



The Contact

FALL 2018

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A Successful End to 2018

It has been a year of firsts in 2018 for our members, from obtaining new facilities to earning bronze medals after years of hard work. It has also been a year of growth as riders, with so many clinic opportunities to learn from.

It has been a pleasure to see all of these wonderful accomplishments come to pass among our members and celebrate alongside one another at our Cornhusker Classic show as well as our Awards Banquet. If you were unable to attend the banquet, this issue holds all the awards information you missed.

2019 will be starting off with the possibility of similar promise, with wonderful new board members and new growth as riders after a heavy year of clinics. We hope to see increased numbers at all of our shows after providing these clinic opportunities for our members.

I know we are all excited to see how far our members will come in the coming year!

Here's to a great 2019 show season with you all!

Happy riding,
Michaela Schieffer
NDA Editor



Welcome our newly elected 2019 NDA Board of Directors!

- President: Melissa Ward
- Vice President: Margo Hamilton
- Secretary: Jane Fucinaro
- Treasurer: Lana Erickson
- Junior Rep: Miya Higgins
- Members at large:

 - Gracia Huenefeld
 - Heidi Helmer
 - Kathy Hanford
 - Angie McClelland (not pictured)

Awards Banquet

Michaela Schieffer

There were mimosas in hand and the scent of quiche in the air, as we all gathered at this year's NDA awards banquet. Held on the first Sunday of November to avoid conflict with any holiday plans, the event was a stand-out in more ways than just the menus. With stunning apple centerpieces from Trader Joe's to accent the special occasion, the Ashland Country Club was the perfect setting for our members to celebrate our achievements of the year.



The silent auction table maintained its legacy as a major highlight of the event, featuring an impressive array of items. From stunning metal barn signs, farrier services and books, to complete unicorn gift baskets, the shopping was the reason to arrive early!

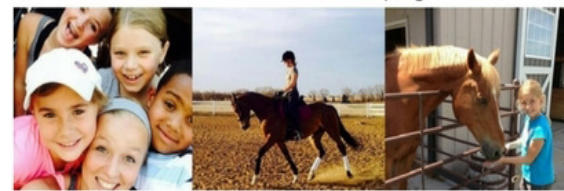
Our board elections experienced the loss of our beloved Kathy Hanford as Treasurer, but welcomed her replacement in new board member and Treasurer, Lana Erickson. There were other shifts in leadership, as Melissa Ward resumed her Presidential role from 2016, Margo Hamilton assumed the role of Vice President, and Jane Fucinaro as Secretary. Heidi Helmer, Gracia Huenefeld, Angie McClelland, and Kathy Hanford are our members at large, with Miya Higgins reprising her role as Junior Representative.

As always, the brunch was the perfect conclusion to our show season, and we have included the results for everyone to see. As we sat among friends to share stories, we were all reminded of the incredible community we have joined. Here's to another year of showing and friendship in 2019!



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Ariele Peters
 Grace Spaulding
 Lexi Wathor
 Maria Albers
 P.J. Koehler
 Remy Grace Sass
 Tom Koehler
 Zoe Christensen

**Rider Rosettes
(Both Classical and Western)****Blue Rider Rosettes****Intro:**

Ann McGill (Ellis) Oakley
 Emily Amisano Charlie Brown
 Lexi Wathor Panache
 Tori Coleman Lucy
 Zoe Christensen Wakis Fancy

Training:

Ariele Peters Willow Fina Hill
 Grace Spaulding Little Miss Mirrhi
 Madison Welker Orlando
 P.J. Koehler This Magic Moment

First Level:

Lizzie Ehlers Evensong
 Michelle Rohman Pan's Dance
 Raegan Lingenfelter Catch a Glimpse
 Rebecca Barry Wild Rumpass
 Remy Grace Sass Overthyme AMF

Second Level:

Kate Rawlinson RG Denmark Royal's Image
 Remy Grace Sass Overthyme AMF
 Stacey Knox Fernando V

Western First:

Sheila Purdum Other's Will Follow

Red Rider Rosette**Intro:**

Maria Albers Capone
 Maureen Sughroue Can I Get My Chex

Training:

Joslyn Schoemaker Lil Boomer
 Tori Coleman Lucy
 Zoe Christensen Wakis Fancy

First Level:

