



CENTERLINE



CONNECTICUT DRESSAGE ASSOCIATION

MAY 2005

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CENTERLINE

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Centerline is the official newsletter of the Connecticut Dressage Association and is published about 10 times annually. It is distributed to all members. CDA welcomes story ideas, informative articles and commentary. Please submit all contributions to: John Gordon, 24 Darren Court Waterbury, CT 06708

Email -
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Subject: Centerline

- CDA Website -

www.ctdressageassoc.org

CDA is a USDF member, and the GMO's members are automatically USDF Group Members.

President's Message

It poured rain, but 49 hardy souls appeared for the clinic, "It's All in Your Seat" on April 2 at Once Again Farm. Many thanks to Vicki Hammers-O'Neil and her staff, and to Anne Doyle for their fine teaching. In addition to Vicki's lecture, with able demonstration of the "chair" seat and the "fork" seat by Alison Johnson, Anne put us all through our paces. We found out how to use our abdominal muscles! Vicki then put this information to good use in a lunging demonstration. After lunch the demo riders illustrated how an effective seat differs with body type. This made most of us feel much more comfortable, as few "real" riders have that long thin ideal body that we see in most magazines.

Now that some of us are learning to use out seats more effectively, I'd like to remind you all that our first schooling show is May 1. I am encouraging all of you who are entering to seriously consider riding in the equitation classes. Both youth and adult amateurs can participate. Speaking from experience, it really is fun. It is even more fun if you can persuade a friend from your own barn to go in with you. These classes are judged on the rider's position and effectiveness. This is a really good chance to apply those principles offered by Vicki in the recent clinic. Those of you who are willing to ride in just two classes are eligible for the Lendon Gray Challenge Trophy.

Whether you show or not, CDA is a community with many niches. I spent many years just quietly reading my Centerline and playing with my horse before gradually becoming involved as a volunteer. I have made many friends and learned a lot of new things in this community. I hope you will too. Have a great spring!

Leslie Weiss

"It's All in Your Seat" Clinic Evaluation

The seat clinic conducted by Vicki Hammers-O'Neil and Ann Marie Doyle had over 50 auditors in attendance. We circulated Clinic Evaluation forms that were completed by 95 percent of those in attendance. Here are some of the comments made by auditors when asked what they liked most:

- Same subject with new and useful perspective
- I liked the connection between core strength exercises and lunging
- Different body types and position of arms for those with short and/or long arms
- Organized progressive material
- Hands on participation
- Not too long, just right (clinic was held from 9:30-3:30)
- Handouts to take home for follow up; great handouts so I could pay 100 percent attention to speaker/riders instead of taking notes
- Realistic look at what "real" people look like and how they ride effectively
- Having demo riders of various levels helped to visually comprehend concepts
- Exercises on the matt to help better understand half-halt using the seat
- Suggestions on how to use what we learned at home
- Combination of different teaching – demonstrations, lecture and exercise
- This was an excellent clinic for all levels of riders. I thoroughly enjoyed it.
- Great Lunch. Vegetarian lunch offered. THANK YOU.

2005 Calendar of Events

May 1, 2005

CDCTA Schooling Dressage
and Combined Test
Wishing Rock Farm
Suffield, CT
Tricia Forster
860-487-908

May 1, 2005

CDA Schooling Show
Once Again Farm
Meriden, CT
Kari Bradshaw
860-542-5375

May 7, 2005

CDA Schooling Show
Coventry Equestrian Center
Coventry, CT
Donna Leonessa
860-742-8110

May 8, 2005

Win Some Farm
Dressage Schooling Show
Morris, CT
Margaret Deakin
860-567-3545

May 15, 2005

The Magic Fund
Dressage Festival Series
Fortunate Farm LLC
Killingworth, CT
Stacey Hathaway
themagicfund@yahoo.com
860-663-270

June 4 and June 5, 2005

CDA Spring Competition
Ox Ridge Hunt Club
Darien, CT
Debra Reinhardt
(203)264-2148
(203)264-0086 fax
debra@centerlineevents.com

June 18, 2005

High Acres Farm
Dressage Schooling Show
Woodstock, CT
Jennifer Kingsley
860-928-5704
860-928-5437(fax)

June 19, 2005

Tri-State Horsemen's Association
Dressage & Two Phase
Woodstock Fairgrounds
Woodstock, CT
Contact:
Laurie Sigfridson
860-774-8482S
lsigfridson@juno.com

June 24, 25 & 26, 2005

Clinic with Mark Russell – author
"Lessons in Lightness-The Art of
Educating the Horse"
White Wood Farm
Killingworth, CT
Contact: Maureen
860-434-1169
Mo@besobold.com

"It's All in Your Seat"

