optimal performance and, in the long run, adds the best value to the parent's investment.

Some of the richest dialog came from the audience. Here are some comments, straight from the horse rider's mouth!

When a rider comes out of the ring, say something positive. I've seen kids come out crying; the trainer is screaming that they are a horrible rider and have blown their show season.

I am comfortable telling my Mom I need ten minutes to put my thoughts together – to go get a coffee and come back. But then she is there when I need her support, if I have a bad ride.

I had a young horse and was happy with a schooling show ride – but an adult friend said something negative when I came out of the ring. It's so important to say something positive.

Margaret Freeman offered a judge's perspective. She believes it is most important for parents to be supportive, but has seen examples of them either being hyper-critical or fighting a score vs. focusing on training and performance issues.

As a Barn Mom, I was encouraged to hear Leslie say that most parents are trainable! Seriously, I was so impressed with the young riders in the session. We can all learn a lot from them.

Georgian Lussier

2004 Calendar of Events

March 13, 2004

Clinic with Melanie Tenney
High Acres Farm
Woodstock CT
Contact: Crystal Adams
860-928-7778

March 27, 2004

Fox Ledge Farm Lecture Series
Objectives of dressage tests
Contact: Ann Guptill
860-873-8108

April 10, 2004

CDA Clinic with Ann Guptill
"Eyes Wide Open"
Fox Ledge Farm
Contact Donna Leonessa
860-742-8110
dleonessa@hotmail.com

May 2, 2004

CDA Schooling Show
Once Again Farm
Contact: Kari Bradshaw
860-542-5375
rkhotshoe@aol.com

May 2, 2004

CDCTA Schooling Show & Combined
Test
Hearthstone Farm
Contact: Deb Moynihan
860-646-8841
djmoynihan@snet.net

May 8, 2004

CDA Schooling Show
Coventry Equestrian Center
Contact: Suzanne Markham
860-742-1900
avatar0583@aol.com

May 9, 2004

Litchfield Equestrian Centre
Schooling Show
Contact: Penny Hawes
860-567-1441
penny@litchfieldequestrian.com

May 22nd & 23rd, 2004

CDA Clinic with Roel Theunissen
Grand View Stables
Contact Donna Leonessa
860-742-8110
dleonessa@hotmail.com

May 23, 2004

CDA Schooling Show
StoneLedge Farm
Contact: Pam Biloiseau
860-585-6782

May 23, 2004

Xenophon Farm
Dressage and Combined Tests
Contact: Elaine Kachavos
413-548-9918
www.xenophonfarm@aol.com

"GETTING TO KNOW YOU..."

Featuring CDA member Jody Rossetti

Written by: Marcie Gordon

Jody Rossetti, her husband Bob and their 10 year-old daughter Arianna make their home in Suffield, CT. Rounding out the Rossetti family are three dogs, a Bichon, an Airedale terrier, a Jack Russell terrier along with six barn cats.

Jody explains, "We have our six horses at home. Casanova is a 17.1H, 19-year-old Dutch Warmblood schoolmaster that I have had for two years. Ceasar is a three-year-old Friesian that I have had since he was a yearling and Vignette is a yearling Dutch/TB cross that we bred and raised. In addition to my three horses, we have my daughter's 30-year-old pony, Cinnamon Spice (a.k.a. Chelsea) who is worth her weight in gold! My husband, Bob has two driving ponies, a colored Cob and a New Forest. I am glad we didn't build any more stalls or we would have filled them!"

