



The Contact

2nd Quarter 2022



Inside:

- 2 2022 Classic Recap
- 3-4 J. Kotylo Clinic Recap
- 6-8 NDA Awards Guidelines
- 9 What would you like to see?
- 10 NDA Sponsors
- 11 Calendar of Events

We are about halfway through the show season already! It's hard to believe that we've only got a couple more months of shows left. In this issue of the contact, we are doing a look-back on the Classic and the Jennifer Kotylo clinic. We are also asking you, the members what you would like to see NDA prioritize in the next month, 6 months, year.

Your board and committee members want to hear your ideas, no matter how big or small. This is your organization and we are here to help you succeed.

Carrie Cross
President



STATE LINE TACK®

We make riding affordable.



FUCINARO EXCAVATING

The Cornhusker Classic Volunteers Power Successful Show

Since the facility contract signed was November 17 with Quail Run Horse Centre, Inc. and Urban Equine Events, LLC, Nebraska Dressage Association has looked forward to hosting their 44th annual Level 3 dressage show in a privately owned outdoor venue in Elkhorn, Nebraska, that has a history of hosting high level hunter/jumper shows.

After rainy days leading up to the weekend of May 28-29th, the event benefited from sunny and warm weather for our competitors, their horses, and our volunteers. The GGT and sand/GGT competition, warm-up, and lunging arenas were carefully managed for the conditions which is critical to the success of qualifying competitions for the USEF Dressage National Championships, FEI WBC, FEI NAYC, and Mid-West region USDF Breeders Championship.

You may be wondering how to measure the success of a dressage show and, as you may have guessed, competitor feedback will ultimately determine how your event is remembered which, in turn, will affect future participation and success. Those of us at the show on Memorial Day weekend heard many compliments about the new venue and NDA's friendly volunteers and received some helpful feedback to improve future events. The officials were especially grateful for the knowledgeable and hard-working volunteers as a new venue can be challenging in the first year of any event.

Financial success is also critical to dressage show continuity and, as one of the few remaining USDF GMO-organized shows in the region, relies heavily on finding suitable facilities that are affordable and finding a large number of volunteers. What you may not realize is that planning a USEF/USDF rated show is a year-round volunteer effort led by the NDA Competitions Committee that culminates in a weekend requiring 76 volunteer time slots!

The facility offers 100 permanent stalls in a covered open air building with the option to rent additional stalls and, this year, there was room for additional horses even without limiting tack stalls. Using preliminary entry data, there appeared to be approximately 84 stalls sold and 68 horse/rider entries which, in combination with shavings and USEF/USDF fees, totaled nearly \$30,000.

Compared to 10 years of Classic data, this is very close to the average of 67 stalls sold and \$26,000 in revenue which nets a breakeven point of approximately 50 horses (not including tack stalls) if they show both days. According to the data available to the competitions committee, Quail Run's contract cost was expected to be very comparable to prior facilities' cost. While in the planning stage, the hope was to grow the show to 100 stalls and eventually double the size of the Cornhusker Classic to 150 stalls.

So, how can you ensure a hometown show will be available to you, your family, and your clients in the future? Horse shows simply need enough entries to cover fixed costs (facility, officials, etc.) and then, hopefully enough additional entries, to provide a profit. And, let's not forget that USEF requires a large number of positions at a show of this caliber so, if you weren't one of the 31 dedicated volunteers this year, NDA invites you join them for the 2023 event.

Thank you to our judges Debbie Riehl-Rodriguez, S/Dressage and R/DSHB, and Susan Mandas, S/Dressage and R/DSHB, our technical delegate Nena Denman for officiating, and show secretary Anne Sushko for keeping everyone organized. Thank you also to Urban Eats Sports Concession for offering onsite breakfast, lunch, and snack items throughout the weekend from the show office trailer.

Show results are available at <https://horseshowoffice.com>.

Jennifer Kotylo Clinic in Eagle, NE

Submitted by Karen Stricklett, NDA Educational Chairperson

The Jennifer Kotylo Clinic at Legacy Dressage on April 22, 23 and 24 was a huge success! The clinic kicked off on Friday evening with a two hour mat and lecture session at Justin Wittler's Valiant Fitness Center in Lincoln. Justin graciously allowed us to use his facility, which enabled us to spread out on our mats and work with Jennifer as she described her principles and demonstrated various exercises to help us each increase our body awareness and improve our flexibility, strength and balance.

During the clinic, Jennifer used two primary exercise modalities – Pilates/Equilates and Echart Meyner's Balimo work. This approach helped each of us to identify our unique "issues" and explore ways to "rebalance" our bodies both on and off the horse.

The goal of her Pilates/Equilates approach was to help us learn to move our legs and arms freely around a stable base; help clarify our aids; avoid collapsing and bouncing in the saddle; better absorb our horse's movement; improve our posture; and maintain a neutral pelvis in order to follow our horse's movement.