Conducted by Vicki Hammers-O'Neil and Ann Marie Doyle

The seat clinic began at 9:30am on Saturday April 2nd. It was a cool rainy day which thankfully did not prevent our members from coming out. The clinic started with Vicki, a USDF Tr-4th Level Certified Instructor, discussing the different rider seats. Vicki started with the "ideal" seat that has equal pressure on the seat bones and pubic bones with ear to hip alignment. The "chair" seat is pushed to the back of the saddle with legs forward. The "fork" seat has the knee pinched with the rider's legs out behind them with their seat on the front on the saddle. Vicki discussed each of the seats while Alison Johnson, her Assistant Trainer and Barn Manager, demonstrated each of the seats in the saddle. It was interesting to watch the horse's response to the changes Alison made in her seat. Theo de Caudard, Alison's demo mount, went from forward easy going gaits to jogging like a western cow pony. This was a result of the energy changing from the forward flowing ideal seat to the backward chair and fork seats. Theo was equally responsive when Alison changed her arm angle from the "ideal" of elbow in front of hip bones at a ninety degree angle, thumbs upright, fingers closed in a soft fist. Vicki provided insight as to how those individuals with short arms could modify this ideal without losing the connection. Vicki went on to show us how the "ideal" seat relied on the core muscles with independent arms and legs to communicate with the horse. It was apparent to all of us that we needed to work harder to strengthen our core muscles to improve our riding.

Ann Doyle, a licensed Massage Therapist and Sports Enthusiast, provided great exercises to increase our awareness of the core muscles. First thing she did was to get everyone warmed up by trotting and cantering around the arena horseless. Ann led us in arm exercises while we circled the arena and got the blood pumping through our body. She stressed how important it is to warm up before you begin stretching. She led us through a series of exercises and discussed how strengthening the core muscles can improve our riding. The handouts included pictures with descriptions of each of the exercises she reviewed.

Ann handed out tennis balls to help us feel the difference between active and latent muscle soreness which may be affecting our riding. Latent muscle soreness can seriously impede our range of motion. Common trigger points for latent muscle soreness are found in your back, shoulder and butt area. Ann handed out tennis balls to help us feel the muscle soreness. Just take the tennis ball and place it on the floor under your butt. Roll around to feel where the muscle is sore. You'll find it!!! You can use the tennis ball as a massager to help alleviate the soreness.

Next we watched Vicki lunge Alison on a very steady mount, Stark's Tegswch. Vicki discussed the benefits of lunging the rider focusing on different exercises to improve rider coordination, muscle awareness and range of motion. Many of the exercises looked impossible from my standpoint especially when Alison kicked her legs over the horse's head at all 3 gaits although my husband insisted I have performed this movement. Some of the exercises Vicki reviewed were:

1. Snap arms back – opens the chest and improves coordination
2. Rope climb – improves coordination and range of motion
3. Tense all of your muscles and then relax them – increase range of motion
4. Arm swings – improves coordination and range of motion
5. Legs away – improves muscle awareness and range of motion

The afternoon concluded with Vicki's students demonstrating different seat styles and body types. Beth Burns and her horse, Sympatico, Rachel Francisco with Fox, Erin O'Neil on Stark's Tegswch, Kate Lussier on her new sport pony and Susan Mortensen with Fancy Me worked their horses at all 3 gaits while allowing Vicki to describe their different seats making adjustments where needed and showing the improvements. This was extremely valuable to all of us since we could relate to at least one of the riders.

Thank you again to Vicki, Ann, Alison, Beth, Rachel, Erin, Susan, Kate, Leslie and all of the other volunteers who made this a great clinic.

Donna Leonessa
Education Coordinator

ATTENTION CDA YOUTH MEMBERS!!!!

The Connecticut Dressage Association is sponsoring a team (or teams) to compete at the Youth Dressage Festival, August 10-12, 2005, in Saugerties, New York.

For full information on the Youth Dressage Festival, go on the web to www.dressage4kids.com.

Qualifying Rules for the Team:

1. Youth must be a CDA member in good standing at the time the scores are earned.
2. Youth must send a letter of intent to compete on a CDA team and state the division, their age, shirt size, and if they need transportation to Vicki Hammers-O'Neil, 19 Falcon Ln., Meriden, CT. 06451, by June 9, 2005. (This is the opening date for Youth Dressage Festival, which allows CDA to reserve spots.)
3. Youth must send their two highest qualifying scores - as stated in the prize list for the Youth Dressage Festival - with copies of tests to Vicki Hammers-O'Neil, 19 Falcon Lane, Meriden, CT. 06451, by August 2, 2005. Teams will be chosen by the Youth Festival closing date, July 12, 2005, using riders' average score.
4. All Youth participating on a sponsored team must volunteer a **minimum of eight (8) hours** at a CDA sponsored function. This can be a schooling show, the recognized show at Ox Ridge in June, or one of the clinics coming up this summer. Verification of this volunteer time is received from CDA's Volunteer Coordinator, Kari Bradshaw. Please note this volunteer time does not count towards year-end volunteer incentives unless not chosen to be on a team. A designated team captain with input from all team members will write a short article for the *Centerline* about the experience. (See list of volunteer opportunities on page 6 of this issue of *Centerline*)

Teams will consist of 3 or 4 horse/rider combinations. CDA will send as many as two (2) 4-member teams.

