



# The Contact

SPRING 2018

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### An International Invitation

We hope you will join us once again this year for the 2018 International Omaha, as it returns to the CenturyLink Center for its sixth annual year on April 12-15. The Nebraska Dressage Association has a particular request, as we have reserved a booth at the event to have a professional presence in place, and are looking for secondary volunteers to help cover the booth. To learn about how NDA could use your help, contact Jane Fucinaro at [jfucinaro@gmail.com](mailto:jfucinaro@gmail.com).

This year's International Omaha will once again feature a Dressage Showcase clinic, featuring Olympic Gold Medalist Hubertus Schmidt of Germany, and a Jumping Showcase clinic, featuring George Morris. The four-day event will feature many demonstrations and exhibits, alongside the Boutique Shopping Village that we all enjoyed last year, but will focus on expanding the educational focus on the equine world. The competition events this year will be the unique Dressage Team Challenge, the International Omaha Grand Prix, and the exciting final of the Init2Winit Speed Jumping Series.

This event is such a celebration of the sport and animal we love, and a great way to include our family and friends outside the barn family in our world through the showcases and educational exhibits. Visit [InternationalOmaha.com](http://InternationalOmaha.com) for more info, and we will see you there to support our sport!

I look forward to seeing everyone there!

Happy riding,  
**Michaela Schieffer**  
*NDA Editor*





## A Rider's 15 Minute Workout

by Shan Lawton

There has been plenty of writing about workouts for riders. Some teachers recommend Pilates. Other highly successful riders have used some form of Cross-Fit. And the flexibility that yoga can produce is invaluable for riders. Although I am somewhat reluctant to add to this body of work, I have developed a virtually painless yoga-based daily routine that I find helpful in maintaining suppleness and core strength and promoting symmetry.

Before getting into the specifics of my routine I would like to point out that any exercise you do in addition to riding will be helpful in developing and maintaining the strength you need to ride. (Be careful, though, about considering stall cleaning and barn sweeping as components of this regimen. Both are excellent exercise, but most people cannot do them symmetrically, and so they can increase rather than decrease your asymmetry.) A few years ago The New York Times published a 7-minute workout that I would recommend as a kick-start to getting into shape.

The Times offers an app with detailed instructions for the workout. <https://well.blogs.nytimes.com/2014/10/24/for-a-7-minute-workout-download-our-new-app/>. And The Times recently published a 9-minute muscle-building workout that is also very good. <https://www.nytimes.com/guides/well/how-to-build-muscle>.

If you like to take classes or receive one-on-one instruction for your exercise routine, a good Pilates instructor or a good yoga class can be very helpful, and I encourage any rider with the time to do so to enroll in such a class. If you're like me, though, you find the idea of actually traveling to a gym or studio for exercise anathema. I put about 35,000 miles a year on my car traveling from barn to barn, so I am not inclined to spend another minute behind the wheel. On the other hand, if you want to be an effective rider you must do some exercise in addition to the ride(s) you do every day. If you want to ride one horse effectively you must ride two horses every day (and that's not really fair to the second horse!). Hence this routine that I can do every morning regardless of how

little time I have.

Dressage does not require superhuman amounts of strength. The equestrian sports traditionally have been the only sports in which men and women compete against each other, so upper body strength is no advantage. The best riders' aids are invisible, so the ability to muster a good kick with a leg of steel is probably more of a hindrance than a help. Our sport does not use strength to overpower the horse. We use the horse's innate sensitivity to explain to it in the most subtle ways possible how to perform, at our request, actions that are already within its repertoire of movement. When the words "subtle" and "sensitivity" occur in the same sentence describing dressage, as they often do, you know that bench pressing 250 pounds is probably not going to help your riding. At the same time, perhaps you have found that trying to sit the trot for more than two minutes leaves you winded. What this means is that the strength dressage requires is the strength to remain more or less motionless as the horse moves. Only by sitting quietly can you hope to be able to influence the

horse with subtle aids. A horse can feel a fly landing on it, so it can certainly feel your leg. It can also feel a blade of grass on its lip or its tongue, so it can likewise feel every bit of pressure on a bit. Only by having the core strength to keep yourself in the same spot in the saddle without clamping on with your legs or holding on with your arms can you hope to minimize the noise of your body so that the horse can distinguish your aids and respond to them appropriately. Pilates' emphasis on core strength makes it a useful training system for riders.

In addition to having the core strength not to get bounced around on top of the horse, the dressage rider (like the dressage horse) must be supple. If you carry tension in your hip flexors or your back or shoulders or legs you will be unable to apply subtle aids—the tension will increase the pressure of certain aids and at the same time block the horse, preventing it from responding to the aids. Accordingly, your workout should encourage stretching, suppleness and relaxation.

To develop both core strength and suppleness, my routine is more or less yoga based. I have incorporated in my routine some yoga asanas or poses. Disclaimer: I am not a trained yoga teacher and I am not claiming to teach yoga with this article. I am merely incorporating some yoga principles into an exercise routine for the purpose of making it more effective for riders and easier to understand. (I was discussing my routine with my daughter, who knows a lot more about yoga than I do, and made a similar disclaimer statement to her. Her response was, "If you're breathing, it's yoga!" Considering all the variants of yoga that exist, perhaps she's right, but I'll leave that determination to others.)

So here it is. (As with any exercise program, be sure to consult your doctor to make sure the program is appropriate for you.) To start, a couple of general principles. First, most of the poses are held for 8 breaths. That means comfortable, normal breaths, a little on the slow rather than fast side. No cheating by panting to get it over with faster. Second, if a pose/exercise is not stationary, you inhale when expanding the front of your body and exhale when expanding the back. This is important for cat stretches and sun salutations, among other poses and procedures. Third, the order I describe below is not magic, just the order that seems to make the most sense to me.

