



# The Contact

Keeping Members Informed

Nebraska Dressage Association - [www.nebraskadressage.org](http://www.nebraskadressage.org) - March/April 2014 Edition

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## Upcoming Events – Mark Your Calendars

Cornhusker Pony Club Shaggy Show	Cornhusker Pony Club Shaggy Show	April 5-6	Lancaster Event Center, Lincoln, NE
The International Omaha	The International Omaha	April 11-12	CenturyLink Center, Omaha, NE
NDA Cornhusker Classic Schooling Show	NDA Cornhusker Classic Schooling Show	May 30	Quail Run Horse Centre, Elkhorn, NE
NDA 37 <sup>th</sup> Annual Cornhusker Classic I & II	NDA 37 <sup>th</sup> Annual Cornhusker Classic I & II	May 31 - June 1	Quail Run Horse Centre, Elkhorn, NE
Nebraska's Big Rodeo	Nebraska's Big Rodeo	July 23-26	Burwell Fairgrounds, Burwell, NE
Nebraska State Fair	Nebraska State Fair	August 22 - September 1	Fonner Park, Grand Island, NE
Aksarben's 4-H Horse Show	Aksarben's 4-H Horse Show	September 21-22	Lancaster Event Center, Lincoln, NE
Aksarben's River City Rodeo & Stock Show	Aksarben's River City Rodeo & Stock Show	September 25-25	CenturyLink Center, Omaha, NE

### **Cornhusker Pony Club Shaggy Show!**

The first schooling show of the season, the Cornhusker Pony Club Shaggy Show, will be held April 5-6 at the Lancaster Event Center. Entries are now being taken at <https://eqentries.com>, as well as through the mail. The prize list is posted on the NDA website, and the deadline is March 14th.

Additionally, the show coordinators are also looking for volunteers. This is a great way to get your NDA volunteer hours done for the season! If you're interested in helping out, please contact Sherry Drbal at [gsdd3@neb.rr.com](mailto:gsdd3@neb.rr.com).



**"Riding forward  
is the essence of  
correct  
training."**

**Colonel Alois  
Podhajsky**

## Educational Seminar - Prepare for Show Season

March 16, 5 pm

Have you ever wondered exactly how the NDA year-end awards work? How do you qualify? How does it all tie in to USDF and USEF? What do you need to know about show entries and score submissions?

NDA is ready to answer all these questions and more at the upcoming "Prepare for Show Season" Educational Seminar. This helpful session is free and open to all current or prospective NDA members. Let us help you unravel the mysteries of the all the rules and paperwork associated with competition and awards so that you can get back to riding and enjoying your horse!

This session will be held at Firespring in Lincoln (see directions below) at 5:00 pm on Sunday, March 16, 2014. A light supper will be provided.

Firespring is located at 1201 Infinity Court. It's a large red building on 14th Street between Pine Lake and Yankee Hill. Please follow the signs for "Event Parking" and park in the lot behind the building. An NDA member will be at the door to direct you to the meeting room.

See you there!

### President's Message~ Happy 2014 everyone!

I hope that everyone had a fantastic holiday season with their family, friends, and horses. I believe that this year will be one of the best for the NDA! There are a lot of exciting opportunities and changes coming our way this year.

First and foremost, the **2014 Cornhusker Classic** will be taking place **May 30th-June 1st at Quail Run Horse Centre** in Omaha, NE. Quail Run is a great facility, and we are excited about having the show there this year. The schooling show will be held on Friday, May 30th, and the Classic I and II will be held May 31st and June 1st. We hope to see you there!

Secondly, **NDA is offering the second round of scholarships to three deserving NDA members; a Junior/Young Rider, Adult Amateur and Professional rider.**

These three \$500 scholarships are designed to aid the recipient with an educational event of their choice. Riding clinics are a very popular choice among candidates, keep in mind you may use this money for other things such as certifications, groundwork events, travel or show fees, bringing in clinicians and so much more. The candidate should express interest in sharing this information with fellow members of NDA and be an active volunteer and advocate for dressage in Nebraska.