All Youth chosen for a team will receive a team saddle pad, and a polo shirt with the CDA logo on it. CDA will sponsor \$130.00 of each individual's entries, and the team member will be responsible the rest. (See prize list for opportunities to off set your other entry expenses.) Each team member's stabling will be paid by CDA. For those who need transportation, at this time CDA is pursuing options for free or at cost of the fuel. Riders will be responsible for their own lodging and meals.

Vicki Hammers-O'Neil, CDA Youth Coordinator, will be traveling to the competition as coach and chef d'equipe. Vicki will organize a prep session to help study for the written exam and provide teaching on your horse for the equitation and dressage test.

For further information, contact Vicki at fourtempis@aol.com or call 203-634-1168 in the evenings.

Opening Date: April 25, 2005

Closing Date: May 18, 2005

Connecticut Dressage Association Spring Competition Official Region 8 Qualify for the NAYR Championships

Days & Dates: Saturday, June 4 and Sunday June 5, 2005

*****ALL STABLING INDOORS*****

Location: Ox Ridge Hunt Club, Darien, CT
USAE # 243863
USDF # 56207

Manager/Secretary: Debra Reinhardt
160 Woods Way Drive
Southbury, CT 06488
(203)264-2148
(203)264-0086 fax
debra@centerlineevents.com

Judges: Kathleen Barbosa, NJ, (S)
Marilyn Heath, PA, (S)
Dr. Max Galwyler, CT, (S)
William Mc Mullin, RI, (r)

Technical Delegate: Kathy Moffit

Levels: Training through Grand Prix, GAIG/USDF Qualifying, North American YR Championship Region 8 Qualifier, CFC, and Gray Equitation Challenge (GEC), rules on www.centerlineevents.com.

Awards: All 1st place will receive a trophy sponsored by the **Equestrian Centre**. Six ribbons will be presented in each class. Awards for high scoring Open, Jr/YR, Adult Amateur, and CDA Member. To qualify for CDA member award you must be a member by closing date. To qualify for Adult Amateur award you must be an USEF AA.

Entries: Leadline class-\$10. Class #70 - \$30. Training thru Fourth, USDF Freestyles-\$40 per class. All FEI classes -\$60 per class (mult. judges). GAIG/USDF qualifying classes add \$10 to class fee. All entries **MUST** submit USEF and USDF documents for rider, owner, trainer and horse as appropriate for entry, a \$12 drug fee (\$7 Drug&Med fee, \$5 USAE fee), and non-refundable \$10 office fee. No entry accepted without a negative Coggins dated within 12 months of show. Please include \$20 USEF non-member fee and/or \$5 discipline fee if applicable. Make checks payable to **CDA**. Refunds will be given for cancellations received in writing, email, or fax before the closing date less \$10 office fee. **No refunds after closing date.** Non-negotiable check will be charged \$20. Post entries will be accepted to fill scratches with a \$25 post entry fee. Non-competing horses if space available, \$45 office fee. **All competitors must wear ASTM approved helmets while mounted or head gear appropriate to the level.**

Times: Times will be on the website, www.centerlineevents.com, at least one week prior to the competition. If you wish for your times to be sent, please include SASE.

Stabling: **All stabling will be in the indoor.** No Tent stabling. Limited number of temporary stalls with full doors available at \$125 for duration. Tack stalls only if space allows. No refunds on stabling after closing date. **NO STALL DEPOSIT!!!**

Accommodations:

Holiday Select, 203-358-8400. Pets allowed! Host Hotel, \$90
Clarion Hotel, 203-853-3477, Small Pets allowed, \$90
Howard Johnson, 203-655-3933

To receive the above special published rates, you must call before May 20th and ask for CDA Spring Competition rate.

Directions:

From New York: Exit 10 off CT I -95; left off ramp, right at fourth light, Middlesex Rd. Two miles to entrance on right.

From New Haven: Exit 10 off CT I-95; (Noroton Heights), bear left at island, and continue uphill to stop light, turn right, go to third light, turn right onto Middlesex Road. Two miles to entrance on right.

From New York or New Haven on Merritt (cars only): Exit 37, Rte 124 south, right off ramp, 1.5 miles to Middlesex Rd, turn right and bear left at stop sign, entrance on left.

