



# CENTERLINE



CONNECTICUT DRESSAGE ASSOCIATION

December 2006

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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

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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.

## December President's Message

Holiday Greetings! We are entering the Bermuda Triangle season between the winter holidays, waiting for the sun to turn around and pilot us into the next show season! Whatever festivities you may observe, let us all take time to thank our wonderful horses for being our friends, for partnering with us in our learning, and dancing with us through our shows. Our horses, and the love of them, bring us all together into CDA.

The Board is currently planning next year's events—workshops, clinics, and shows, both mounted and unmounted. We are also very fortunate that USDF is holding its Adult Amateur Clinic with Jane Savoie in Connecticut, April 14-15, 2007. This will be oriented for auditors, with only a few demonstration riders from all over Region 8. CDA will be providing some volunteer power. If you would like to be involved, get in touch with Kari Bradshaw, our volunteer coordinator.

Another date to save now is **February 10**. That will be our Annual Meeting and Awards Party. We will again vote on about half the board of directors whose terms are up. This is also the time to nominate anyone (who agrees to it!) who might like a position as a Director of CDA. In January you will be receiving the slate of nominees. However, we also will take nominations from the floor at the meeting. We also need items for the silent auction. Proceeds subsidize our educational activities, so if you have anything you'd like to donate, or could obtain (such as a gift certificate), please contact Heidi Nottelman, our membership chairperson.

**"President's" Continued on page 2**

**Ed. Note:** All current CDA members should have received their 2007 CDA membership re letters which Heidi Nottelman mailed mic Since CDA's membership year expires ( 31, you are encouraged to mail in your re **now** so that you will continue to receive t monthly *Centerline* newsletter and our upcoming 2007 edition of OMNIBUS. If y have not received your renewal letter please contact Heidi at 860-779-7816 or email her at

[Membership@ctdressageassoc.org](mailto:Membership@ctdressageassoc.org).

Also, feel free to use the membership for included in this issue. Make a few copies oi the membership form and pass them along to a few friends...CDA welcomes new members!



**Don't forget to check your  
Centerline for your 2007  
Membership form**

## 2006 Calendar of Events

November 11 and 12, 2006  
Cindy Sydor Clinic  
Carbery Fields Farm  
Lebanon, CT  
lizcaron@carbertfields.com  
or go to  
www.carberyfields.com

November 17, 2006  
Preventative Health Care  
For the Equine Athlete  
Fox Ledge Farm  
East Haddam, CT  
Ann Guptill  
860-873-8108  
www.foxledgefarm.net



### “President’s” Continued from page 1

For those of you who have volunteered at workshops, clinics, or any CDA horseshow, you are eligible for volunteer recognition at the Party. Please contact Kari Bradshaw with information about your activity and hours served. Many thanks to you all for your help.

And also thanks to all of you for belonging to CDA. Your membership, independent of your participation in activities, allows us all to pursue the sport of dressage in a quality way by offering educational and recreational opportunities. We also make charitable donations and subsidize our shows and clinics to keep fees more reasonable. It is an honor to be your president.

Again, I wish you all a joyous holiday season and warm wishes for a peaceful, prosperous new year.

*Leslie*

## **United States Dressage Federation 2007 FEI-Level Trainers’ Conference Features Jan Brink at High Meadow Farm January 14-15**

United States Dressage Federation (USDF), in conjunction with The Palm Beach Dressage Derby, Inc., announced today that the 2007 FEI-Level Trainers’ Conference is set for January 14-15 at High Meadow Farm in Loxahatchee, FL. The conference will feature Jan Brink, the current Swedish National Dressage Champion for the fifth year in a row. In addition to the two-day conference, a Biomechanics Seminar on the Pyramid of Training, with Dr. Hilary Clayton, will be held on January 13 at the Palm Beach Hotel.

All trainers’ conference attendees must meet certain attendance criteria, as posted on the USDF web site, and they and their guest(s) up to a maximum of three - must be USDF Participating Members. However, the Biomechanics Seminar is open to everyone.

In addition to his current Swedish National Championship, Mr. Brink was the 2005 winner of the Dressage Championships in Aachen, was awarded the Individual and Team Bronze at the 2005 European Championships and was awarded the Individual Silver at the 2003 European Championships.