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President's Message ~ cont'd

**The deadline to have your scholarship application emailed is April 30th.** Recipients will be notified after the May 12th board meeting. Please be sure to share this wonderful opportunity that NDA can provide for us. If there are any questions regarding the scholarship, please ask Jane Fucinaro ([jfucinaro@gmail.com](mailto:jfucinaro@gmail.com)) or see the attached worksheet for completing your scholarship essay.

Finally, the **NDA is** looking for a member willing to step in as **Fundraising Chair** following the 2014 season. Hours spent working as Fundraising Chair will be put towards your volunteer hours! If interested in this position, please contact me at [kathleen.miller45@gmail.com](mailto:kathleen.miller45@gmail.com).

As always, feel free to contact me with any questions. I hope everyone is staying warm!

Katie Miller  
NDA President 2014

New NDA Editor

Hello and Thank goodness it looks like Spring is about to be Sprung on us!

My name is Carrie Cross and I am the new editor for the NDA Contact. A little about me, I have had horses since I was 6 years old and started my dressage journey about 10 years ago. I currently own an OTTB named Boogie who I retired last year. I moved up here from East Texas after being very active in my local dressage club there. I enjoy the journey of what dressage can teach me.

I am currently working with a friend's young appaloosa gelding and possibly could show him towards the end of the year depending on how things go in his training. It is all up to Louie (The Appy). I look forward to learning more about all of you and contributing to NDA. Please forward me any stories, pictures, brags, etc. so that I can put them in the newsletter as I have space to do so.

The e-mail address is [ndacontacteditor@gmail.com](mailto:ndacontacteditor@gmail.com)  
Thank you and I hope to see and meet all of you soon!  
Carrie



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President



## Show Your Support for Our 2014 Sponsors!

Please help us welcome our new 2014 NDA Sponsors: Kathy Lewis with Kathy Lewis Consulting, Dan Urban with Urban Equine Events, Dara Liss with Esprit de Corps Dressage, Lincoln Equestrian Center, and Sally Queal with The Riding Center.

Back for another year are Still Waters Ranch, Regg & Wally's, 3B Enterprises, Jane Fucinaro Dressage, Parker's Smokehouse, Providence Farm, S & L Stables, Stricklett & Associates, and The Dressage Foundation.

Please continue to give your thanks and patronage to these businesses. Without their support we could not continue to fund our events and programs. Thank you to all our sponsors past and present!

This year the Fundraising Team changed up the sponsorship packages to include car magnets. Those will be coming out soon. There were changes made to the ad sizes and package perks to make us more competitive in the market and save money on our newsletter costs. We are always looking at ways to improve our advertising options to give our sponsors the best exposure possible so please let us know if you have suggestions for improvements to our packages. If you know of anyone who may be interested in advertising with us, please let us know that too. We welcome new sponsors throughout the year!

In 2014, we will be working with The Dressage Foundation to help raise funds for the grants, funds and scholarships given to NDA members. We will be "giving back" and "paying it forward" to ensure there are funds available for future use for NDA members. Look for more details in the coming months.

Good luck to everyone for a successful 2014 show season. We hope you will achieve all your goals this year.

*Lisa Van Stratten      Cindee Hansen      Melissa Ward*  
2014 Sponsorship Committee



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## What Makes a Warm-up Good?

By Jec Aristotle Ballou



Most riders have heard about the need for a good warm-up before schooling each day. But what makes a warm-up good? Is an active one better than a slow, relaxing one? How long -- or short -- should it be? Many riders with good intentions hope that a period of moving their horses around either on the longe line or under saddle prior to their workout counts as suitable preparation. Unfortunately, this isn't the case. In fact, a proper warm up governs the success of your training session. From a physiological standpoint, the warm up determines how much conditioning and positive physical response your horse will —or won't — receive from your training. This means that since we dressage riders are aiming to make our horses stronger, fitter, and more supple every day, our pre-workout routine could either help or hinder us. This article will give you some simple tips to make your training sessions more successful, and your horse stronger day by day.