**1. Cat stretches.** This one might be familiar. It's a nice first pose to tell your core that it's not an inflexible knot and that you're not going to overwhelm it right away with anything terribly demanding. On all fours, inhale while arching your back and looking toward the ceiling. Use your spine to push your navel as



close to the floor as possible. Avoid dropping your head back or sinking in your shoulders. Direct both your tailbone and your gaze toward the ceiling. Exhale while rounding your back by lifting your navel as far as you can toward the ceiling while pressing down with your palms, fingertips and lower legs. Do 8 repetitions.

**2. Child pose.** From cat stretch position, with the tops of your feet flat on the floor, without moving your hands from cat stretch position, lower your torso onto your thighs and hold the position for 8 breaths, stretching your arms forward along the floor with each exhale. Rest your forehead on the ground (or as close to the ground as you can get it) and try to sink your hips back toward your heels. If having your knees together is uncomfortable you can spread your knees wider than your hips.



**3. Cobra pose.** Without moving your hands, knees or feet from Child Pose, lift your torso forward and up, arching your back and looking up, pushing your navel toward the floor and your shoulder blades down toward your waist. Hold for 8 breaths. If you think you might find this transition from child pose to cobra difficult you can go from child to lying prone with your hands below your shoulders. Press into your hands and lift your head, neck, shoulders and upper chest off of the ground. Lift your navel to engage your core and protect your back while opening your shoulders and stretching your neck long.



**4. Lion pose.** From cobra pose, bend your knees and drag your hands back to your knees until you are sitting on your heels with your hands on your knees. Inhale deeply and then exhale, opening your eyes wide, sticking your tongue out as far as you can and opening your hands, spreading your fingers apart as far as you can. Do 3 or 5 repetitions (or as many as you want—this exercise feels ridiculous, but it's almost as good for waking up as a cup of coffee!).



**5. Bird dog.** On all fours, lift your right arm and left leg so that both are parallel to the floor. Lift your navel toward your spine, and stretch the fingertips of your raised arm toward the wall in front of you and the toes of your raised leg toward the wall behind you. Hold for 8 breaths.

Repeat with the other diagonal pair. Do 3 full repetitions (i.e., 3 reps for each diagonal pair). This exercise is good for your whole back.



**6. Sideways plank.** With your feet together and your left hand on the floor, lift your hips into a side plank position and stretch your right arm up straight away from your body. When you are in position you should look like an airplane supporting itself on one wing tip and its tail. Hold for 8 breaths. Do 3 repetitions on each side. This pose can be somewhat challenging. You can make it easier by doing one of the following alternatives: (a) bend the bottom leg so that the lower leg rests on the ground and you are distributing your weight between the foot of the top leg and the knee and lower leg of the bottom leg, or (b) rest on the elbow and forearm rather than just the hand.



**7. Warrior pose.** From a kneeling position step forward with your right foot so that your right foot is farther forward than your right knee. Then on breath 1, slowly lunge forward for maximum stretch of your left hip flexor. Your right shin should now be perpendicular to the floor. On breath

2 raise your arms from your sides so that they are outstretched on either side of your body and parallel to the ground. Hold for breath 3. On breath 4 raise your arms straight above your head so that the palms touch. Hold through breath 8, then let your hands fall slowly again to your sides. Repeat on the other side. Do 3 full repetitions.

**8. Boat.** Sit with your feet on the floor and your knees drawn up in front of you and your hands on the floor slightly behind you with your arms straight (from the side you should look like an M). Lift your feet so that your shins are parallel to the ground, draw your navel toward your spine and balance, raising your arms above your head and then stretching them out beside you parallel to the ground. To increase the benefit of the pose straighten your legs out in front of you, lifting your feet as high as you can, with your toes pointed. Hold for 8 breaths. Return to initial resting “M” position. Do 3 repetitions.



**9. Sun salutation.** There are many versions of the sun salutation. They range from very easy (the version I do!) to quite strenuous. If you don't like my version, I'm sure the folks at Google will be happy to direct you to alternatives! Start standing with your arms at your sides. Inhale, raising your arms straight above your head.

Exhale, touching your fingertips to the floor in front of you (or as close to the floor as you can get). Inhale, lifting your head up and stretching your left leg out behind you. Exhale, moving your right leg into position next to your left and raising your hips into the air so that you are in downward



facing dog position (hands and feet on the floor so that you look from the side like an inverted V). Inhale, raising your head and lowering your hips into a plank position and then pushing up and rolling over your toes so that you are in cobra position (resting on your hands and the tops of your feet with your back arched, looking as close to the ceiling as you can and keeping as much of your straight legs on the floor as possible—see cobra description above). Exhale back through plant position into downward facing dog. Inhale, lifting your head and bringing your left foot forward so that it is between or just behind your hands. Exhale, bringing your right foot level with your left and returning to toe-touching position. Inhale, raising your arms straight over your head. Exhale, returning your arms to your sides. Repeat, reversing right and left legs. Do at least 8 reps (4 each side).

You can tell as you go through this routine which parts are geared more toward strengthening and which more toward suppling. Strengthening requires diligent repetition. You will not see results instantly. Suppling, on the other hand, while it can increase over time, can be a more instantaneous benefit of stretching. Thus it will not ruin your riding career if you skip a day of workout. It may, however, adversely affect your ride if you skip the suppling portion of the workout. If you really don't have the time for this whole routine on any given day, you can get away with just the suppling/stretching parts—cat stretches, child pose, cobra, warrior, and sun salutations. And then don't forget to breathe when you ride!

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## A Year of Gold

by Michaela Schieffer

Big changes on the horizon and huge success have gone hand in hand for NDA member Casey Blum, who experienced a fall season in 2017 with enough surprises in her professional and personal life for an entire year. Beginning in October with an engagement to her long-time beau, Lyle Eiten, the couple immediately moved to Ladd, Illinois in November. Professional changes were also in the air, with the recent graduate of the University of Nebraska-Lincoln landing a new position as an equine specialist with Hueber Feed LLC in Illinois.



