

The Contact

Keeping members informed.



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Do You Have News?

The Contact is now MONTHLY!

NDA is pleased to share more news and information with you, and we want to do the best we can. So, please submit your stories and photos to:

newsletter@nebraskadressage.org

July 8	TheraPlate Educational Session	Middle Cross Stables, Roca, NE
July 11	Summer Solstice Schooling Show	S&L Stables, Palmyra, NE
July 11	Rider Fitness Workshop	The Trade Center - Lincoln, NE
July 13	NDA Board Meeting	Misty's, Havelock, Lincoln, NE
July 25-26	Super Fair Open Dressage Schooling Show	Lancaster Event Center
July 25-26	Two Rivers Dressage Classic I & II	Maffitt Lake Equestrian Center - Cumming, IA
July 25	Rider Fitness Workshop	The Trade Center - Lincoln, NE
August 8	Rider Fitness Workshop	The Trade Center - Lincoln, NE
August 10	NDA Board Meeting	Misty's, Havelock, Lincoln, NE
August 15	Rider Fitness Workshop	The Trade Center - Lincoln, NE
August 22-23	Madison County Dressage Classic I & II	Maffitt Lake Equestrian Center - Cumming, IA
September 12	Rider Fitness Workshop	The Trade Center - Lincoln, NE
September 14	NDA Board Meeting	Misty's, Havelock, Lincoln, NE
September 26	Rider Fitness Workshop	The Trade Center - Lincoln, NE
September 27	Schooling Show Championships	Lancaster Event Center
October 9-11	USDF Region 4 Championships	St. Louis, MO
October 10	Rider Fitness Workshop	The Trade Center - Lincoln, NE
October 12	NDA Board Meeting	Misty's, Havelock, Lincoln, NE
October 17	Rider Fitness Workshop	The Trade Center - Lincoln, NE
October 18	Ride a Test	S&L Stables - Bennet, NE
October 18	Fall Round Up Schooling Show	Lancaster Event Center
October 24-25	NE Horse Expo	Lancaster Event Center
November 5-8	US Dressage Finals	Lexington, KY
November 7-8	Western Dressage World Championship Show	Tulsa, OK
November 14	NDA Annual Awards and Banquet	Parker's Smokehouse, Ashland, NE

Are we missing something? It's hard to squeeze it all in one page, so check out the online calendar for more details. If you have something you'd like to add, contact our webmaster with event details.

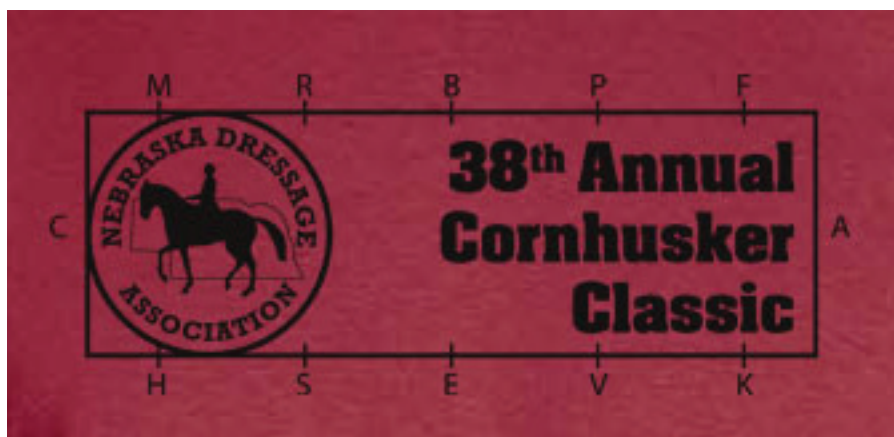
COMPETITIONS

2015 Cornhusker Classic

The 2015 Cornhusker Classic was about 60% larger than the previous year, with significantly more rides and stronger income numbers. We received many compliments from our officials on the professionalism and positive attitude of our volunteers, improved footing at the facility, and the quality of the rides.

The Competitions Committee, on behalf of the NDA board, gratefully acknowledges the volunteers that make this show possible and encourages all local dressage supporters to mark their calendars for future Cornhusker Classic dates on Memorial Day weekends of May 28-29, 2016 and May 27-28, 2017.

Feedback and suggestions are welcome! Please e-mail the Competitions Committee at jcrawlinson@windstream.net.



NDA Photo Contest

Do you have some mad photography skills you'd like to show off? Bring it on!

