



CENTERLINE



CONNECTICUT DRESSAGE ASSOCIATION

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

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.

October President's Message



Greetings! This is an impromptu sketch made by Sandy Rabinowitz (who draws all those helpful diagrams for Dressage Today) at the recent Shannon Dueck clinic. She drew Beth and Tico during their ride. You just never know what you might take away from a CDA clinic! We also have an autographed sketch of Shannon, donated by Sandy, for our silent auction. Many thanks, Sandy.

Please keep in mind that we will be asking for names of people that you would like to nominate to run for the Board of Directors. The names of nominees will be listed in the Centerline and on the website. Voting will take place at the Annual Meeting and Awards Dinner party. If you are interested in Board Business, but are not sure about joining the Board, remember, all meetings are open to members and you might think of working on a single project or being on a committee.

Speaking of Awards...the competition year is drawing to a close. Please check the website to download forms for submitting your scores.

We are now actively brainstorming for next year, so if you have wishes and dreams, or any suggestions, please let us know. We will be much more likely to produce activities that appeal to you if we know what you want!

And the apples are supposed to be superb this year, after all that rain!

All best,

Leslie

2006 Calendar of Events

October 1, 2006

CDCTA USEF Recognized Dressage Show
Hearthstone Farm
North Franklin, CT
Deb Moynihan
860-646-8841
djmoynihan@snet.net

October 8, 2006

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

October 22, 2006

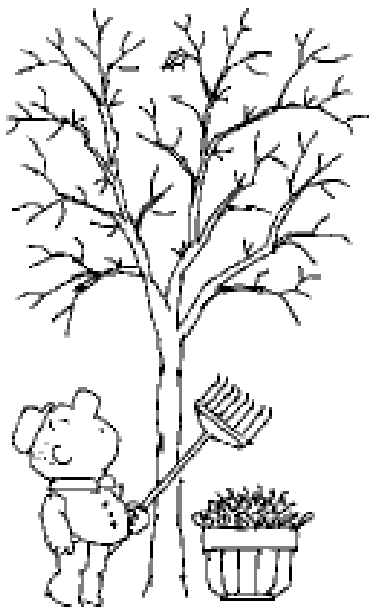
Grand View Stable
Dressage and Combined Tests Schooling Show
Columbia, CT
Alena Orszak
860-228-5021
Email alenagvs@sbcglobal.net

October 22, 2006

CDCTA Introduction to Centered Riding Clinic
With Deb Moynihan
Locket's Meadow Farm
Bethany, CT
Ruth Beardsley
203-393-3253

November 11 and 12, 2006

Cindy Sydor Clinic
Carbery Fields Farm
Lebanon, CT
lizcaron@carbertfields.com
or go to
www.carberyfields.com



Barn Mom Notes: *Pretty Ribbons of Blue*

By Georgian Lussier

While most people associate horse shows with blue ribbons, this barn mom knows its all about the numbers. The ability of a rider to cajole a horse onto the dance floor is expressed as a percentage. For approximately five minutes, the pair tries to waltz, fox trot and cha-cha to a prescribed pattern. If the horse follows the aids with a smile on his face, he is rewarded with a pat, a carrot, a hug.

After a period of suspense, the rider receives a detailed report card with an overall score. What would have been a disastrous grade in high school is cause for celebration. A 65! O, glorious day!

For the typical rider, a ribbon is of secondary importance. Like runners, riders work towards a personal best. Placing first or second within a specific division, at a given show, is frosting on the cake: Winning a prize is the cherry on top.

But the universal language of ribbons helps other people be happy for you. Especially grandparents.

After ten years of devoted sponsorship, my parents understand that dressage is a subtle sport. They have walked alongside my daughter as she struggled with flat circles, rodeo movements and being excused from the ring. They have marveled over graceful free walks and first-time flying changes. Dancers from the Big Band era, they appreciate the magical mix of rhythm, balance and the right partner.

With the wisdom of eighty years, they also possess a special blend of empathy and optimism. When our nineteen-year old rider recently had to leave a working student job due to health issues, they encouraged her to keep her pony. They are always in her corner.

So when she trotted into the winner's circle at Saugerties, with the extravagant East Coast Pony Cup ribbon dancing around her highly polished boat, I was thrilled my Dad was there to witness. And the best way I could share the moment was to call home and say: "Mom, she looks like a million dollars, and she won four blue ribbons!"