Miya Higgins Can Danse
 Rebecca Barry Wild Rumpass

Western First:

P.J. Koehler This Magic Moment

White Rider Rosette**Western Basic:**

Tom Koehler Rowdy Yates

Schooling Show Medal Series (Classical only, no Western)**Intro:****14 and Under**

Gold: Emily Amisano Charlie Brown 68.75000
 Silver: Lexi Wathor Panache 66.0000
 Silver: Zoe Christensen Wakis Fancy 66.0000

15-21

Gold: Maria Albers Capone 62.0315

Adult Amateur

Gold: Ann McGill (Ellis) Oakley 68.5950

Training Level**14 and Under**

Gold: Grace Spaulding Little Miss Mirrhi 65.0000
 Silver: Alexa Starner Coal Creek Devious Boy 63.1470

15-21

Gold: Anna Cooper Miley II 64.2045

Adult Amateur

Gold: Kathryn Hanford Goldhills Gemini 66.9200
 Silver: Lana Erickson My Blue Skye 64.5460

Open

Gold: P.J. Koehler This Magic Moment 66.5400

First Level**15-21**

Gold: Michelle Rohman Pan's Dance 70.00000
 Silver: Raegan Lingenfelter Catch a Glimpse 67.18750
 Bronze: Miya Higgins Can Danse 61.81550

Second Level**15-21**

Gold: Kate Rawlinson RG Denmark Royal's Image 66.09800

Rider Test Medal Series**Adult Amateur:**

Ariele Peters Willow Fina Hill Training 82.00000

Classical Dressage Rider Awards (ribbons only)**Training Level****Jr. 14 and Under**

Champion Lexie Kment Blue Man Tango 69.20450
Res. Champion Grace Spaulding Little Miss Mirrhi 66.59100

Jr. 15 to 21

Champion Madison Welker Orlando 66.04900
Res. Champion Anna Cooper Miley II 60.11350

Adult Amateur

Champion Kathryn Hanford Goldhills Gemini 65.19250

Open

Champion P.J. Koehler This Magic Moment 65.68150

First Level**Jr. 15 to 21**

Champion Rebecca Barry Wild Rumpass 68.32250
Res. Champion Lizzie Ehlers Evensong 67.35300
3rd Raegan Lingenfelter Catch a Glimpse 65.40550
4th Kate Rawlinson RG Denmark Royal's Image 62.75100

Adult Amateur

Champion Heidi Helmer Weston 64.11800

Second Level**Jr. 14 and Under**

Champion Kylee Kment Manatee 66.90500

Jr. 15 to 21

Champion Kate Rawlinson RG Denmark Royal's Image 64.33100
Res. Champion Raegan Lingenfelter Catch a Glimpse 62.07300

Adult Amateur

Champion Stacey Knox Fernando V 66.63200
Res. Champion Remy Grace Sass Overthyme AMF 64.75900

Open

Champion Jami Kment Honor 70.06100

FEI Prix St. George**Jr. 15 to 21**

Champion Tillie Jones Apachi 68.33300

Open

Champion Jami Kment Gatino Van Hof Olympia 69.04450

Western WDAA Rider Awards (Ribbons Only)**Western Intro****Adult Amateur**

Champion Kathy Lewis Excalibur Elite Equine's
Enchantment 70.24000
Res. Champion Kathy Lewis Simon Says Im Solo
69.28500

Western Basic**Adult Amateur**

Champion Tom Koehler Rowdy Yates 59.66500

Open

Champion Sheila Purdum Other's Will Follow 64.15000

Western First**Open**

Champion P.J. Koehler This Magic Moment 64.23100

Classical Special Awards (trophy and ribbon):**Sedlacek-Rose Swedish WB Award**

Kathryn Hanford Goldhills Gemini 68.913

Peter Rose Memorial Trophy

Tillie Jones Apachi PSG 71.7497 (adjusted median)

David Funk Memorial Trophy

Jami Kment Gatino Van Hof Olympia PSG
72.4967 (adjusted median)

FEI Jr/YR Award (median of mean IND/Team at top 3 shows)

Tillie Jones Apachi 69.7731

NDA Classical High Score of the Year

Jami Kment Honor Second 75.366

Western Dressage Special Awards (Trophy and ribbon):**Western Dressage High Point Trophy**