The purpose of the Eckart Meyners' Balimo work was to help us "relearn" the neural connections we have "forgotten" due to injury, over-use, miss-use or non-use. These connections are what allow the body to "go with the flow" of the horse. Through this particular approach, riders were able to discover their "most stuck" areas (such as the occipital joint, sternum, SI joint, pelvis, hips, or tendons). Jennifer then showed them specific exercises to help them release these areas. By achieving "biomechanical correctness", she pointed out that riders can become more elastic and fluid in their own movements, which allows their bodies to work naturally and in harmony with their horse.

Thanks to generous donors,
grants are available for:



Instructors
Judges
Technical Delegates
Show Management
Adult Amateurs
Youth
Breeders
High Performance Riders
Non-Profit Equestrian
Organizations and USDF GMOs

Visit dressagefoundation.org
and click on "Support" or call
(402) 434-8585 to donate.

The Dressage
Foundation's donors
provide support to
improve dressage in the
United States.

Your donation helps to
build a stronger, more
accomplished dressage
community.



Photo by Susan J Stickle:
Olivia LaGoy-Weltz,
2015 Lavell Advanced
Prize Recipient

Your contribution to The Dressage Foundation is an investment in your dressage community. Thank you!

Here are comments from some of the riders:

I have taken riding lessons for years and have never worked with a trainer who focuses on the riders as much as Jennifer did. It was amazing to see the changes in the horses when the rider paid attention to what his/her body was doing and addressed those issues through exercises and mat work.

The Jennifer Kotylo Clinic was so helpful to my riding. I appreciated her ability to see where the imbalance occurs in the body. Many times, the imbalance or tension is occurring in one spot but manifesting in a completely different area. I learned a lot not only in my riding session but watching her transform other riders.

The intentional stretching and mat work before the riding sessions was totally eye opening. I learned how to pinpoint problem areas in my body and set myself up in the best possible way to become more equal on both sides of my body.

Due to a horse related accident, I am now disabled. I had very specific concerns as to how to make the most of my now limited abilities. Jennifer listened intently and walked me through some solutions. This was the best clinic I have ever been to.

Although I was unable to ride in the clinic, I did participate in the Friday evening and Saturday and Sunday morning mat sessions. I realized that the exercises are not as difficult as I had expected them to be but are still very effective. I can't wait to use what I learned in the saddle.

For more information about Jennifer and her program, please visit her website: www.jenniferkotylo.com.

PONCA HILLS FARM



Drs. Mike Black, Kim Conover, Amy Cook and Michael Thomassen
Veterinarian | Nebraska Equine Veterinary Clinic | 402.533.1151
10261 County Road P38A
Omaha, NE 68142

When his idea of Flying Change means you're going airborne...



WE'LL BE HERE TO HELP

 URGENT CARE CLINIC
OF LINCOLN, P.C.
72ND & PIONEERS

(402) 488-4321

Open 7 Days A Week

UCCLincoln.com

CHEAT SHEET for NDA AWARDS

Use this helpful form to keep track of what you have
(and what you still need) for year-end awards.

Volunteer hours _____

(Rider must volunteer 6 hours of service at NDA-recognized events during the competition year.)

—OR—

Sponsorship/fundraising money _____

(Rider must raise \$60.00 in sponsorship money for NDA during the competition year.)

—OR—

Combination of above _____

(Rider may contribute a combination of service and sponsorship money, where 1 volunteer hour = \$10 of sponsorship money, and total value must equal \$60.)

NDA Member _____

(Rider must be registered with NDA at the time scores are earned.)

Horse registered with NDA _____

(Horse must be registered with NDA at the time scores are earned and be at least 36 months old at the time ridden.)

Scores Needed _____

(For Intro-Fourth Level, a minimum of 4 scores at a given level. For FEI and Prix Caprilli, a minimum of 2 scores at a given level.)

Competitions Needed _____

*(For horse awards, rider awards, freestyle awards, the David Funk Memorial Award, and the FEI Jr/YR Award, **scores must be from 2 different USDF-recognized competitions.** For the schooling show medal series, rider rosettes, qualified riding certificates, the Sedlacek-Rose*

Swedish Warmbloods Award, and the Peter Rose Memorial Trophy, **scores must be from 2 different NDA-recognized competitions.**)

Judges Needed _____

(Scores must be from 2 different judges.)

Minimum score (at each level) _____

(To be eligible for horse awards, rider awards, and the schooling show medal series, you must earn a median score of 55% at that level .)

Highest test of the level _____

(To be eligible for horse awards, rider awards, and the schooling show medal series, you must earn at least 1 score of 55% or above from the highest test of that level.)

*NDA Score Report form _____

(You must submit ALL scores from ALL NDA-recognized and USDF-recognized shows from the competition year.)

* Volunteer/Fundraising form _____

(You must submit this form in order to qualify.)

*USDF Score check report (if participating member of USDF/USEF)

(You may submit USDF-recognized scores via a copy of your USDF Horse Score Check form if you are a PM of USDF. You must still report schooling shows on the NDA Score Report form.)