When asked to share some of her riding experiences, highlights and achievements, Jody remembers: "I rode hunt seat and western as a child. In college I discovered eventing. After dental school and the birth of our daughter, I decided to keep my feet closer to the ground and gave up jumping. I have been immersed and addicted to dressage since the mid 90's. My first successful partnership was my former thoroughbred, Oliver. I rode and showed him successfully through third level. We both learned a lot together and in the process we earned a USDF bronze medal along with a few CDA Adult Amateur year-end awards. Two years ago I purchased Casanova, a 19 year-old Dutch schoolmaster. Along with Chris Hickey, my instructor, they are both teaching me the FEI levels. It has been both a wonderful learning and humbling experience for me. Chris is a super instructor and he was very supportive during my first year showing FEI. The highlight of last year was riding in my first Prix St. George class and surviving it! Casanova insists that he is the teacher and knows more than I do (and he's right!). Another highlight was coaching my 10-year-old daughter Arianna at training level this year. I'm very proud of how well she did and her good sportsmanship. She really likes scoring higher than me! She even earned a CDA Year-end Award in 2003."

About 6 months ago, Jody and two other women started the "Hoofbeats 4H Club" in Suffield. These dedicated "horsy moms" are trying to run the group in a manner similar to a Pony Club. Jody explains, "At each meeting one member presents an educational program. So far the children have presented topics such as 'Hoof Anatomy', 'What is Eventing?' and 'Parts of the Horse'. We have had one mounted meeting so far and we will be doing an intro to dressage mounted meeting in the spring. Last week we had a meeting at Dr. Conserva's vet clinic in West Suffield. He showed our members how to take a horse's heart rate, respiration rate and temperature. He then reviewed basic horse care and reasons to call the veterinarian. The kids really enjoyed this experience! There are 2 members who show in dressage (included is my daughter Arianna) and we hope to get more interested."

Professionally, Jody is an orthodontist in Suffield. She made time in her busy schedule to help with costume alterations for the Northern Connecticut Ballet's production of the *Nutcracker*. Arianna danced in this production.

This summer Jody and her husband will be delving into new territory. "My husband, Bob, who has been pleasure driving for a couple of years, is making the transition to combined driving in the novice division with his 5 year-old colored cob pony. This 3-phase event is divided into three parts: driven dressage, marathon with obstacles and a timed cones course. I will be riding on the back of the carriage during the marathon phase to balance the carriage. We are hoping to compete in NJ, MA, and VT and we are looking forward to this new challenge."

"This past year I was enrolled in the USDF "L" program for dressage judges. I graduated and hope to gain my "r" license in the future. This is a great program to attend even if you don't want to

USDF Announces Advances to the "L" Education Program

The United States Dressage Federation (USDF) "L" Education Program for Judge Training Faculty has announced modifications to the "L" Program for 2004. In order to make the "L" Program more attractive to participants who are seeking education as well as to better prepare "L" candidates for the final examination, the modifications, which have been in development for several years, will go into effect April 1. "L" Programs that are approved by the USDF office before April 1 have the option of using, but are not required to use, the new format.

The USDF "L" Program is designed not only to prepare candidates for and fulfill one of the requirements to enter the U.S. Equestrian "r" Judges Training Program, but also to qualify individuals to judge schooling shows; to give competitors, trainers, and instructors greater insight into the evaluative techniques of judging dressage; and to serve as continuing education for licensed judges. "L" Programs are conducted by a faculty of USDF-approved U.S. Equestrian "S"-licensed dressage judges who have experience in teaching judge-training programs.

"L" Program participants who receive at least 80% on the written final exam and at least 65% on the practical final exam are considered USDF "L" graduates. Those who receive at least 80% on the written final exam and at least 70% on the practical final exam are considered USDF "L" graduates who have passed with distinction.

"We think the changes we are implementing in 2004 will make the 'L' Program a more widespread educational program, not just for those who are aspiring to be judges. The 'L' Program is really for any interested person, be it competitors, trainers, spectators, or already existing judges who would like a refresher," explained USDF "L" Program Sub-committee Chair Marilyn Heath.

Changes to Program Composition

The "L" Education Program for Judge Training will be divided into two sections, rather than one all-encompassing program. There will be a D session in each section, taught by one instructor for two days to allow the instructor to spend more time with the candidates, get to know them better, and evaluate them more carefully. (This was implemented as an option last year.) The first program section will consist of the A, B, C, and D1 sessions, with greater emphasis on education in the D1 session than in the former, single D session. In the second section, those participants who have completed the first section and would like to become "L" graduates will take a D2 session, which will be more focused on evaluation of the participants, followed by the final exam, using a new evaluation sheet.