Sheila Purdum Others Will Follow W Basic 75.7500

S&L Stables Basic Level High Point Horse Award

Sheila Purdum Others Will Follow 75.750

S&L Stables High Point AQHA Award for Classic or Western Dressage

Sheila Purdum Others Will Follow W Basic
75.750

Western Horse Awards (Champion Silver Plate and Ribbon) (no prize since they are keeping the plate):**Horse Awards by level:****Introductory Level**

Champion Kathy Lewis Excalibur Elite Equine's
Enchantment 70.2400
Res. Champion Kathy Lewis Simon Says Im Solo
69.2850

Basic Level

Champion Sheila Purdum Other's Will Follow 64.1500
Res. Champion Tom Koehler Rowdy Yates 59.6650

First Level

Champion P.J. Koehler This Magic Moment 64.23100

Freestyle Awards

Champion Sheila Purdum Other's Will Follow W First
68.4719 (adjusted median)

Western Dressage Horse of the Year (Silver Plate, Ribbon, and Prize)

Reserve Champion
Sheila Purdum Others Will Follow W Basic
64.1500 (adjusted median)

Champion
P.J. Koehler This Magic Moment W First
64.8733 (adjusted median)

Classical Horse Awards (Champion Trophy, champion prize and Ribbon):**Horse Awards by level:****Training Level**

Champion Lexie Kment Blue Man Tango 69.2045
Res. Champion Grace Spaulding Little Miss Mirrhi 66.5910
3rd Madison Welker Orlando 66.0490
4th P.J. Koehler This Magic Moment 65.6815
5th Kathryn Hanford Goldhills Gemini 65.1925

First Level

Champion Rebecca Barry Wild Rumpass 68.32250
Res. Champion Lizzie Ehlers Evensong 67.35300
3rd Raegan Lingenfelter Catch a Glimpse 65.40550

4th Heidi Helmer Weston 64.11800
5th Kate Rawlinson RG Denmark Royal's Image 62.75100

Second Level

Champion Jami Kment Honor 70.06100
Res. Champion Kylee Kment Manatee 66.90500
3rd Stacey Knox Fernando V 66.63200
4th Remy Grace Sass Overthyme AMF 64.75900
5th Kate Rawlinson RG Denmark Royal's Image 64.33100
6th Raegan Lingenfelter Catch a Glimpse 62.07300

FEI – Prix St. George

Champion Jami Kment Gatino Van Hof Olympia
69.04450
Reserve Champion Tillie Jones Apachi 68.333

FEI

Champion Gatino Van Hof Olympia Jami Kment PSG
72.4967 (adjusted median)

Freestyle Awards

Champion Tillie Jones Apachi PSG 74.6372 (adjusted
median)

Classical Horse of the Year (Trophy, Ribbon and Prize)

Reserve Champion
Tillie Jones Apachi PSG
71.7497 (adjusted median)

Champion
Jami Kment Gatino Van Hof Olympia PSG
72.4967 (adjusted median)



Awards Letter

Kathy Hanford

Nebraska Dressage Association is very proud of the hard work, determination and talent that Tillie Jones has shown in her fantastic success at representing Nebraska as a member of the Region 4 Junior team last year and of the Region 4 Young Rider team this year at the NAJYRC. The Junior team rides at Third level, while the Young Rider team rides at PSG.

Determining the end of year awards is not an easy task. There are many rules and adjustments that need to be checked and double-checked. For awards that are awarded across levels, an adjustment is made so that scores at higher levels are adjusted upward to reflect the added difficulty of riding these levels. This year, I unfortunately used the Third Level adjustment (1.03) for Tillie's scores, rather than the PSG adjustment (1.05).

After the scores were recalculated using the correct PSG adjustment, Tillie and Apachi earned the following awards:

Peter Rose Memorial Award for the JR/YR with the highest adjusted median score: PSG 71.7497

Reserve Champion FEI- Prix St. George Horse Award: median score 68.333

Reserve Champion Classical Horse of the Year Award: PSG 71.7497 (adjusted median)

Congratulations Tillie and Apachi! Thank you for being so gracious and understanding about my mistake. NDA is so very proud of what you have accomplished and excited about where you and Apachi will go in the future!

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

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Sponsor Spotlight - Sun Valley Landscaping

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-Paul Fraynd & Hugh Morton, owners



Our story starts with a couple of dreamers from different walks of life—dreamers who merged two companies to create Sun Valley Landscaping.