“We are excited to have Jan as our featured presenter at this year’s Trainers’ Conference,” stated Katherine Robertson, Senior Coordinator for the program. “Jan encourages riders to find a horse that will compliment their riding style.”

For more information on the USDF Trainers’ Conference featuring Jan Brink or the Biomechanics Seminar featuring Dr. Hilary Clayton, please visit the USDF web site at [www.usdf.org/Programs](http://www.usdf.org/Programs) or contact Katherine Robertson at 859/971-2277 or via email at [krobertson@usdf.org](mailto:krobertson@usdf.org).

## 'EQUINE HEALTH' EVENING COURSE STARTS SOON AT POST

Waterbury, CT – Another course in the series of accelerated EQUINE HUSBANDRY EVENING COURSES run by Post University's Equine Department will start on **THURSDAY, NOVEMBER 30<sup>th</sup> @ 6:30 PM.** (This eight week course will conclude on **January 25<sup>th</sup>** as there is a break for the holidays).

**EQUINE HEALTH** classes will cover many important areas vital for any horse care giver, including how to recognize early problems and give first aid treatments, together with information on disease prevention and proper nursing care. Also included will be how to give medications, what the veterinarian needs to know, how to deal with colic, and many other important points that will help to keep a horse healthy.

Any horse lovers and owners who wish to learn more about correct horse care are invited to apply for these courses in *Equine Husbandry* at Post University. They can be taken in any order and are open to anyone interested – no pre-requisites are required. Each course will run for eight weeks, one evening per week for three hours. Students can earn CEU credits or take the courses for personal enrichment. The classes run from **6:30 – 9:20 PM** on the Waterbury Campus in the **Drubner Center.**

Post University's Equine Department understands that while it is easy to find someone to teach you riding, it is much harder to learn how to care for horses properly. This series of courses will address this problem as they are designed to cover the necessary information horse owners require to look after horses correctly. Further courses will be offered next year in Horse Ownership, Basic Horse Care, Stable Management I & II, and Equine Anatomy. Past students have found these courses invaluable – "I learned so much at every class – besides we had fun exchanging ideas on horses and their care" said a student who has now completed all six courses.

To earn CEU credits the cost is \$500 – to audit the course, the cost is \$350. **To register, or for more information, call the Equine Department at Post University - (203) 596-4631 or email [CBaker@Post.edu](mailto:CBaker@Post.edu) or Melissa MacDonald at (203) 217-3757 / [MMacDonald@Post.edu](mailto:MMacDonald@Post.edu).**



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## CDA SNAGS JANET EDGETTE!!

A Report by Leslie Weiss

In early November, CDA was lucky enough to snag Janet Edgette, the best known equestrian sport psychologist in the USA. Janet was passing through Connecticut and agreed to provide us with a half-day workshop. For the first time, CDA marketed this opportunity to riders of all disciplines, parents and trainers, many of who expressed enthusiasm in the planning stages. Three non-members attended the event and two decided to join CDA. The marketing period allowed CDA to introduce itself to the hunter-jumper community and the saddle seat community, as well as the event clubs and other dressage GMO's.

Janet conducted her presentation in a group discussion format. This first topic to come up was managing anxiety. Janet reminded us that "context is everything." This means that—hello! — Show nerves are part of a horse show! It doesn't mean that anything is wrong, just that is truly is a different situation and that we need to learn to ride with them. The key concept is that the amount of nervousness is in proportion to the demands of the show. Learning to show includes learning to compensate for this degree of being keyed-up. If you get squishy and passive when away from home, then practice riding more definitely; if you get tense and override or over- control, then practice being soft. Compensate in a planful way.

Janet does not teach relaxation because she believes that it suggests that tension is an adversary and that we have to make it go away. If we cannot do this, then we begin to feel bad about ourselves. Better to accept the predictable amount of tension that goes with being in a different environment. Try thinking, "I CAN ride my test, even though I am somewhat uncomfortable." Set realistic expectations for riding away from home, both for yourself and your horse. "Tension is a problem only if you think you shouldn't have it" says Dr. Edgette. It is okay to think and feel the way you do. Practice to the point where you can ride your test anyway.