Changes to Program Organizer and Host Site Guidelines

Qualified organizers, supported by their USDF group-member organizations (GMOs), may apply to host either the first section or both sections. The organizers and the host horse shows of the second section will require stricter guidelines for acceptance than in the past. Approval for each section will be considered separately. Some organizers may be asked to host the D2 session and the final

exam separately from the rest of the program. The program organizer should be different than the competition manager.

"We are looking for organizers who are familiar with the judging process and dressage in general and have proven organizational skills," explained Heath.

In order to ensure enough quality horses for a fair and accurate evaluation of candidates, host shows should have at least two rings and at least two judges. Ideally, the "L" Program final exams should be hosted at the Great American Insurance Group/USDF Regional Championships during non-championship classes. Final exam sites will be chosen by a standing committee of Marilyn Heath (chair), Lois Yukins (vice chair), Jayne Ayers, Betsy Berrey, Sandy Howard, Marianne Ludwig, and Axel Steiner.

"These candidates put a lot of time, effort, and money into their education. They deserve a good education and fair testing, and we owe it to them to provide the appropriate setting," said Heath.

For more information about the USDF "L" Education Program for Judge Training, visit www.usdf.org/programs/lprogram or contact Kathleen Lancaster at klancaster@usdf.org or (859) 271-7876.

The United States Dressage Federation is a nonprofit membership organization dedicated to education, the recognition of achievement, and the promotion of the sport of dressage. Founded in 1973, USDF relocated its national headquarters to Lexington, KY, in June 2002. For more information about USDF membership or programs, visit www.usdf.org, e-mail usdressage@usdf.org, or call (859) 971-2277.

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become a judge. Judging looks so easy from the sideline but to keep up with the test, formulate a comment and then decide on a score within a short period of time was very difficult to master. The sessions started with lecture time and then there were test rides that were discussed and judged. There were 4 sessions that were done on 4 weekends. The best thing about the program for me was that it made clear that the basics and training scale were of greatest importance. Auditing the course will improve your eye, re-affirm the training scale and confirm the basics needed for each level of training.”

Jody feels that CDA serves its members well. She suggests, “To gain more members, maybe some of the CDA schooling shows could be with informal attire so that some non-dressage riders could get involved and get hooked on dressage!”

Sharing some of her personal goals for this year Jody explains: “I hope to develop a better partnership over the winter and improve my performance for the next show season. I will re-start my young Friesian in the spring and hope to be ready for some schooling shows in the fall. My ultimate riding goal is to train a horse from the beginning to FEI. I’m hoping Ceasar will be that horse.”

Balancing her professional, family, volunteer and equestrian commitments makes Jody Rossetti’s life busy and fulfilling. We thank her for sharing her experiences and goals with us and we hope that the 2004 dressage and combined driving season will add many more wonderful memories to the Rossetti family album.

New Volunteer Awards Program for 2004

As an incentive for members to help out at shows and clinics we have started a new awards programs. Volunteers will be rewarded at the annual awards party with a gift certificate from one of our best sponsors “The Equestrian Centre”.

For every hour you volunteer you will earn one point towards your gift certificate. With over eighty hours available to earn points that really adds up to a nice shopping trip for you or your horse.

In the past we have always had the same die-hards coming to volunteer at almost every show. This year I would like to see some new faces! Our membership renewal has been exceptional for 2004 and I hope the enthusiasm will continue right into show season.

For those of you who have never volunteered before, no need to worry. I will fit you to the job that best suits you and your skill level. And for those that think you have no time to help out think again, I can fit you into almost any position even if you are competing. Just let me know what your ride times are and I will work around them.

Signing up to volunteer is easy. In this issue of Centerline you will find a form that lists all the CDA activities for this year. Simply write in the job you would like to do and the time you would like to help out. Return your form to me and I will call you to confirm what you will be doing and go over your job description. You can also refer to your Omnibus for details (page 19).