### Loosening Vs. Warming

First, let's clarify the distinction between loosening up and warming up. These are two different activities; you need to do both before your workout. The overall goal of warming up is to increase oxygen delivery and blood circulation to the horse's skeletal muscles to prevent early accumulation of metabolic wastes such as lactic acid in the tissues. In addition to causing early fatigue, lactic acid buildup also prohibits the horse from benefiting from the workout because it changes the muscles' pH levels, which controls their ability to contract and relax. To counter this, and to receive the benefit of exercising the muscles, you want to stimulate enough oxygen and blood flow to the horse's muscles to peak them for performance.

### Loosening up

Each day, when you first mount up or begin longeing, you should spend 3 - 5 minutes allowing your horse to walk around in a relaxed posture without any restrictive rein contact. Some choose to do this portion in-hand, others like to hack around their properties. This gentle activity allows the horse's joint fluids to begin moving and lubricating. Studies have shown that it can take several minutes of slow movement for joint fluids to circulate fully for horses that live in mostly confined accommodations.

It is important that a horse's muscles not be in a contracted state such as a collected frame or with side reins. Joints must be allowed to move through their full range of motion prior to being held in a static position during dressage exercise with a rounded frame. There is not yet oxygen, blood flow, and fuel necessary to support the contraction - relaxation cycle that muscle fibers function with; asking muscles to engage immediately when the horse comes from his stall before these elements circulate would be essentially like choking them. In a resting state, only 15 percent of circulating blood is delivered to the horse's muscles, traveling instead to his organs and digestive system. During exercise, however, up to 85 percent of his blood circulates to his muscles. One of the goals of loosening up is to allow this shift to happen.

### Warming Up.

Once you have things moving, it is time to begin the brisk activity of warming up. Here you want to begin asking the horse to stretch into contact but not be in a collected frame (see photo). Avoid the common mistake of performing suppling exercises at the start of this warm-up phase before sufficient oxygen and blood flow in the tissues and their subsequent rise in temperature gives them pliability. Cold and un-fueled muscle fibers, tendons, and ligaments are susceptible to overstretching injuries. Also, if there is tension in an antagonistic muscle group, suppling movements will cause inefficient use of the horse's body and contribute to side-dominance. It is best, physiologically, to spend the first five minutes of this phase with active forward movement in either trot or canter. Which gait you choose depends on each individual horse. Some are more balanced in the trot, others prefer to canter. The key here is to maintain an active gait with the goal of stimulating the skeletal muscles enough to force blood flow to them. This does not happen at a leisurely pace.

After 5 to 10 minutes of active movement, the skeletal muscles are warm enough to begin suppling exercises. These can include various sized circles, leg-yielding, turns. As this phase of warming up continues, progressively increase intensity of muscle output and suppling by using smaller circles and more difficult lateral movements. Be sure to make things more strenuous progressively as you proceed from this stage, your warm up exercises should lead you directly into your planned workout for the day. This is to say that your warm up should flow seamlessly into your schooling session; you should not take a break after your warm up.

### Warm- Up- Cont'd

At this point, the horse's muscles are able to contract more powerfully, which enhances the quality of his performance and ensures a better training session. All exercises performed will now have a greater strengthening and suppling benefit.

### What to Look For



Every horse should feel differently after a proper warm up period. It's like shaking out the cobwebs every day. Learn to observe and feel your horse's movement at the 2-minute point in your warm-up, then the 5-minute, and at the end. What changes can you detect? Things you want to feel include looseness, longer strides, more responsiveness to your aids, and physical signs that he is ready for work (i.e. his muscles are warm to touch, salivating mouth, freely swinging tail, mental focus).

Do not assume that if your horse has access to a turnout paddock he is already warmed up for you to ride. Horses in their natural state move around with short bursts of energy followed by being still. This kind of movement does not prepare their muscles

Also remember that we need to warm up the horse specific for the kind of movements we'll be performing, so that means he needs to be warmed up stretching through to the contact in order to exercise his back, topline, and haunches. Even if he has been in turnout, he will not do this on his own!