Alongside these amazing changes to her personal life, Casey has had a year to celebrate with her stunning Dutch Warmblood, Eschaton, who was bred by our very own Linda J. Smith of Providence Farm and owned by Casey as a yearling. It was her first year to compete at Nationals as an Adult Amateur and Casey had always wanted to join the people from her barn who attended each year, so she began the year with this goal in mind.

It was a year of crossing of bucket list items in the show ring for this pair, attending the Festival of Champions at Lamplight in Chicago and competing at Regionals in their first time as Adult Amateur. After a nerve-racking day of watching for their qualifying scores to come in at Regionals, Casey realized that she had a mere few weeks to prepare for Finals and got to work.



At the U.S. Dressage Finals, they won their practice test the day before, and woke up the morning of their championship ride to bitterly cold weather. At 32 degrees, Casey knew that they had never shown in such cold weather prior to this day and was worried about their early ride time. The judges gave the green light to wear coats over their show jackets, but Eschaton had a fantastic warm-up before their ride and was moving really well.

*“He was not always easy when he was younger, but he tries so hard for me. When it comes down to the show ring, he really pulls it together for a performance every time. He’s there for me when it counts. He knows he can trust me and this really helps in the show ring.”* **CASEY BLUM**



them are Casey's plans to compete in 3rd Level, and desire to attend Regionals and Nationals yet again. Her main goal is to ride him in Grand Prix in the future.

Our organization is so proud to have this pair to call our own and excited to see where the future takes them for us to follow their story!

Casey took the comments from her practice test the day before to heart, and felt connected to him before the ring. Eschaton, loving every minute of the crisp air and showing everyone how great he felt, carried Casey to a unanimous win under all three judges with a 70.894% in the Second Level Adult Amateur Championship.

"I was emotional after our test, because I didn't know if that would be my last show on him, I hadn't decided yet," Casey remembers. Then their score came on the screen and they were named the 2017 U.S. Dressage Finals Second Level Adult Amateur Champions. They were able to do a victory lap, and Eschaton was the perfect gentleman, despite never having been in a venue or environment of that magnitude before.



Casey says she owes her success to her parents for the hours spent with her in the barn in preparation for these shows, as well as trainer Jami Kment for being there for her every step of the way along with the supportive Providence Farm barn family.

Since the Finals, Casey has been the recipient of the 2018 Felice Rose Scholarship for the International, to train with Pan American Games Silver medalist Karen Pavicic. Karen held the top two places in the FEI Dressage CDI4 Grand Prix at the 2016 International Omaha. Casey will have the opportunity to shadow Karen Pavicic to learn from a high-level dressage competitor, in hopes of helping her own career with her horse from this experience and their 2018 show season.

The future looks golden for this dynamic pair, with new opportunities for Casey from her move to Illinois and Eschaton hitting his prime as an 8 year old. In the cards for

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## An Emerging Athlete

by Michaela Schieffer

When it comes to whirlwind experiences in the dressage ring, not many people can claim the same level of spotlight that our own Otilia Jones has achieved in the past year. In just her first full year with her new horse, Apachi, Tillie has traveled all over the country, achieved her multiple medals, and been chosen as an Emerging Athlete for the Discover Dressage USEF/USDF Program. Her story from the past year is incredible to hear.

Despite being the first full year together, Tillie and Apachi have certainly proven to be a match made in heaven. They began their year by planning their show schedule, which consisted of competing at Maffitt Lake, Longview and the Cornhusker Classic. The scores from these three recognized shows awarded Tillie a top 3 ranking in all of the US and secured her place to compete in the Adequan FEI North American Junior and Junior Rider Championships in New York. Her family turned this into an

opportunity for a family vacation and rented an RV to enjoy the experience together.

There were no shortage of hurdles for this team to make it to the show ring, with Apachi showing colic symptoms a mere two weeks before the show. After an emergency trip to Kansas State, thankfully there was nothing more serious than dehydration, but this set them back a week in their preparations.

With barely a week to practice, Tillie won the bronze medal for the Individual test and 1st place in her freestyle, where she was able to ride to the music she had picked for her horse she lost the year prior, and made the experience a bittersweet day to remember. At this event, despite having only 3 participants on the team and not having the option of a 4th member and dropping the lowest score, their team won the bronze medal even in the blistering hot weather.

Next, at the Festival of Champions in Illinois began with an off day, with a 9th place score to 1st place within just a day to an overall 4th place, Tillie and Apachi show their true work ethic and ability to come together as an impressive team. At the Region 4 Regionals, they won Reserve Champion in the Prix St. George class and took home a silver medal.

Tillie made the decision to apply for a wild card opening in the Robert Dover Horsemanship Clinic in Wellington, Florida, of which they only accept 4 Wildcard riders out of the 16 total, and this decision proved to be her best move yet. George Williams and Charlotte Bredahl-Baker attended only a few clinics to search for members for the Emerging Athletes Program. At this clinic, 8 riders were chosen of the original 16 attendees, and Tillie secured one of these positions.

Through this program, Tillie has been able to send videos of her training rides

in for analysis every two months for continued instruction and will be soon receiving apparel and sponsorships of her plans to develop further as an athlete. She has access to the USEF sport science and medicine program as well as advice and coaching on her long-term goals. This is the first year that the Emerging Athlete Program has really blossomed, with the additional resources and prestige being poured into it from above, and is a great honor to be selected.



Tillie credits her year of 2017 as the foundation of her invitation to this program, and her future plans line up perfectly with an athlete with the talent to be chosen by George Williams and Charlotte Bredahl-Baker. Her plans in the next 5 years include

going to Europe to compete in small tour in France and Germany, participating in the Young Rider program, training Apachi up to Grand Prix and U25, as well as ultimately getting her gold medal.