WFDA Holding A Day-Long Symposium

WFDA will be holding a day-long symposium with speakers and demonstrations, plus a tack swap and food on October 14, 2006. Presenters will include Lendon Gray, Bettina Drummond, Catherine McWilliams, Ron and Lisa Postleb, Jayne Marino, Lisa Pierson, Dr. Brad Amory, Dr. Esco Buff, Janis Sharkey, Michele Leasure PT, OCS, and Ann Reilly. More information is available at www.wfdadressage.com or by calling 845-278-5758. Registration ahead is \$40, at the door is \$50. Location: Sunnyfield Farm, Bedford, NY.

Make it Dynamic

by Rachel Gioia

CDA sponsored a clinic with Shannon Dueck on August 22 and 23. The clinic was held at Once Again Farm in Meriden, CT. Vicki O'Neil and her staff had everything sparkling (mirrors, flags, smiles). The clinic was open to all CDA members. While the clinic was filled with riders, auditors were noticeably absent. Auditing a clinic is a wonderful, inexpensive way to learn from trainers outside the area. Riders in the clinic included Alison Johnson, Beth Bruns, Kate Lussier, Susan Mortonson, Jill Simpson, Rachel Fransisco, Casey Buckley, Kevin Greelish, Sandy Rabinowitz, Becky Galovich, and Karen Wynn.



While each lesson was clearly tailored for the immediate issues of each horse/rider, there was a common theme throughout each session. Shannon was clear that when asking a horse for “more” of something (more energy, rounder, more supple), to ask for a little at a time. By making changes in small increments, you build confidence in the horse and you don't upset his tempo. “Ask for 5% more” was a common request. Little changes build trust. Save the big changes when you really need to but for regular training, make little changes. Within a training session, keep things fluid. Keep asking questions to the horse. More bend (in the body) more flexion (in the joints and poll), more forward, etc. After you ask, if he responds, then soften. Ask for one small change at a time, and build on that. Forward and back, rounder in the frame, out with nose, adjust the neck, adjust the impulsion — keep the training dynamic.

The rein aid should connect to the wrist, then the elbows and to the seat. If the wrists are locked, the rider breaks the connection. If the fingers are open, the rider breaks the connection. When asking for flexion, use one rein at a time. Typically flexion is on the inside rein and the outside rein is for steady contact. But don't wag the head left right. Since it is easy to fixate with the front end, Shannon told one rider not to dwell in front. The hind legs need to stay active. The horse needs to play and move the bit. It should not have a fixed jaw.

When dealing with a horse that can get “stuck “ (behind the leg), Shannon repeated not to over collect. Collect a stride or two, then go forward. When you ask for forward, drop your legs (take them slightly down and a little bit off the horse). The horse should stay forward on its own. If it does, Shannon called this “genuine forward”. If he gives you a genuine forward reaction, then it's OK to collect again. If

he doesn't, you must go forward again. When you collect, be sure the horse doesn't find his balance on the front end and slow down behind. This is not collection. Collection is increased weight bearing on an active hind leg!

Use your hands to create flexion and keep the horse through the neck — DON'T use the rein to hold him in place. This was a common problem with downward transitions. In training, you want to maintain a steady tempo and a clear rhythm, but don't just ride around keeping everything the same. The horse gets static. Ride him more forward, then stabilize, then forward again, then collect. Be able to put the neck up, neck down, always checking rideability. Constantly make little changes (remember the 5% rule), but one priority at a time. More supple, more forward, more active, quicker, nose out, etc. Make little adjustments and keep the session dynamic. This is training.

JANET EDGETTE IS COMING TO CONNECTICUT!!

Sponsored by the Connecticut Dressage Association

Janet Edgette, Psy.D., noted clinical and sport psychologist, will be speaking on **Saturday, October 28** for a general equestrian audience. It will be suitable for riders of any age and discipline, parents and trainers, even non-riding friends!

- Sheraton Four Points, Meriden CT, East Main St. exit off I-91
- 10 AM to 1 PM, with registration and refreshments beginning at 9 AM. Plan to network and bring fliers and business cards!
- Cost: \$30 for adults, \$20 for children. \$10 more at the door.
- Topic TBA

For more information and to download registration forms, go to ctdressageassoc.org.

Janet Sasson Edgette is a clinical psychologist from the Philadelphia area with specialties in the areas of teen, young adult and family therapy. Janet is the author of 5 books, two devoted to riding: Heads Up!: Practical Sports Psychology for Riders, their Families, and Trainers, as well as the Rider's Edge: Overcoming The Psychological Challenges of Riding. Janet speaks frequently at professional meetings and has conducted workshops nationwide, as well as internationally. She is an accomplished hunter/jumper rider and writes a regular column for Practical Horseman. You can find out more about her by visiting her website: www.janetedgette.com.