Below is one of my favorite warm-up patterns below, which I call "Teardrops." (See diagram) It allows for the horse to move out in an active forward gait while also gradually bending and changing directions. It is best ridden at the trot

After your loosening phase, develop an active rising working trot tracking to the right. Initially your horse should move energetically forward but do not expect the biggest, boldest trot he or she may be able to perform since he is not yet warmed up. As you ride the pattern a few times, strive to create that bigger trot.

- From A, proceed down the long side ensuring your horse is stretching over his topline.
- In the corner between H and C, ride a 15 -meter half circle to the right, returning to the track at K.
- Make sure you do not arrive at the track before K. The purpose is to have a long, forward line after your half -circle and not turn too quickly back to the rail.
- Proceed through the short end and down the following long side.
- In the corner between M and C, ride a 15-meter half circle to the left, returning to the track at F.
- Repeat the pattern several times.



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*He leads me beside still waters. He restores my soul... Ps. 23: 2,3*



### Annual Fundraising Tack Sale at the Cornhusker Classic

There will be another great tack sale during the show with all proceeds to benefit The Dressage Foundation. There are so many opportunities for funds made available to NDA members and we want to make sure we help replenish these funds to keep the opportunities coming. Please look through all your tack, clothing, trinkets, books, and anything else horsey related that you no longer need and consider donating it to the sale. You can bring it to the show Thursday or Friday morning or contact me to pick it up ahead of time. No need to store it until the show if you want it out of your way! I'd be more than happy to pick it up. When I am able to pick it up ahead of time I make sure it's cleaned up, repaired, and priced for the show to save time. I will consider consignment of larger priced items like saddles and bridles if you are willing to donate a portion of the proceeds to The Dressage Foundation. Please let me know if you have any questions. I can be reached at [402-968-4417](tel:402-968-4417) or [dalevanstratten@huntel.net](mailto:dalevanstratten@huntel.net) or you can leave me a note on the NDA Face book page.

Thank you for your support!

Lisa Van Stratten

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*Student accomplishments:  
Top 10 at Festival of Champions and NAJYRC  
2013 National Dressage Finals  
2013 Dressage Seat Medal Finals Champion*





**Ready to Show?  
Show season is fast approaching!**

Just a quick reminder **both you and your horse must be registered NDA members before your scores can count for NDA year-end awards**. If you have not already renewed your NDA membership, you can renew via the [NDA website](#) and pay using PayPal or mail in your form. If you have any questions, please contact Diana Spaulding at [dspaulding@windstream.net](mailto:dspaulding@windstream.net).

Thank you,  
NDA Membership

## Nebraska Dressage Association Scholarship Application Guidelines

The Nebraska Dressage Association will be giving away three \$500 scholarships, one each to a Junior/Young Rider, Adult Amateur and a Professional rider. These scholarships may be used not only for riding clinics, but also for any type of educational event the recipient wishes to attend.

Applicants may seek to attend a wide variety of events that encompass the “Anatomically Correct Riding” structure, from mounted clinics to horseless lectures- anything that promotes the well-being of the horse and rider!

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Please describe in 500 words or less the following points:

- Demonstrate your dedication and commitment to the sport of dressage and the Nebraska Dressage Association (hours of volunteering, involvement in local events, clubs, etc.).
- Describe how you will benefit from attending the event you wish your scholarship funds to cover. Please include long term and short term goals.
- How does this event promote wellness of horse and rider in the sport of dressage?
- Briefly describe your financial plan, including costs of event, lodging, etc. and how you plan to use the scholarship money.
- Why should you receive the scholarship? Are you willing to participate or organize clinics? Do you have any ideas how to give back to the association?

Please email your completed scholarship application to the following address no later than **April 30th, 2014**. The NDA Board of directors will review your application and winners will be announced May 15th.

You will receive email confirmation when your application is received. Additionally, if you have any questions or concerns please contact Jane Fucinaro or Dara Liss.

Send your completed application to Jane Fucinaro at [jfucinaro@gmail.com](mailto:jfucinaro@gmail.com). Thank you for your participation and good luck!