We will also have the chance to see this impressive team ride in the International, in the individual and freestyle along with Heidi Basler and Missy Fladland. Their team applied for the wild card placing, as they are Region 4 riders and not close to a CDI. This competition will be similar to a CDI,

but there will be six tests total and two dropped scores for an average of four, along with monetary awards available. This will be a perfect opportunity to show our support and pride as a region for this incredible team.

With the accomplishments Tillie and Apachi have achieved in their first full year together, it is safe to say that there is no limit to the heights they can achieve. The great news is that it is all happening in our backyard and we will be keeping close watch on their incredible journey to come.



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Photo by Susan J Stickle:  
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## Scholarship Report

This was my second year going to the USDF Convention and my first year as GMO Delegate representing the Nebraska Dressage Association. Other NDA members attending the convention included Melissa Ward and Laureen Van Norman (who were both selected as Region 4 PM delegates), Jennifer Rawlinson (who was the inaugural recipient of the Dressage Foundation's Landkammer Competition Management Development Fund Grant) and Jane Fucinaro and Jenny Johnson (with their positions at The Dressage Foundation).

There are so many sessions and roundtables offered, that it was wonderful having so many NDA members there to cover them and to network with other GMO representatives and USDF officials! On Thursday morning I attended the first of two Region 4 business meetings. Anne Sushko, our Region 4 Director, updated us on what was going on in the Region. We also discussed ideas for increasing membership in those GMOs that are having problems with declining membership. Even though we aren't having that issue, it was fun to hear some ideas for making NDA more fun, especially for volunteers! We are so lucky to have such a great Region 4 Director! I also attend the Judges, L Program, and Freestyle Open Forum. There was much discussion about the changes in the FEI level tests and I learned

Our team of successful junior entrepreneurs have once again delivered an impressive array of NDA attire for us to break out our wallets in anticipation! Included in this year's swag are hoodies, sweatpant, and (everyone's favorite) sun shirts.

Contact Miya or Kim Higgins at [bigdanser@gmail.com](mailto:bigdanser@gmail.com) to order!

**\$40**



a lot about what goes into judging a Freestyle.

On Friday I attended the Competition Open Forum and the GMO Committee Roundtable Discussion for Medium Size GMOs. Both were very informative, especially learning about the obstacles other GMOs run into and how they handled them. I attended the Board of Governors (BOG) both Friday and Saturday. I had the opportunity to also represent another GMO that was not able to send a delegate. There were not a lot of controversial issues this year. There was a proposal concerning the location of the USDF AA Finals. Several delegates from the West Coast wanted to have the Finals location alternate, so that it would be held in the West Coast alternate years. This proposal was voted down by the delegates. Finally, on Saturday night, I attend the Salute Gala and Annual Awards Banquet. It was so much fun seeing Laureen Van Norman receive her Bronze Medal as well as a Master's Challenge Award at Third Level.

All of our Nebraska representatives brought back tons of information. We are excited about sharing what we learned and applying it to our NDA activities in 2018. Please feel free to contact any of us if you have questions about the convention.

- Kathy Hanford

## Junior Corner



**\$30**



**\$25**

## Western Dressage and Education Corner

As we look forward to the beginning of the 2018 show season, our Western Dressage committee would like to remind you that the new Western Dressage year end awards were approved for 2018 at the NDA banquet. The addition of the Horse and Rider year end awards for Western Dressage will require you to earn scores in two USEF shows. This year USEF added a USEF lite designation and we are hoping to have at least two of our Nebraska shows with both WDAA and USEF lite approval.

On your calendar should be the **All Things Dressage Day on May 12**, held at S & L Stables in Bennet, NE. This event will include test ride-through and coaching for Western, Cowboy, English and Driven Dressage! We hope to see you there.

Lastly, we would love to invite you to join Kathy Lewis at the NDA Booth at International Omaha on Sunday April 15 at 11:00 and 1:00 for a Q&A and roundtable discussion of "What to know before you show Western Dressage?" as we all enjoy the event's festivities.

-Kathy Lewis, NDA Board Member and Western Dressage Committee Chairperson.

Join us for our **2018 Pilates with Janice Dulak event**, being brought to you the weekend of April 20-22.



If you attended this event last year, the format will follow our last clinic. Friday night will feature a lecture and discussion, with group mat classes on Saturday and Sunday mornings and riding lessons in the afternoons.

Still Waters Equestrian Center is once again allowing us the use of their facilities and will be hosting the event on their property.

Don't miss this event, to learn more about how harmony with your body can help the harmony of your ride! Sign up for this event today!

For more information, contact Sandie McConnell at [mcconnellsandie@gmail.com](mailto:mcconnellsandie@gmail.com).

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## Region 4 News

**This coming April 12-15, join us at the CenturyLink Center for the International Omaha!**

- Reasons to attend the International Omaha in April:
1. Learning from Olympian Hubertus Schmidt during the Dressage Showcase.
  2. Cheering on LOCAL dressage riders during the Local Day NDA Recognized Dressage Schooling Show.
  3. Cheering on top-level riders partnering with Juniors and Para-Riders to compete in the first ever \$45,000 Team Dressage Challenge.
  4. Once again, there will be a fabulous boutique shopping village to enjoy.
  5. Volunteering for NDA at our booth to be involved with ALL OF THE ABOVE!

NDA's Competition Committee is hard at work with the Omaha Equestrian Foundation to create an invitation for top scoring riders at NDA's 2017 shows to compete in Omaha, in the same ring that the World Cup was held! Stay tuned for more information, and contact Jane Fucinaro for volunteer information at [jfucinaro@gmail.com](mailto:jfucinaro@gmail.com).

Our Region would like to remind you that the deadline for



### All volunteer hands on deck for the Classic!

Please mark your calendar for May 25-27, 2018. This year, we want the Classic to be a reflection of how much growth NDA has experienced, which means we have the need for more volunteers than ever.