Paul Fraynd spent most of his life in Omaha after moving here with his family from Montana in 1989. His father Darrell had retired from the Army and went on to work at Kiewit for 25 years. Paul attended Creighton where he studied business. One day, Paul and his college roommate went out and purchased a \$50 garage sale mower and started up a business. In 2002, Paul went on his own to start Omaha Friendly Services, where he provided landscape maintenance services to his friends, family, and his Creighton network of people. His homegrown lawn mowing business quickly grew, moving him from his home garage to a small shop in Papillion, Nebraska.

Hugh Morton spent most of his childhood as a military brat, traveling all over the world. When his father retired from the military, he decided to settle right here in Omaha at Kiewit. Hugh attended Utah State University where he studied engineering and accounting until he found his true passion in landscape architecture. After college, in 1995, Hugh partnered with Don Shrack who was selling rocks out of his semi-trailer

on 56th and Harrison Street. They bought a truckload of plants, and by 2000 Hugh started up the design + build portion of the company. That same year, they were running three installation crews with Hugh doing all of the design work.

As industry veterans, Paul and Hugh saw the demand for a quality company that could take care of all outdoor needs with one phone call. In 2012 they created Sun Valley Landscaping, a company built on basic fundamentals and values: people come first, everyone is an owner, we do it right (the right way), it's all about the experience, we take care in the craftsmanship.

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Fall Clinic Series

By Margo Hamilton

Dressage riders in Nebraska have been lucky enough to have a full schedule of clinics to attend this fall. Two of the world's top riders traveled to Nebraska to share their insights with riders and auditors in our area who were able to attend. Regardless of if you are sitting on a horse or a lawn chair, a great deal of knowledge can be gained when attending any of our area's amazing clinic opportunities. Here are some observations from the recent Karen Pavicic, Debbie McDonald clinics.

Get a response!

Karen Pavicic, renowned international competitor, and frequent contributor to Dressage Today Magazine returned to Lincoln Equestrian Center for a second time this year, September 29 through October 1, 2018 for three days of intense work with local riders. Pavicic is a wonderfully effective clinician. The horses and riders all started in one gear and shifted to a whole new one by the end of each ride.

The phrase which sticks out from the weekend is "Get a response!" Pavicic was laser-focused on all of the horses giving a response to the specific aid when the aid was given. The response needed could be from the right leg or asking for flexion. Sheer dressage perfection was not necessarily the aim, but rideability of the horse....and quickly!

Inherent to Pavicic's teaching style is the repetition of a key bit of knowledge. If a rider is to keep the horse in a position, she means it. Pavicic will repeat "renver" several times.

This is helpful to the riders, as perhaps they're not certain how much "renvers" is enough. Additionally, the repetition of key short-term goals helps the rider stay focused on only THAT element which is asked of her in the moment as opposed to "renvers, right hind leg, seat bones...dinner tonight...need to pay the cable bill, it's grandma's birthday next week...oh wait...renvers!"

Lateral movements, leg-yielding, renvers, shoulder-in were used at walk, trot and canter to assist in the engagement of the hind end of the horses. In particular these exercises are essential to the development of improved collected work as well as more through transitions. After going through these exercises Pavicic would exclaim "THERE! Do you feel it? That's your (flying)change!" A rider who participated in this clinic left the weekend with excellent tools to improve their overall riding, as well as tools necessary to get more from their mounts.

To be demanding about getting a response from your horse should not be misconstrued as a lack of patience or being so demanding as to cause your horse stress. On the contrary, be demanding but when your demands are not met with exactly the response you were looking for examine a bit why? Is it because you lost straightness or perhaps you lost focus on your short-term daily riding goal and gave up? It's essential to improving your dressage, that you and your horse can communicate with each other.

It is apparent in her teaching methodology how Pavicic

has been so very successful in brining horses up the levels and into FEI competitions. She demonstrates a clear and deep understanding of the training scale and how to utilize movements in varying degrees in order to improve the overall quality of gaits and athleticism of the horses she trains. As riders we can look to Pavicic for inspiration to improve the quickness and accuracy of our aids to benefit the horse.

Ride Every Step!