***Forms must be turned in by OCTOBER 5!!!**

Please see the current year's NDA Member Handbook for a full list of rules and requirements for all the different year-end awards, as well as an explanation of how your median scores will be calculated by the Awards Committee.

Nebraska Dressage Association Guidelines for Western Dressage Awards

The Nebraska Dressage Association offers 2 award programs for members riding in Western Dressage classes.

To qualify for the Schooling Show Series Awards, you need to do the following:

1. Join NDA and register your horse in NDA before your first competition
2. Ride the minimum tests under at least 2 judges at your level of competition as outlined in the NDA Handbook. Include at least one Test 4 at your level in your reported scores.
3. Report your scores on time for Awards.

To qualify for the WDAA recognized show awards, you need to have the following:

1. Join NDA and register your horse in NDA before your first competition
2. Join WDAA and USEF.
3. Only scores from WDAA recognized show will count towards this awards program. They may be shows here in Nebraska and out-of-state shows.
4. Ride the minimum tests under at least 2 judges at your level of competition as outlined in the NDA Handbook. Include at least one Test 4 at your level in your reported scores.
5. Report your scores on time for Awards.

When in doubt, check your NDA Handbook, for clarification contact your Western Dressage Committee chair for Nebraska Dressage Association (Sheila Purdum, purdumstables@gmail.com)



Drs. Mike Black, Kim Conover, Amy Cook and Michael Thomassen
Veterinarian | Nebraska Equine Veterinary Clinic | 402.533.1151
10261 County Road P38A
Omaha, NE 68142

What would you like to See?

NDA is your organization and as such, your opinion matters to the NDA board members. What would you like to see from NDA in the future?

Please email president@nebraskadressage.org to have your opinions, thoughts, and ideas heard by the board.

More schooling shows

More Clinics

If more clinics, what type? Where? By whom?

Webinars

Fun Days

Movie times, trail rides, skate events.....

Other

2022 SPONSORS

CLASSIC LEVEL SPONSORS

2ND and 3RD Level - Stricklett and Associates, Omaha, NE

4th Level – Anonymous NDA member

CLASSIC CLASS SPONSORS

Intro 1 Adult Amateur– Betsy Bobenhouse, Lincoln, NE

Intro 2 Adult Amateur – Jenny Johnson, Lincoln NE

Intro 3 Junior – Toni Alstrom, IT Works, Ashland, NE

Training 1 Junior – Omaha Equestrian Foundation

Training 1 Adult Amateur – Omaha Equestrian Foundation

ANNUAL ARENA LETTER SPONSORS

A - Toni Alstrom, IT Works, Ashland, NE

B – Betsy Bobenhouse, Lincoln, NE

E – Arington-E Equine Vitamin E Supplement, Elkhorn NE

F – Dr Susan Macquiddy for Frost, Omaha, NE

G – Diane Fuchinaro for Gigi, Omaha, NE

P – Robin Wright for Piper, Ft Calhoun, NE

S- Joanna Gale for Sneakers, Omaha, NE

GRAND PRIX LEVEL SPONSOR

Omaha Equestrian Foundation, Omaha, NE

PRIX ST GEORGE LEVEL SPONSOR

Shan Lawton Dressage LLC, Omaha NE

Dr Susan MacQuiddy, Omaha, NE

Ponca Hills Farm, Omaha NE

3rd LEVEL SPONSOR


Nebraska Equine Veterinary Clinic, Omaha NE

INTRO LEVEL SPONSOR

Starborn Feed, Yutan, NE

The Handy Groom, Elkhorn NE

Fuchinaro Excavating Company, Inc, Omaha NE



Walker Equine Therapies, LLC
Equine and Equestrian Bodywork Professional

Benefits of Bodywork Include:

- Improved range of motion
- Increased mobility
- Reduction in discomfort

Christine N. Walker, LMT
 574-904-1658
 WalkerEquineTherapies.com

Calendar of Events

July

- July 8 Christmas in July
Stillwaters Equestrian Center
- July 11 NDA Board Meeting
Zoom Conference Call
All NDA Members Welcome
- July 16 Summer Solstice Dressage & CT
Show
S&L Stables

August

- August 8 NDA Board Meeting
Zoom Conference Call
All NDA Members Welcome
- August 13 Stillwaters Annual Show
Stillwaters Equestrian Center

Sept.

- Sept 8 - 11 USDF Region 4 Champs.
St. Louis, MO
- Sept 12 NDA Board Meeting
Zoom Conference Call
All NDA Members Welcome
- Sept 25 **NDA 2022 Schooling Show Champs**
Lancaster Event Center

Oct.

- Oct. 10 NDA Board Meeting
Zoom Conference Call
All NDA Members Welcome



SHAN LAWTON
DRESSAGE LLC

Helping horses and riders
achieve their potential
from training level to Grand Prix!

OMAHA & LINCOLN