Signing up to volunteer is easy:

1. Visit [www.nebraskadressage.org/cornhusker-classic.html](http://www.nebraskadressage.org/cornhusker-classic.html), Click the red sign up button.
2. Click on a job you would be interested in.
3. Scroll to the bottom of the page and click on "Submit/Sign Up" to fill out your information and reserve your job!

All volunteers donating 4+ hours of their time will receive a free 41st Classic show t-shirt.

all 2018 Region 4 scholarship applications will be June 15th.

Region 4 is now offering educational scholarships to our members to help you in your dressage pursuits and goals, and availability of funds is up to **\$350 per person**.

One scholarship each will be awarded to a junior/young rider and an adult amateur/professional, with the possibility of additional adult scholarships.

Visit <https://www.usdfregion4.org/grants--scholarships.html> to apply early for consideration!

www.stillwaterseq.org

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## About Our Classic Judges



**Creeky Routson**  
– “S,” r / DSHB, R / WD

Creeky Routson is a USEF “S” Dressage judge, “R”

Western Dressage Judge, “r” Sporthorse and Eventing judge. Routson lives in Walnut Creek Ca. with her three sons Sterling, Chance and Blaze- along with their horses, ducks, dogs and cats. She is a FEI dressage trainer, instructor, and competitor, but most of all a horse lover. She specializes in musical freestyles and loves to put on freestyle exhibitions in order to make a closer connection with horses and the local community. Routson with her freestyle co., Wild Ride Freestyles co- produced with UC Berkeley, Le Carrousel du Roi. This was a historical recreation of the Ballet choreographed by Antoine de Pluvinel in 1612 for the king of France. Complete with imported horse costumes, Le Carrousel du Roi was nationally acknowledged as the first recreation of its kind. Routson choreographed as well as rode in the Ballet which was performed for an audience of over three thousand, including horse and music enthusiasts.

Routson has owned, raised and trained horses for over thirty years. She especially values the connection that horses willingly establish with their human partners. Horses bring amazing experiences and life lessons with their boundless spirit and innate wisdom. She believes in the natural ability of horses to heal which has made her an advocate of Equine Assisted psychotherapy and Equine assisted Learning.

In her many years with her horse partners, Routson has earned numerous USDF championships and top ten placing along with her USDF Bronze, Silver and Gold medals.



**Sue Mandas**  
– “S,” R / DSHB

Sue has been involved in the sport of Dressage as competitor, trainer, breeder and instructor for over 40 years. She is a USEF “S” dressage judge, a “R” Sport Horse Breed judge, and an FEI 3\* Para-Equestrian Judge. A longtime member of the USDF Sport Horse Committee, she

currently also serves as an At Large Director on the USDF executive board. Involved with breeding warm blood Sport horses for many years, her first Grand Prix horse was one she bred, raised and trained herself, with instruction through clinics. Sue is a USDF Bronze, Silver and Gold Medalist and earned the Silver and Gold Freestyle Bars. Sue has trained many horses to the FEI level, winning Regional Champion or Reserve Champion at every level, Second through Grand Prix, and making the USET longlist several times. Currently she is living in Centerville, Ohio where she rides, trains and teaches.



**Nena Denman**  
– “r,” R / WD

Nena was born in Chicago and raised in Venezuela. She attended the University of Iowa and met her husband, Jesse. Together, they developed Upland Farm, near Des Moines, where they bred and trained sporthorses and held dressage schooling shows, hunter paces, and mini-events. During this time, Nena rode with the North Hills and whipped for and earned her colors from the Moingona Hunt while showing in the Hunter division and serving as an AHSA steward.

As one of the founders of the Iowa Dressage and Combined Training Association, Nena guided her love of riding cross country into involvement with eventing. Nena was an active supporter and instructor for the Raccoon Valley Pony Club. Over the years, she has worked with riders of all ages at many levels.

Currently, she is a USEF Eventing judge, USEF Dressage Judge and Technical Delegate, USEF Western Dressage Judge, and a FEI Eventing Steward. She served as a Region 4 Representative at USDF Conventions. Recent highlights include serving as a steward at the Rolex Three-Day Events in Kentucky. Her goal is to encourage riders to be effective while enjoying their horses.

## Calendar of Events

### APRIL

- 7-8 Shaggy Horse Schooling Show I & II  
Lancaster Event Center
- 9 NDA Board Meeting, 6:30  
North Misty's Steakhouse
- 12-15 The International Omaha CenturyLink Center, Omaha

- 21 Pilates for Dressage with Janice Dulak  
Still Waters Eq. Center

### MAY

- 5 Spring Fling Schooling Show  
Lancaster Event Center
- 12 All Things Dressage Day, S & L Stables
- 14 NDA Board Meeting, 6:30  
North Misty's Steakhouse

- 25 Cornhusker Classic Schooling Show  
Lancaster Event Center

- 26-27 41st Annual Cornhusker Classic I & II  
Lancaster Event Center  
Judges: Susan Mandas and Creeky Rouston

### JUNE

- 11 NDA Board Meeting, 6:30  
North Misty's Steakhouse

- 29-JUL 1 Ride In Harmony with Your Horse, Mountain Rose Ranch

### JULY

- 7 Summer Solstice Dressage Schooling Show, S & L Stables

- 9 NDA Board Meeting, 6:30  
North Misty's Steakhouse

## CLASSIFIED ADS

### *Do you have something to advertise?*

Classified ads are \$5 for NDA members and \$10 for non-members. They will appear on this page of the website for 90 days, in addition to one issue of *The Contact*.