October 6 and October 7, 2018 Providence Farm was once again the host to Olympian, and USEF Dressage Development Coach, Debbie McDonald. McDonald is a small but mighty teacher with great enthusiasm for dressage and getting the very best out of her riders. Most of the riders in the clinic had worked with McDonald in prior clinics, so the rapport between students and teacher was a joy to observe.

The already established relationships between McDonald and several of the riders was enlightening as McDonald was able to check in on progress of past lessons. The riders were more specific about issues they were facing in their riding as such McDonald was more readily able to help them through their issues.

Tillie Jones and her Apachi had a beautiful set of rides with Debbie. They worked together to improve Apachi's canter pirouettes. The pirouette work was focused primarily on the rideability of the horse through the movement. Namely, not simply allowing Apachi to call the shots and do a pirouette for Jones. McDonald assisted Jones in asking and receiving each stride of the pirouette.

This theme of rideability came in throughout the clinic across various movements. Lateral work for example at both canter and trot. Making sure the rider was piloting the horse through each step, not simply allowing the horse to carry on as it would like, rather, not accepting what may be a lesser effort on the horse's part but being precise with the aids to add brilliance to each movement. All of the riders in the clinic were able to create beautiful expressions of dressage with McDonald's assistance. Knowledge which will be very beneficial for the show ring!

Stacy Knox and her beautiful mount Fernie had a lovely ride. Her second level ride focused on Knox's position. Fernie is a sensitive fellow, as such rider position is of the utmost importance. It was illuminating for all the auditors to watch as McDonald and Knox worked on the riding position and how much those position improvements yielded

results with the movement and willingness of the horse. "Debbie is very helpful in helping riders adjust and improve the effectiveness of their position," Knox commented about her ride. Also stating that the help she received was just in time for her to travel to USDF Nationals and compete with more confidence.

Regardless of if you are working on a canter pirouette or a turn on the forehand the virtue of rideability or asking and receiving each step of your movement is certainly something to seriously consider. As riders we can look to McDonald for the inspiration for precision in all aspects of our riding.

Although Karen Pavicic, Debbie McDonald are strikingly different, several themes emerge in both clinics that are of great use to all riders regardless of level. Some may say "I don't need golf lessons from Tiger Woods" This is to say; some riders don't feel themselves advanced enough in their work to ride with the greats. The author kindly disagrees with this notion, and this opinion was re-affirmed by both of these excellent teachers, who were at the core of things focused on maximizing "The Basics" of dressage at every level.

Nebraska born, now Iowa resident, Missy Fladland was certainly a highlight of Lincoln Equestrian Center's inaugural "Fall Learning Series" Fladland, having competed extensively in CDI's in Florida as well as overseas in 2017 is an excellent resource in our area. Fladland is both approachable in her teaching technique as well as knowledgeable. Riders from across Nebraska and Iowa took home great information from this clinic.

Fladland excels in working with a variety of horses and approaches all riders, and all horses regardless of age or experience with respect. Each student was asked about their horse and what they've been working on, and from there the lessons developed. Each lesson was focused on development of effective AND harmonious riding.

In each lesson, Fladland worked with the riders to get each horse (or pony) to engage more through their hind end, and all the way through the top line. In many cases this engagement was achieved while working on a 20-meter circle and asking either the shoulders or the haunch to move to the inside. Once the horse gave a proper response to the given aid, the horses were then ridden straight on the circle then back into either a shoulder-fore, travers or renvers feeling.

Fladland advised all riders through this exercise to be mindful of the outside aids. Keeping the horse traveling directly on the line of travel without wavering entirely to the inside or outside as the horse was asked to move their body. In this way riders were able to connect BOTH reins and BOTH hands to the horse for a very elastic connection.

Often while working through more complicated lateral work exercises Fladland gently reminded her students to “not worry about the head” or “don’t let him rush.” Dressage riders are of course obsessed with thoroughness and forwards, however, the students learned that occasionally riders need to take one piece of the picture at a time to build their puzzle. Each rider was able to discover just how light or fast their aids could be!

Fladland’s real strength lies in her innate kindness and understanding for horses. She has the ability to translate what she sees in a horse’s biomechanics to the rider in such a way that he/she can understand both the biomechanical issue and how a particular exercise will benefit each horse. “We worked on techniques that helped my horse with movements that tend to be difficult for her. Missy was very inspiring and made me feel like we can accomplish anything,” commented Miya Higgins after her lessons.