Here's the rules:

- Must be original work
- Color or black and white photos
- Riders in photos must be wearing a helmet
- Contest is open to AMATEUR photographers
- Photos must be emailed, and have high resolution (300 dpi or more)

You may submit ONE photo, and you will be judged in your own division:
Junior/Young Rider, Adult Amateur, Professional

Photos will be judged on originality, creativity, composition and subject matter. Obviously, we'd love to see some dressage action happening, but we'd LOVE to see anything expressing the relationships that humans have with their horses, or a photo that tells a horse's story.

Winners will be nominated for USDF Photography awards.

Entries must be submitted no later than July 31.

To submit your photo, please email Jane at newsletter@nebraskadressage.org. You will receive confirmation within two days that your email and photo have been received. If you do not, please contact another board member!

Your photo could go on to be nationally recognized in the annual yearbook edition of the *USDF Connection*.

Good luck!

Entries due July 31.

For more questions, contact Jane Fucinaro.

Board Member Bio

Gracia Huenefeld



I grew up outside of Aurora, Nebraska on a farm where my older sister's love of horses was passed on to me. Starting in 4-H I could never get enough of horses - ever! After high school I moved out east and dove into the dressage world, ending up working for several noted competitors and trainers. Learning everything from barn management to riding incredible horses, competing at Dressage at Devon, to grooming for the Nations Cup in Wellington, the experiences I learned were priceless and life changing. While I miss all the excitement out east, there is nothing like Nebraska and I am privileged to call this great place home and to bring back great learning experiences with me to share with others. With three sisters and one brother, all married with a total of 8 nephews and 1 niece, life is never dull and it's great to be home!

Teaching and riding out at Still Waters Equestrian Academy in Hickman keeps me busy full time. I ride and compete Colin, a 12 year old chestnut Oldenburg at Prix St. George who is very special to me and came back to me with quite a neat story! (But I'll save that for another day!)

Thank you for the privilege to be part of such a great organization. I had no idea where life would take me upon returning, but it has been great and I'm excited to be apart of a growing sport here in Nebraska!

-Gracia Huenefeld

Secret Talent:

My mom was very gifted with pulling incredible meals together last minute for a crowd and I find myself doing the same on occasion. I love to make food and share it with others!

Favorite thing to do outside of riding horses:

My favorite thing non-horse related would be to just spend time with family and friends or to travel. I love to drive anywhere on anything and see places!

Gracia's favorite movie, Colin's favorite movie:

One of my all time favorites is Ann of Green Gables. Can never go wrong with a classic! My horse's favorite. . . If Colin were to pick a movie it would be nothing scary and probably something educational. He is a thinker.

With an unlimited budget in a tack store, what three items would you buy?

1. Saddle pads. Never can have enough white saddle pads!
2. Stubben rubber reins. They. Never. Slip!
3. Unlimited supply of Stubben saddle cleaner and conditioner! Love to clean tack and have everything organized!

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Major Lindgren Instructor Grant Recipient,
Jami Kment (NE)
Photo Credit: Susan J. Stickle



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NDA Events

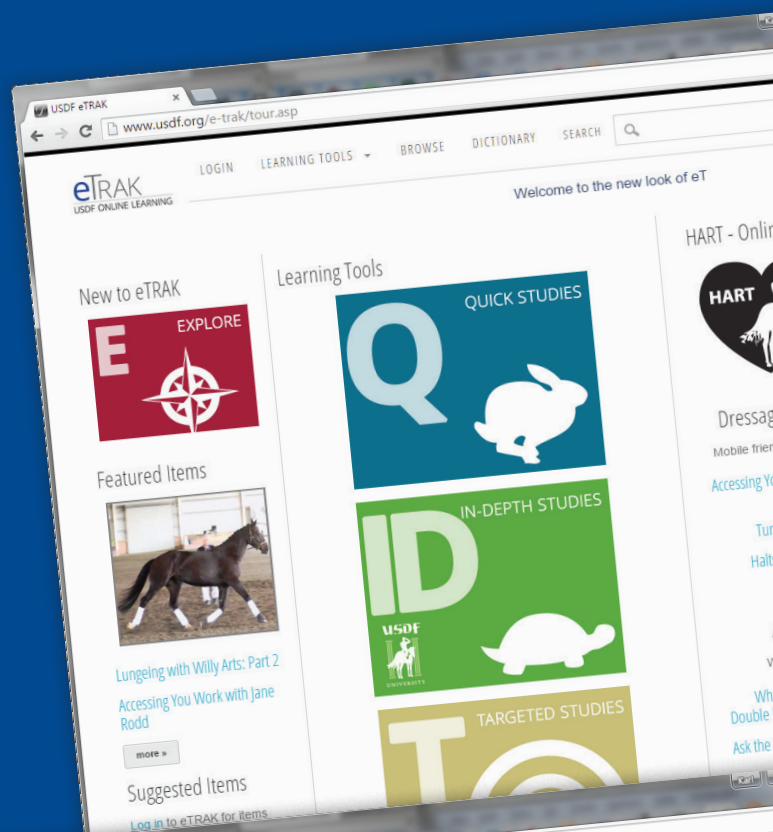
Did you attend one of these?