Dr. Edgette will be speaking at the University of Connecticut in their Master Therapist Series for mental health practitioners and has agreed to stay over to offer us the chance to meet with her. Please save the date and tell all your riding buddies, regardless of their discipline.



USDF Announces Changes to the NAYRC and NAJRC Qualifying Criteria

United States Dressage Federation is pleased to announce changes to the 2007 North American Young Riders Championship (NAYRC) Criteria and the 2007 North American Junior Riders Championship (NAJRC) Criteria. These changes will simplify and streamline the qualifying process and include changes to the qualifying period, test requirements, score calculations and declaration forms. The final official criteria for the 2007 NAJRC and NAYRC are currently under review. USDF works with USEF to develop qualifying criteria and selection procedures for riders wishing to qualify for the NAJRC. Once approved, the official criteria will be available on the USDF Web site, www.usdf.org.

In addition, the list of the 2007 Qualifying Competitions for the NAYRC and NAJRC has been approved and is now available on the USDF Web site, at [link].

Listed below are the basic changes to the 2007 NAYRC and NAJRC criteria. Please note that these changes have been approved by the USDF FEI Junior/Young Rider Council, the USDF Executive Board, and the USEF Dressage Committee. They are pending final review by the USEF Legal Department and approval of the USEF Executive Committee. The following qualification criteria are based on the latest information available to USDF and are always subject to change, additions, or revisions.

1. The qualifying season will include all approved Official USDF Qualifying Competitions from July 2, 2006 through July 1, 2007.
2. Juniors and Young Riders will have to ride in Official USDF Qualifying Competitions and/or CDI/Y/Js

3. Junior riders must compete in at least 3 Junior Team combined with 3 Junior Individual tests for their overall average. Young Riders must compete in at least 3 Young Rider Team combined with 3 Young Rider PSG tests for their overall average. Scores will be weighted 50/50.
4. All riders must ride one Freestyle and receive a minimum average of 60% in the Freestyle at an Official USDF Qualifying Competition or CDI/Y/J. This score will not be computed into the overall average.
5. All qualifying tests ridden in Official USDF Qualifying competitions will count towards the overall average. Exceptions: If a horse/rider combination competes in more than three Official USDF Qualifying Competitions, the scores from the one competition that has the lowest average will be dropped. Freestyles will not be computed into the overall average.
6. No more class declaration forms! The only classes that must have declaration forms submitted by the rider are classes ridden in CDI/Y/Js and only if the rider wants the score to count. All CDI/Y/Js are non-designated.
7. For this year, it is no longer required that the horse/rider combination compete in at least one qualifying competition in their region.

For more information about the North American Junior Riders or North American Young Riders program, please contact the Junior/Young Rider Coordinator at (859) 971-2277, or jryoung rider@usdf.org.



rhythm • harmony • balance

CARBERY FIELDS DRESSAGE
LEBANON, CONNECTICUT
www.carberyfields.com

Ledyard, CT



House features:

- 1600sf on 1.25 acres
- 3 bedroom, 1.5 bath ranch
- Full walkout basement
- Many new updates (septic, furnace, electrical)

The home has hardwood throughout (laminated in kitchen), tiled bath with tub and separate shower, formal living room with fireplace and large den/family room with wood stove. Sliding doors lead out to the deck and then down the stairs to the new above ground pool. The full, walkout basement

is bright and airy, offers great potential for finishing. The house has many newer upgrades within the last five years including 200 amp electrical service with generator hook-up, new furnace, septic system and leaching fields. This multifaceted country property offers endless hiking and riding on trails, large outbuilding for horses, cars or equipment, extensive privacy, and yet is conveniently located near town and highway.

**Surrounded by 600+ acres of state land with trails and fields throughout
(Rose Hill Wildlife Management Area)**

Exterior features and outbuildings:

- Large custom built 3 stall barn with aisle, over-hang, feed room, large tack room and many extras.
- Trails and fields directly linked to property
- Electric fence w/ solar charger
- Stone walls and mature plantings
- Additional storage shed
- 15x30 above-ground pool



Hobbyists, mechanics and equestrians take note!

ASKING PRICE: \$319,000

Phone: (860)460-9623 – Email: pete.poworoznek@gmail.com

All sizes approximate. Information deemed reliable, but not guaranteed.