Fladland, who often works with her husband Kip doing combined training clinics in horsemanship and dressage also found occasions to work with horses on the ground. Fladland and her husband have a system of ground work training which not only assists in the suppling of a horse from the ground, but also developing a respectful line of communication between both horse and rider. For those who had worked with either Fladland in the past, a chance for a tune-up on their groundwork was a welcome opportunity. For those who had not seen this technique before, it was an interesting highlight.

Now off to Florida for yet another winter of training with Katherine Bateson-Chandler and showing several horses Fladland will return in early Spring to resume her training full-time in Griswold Iowa. After such an enthusiastic outpouring of support for her clinic, it is likely she will return to the Lincoln area in the Spring to continue inspiring and encouraging horses and riders to be better than they believed possible.



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Finding Balance

By Lana Erickson

If you Google “balance and dressage” the results are almost infinite. Anyone reading this knows from nearly our first lesson, balance is the central idea to nearly everything we do. With the help of NDA scholarship funds, my clinic journey not only helped me achieve a new level of balance in riding, it gave me reason to reflect holistically on how dressage is improving balance not only in my riding, but in my life.

In the last six months, I’ve had opportunities to complete a one-on-one groundwork clinic with Pete Rodda and four rides with Sarah Martin. I’ve learned some motivation and relaxation techniques, a wealth of lateral exercises to start to build muscle and redefine where my horse’s energy comes from, but most of all, I’ve come away with a renewed confidence in my dressage journey and in my partnership with my horse. In essence, I’ve come away with a stronger sense of balance – not just in our immediate training goals, but in our long-term journey together.

It hasn’t always been easy. Skye, my partner, is a small, solid Paint mare who is quick to blame and slow to forgive. She’s also incredibly smart and has an amazing worth ethic. Over the last five years, we’ve systematically worked to find and address physical issues that have hindered her while working to build strength, suppleness, and forward. At the same time, I’ve been working to overcome my own issues: a

back surgery five years ago that has required me to relearn how to use my legs and seat, and a far more difficult, years of mental baggage and self-doubt about my place in the sport of dressage.

In one of our clinic rides, Sarah Martin said to me, “Balance is not just side to side. It’s also front to back.” In other words, it’s the whole picture. For me, it’s being mentally and physically in the moment, not riding for what I think I or my mare should be but accepting and enjoying what we are. It’s letting everything else go until we find that one sweet spot where we achieve something harmoniously – a moment (because that may be all we get) where it’s clear not only how to do something, but why.

I know it’s likely that we’ll lose our balance more than we find it, but the glimpses we’ve had in our training this year make me excited to keep working towards those moments of harmony.

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USDF trainer certification has made its way to Nebraska and Region 4 with our own Jane Fucinaro.

USDF Instructor/Trainer Program Report

By Jane Fucinaro

The horse world is a funny place. Anyone can swing a leg over a horse and call themselves a trainer. Anyone can shout out some instructions to a student and call it teaching. Anyone can clip a lunge line on the horse and spin them around in a circle. So in a world where anyone can pick up the reins, what is the difference between a good trainer and the rest?

The USDF Instructor/Trainer Workshops work to educate not only the Participating Instructors to be thorough horsemen and women, but also teach the auditors and demo riders to recognize the qualities of a educated instructor. As a young professional just starting in the industry, I wanted to seek further education to set myself apart from the rest and ensure that I am instructing and training my students and horses to USDF standards.

Thanks to the generous donors of The Dressage Foundation and the Omaha Equestrian Foundation, the three Workshops and Final Exam were possible for me to attend. Having these grants available gave me the extra push to register for the Workshops, brave the Final Exam, and take my dressage knowledge to a whole new level. These grants are the gift that continues to give. It not only helped to develop my own knowledge and skill, but I will continue to pay it forward to my students and horses.

The Riding Workshop

The Riding and Teaching Workshops were held back to back in April 2017 at the lovely Winds Reach Farm belonging to Bill Koesters. Both were taught by Sarah Martin of Blanca, CO. The Riding Workshop started with introductions and lecture. I wrote down, multiple times, WWW. We were encouraged to ask the questions, "What, Why and How?"

- What is happening with the horse? What is the major issue?
- Why is it happening? Why is it a major issue?
- How do I approach it?