Advertising images, documentation, and any questions should be sent to Margo Hamilton at margoreham@gmail.com. Checks should be made payable to NDA and should be sent to Kathy Hanford, 10301 W. Pioneers Blvd, Denton, NE, 6833

*NDA makes no endorsements or representation in connection with advertisements placed in this section.*



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President



## Nebraska Dressage Association 41<sup>st</sup> Annual Cornhusker Classic

Cornhusker Classic Schooling Show, Friday, May 25, 2018 (full prize list at [www.nebraskadressage.org](http://www.nebraskadressage.org) )

Cornhusker Classic I (USEF/USDF #607, Level 3 Dressage Competition), Saturday, May 26, 2018

Cornhusker Classic II (USEF/USDF #84250, Level 3 Dressage Competition), Sunday, May 27, 2018

Lancaster Event Center, 4100 N 84<sup>th</sup> St, Lincoln NE 68507

Opening Date: Monday, March 12, 2018 ~ Received By Date: Monday, May 14, 2018

### Official Qualifying Competition for the ...

2018 Adequan FEI North American Junior and Young Riders Championships presented by Gotham North

2018 USEF Pony Rider Dressage Championship

2018 AGCO/USEF Junior and Young Rider Dressage National Championships

2018 USEF Children Dressage National Championships

2018 Markel/USEF Young and Developing Horse Dressage Championships

2018 Young Adult Brentina Cup Championship presented by Dressage Today

2018 Great American Insurance Group/USDF Regional Championships

2018 USDF Breeders Championship Midstates Series

2018 World Breeding Championships for Young Horses in Dressage (5, 6 & 7 year olds)

Manager: Jennifer Rawlinson - (402) 560-3319 – [jcrawlson@windstream.net](mailto:jcrawlson@windstream.net)  
 Secretary: Anne Sushko – (563) 580-0510 – [gandasushko@hotmail.com](mailto:gandasushko@hotmail.com)  
 Tech Delegate: Nena Denman – (515) 681-0774 – [nkdenman@gmail.com](mailto:nkdenman@gmail.com)  
 Judges: Susan Mandas S, R/DSHB (OH); Creeky Routson S, r/DSHB, R/WD (CA)  
 Surgical Center: Nebraska Equine Veterinary Clinic (402) 533-1151  
 Vet: Hillcrest Animal Clinic (402) 785-1025  
 Farrier: On Call – Posted in show office and stabling area

Go to [www.nebraskadressage.org](http://www.nebraskadressage.org) for official prize list

#### Entries:

- One entry per horse/rider combination per show number
- Must be received on or before the closing date
- Online entries can be done at <http://horseshowoffice.com/> beginning on opening date of show.

#### Make checks payable to NDA and mail to:

NDA c/o Anne Sushko  
 1942 Clifford St.  
 Dubuque, IA 52002-0445

#### Required with entry:

- Coggins (last 12 months & must list USEF recorded name - no barn names)
- Verification of membership and horse recording/registration
- Payment by check if mailing entry, payment by credit card, electronic check or Paypal if entering online
- **Any entry missing these items will be considered incomplete and the incomplete fee applies.**

#### Administrative Fees:

Office Fee \$35/show  
 Late fee \$25/rider  
 Incomplete entry fee \$20/bridle #  
 Post Entries (as sched permits) \$25 added to class fee

#### Stabling & Fees: (Come early and show 3 days for a stall discount!)

One day/night Horse Stall \$40 (\$100 for 3 days)  
 One day/night Tack Stall \$40 (\$100 for 3 days)  
 Rubber Mat Rental (stalls on dirt) \$40 for entire show  
 Bedding (outside not allowed) \$9/bag\*

#### Camping/RV Hookup: \$25/night (reserve at [www.lancastereventcenter.com](http://www.lancastereventcenter.com))

(\*Bedding MUST be purchased from LEC. fines from LEC may apply for violations)

**Important:** Each day is a separate show. Use current entry form. Competitors showing both days must complete two separate entry forms and pay two separate office fees and USEF Horse/Drug fees. Stabling fees need only be paid once. Entries taken based on the order in which they are received and may close early if shows are full. Remaining entries received will be placed on a wait list based on postmark.

**Great American/USDF Qualifying Classes:** Please indicate that the class is to count for qualifying by placing a Q after the class number. Qualifying will not require a separate ride. An additional \$15 USDF Qualifying fee, in addition to the class fee, will be charged.

**\*\*Pony Classes:** The show offers a Pony Test of Choice class 1NP and 2NP (inc. Tr – 4<sup>th</sup> level, PSG/I1, I2, GP). The National Dressage Pony TOC classes will be counted towards qualification for the National Dressage Pony Cup and their year-end awards. For more info, go to <http://nationaldressageponycup.com/info.html>. Ponies must have a current USEF Pony Measurement Card. Owners of Ponies without a card need to let the secretary know one week prior to the start of the show. Measurements will be done at 7:00 am on Saturday, May 26<sup>th</sup>. (A \$50 fee may be charged). For more info on pony measurements go to <https://www.usef.org/IFrames/Faqs/measurementFAQ.aspx>. The minimum USDF membership requirements for competition state that riders must have a USDF Participating Membership, Group Membership, or Non-Member ID number. Owners must have one of the above listed membership types or a USDF Business Membership. The USDF Education Membership is not an acceptable membership type for a rider or owner of a horse competing in USEF Licensed/USDF Recognized competitions. However, requirements specific to the National Dressage Pony Cup may differ from USDF requirements.

**Freestyle Sound Checks** – Will be held on Saturday from 7:00-8:00 am (subject to change, check show office). Music must be provided in WAV or AIFF format on a CD (uSEF DR129) however we encourage you to bring additional backup formats (ie MP3).

**Stalls:** Temporary indoor 10x10 stalls with doors. Higher stall backing available for stallions. Rubber mats available for rent. Most horse stalls will be on dirt. Stalls on concrete may be used for overflow.

**Post Entries:** Will be taken as scheduling permits, with \$25 added to the fee per class. Any horse/rider changes after an entry is submitted will incur a fee of \$25. All other changes made after the closing date will incur a charge of \$10/change. The Show Office must be notified by 3:00 pm the day prior to the requested ride change.