We'd love your feedback! Let one of our Board Members know how you liked your latest NDA Event!

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Dealing with Limited Time in the Saddle

*An article from Dressage Today Magazine,
by Lauren Sprieser*

Q: I'm in my early 40s and, after a long break (I used to ride Third Level dressage 10 years ago), I have started taking up dressage again. I ride two to three days a week, sometimes less. I'm worried that this is not enough to maintain a horse's muscles for dressage. Do you think dressage is suitable for people like me, or will I never get anywhere with my limited amount of time in the saddle? Nancy Gibbs Northampton, Ontario

A: Good for you for getting back in the saddle. Life often gets in the way of a riding career, but there are solutions for riders in your position.

First, what are your goals? Do you want to ride dressage for pleasure or do you have serious competition ambitions? Do you want to work at the lower levels or at the Fédération Equestre Internationale (FEI) level? Two to three days a week is certainly enough to keep a horse sufficiently fit for basic work and to develop slowly, but it's not enough for someone who wants to compete regularly and ascend the levels to the top.



You also need to consider the education of your horse. If he is a trained "professor" who knows his work and is teaching you, then a lighter workload probably won't hinder you. I find that once a horse is really strong, he tends to keep his muscles well. The muscles he builds through becoming an upper-level horse change the way he'll walk around his paddock, and it self-perpetuates to a point. But if you're bringing up the horse yourself, he'll need more regular work in order to make him strong enough to learn the upper-level movements properly.

A two to three-day workload might be the ideal for an older professor, a horse in his late teens, or early 20s, who's been there and done that and still has lots to offer but might not hold up soundness-wise to a full workload. With these precious older gems, you'll be doing him a favor by keeping him in light work and then ensuring lots of turnout to keep him moving in your absence.

You also need to choose what kind of horse to work with. A lighter horse, a Thoroughbred or Arabian type, will keep fit with very little work. A heavier draft-type or -cross requires much more effort toward fitness. When horse shopping, ask the owners what kind of schedule their sale horses currently keep. That's not to say that a horse who has been in a six-days-a-week program his whole adult life couldn't learn to work less, but it's a factor to consider.

If you want to compete and/or move up towards FEI, don't give up hope yet. Most trainers offer a training package that will have the trainer or her staff ride your horse when you're not around. That can keep your horse keen and fit, even advance him, in your absence. If paying for regular training isn't an option, see about half-leasing or share-boarding your horse out. Even a beginner rider just learning about dressage can keep your horse moving and keep his muscles from disappearing.

The best situation could be to find an advanced Junior or Young Rider or a burgeoning young professional, who might work something out with you financially in order to have the ride on a quality horse. These situations are mutually beneficial: You get the training and your up-and-coming young trainer gets to ride the quality horse she wouldn't otherwise have access to.

Lauren Sprieser is a USDF gold, silver and bronze medalist and is a high-performance dressage competitor who has trained several horses from green to Grand Prix. Her students range from beginners to 2010 WEG silver medalists in eventing, and she is a sought-after clinician as well as a popular blogger. She trains horses and riders at her farm in Marshall, Virginia.


- See more at: http://dressagetoday.com/article/limitedridingtime-27009?utm_source=DressageTodayFB&utm_medium=link&utm_campaign=Facebook#sthash.dEBCtMrB.dpuf

Breaking News?


Share it with us!

Is there something that you'd like to see in The Contact? Submit it to us, we will gladly share it! Photographs from a recent event, show results, barn news, event reports, you name it!

Submit your news stories to Jane: newsletter@nebraskadressage.org



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September 2-6

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June 3-7
June 10-14
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graciarae@yahoo.com



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Maffitt Lake Dressage I & II *Level 2*
June 27-28, 2015

Judges: Sandy Osborne & Sue Kolstad

Two Rivers Dressage Classic I & II *Level 3*
July 25-26, 2015

Judges: Marlene Schneider & Joan Darnell

Madison County Dressage Classic I & II *Level 3*
August 22-23, 2015

Judges: Fran Dearing-Kehr & Dinah Babcock



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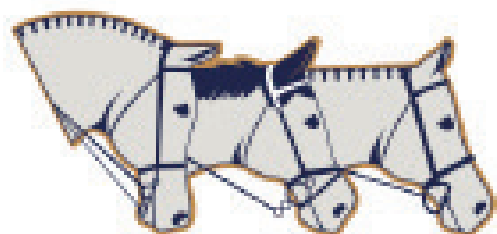
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