We discussed the Training Scale in depth. Instead of thinking of it as the traditional pyramid, we turned it into a pie chart, using it like different ingredients while cooking.

Thank goodness the Riding Workshop preceded the Teaching Workshop. It's unbelievable how my nerves kicked in the moment we were put on the spot for the simplest information! So to be able to ride my own familiar horse on the first day, was great. We watched each other ride each horse and thought about the following process in each session:

- Observe: feel the horse, note the responses and reactions
- Analyze: use the Training Scale and think of strengths and weaknesses
- Plan: what exercises or changes in riding can address weaknesses and build upon strengths
- Implement: do your plan and see if it works! If needed, repeat the process and make adjustments.

Sarah Martin guided us through the process, then eventually it was up to the rest of us to analyze each rider. The next day of the Riding Workshop, we swapped horses as assigned by our Workshop Leader. The emphasis this time was on the aids. How to use them, what they are and then using them in different exercises. We were tasked with teaching an exercise, then developing a plan to implement it during the ride on our new horse. Going through the assessment cycle in my head as I rode challenged me to think on my feet and make a positive influence in an organized way.

The Teaching Workshop

Well, I can't say this part was easy. The phrase, "growing pains," comes to mind when looking back at the Teaching Workshop! Most of us Participating Instructors have never stood in front of a group of professional peers and an audience of auditors and taught a lesson. So when I went up to teach my lesson, I tried to introduce the horse and rider combination, and my voice was just GONE! Thankfully, USDF sets up such a great assessment cycle and questions we need to ask ourselves, and I was able even to bring my mind back to the Training Scale, and eventually start talking.

My big takeaways from the Teaching Workshop are as follows:

- Are you seeing positive changes in the lesson?
- Create yourself as the teacher you want to be.
- Adjust your degree of expectation, don't hold the same standard for all of your students.
- Create a self-sufficient rider, a self-carrying horse, create confidence.
- Find a clever way to link what the rider wants out of the lesson versus what the rider needs.
- Solicit feedback from students.

The biggest challenge to me, besides getting words out, was clearly relating the lesson back to the Training Scale and in precise, brief terms. It is so important to be able to teach

the same exact concept or exercise in at least twenty different ways. The Teaching Workshop was so great in that we were able to learn from each other. Each Participating Instructor had something unique to bring to the table. So thank to each and every one of you who painstakingly put yourselves out there in front of us, and let us learn from you!

The Lunging Workshop

The Lunging Workshop was back at Winds Reach Farm and taught by Sarah Geikie in August 2017. The big emphasis here was on safety. When you lunge correctly, you have A LOT of equipment, and it's of utmost importance to know how to safely handle it. Honestly, I was very excited for this Workshop because Lunging is where I feel the most safe and comfortable. Lunge line lessons are one of my favorite things to teach, and I love watching horses lunge well on the line.

I think everyone has witnessed the following situation: Picture a busy show ground. There's a busy trainer that is on the phone watching her horse spin around her quickly with no side reins attached. They'll say the horse needs to burn off energy. Well, it was so nice at the Workshop to relate lunging to the Training Scale and really delve into making it a productive session for the horse.

Truly, when the horse is lunged well, it's a beautiful thing to watch the gaits change and the back start to become supple. As "boring" as some people might think lunging is, I thought it was really fun to watch the transformations in some of the horses.

On the next day of the Lunging Workshop, we had the pleasure to lunge the owner/rider of the horse in a seat and position lesson. We used the same process (observe, analyze, plan and implement), and built upon the Teaching Workshop in a focused manner. I had an extremely capable pair to work with. Using seat exercises, we were able to create a more supple gait in the horse and steady out the trot canter transition- all without stirrups and reins!

I felt going into the Lunging Workshop after the Teaching and Riding Workshops gave me much more confidence and confirmation in my dressage knowledge, and I was easily able to put the Training Scale to motion in my seat lesson.

Final Exam

The Final Exam was scheduled at a farm in Wisconsin in April of 2018. Well, the only thing you can count on in the Midwest is that our weather is crazy. All of Iowa and Wisconsin was encompassed in a snow storm, creating treacherous driving conditions for those bringing in horses, and the Exam was cancelled. I was quickly rescheduled to attend the Final Exam at the Central Arizona Riding Academy in mid-November of 2018. A little extra study and practice time (and my wedding and a horse facility purchase) never hurt anyone!