Footing: Two sand arenas with sand warm up. Two sand arenas on grass and warm-up. If needed, grass arena and warm up on closely mowed Polo Field. All competition arenas are 20m x 60m.

Entertainment: Food available on the grounds beginning 7am each day.

Other: **Management reserves the right to combine, divide, or cancel any class.** Farrier on the grounds. Veterinarian on call, Fairfield Equine (203) 270 3600. All dogs must be leashed.

Class List:

100. Leadline***	4 to 10 yrs old	Sun
1. Training Level Test 1	Open	Sat/Sun
2. Training Level Test 2	Open/AA/Jr-YR	Sat/Sun
3. Training Level Test 3	Open/BLM Qualifying	Sat/Sun
4. Training Level Test 4	Open/GAIG/USDF Qualifying	Sat/Sun
11. First Level Test 1	Open	Sat/Sun
12. First Level Test 2	Open/AA/Jr-YR	Sat/Sun
13. First Level Test 3	Open	Sat/Sun
14. First Level Test 4	Open/GAIG/USDF Qualifying	Sat/Sun
21. Second Level Test 1	Open	Sat/Sun
22. Second Level Test 2	Open/AA/Jr-YR	Sat/Sun
23. Second Level Test 3	Open	Sat/Sun
24. Second Level Test 4	Open/GAIG/USDF Qualifying	Sat/Sun
31. Third Level Test 1	Open/AA/Jr-YR	Sat/Sun
32. Third Level Test 2	Open	Sat/Sun
33. Third Level Test 3	Open/GAIG/USDF Qualifying	Sat/Sun
41. Fourth Level Test 1	Open/AA/Jr-YR	Sat/Sun
42. Fourth Level Test 2	Open	Sat/Sun
43. Fourth Level Test 3	Open/GAIG/USDF Qualifying	Sat/Sun
50. FEI Test of Choice*	Open/GAIG/USDF Qual	Sat/Sun
51. Prix St. George	Open/GAIG/USDF Qual	Sat/Sun
52. Intermediare I	Open/GAIG/USDF Qual	Sat/Sun
53. Intermediare II	Open/GAIG/USDF Qual	Sat/Sun
54. Grand Prix	Open/GAIG/USDF Qual	Sat/Sun
55. YR Team	Reg 8 Qual/GAIG/USDF Qual	Sat
56. YR Individual	Reg 8 Qual/GAIG/USDF Qual	Sun
57. FEI 5 yr old test-Finale	Open	Sun
58. FEI 6 yr old test-Finale	Open	Sun
60. Freestyle 1st thru 4th	Open/GAIG/USDF Qual/CFC	Sat
61. FEI Freestyle TOC	Open/GAIG/USDF Qual/CFC	Sat
62. FEI YR Freestyle	Reg 8 Qual	Sun
70. Dressage Equitation	Jr/YR/AA/GEC	Sat/Sun

* Any FEI Test that is not listed.

Please note the class number, **day, and Open, AA, Jr/YR or Qualifying if applicable on your entry.

*** Leadline class held during lunch break, participants will be asked to salute judge; clean & neat attire, shoes with heels, and helmet required.

Here is a list of 2005 volunteer jobs available to earn your volunteer hours to become a member of the CDA Youth Team!

Date	Job Description	Contact Name	Contact Information
May 1st Schooling Show @ Once Again Farm	Scribe, Runner, Scorer, Ring Steward	Kari Bradshaw	860-542-5375
May 7th Schooling Show @ Coventry Equestrian Center	Scribe, Runner Scorer, Ring Steward	Donna Leonessa	860-742-8110
June 4th & 5th CDA Recognized Show @ OxRidge Hunt Club	This show requires several ring stewards, scribes, runners, scorers, warm-up ring stewards, awards table personnel, and parking personnel.	Kari Bradshaw	860-542-5375
July 17th Schooling Show @ Win Some Farm	Scribe, Runner Scorer, Ring Steward	Nancy Blanchard	860-283-8748
TBA Roel Theunissen Clinic @ Wadsworth Farm, MA	Clinic Assistant: help with stabling, tack up, loading and unloading gear.	Donna Leonessa	860-742-8110
*Sept. 10th & 11th Clinic with Shannon Oldham Dueck @ Grandview Stables	Clinic Assistant: Same as Above	Donna Leonessa	860-742-8110
*August 7th Schooling Show @ Stoneledge Farm	Scribe, Runner, Scorer, Ring Steward	Nancy Blanchard	860-283-8748

*** Hours Earned On These Dates Can Be Applied For Your 2006 Team Membership, Not Your 2005 Membership**

Thank You for Being a Part of Our Team