### Nebraska Dressage Association Scholarship Application 2014 Cover Sheet

Name: \_\_\_\_\_ Phone: \_\_\_\_\_

Street Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Email: \_\_\_\_\_

Check which one applies:

Must be current NDA member:

\_\_\_\_ Junior/Young Rider

Yes or No?

\_\_\_\_ Adult Amateur

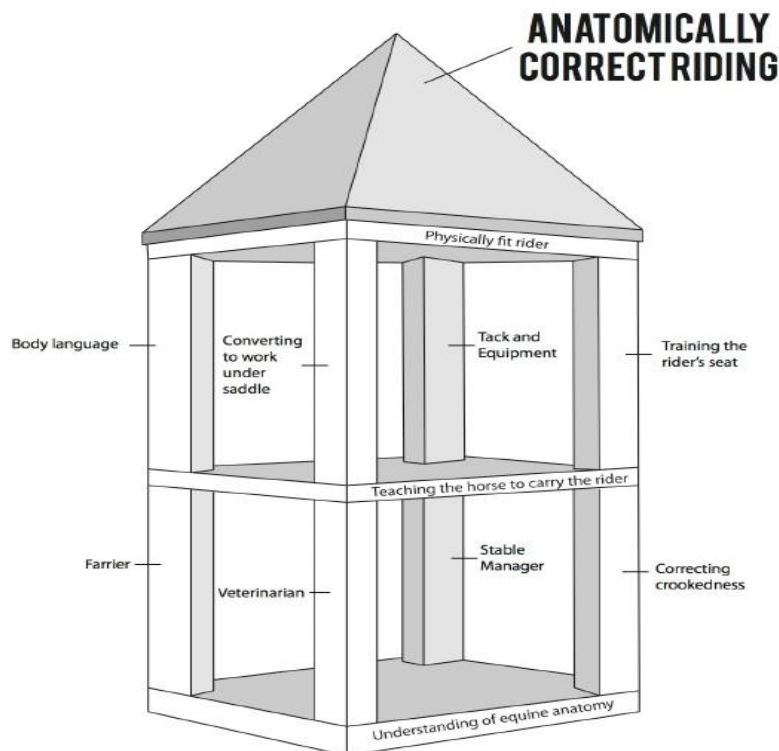
\_\_\_\_ Professional

What event do you plan on attending:

\_\_\_\_\_

\_\_\_\_\_

Location: \_\_\_\_\_ Dates: \_\_\_\_\_



Source: Rachen-Schönstich, Gabriele, and Klaus Schönstich. Straightening the Crooked Horse. North Pomfret, Vermont: Trafalgar Square Books, 2007. Print.



2014  
Horse Shows  
April 4-6  
April 17-20  
April 30 - May 4  
August 27- 31  
September 3 - 7

Watch for future dressage shows hosted by Urban Equine Events

[www.urbanequineevents.com](http://www.urbanequineevents.com)



2014  
Horse Shows  
May 28 - June 1  
June 4-8  
June 11-15  
September 10-14

[www.midstateshorseshow.com](http://www.midstateshorseshow.com)

## Volunteers Needed for the 2014 International Horse Show!

*Event will be held April 11-12, 2014 at the CenturyLink Center, Omaha, NE*

The best events need the best volunteers and we believe the International's volunteers are simply the greatest! Join us behind the scenes at one of the most exciting "up and coming" horse shows in the nation. Multiple opportunities are available in a variety of areas during the 2014 International Omaha Horse Show. For more information on how to get involved as a volunteer, [fill out our volunteer form here](#) or contact us at [theomahainternational@gmail.com](mailto:theomahainternational@gmail.com).

### Volunteer Mission Statement:

Volunteers are an essential part of the International team success. The dedication to the 2-day event is imperative to the execution so we may change the way the equestrian sport is presented in this country.

### Benefits of Volunteering:

To volunteer with the International Omaha it costs \$25. Benefits include:

- Polo shirt (to wear during your shift, then it's yours to keep)
- Catered meal during shift
- Two ticket vouchers for one International night event (a \$48 value)

### Volunteer Positions:

There are a wide variety of volunteer positions and shifts available. Shifts begin at four hours long. The days of the horse show shifts start at 8am and run through the evening performance; approximately 9pm. If interested please email [theomahainternational@gmail.com](mailto:theomahainternational@gmail.com) to learn more.