**Refunds:** Office fee is not refundable. Entries with written cancellation on or before the closing date will receive 100% refund less the office fee. No refunds after the closing date.

**Awards:** Dressage: Rosettes awarded through 6<sup>th</sup> place in Jr/Yg, AA, and Open divisions. Champion and Res. Champion rosettes awarded for the highest scores at each level (minimum score of 57%). Three High Point trophies will be awarded to the NDA junior, NDA AA member and NDA Open rider with the highest score (Training-Gr. Prix) from either show. A minimum score of 60% required for High Point Awards. Breed awards are available and will be posted on the website and in the show office. Classes 123 and 223 are designated USDF Benefit classes. High Score (from any division) will win a ribbon and engraved silver plate from USDF.

**Confirmation/Times:** Confirmation of entry will be emailed. Ride times and show updates will be posted at [www.nebraskadressage.org](http://www.nebraskadressage.org) and at [www.horseshowoffice.com](http://www.horseshowoffice.com).

**Ride Times:** Tentative ride times will be posted on [www.nebraskadressage.org](http://www.nebraskadressage.org) and at [www.horseshowoffice.com](http://www.horseshowoffice.com). Official ride times will be posted in the show office by noon the day before the show. It is the responsibility of the rider to inform show management of any time conflicts as soon as possible after receiving ride times.

**Competitor Party:** All competitors and their families are invited to a competitor party and awards show on Saturday after the last ride of the day. Check the show office for start time.

**Arenas:** All performance arenas are Kiser-designed indoor arenas with footing composed of sand/clay, separate sand/dirt indoor and outdoor warm-up and lunging areas. Introductory classes may be ridden in a small arena (20m x 40m). Training tests 1 and 2 may be in a small arena. All other classes will be in a standard arena (20m x 60m).

**Accommodations:** Host Hotels: Staybridge Suites, 1501 N. 86<sup>th</sup> St., 402-484-6000 and Sleep Inn & Suites, 2803 Folkways Blvd, <https://www.choicehotels.com/reservations/groups/XH3BH7> (402)477-0645. Ask for the Nebraska Dressage Association discount. **For more information, check out the following web site,** <http://www.lancastereventcenter.com/hotels.html>.

**Security:** Provided on Thursday, Friday and Saturday nights from 11 p.m. to 7 a.m.

**Directions:** From I-80 East or West: Take exit 409 for US Hwy 6 toward Waverly. Turn left onto Hwy 6 toward Lincoln for 2.7 miles. Turn left onto 84<sup>th</sup> St and continue for 1 mile. Turn left onto Havelock Ave or into the Event Center from 84<sup>th</sup> St.

**Other Items:** Bridle Tags: Numbers must be worn **at all times** when a horse is being exercised or ridden. Failure to do so shall be cause for elimination. No Shows: All "No Shows" that have not contacted the show office prior to first ride will be considered a scratch for the rest of the show and time slots may be filled. Concessions: Available on the grounds one hour before start of show until the end of the show. Dogs: Dogs must be leashed and attached to a person at all times. Management may assess a fine if leash rule is not complied with. Schooling Show: Friday, May 25, 2018. Official Prize list found at [www.nebraskadressage.org](http://www.nebraskadressage.org).