I look forward to hearing from all of you this year. Good luck in 2004!!

Kari Bradshaw
Volunteer Coordinator

“CENTERLINE”--EDITOR’S NOTICE:

IMPORTANT INFORMATION IN THIS ISSUE

Several CDA members have noticed the lack of information regarding 2004 recognized competitions in the recent CDA 2004 OMNIBUS publication. I have taken the liberty of putting together the information from the USDF website for Region 8 competitions. You will find a copy of the two sided document is in this issue of *Centerline* and it will also appear on CDA’s website at www.ctdressageassoc.org. Feel free to make copies as needed.

Hope you find this helpful,
John

Be a CDA Volunteer!!
New awards program starting this year!!!
 (See information in your Omnibus)

Here is the list of events for 2004 where you can earn points.
 Please check off the date(s) you would like to help and fill in the job(s) you would like to perform.

Mail your request back as soon as possible

Date	Job Description	Available time am, pm or all day	Desired job
May 2nd Schooling Show @ Once Again Farm	Scribe, Runner, Scorer, Ring Steward		
May 8th Schooling Show @ Coventry Equestrian Center	Scribe, Runner, Scorer, Ring Steward		
May 23rd Schooling Show @ StoneLedge Farm	Scribe, Runner, Scorer, Ring Steward		
June 5th & 6th CDA Recognized Show @ OxRigde Hunt Club	This show requires several Scribes, Runners, Scorers, Ring Stewards, Warm up Ring Steward, Awards Table, Parking		
July 18th Schooling Show @ Win Some Farm	Scribe, Runner, Scorer, Ring Steward		
August 8th Schooling Show @ StoneLedge Farm	Scribe, Runner, Scorer, Ring Steward		
September 26th Schooling Show @ Once Again Farm	Scribe, Runner, Scorer, Ring Steward		
April 10th Eyes Wide Open Clinic @ Fox Ledge Farm	Clinic Assistant: help with stabling, tack up, loading and unloading gear		
May 22 & 23 Roel Theunissen Clinic @ Grand View Stables	Clinic Assistant: same as above		
Fall 2004 Jorn Kulbelke Clinic @ Coventry Equestrian Center	Clinic Assistant: same as above		

Please fill out your information below and mail this form to:

Kari Bradshaw
 110 Goshen East St.
 Norfolk, CT 06058

Name: _____

Address: _____

Phone, Fax or email: _____

See you at next year's party!
Marcie Gordon
CDA Awards Coordinator

A very festive CDA Annual Party and Awards Celebration was held at Fern and Barty Feldman's home on Saturday, January 31! We thank our gracious hosts for opening their lovely home to CDA for this annual event. Many CDA members volunteered to help as greeters, set-up and tear-down crew, guest sign-in table, silent auction helpers, awards helpers, member survey table, photographer, silent auction donors and the list goes on and on. Thank you ALL very much for making the evening such a great success!

We enjoyed a buffet dinner, beverages and yummy desserts (courtesy of A-L!). Margaret Freeman spoke about her experiences as a journalist covering equestrian events at various Olympics games. We recognized and applauded the CDA 2003 Year End Award winners. The Feldman's heated garage was the perfect venue for our Silent Auction which raised \$845.00. There was some *very active* bidding on many items! The profits of the auction will help reduce our members' costs at future CDA sponsored clinics.

This party was our way to honor ALL of our CDA members and to give us all an opportunity to meet and greet each other away from the stable or arena. It gave us a chance to see old friends and make new ones and this year's party was a huge success in this respect. Wishing you all a wonderful season in 2004 as competitors, volunteers and supporters of CDA.

A WONDERFUL PARTY!

Centerline

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e-mail: Membership@ctdressageassoc.org

CDA Newsletter for March, 2004

CDA BOARD MEETING Thursday March 11 , 2004 at 6:00 PM

Call Fern Feldman at 203-272-0711 or Email - Secretary@ctdressageassoc.org for directions.