### High School/College Students:

Join the Blue Ribbon Group and be a part of Omaha's only international show jumping competition. You can be part of the excitement to help the gallery of breeds come to life. This is a great way to help Omaha and the surrounding areas to expand the growth of our equestrian community.

The International is run by a not-for-profit, so your time can count toward school volunteer requirements. If interested please email [theomahainternational@gmail.com](mailto:theomahainternational@gmail.com) to learn more.



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### Nebraska Dressage Association

*A charter member of the United States Dressage Federation (USDF) since 1973.*



education. competition. **community.**

*The NDA's guiding purpose is to further the use of classical dressage techniques by disseminating educational material and sponsoring clinics, workshops, and shows.*

### Membership benefits include:

- Subscription to the monthly newsletter, *The Contact*
- Group Membership in the USDF
- Subscription to USDF monthly publication, *USDF Connection*
- Eligibility for NDA Year-End Awards
- Eligibility for USDF Rider Awards
- Reduced fees for NDA events

**JOIN TODAY!**  
[nebraskadressage.org](http://nebraskadressage.org)

## FEI Introduces New and Revised Dressage Tests Effective January 1, 2014

The [Fédération Equestre Internationale \(FEI\)](#) has announced revised and new dressage tests that will come into effect January 1, 2014. The FEI has revised its Intermediate II, Grand Prix, and Grand Prix Special, which will be applied at the start of the 2014 competition season. Additionally, a Medium Tour has been announced to assist horse-and-rider combinations transition from the Small Tour to the Big Tour. The Medium Tour will utilize the newly introduced Intermediate A and B Tests and may be offered at either CDI Events and/or USEF/USDF Dressage Competitions. These new and revised tests will impact USEF and USDF programs and championships as outlined below:

- USEF Dressage Competitions may offer all FEI Tests effective January 1, 2014. CDI Organizers should refer to the updated FEI rules.
- For the USEF Young Adult 'Brentina Cup' Dressage National Championships, when ridden in a CDI within the qualifying period, riders may choose to count either the FEI Intermediate II or the FEI Intermediate B towards the ranking list. There will be no changes to the tests ridden at the Championships.
- For the Markel/USEF Developing Horse Grand Prix Dressage National Championships, there will be no changes to the tests that the horse/rider combinations ride in the qualifying competitions or at the Championships.
- To qualify for the GAIG/USDF Regional Championships, horse/rider combinations will need to use either the Intermediate B or Intermediate II test to qualify for Intermediate B (formerly Intermediate II) Championship. At the Regional Championships and US Dressage Finals, horse/rider combinations will ride Intermediate B test.

All FEI Tests can be found [here](#).



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## Nebraska Dressage Association Contact

Do you have any submissions  
you'd like to share? Photos?  
Upcoming events?

Please send all ideas and  
articles to

[ndacontacteditor@gmail.com](mailto:ndacontacteditor@gmail.com)  
by April 18, 2014. Thank you!

[www.nebraskadressage.org](http://www.nebraskadressage.org)

## NDA Sale Barn Advertising Policy

Sale Barn advertisements are free to NDA members and will run for three issues unless notification is received to cancel the listing sooner. Non-member sale barn rates are \$5 per issue. Website ads are \$5 for NDA members and \$10 for non-members. Advertising prices are per listing per issue. Show entry forms or flyers are free to NDA members. Non-members will be charged regular advertising rates of \$50 for a full page ad, \$35 for a half-page ad, \$15 for a quarter-page ad, and \$20 for business card size.

Advertising images, documentation, and any questions should be sent to Lisa Van Stratten at [dalevanstratten@abbnebraska.com](mailto:dalevanstratten@abbnebraska.com). Checks should be made payable to NDA and should be sent to Tish Gade-Jones, 1900 South 25<sup>th</sup> Street, Lincoln, NE 68502.

*NDA makes no endorsements or representation in connection with  
advertisements placed in the Contact.*