Sat #	Sun #	USDF/USEF Classes Offered	Divisions	Class Fee	Fee w/Q
1UA	2UA	USDF Introductory Test A	JR-YR/AA/Open	\$40	
1UB	2UB	USDF Introductory Test B	JR-YR/AA/Open	\$40	
1UC	2UC	USDF Introductory Test C	JR-YR/AA/Open	\$40	
1T1	2T1	USEF Training Level Test 1	JR-YR/AA/Open	\$40	
1T2	2T2	USEF Training Level Test 2	JR-YR/AA/Open	\$40	
1T3	2T3	USEF Training Level Test 3*	JR-YR/AA/Open	\$40	\$55
111	211	USEF First Level Test 1	JR-YR/AA/Open	\$40	
112	212	USEF First Level Test 2	JR-YR/AA/Open	\$40	
113	213	USEF First Level Test 3*	JR-YR/AA/Open	\$40	\$55
121	221	USEF Second Level Test 1	JR-YR/AA/Open	\$40	
122	222	USEF Second Level Test 2	JR-YR/AA/Open	\$40	
123	223	USEF Second Level Test 3* (USDF Benefit Class-see prize list)	JR-YR/AA/Open	\$40	\$55
131	231	USEF Third Level Test 1	JR-YR/AA/Open	\$40	
132	232	USEF Third Level Test 2	JR-YR/AA/Open	\$40	
133	233	USEF Third Level Test 3*	JR-YR/AA/Open	\$40	\$55
141	241	USEF Fourth Level Test 1	JR-YR/AA/Open	\$40	
142	242	USEF Fourth Level Test 2	JR-YR/AA/Open	\$40	
143	243	USEF Fourth Level Test 3*	JR-YR/AA/Open	\$40	\$55
1PSG	2PSG	FEI Prix St. George*	JR-YR/AA/Open	\$45	\$60
1FI1	2FI1	FEI Intermediare I*	JR-YR/AA/Open	\$45	\$60
1FIA	2FIA	FEI Intermediare A	JR-YR/AA/Open	\$45	
1FIB	2FIB	FEI Intermediare B	JR-YR/AA/Open	\$45	
1FI2	2FI2	FEI Intermediare II*	JR-YR/AA/Open	\$45	\$60
1GPYA	2GPYA	FEI Grand Prix 16-25* (Brentina Cup Q on Sunday ONLY)	JR-YR/AA/Open	\$45	\$60
1GP	2GP	FEI Grand Prix*	JR-YR/AA/Open	\$45	\$60
1FTOC	2FTOC	FEI TOC* - Indicate Test	Open	\$45	\$60
1UFS	2UFS	USDF Freestyle* - Indicate Test. Note that Training Level is not eligible for Qualifying	JR-YR/AA/Open	\$45	\$60
1FFS	2FFA	FEI Freestyle* - Indicate Test	JR-YR/AA/Open	\$45	\$60
1EWT	2EWT	Equitation (Walk/Trot)	JR-YR/AA	\$25	
1EWTC	2EWTC	Equitation (Walk/Trot/Canter)	JR-YR/AA	\$25	
1UTOC	2UTOC	USEF TOC* - Indicate Test	Open	\$40	\$55
1RT	2RT	USEF Rider TOC - Indicate Tr, 1st or 2nd level	JR-YR/AA/Open	\$40	
1NP	2NP	National Dressage Pony TOC* (Tr - GP) Note that pony must have USEF measurement card.	Open	\$45	\$60
1PE	2PE	FEI Para TOC - Indicate Test	Open	\$45	
1PFS	2PFS	FEI Para Freestyle TOC	Open	\$45	
<b>USEF and NAJYRC Qualifying Classes</b>					
1FJT		FEI JR Team* (NAJYRC Q)	JR	\$65	\$80
1FYT		FEI YR Team* (NAJYRC Q)	YR	\$65	\$80
1FPT		FEI Pony Team	JR-YR	\$65	
	2FJI	FEI JR Individual (NAJYRC Q)	JR	\$65	
	2FYI	FEI YR Individual (NAJYRC Q)	YR	\$65	
	2FPI	FEI Pony Individual	JR-YR	\$65	
	2FJFS	FEI JR Freestyle (NAJYRC Q)	JR	\$65	
	2FYFS	FEI YR Freestyle (NAJYRC Q)	YR	\$65	
1FCT		FEI Children Team	JR-YR	\$65	
	2FCI	FEI Children Individual	JR-YR	\$65	
1DHT		USEF Developing Horse TOC - not USEF Q eligible		\$65	
	2DHP	USEF Developing Horse - Developing PSG		\$65	
	2DHGP	USEF Developing Horse - Developing Grand Prix		\$65	
1YHT		USEF Young Horse TOC - Preliminary/Final Practice Only (morning test)		\$65	
1F5P		FEI Five-Year-Old Preliminary Test (FEI WBC Q Only) (afternoon test)		\$65	
1F6P		FEI Six-Year-Old Preliminary Test (FEI WBC Q Only) (afternoon test)		\$65	
1F7P		FEI Seven-Year-Old Preliminary Test (FEI WBC Q Only) (afternoon test)		\$65	
	2U4	USEF Four-Year-Old Test		\$65	
	2F5	FEI Five-Year-Old Final Test (National and FEI WBC Q)		\$65	
	2F6	FEI Six-Year-Old Final Test (National and FEI WBC Q)		\$65	
	2F7	FEI Seven-Year-Old Final Test (FEI WBC Q Only)		\$65	

Continued on next page

<b>Opportunity Classes</b>					
1OUA	2OUA	USDF Introductory Level Test A - Opportunity	Open	\$30	
1OUC	2OUC	USDF Introductory Level Test C - Opportunity	Open	\$30	
1OT1	2OT1	USEF Training Level Test 1 - Opportunity	Open	\$30	
1OT2	2OT2	USEF Training Level Test 2 - Opportunity	Open	\$30	
<b>USEA Eventing Classes</b>					
1EVT	2EVT	USEA Eventing TOC	Open	\$30	

\* = GAIG/USDF regional qualifying test

\*\* = See Prize list for details on National Dressage Pony Classes

### Breed Show Classes

<b>Materiale Classes (Under saddle group classes)</b>					
1M3F	2M3F	Materiale - 3 yr old Fillies	Open	\$30	
1M3C	2M3C	Materiale - 3 yr old Colts/Geldings	Open	\$30	
1M4M	2M4M	Materiale - 4 & 5 yr old Mares	Open	\$30	
1M4S	2M4S	Materiale - 4 & 5 yr old Stallions/Geldings	Open	\$30	
<b>Sport Horse Prospects In-Hand (Horses 3 &amp; Under)</b>					
1F16	2F16	Fillies Current Year (with or without dam)		\$35	
1CG16	2CG16	Colts/Geldings Current Year (with or without dam)		\$35	
116CH	216CH	Current Year Foal Championship (USDFBC Qualifier)		\$35	
1FY	2FYI	Fillies Yearling		\$35	
1F2	2F2	Fillies Two year old		\$35	
1F3	2F3	Fillies Three year old		\$35	
1FCH	2FCH	Filly Championship (USDFBC Qualifier)		\$35	
1CGY	2CGY	Colts/Geldings Yearling		\$35	
1CG2	2CG2	Colts/Geldings Two year old		\$35	
1CG3	2CG3	Colts/Geldings Three year old		\$35	
1CGCH	2CGCH	Colts/Gelding Championship (USDFBC Qualifier)		\$35	
<b>Breeding Stock In-Hand (Horses 4 &amp; Older)</b>					
1M4MY	2M4MY	Mares Four year old & Older Maiden & Yeld Mares		\$35	
1MB	2MB	Mares Four year old and older, Broodmares		\$35	
1MCH	2MCH	Mare Championship (USDFBC Qualifier)		\$35	
1S4+	2S4+	Stallions Four year old & Older		\$35	
1SCH	2SCH	Stallion Championship (USDFBC Qualifier)		\$35	

\* = GAIG/USDF regional qualifying test

\*\* = See Prize list for details on National Dressage Pony Classes

For the complete 16 page list of rules, regulations and championship requirements, please view the full official prizelist at [https://www.nebraskadressage.org/uploads/1/4/1/9/14198623/2018classic\\_recognized\\_prizelist.pdf](https://www.nebraskadressage.org/uploads/1/4/1/9/14198623/2018classic_recognized_prizelist.pdf).