Another question that came up for discussion was "Do I belong here?" This is a common question, but one that is seldom spoken aloud. We have so many highly talented horses and riders to watch, that some of us who are trying to show, or to rider in a clinic, feel like imposters, like everyone else is just so much better, or their horse is better, or just because we are at training level and have no plans to go much further, that we should not get dressed up (in our polyester jacket) and go to the party. Well, Dr. Edgette had some very telling

comments. First, we are all subject to the Twin Temptresses of Perfection and Control. Neither of these is at all reasonable when thinking about horses. Stop reading for a second and think about that.....Riding a horse is an exercise in humility. Many unexpected things happen, both at home and away. "Supposed to's" are always being challenged. Social pressure is everywhere, but horses don't care about it. Perfection is not achievable. This is actually the greatest comfort of riding dressage, in my opinion.

It is also wise to keep in mind that regardless of how much each of us feels in the spotlight at a show or clinic, the other competitors are entirely wrapped up in their own show day. We have few spectators and those that actually watch us are usually friends and helpers. If you are showing, notice at the next opportunity how much time you actually spend watching and evaluating other riders and how much time you actually spend on your own business. Having scribed for many years, I know just how much a judge thinks about the personal existence of the rider. They are not judging you as a person, just how well your horse executes the moves against the standard for the few minutes you both are in the ring for that ride only. Judges train for years to be very finite and limited in what they observe. One rider in...out. Next, please! When I go down the center line, I really enjoy being so obviously anonymous. I am no better or worse a person for screwing up a test.

Lastly, there was general discussion about dealing with difficult people, whether trainers, boarders, parents, and our responsibilities as a rider to be good citizens where our horses are concerned. We are in partnership with them, and the horse never lies. The rest of the world is polite and generally says what we need or wish to hear. Our horses will tell us truly if we are correct or not, and usually with great patience they teach us to be better. Riding stretches us beyond what we execute in the rest of the world.

Many thanks to Dr. Edgette for sharing her wisdom and the experience of a lifetime of riding (she has competed hunter-jumper since childhood), the challenges of working as a clinical psychologist, writing books, mothering and wifing. For more information about Dr. Edgette you can visit her website [headsupsport.com](http://headsupsport.com) to find out ore about her career, her articles for Practical Horseman, and her books. Janet graciously donated one of each of her books for CDA's silent auction. Come to the Awards Party and make your bid!!

# *Annual CDA Party*

## *&*

# *2006 Awards Celebration*

This is a busy time of year.....take a moment now to mark your 2007 calendar and RSVP. Below you will find the updated information about our **Annual CDA Party and 2006 Awards Celebration on Feb. 10<sup>th</sup>**.

**Who:** ~ All current CDA members (you may bring your spouse or a guest)

**What:** ~ Catered buffet dinner courtesy of CDA ~ B.Y.O.B. please ~ setups and soda provided  
~ Please bring a dessert if your last name begins with A-L (next year...M-Z)

~ **Silent auction:** This was a very popular attraction at last year's party! Bring you checkbook!  
All proceeds will help to reduce member costs for future CDA clinics.

~ Door prizes ~ Meet new friends ~ See old friends ~ Have a great time!

**When:** Saturday evening, February 10<sup>th</sup>, 2006 at 6pm.

**Where:** 890 Mountain Road , Cheshire, CT - home of Fern and Barry Feldman

**Why:** To celebrate YOU, the members of CDA and to honor our 2006 Year-end Award Winners.

**RSVP:** If you are planning to attend, please RSVP to Leslie Weiss **before Wednesday, Jan. 24<sup>th</sup>**.

Phone: 203-777-1950

Email: [lesweiss47@yahoo.com](mailto:lesweiss47@yahoo.com) (Please type "Party" in subject line)

### **Directions:**

From I-84: take exit 26. At end of ramp, go south, towards Cheshire, on Routes 68/70. Follow 70 (68 goes to the right), then make a right onto Mountain Road, right after a gas station. Go straight on Mountain Road; stop sign; go straight for 6/10's of a mile more. White ranch on left; circular drive;  
890 Mountain Road, 203-272-0711.

From New Haven: take 91 North to exit 10. Follow the "connector", route 40, to the end. Make a right onto Route 10, go about 8 minutes. Make a left onto Higgins Road, go to the very end, stop sign. Make a left onto Mountain Road, go 6/10's of a mile. White ranch; circular drive; 890 Mountain Road,  
203-272-0711.

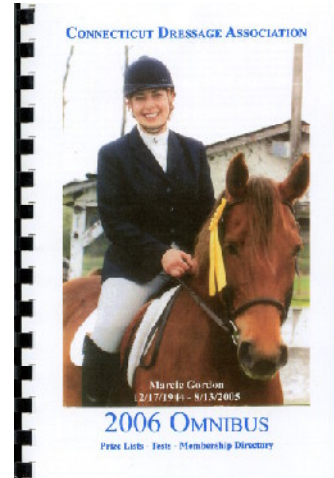
## Last Chance for the CDA 2007 Omnibus Cover Contest

Remember to take your digital photos at CDA events listed in the 2006 CDA Omnibus. You may be the one to have their picture on the 2007 CDA Omnibus.

CDA has decided to have a full color picture of a member and their horse on the cover of the Omnibus from now on. So, we are holding a contest to pick the picture that will grace the cover of the 2007 CDA Omnibus.

The rules are simple.

1. The picture/pictures must be received by December 24, 2006.
2. It must be of a CDA member and their horse at a **CDA event/events** that are listed in the 2006 CDA Omnibus.
3. Mounted or unmounted
4. Pictures must not be by a professional photographer, unless the member is a professional photographer.
5. Digital pictures only, either from a digital camera or scanned.
6. A brief paragraph or two of who you are and what you like doing with your horse.
7. Send the picture/pictures to [omnibus@ctdressageassoc.org](mailto:omnibus@ctdressageassoc.org)



## USDF Announces USEF Youth Sportsman's Charter Award Nominee

United States Dressage Federation (USDF) is pleased to announce that Meredith Baker has been chosen as the USDF nominee for the United States Equestrian Federation (USEF) Youth Sportsman's Charter Award. Baker was chosen from a field of nine nominees from each USDF region for this award which recognizes outstanding junior members who are active and in good standing with the USEF and their own national affiliate organization.

Nominees must demonstrate an ongoing dedication to the promotion of the horse, exhibit positive sportsmanship principles, and serve as a role model for their peers. The regional nominees, from which Baker was selected, include Noel Williams of Delaware, OH, Katherine T. Murray of Brentwood, TN, Jasmine Rae Hobart of Rowley, IA, Jackson Freismuth of Whitewater, CO, Jessica Crawford of Tualatin, OR, Amanda Harlan of Oakville, CA, Stephanie R. Nowak of East Greenwich, RI, and Lauren Hadley of Ponca City, OK.

As the national nominee, Baker will receive a certificate, lapel pin, and exclusively designed hat from USEF. She also wins an expenses-paid trip to a five day Career Workshop Program sponsored by USEF in Lexington, Kentucky in June 2007. In addition, she is eligible for selection as the overall USEF Youth Sportsman's Charter Award winner, with the potential to receive a \$1,000 educational scholarship, a trophy, and a Lifetime Membership to USEF.

Baker, a high school senior from Columbia, MD, was selected by USDF as their national nominee based upon her academic and equestrian achievements, dedication to promoting equine welfare, commitment to volunteerism, and leadership in extracurricular activities. She is an active member of the Redland Hunt Pony Club, competes successfully in both dressage and eventing, conducts clinics and lessons for younger members, has represented the Maryland Region at the United States Pony Club (USPC) Nationals, and served as Captain of the Maryland Region First Level Dressage Team at the USPC Nationals East competition.

Beyond her equestrian responsibilities, Baker interns at a local veterinary hospital and has completed several research projects on equine health, soundness and behavior as a participant in her school's Gifted and Talented Research Program. She promotes equine welfare by sharing the results of her studies with Pony Club study groups and by organizing educational sessions for local horse owners. Her career goal is to become an equine surgeon. Baker is an "A" student, a member of the National Honor Society, secretary of the Future Educators of America, and participates in the Student Leadership Cadre.