I arrived in Arizona with a new set of Instructor candidates, unfamiliar horses and faces. Instantly, I realized I had no reason to be nervous- this group was amazing. We watched out for each other, helped to groom horses, study and quick to give protocol advice before the Testing sessions. The organizer and farm owner, Dorie Vlaten-Schmitz made us all feel at home and provided remarkable horses for us to Test on. Kathie Robertson of USDF was there to facilitate each day, and our USDF Instructor/Trainer Faculty examiners, Ann Guptill and Debbie Bowman were stern, but effective with their corrections.

The Testing, over two days, went as follows: two riding sessions, two teaching sessions, lunging of the horse, lunging of the rider (seat lesson). The confidence that I gained from the time between the Workshops and Testing showed. During the riding sessions, I rode two very different horses, and was able to communicate my assessments and implement effective exercises to show a significant improvement in each horse. For my two teaching lessons, I was reminded to read the student and teach appropriately; I had a very ambitious young rider that I needed to stop sugar-coating instruction to. In the second lesson, I was reminded to ALWAYS bring the focus of the rider back to the classical dressage seat.

Finally, lunging on the last day. I was most excited for this section, as I feel lunging is my strong suit, especially seat lessons. But one must never assume that it will go smoothly! I was thrown (not literally) for quite a surprise with my first horse, left shaken, but recovered well enough to teach a good seat lesson to my final rider. Then, we waited for results.

We passed! Celebration ensued. I am happy to be the very first USDF Certified Instructor/Trainer in Nebraska through First Level. I cannot wait to pursue Certification

up the levels as the Workshops and Testings are scheduled across the United States.

Ending Remarks

I want to start by saying how courageous each one of these Participating Instructors are for pursuing the Instructor/Trainer Certification. I didn't know anyone coming into the program, and we all walked out with great new connections, friendships and support. It's not easy to put yourself "out there" in front of a crowd and peers, but we did it. Passing the Exam with talented peers was icing on the cake.

Teachers in schools spend months and months putting together processes for learning and teaching topics for their students. We don't see that too often in the horse world, or at least I hadn't! These Workshops helped me to develop a systematic and progressive way of teaching and riding that will organize both my own and my students' rides. I'm committed to finding that positive influence and positive change in each lesson and ride. I've encouraged students (and myself) to keep a notebook and jot down notes after each ride, too. Using the assessment cycle really holds me accountable for each lesson and ride.

I am so impressed with the USDF Instructor/Trainer Program. I was very intimidated going into the Program, being a professional that hasn't shown the upper levels yet, but I wasn't the only one, and the information applies to all levels. A national dressage curriculum is a powerful thing, and it's evidenced in the USDF Instructor Faculty that led the Workshops and Final Exam. They were confident and in charge of the information, and able to tactfully assist us when we weren't.

The Program is not only useful for us as Instructors, but I recommend youth and adult riders to attend as a demo rider or auditor. I was able to come away with the "know how" to recognize an effective trainer from an ineffective one. This knowledge would empower a whole new level of dressage riders to seek out quality, classical education.

Thank you, TDF, OEF and donors, for supporting quality education in the U.S., and to my family, clients and friends for the support and confidence to pursue this goal.

You are encouraged to learn more about this certification process on the USDF website. Information about the type of grant Jane received to pursue this education can be found through The Dressage Foundation.

Junior Corner

This November brought a special opportunity for our youth members to once again benefit from clinician Catherine Chamberlain. The learning opportunities were plentiful throughout the weekend, with additional presentations on helmet awareness by Dr. Don Rice and equine kinesiology taping by physical therapist Annette Wehnes.

The clinic consisted of 45 minute clinic lessons, followed by lunch and evening presentations. The weekend was made possible through a grant from The Dressage Foundation, this youth clinic was graciously hosted by our friends at Still Waters Equestrian Academy.

Here is a review of the clinic from one of our junior members!

“My name is Maria Albers. I am a dressage rider from Grand Island, Nebraska. I loved the clinic because I learned several things that will help my riding. My horse, Capone, is very new to dressage. Capone has been riding dressage for a little more than a year. He was a rodeo pickup horse before we bought him. He is a wonderful horse and I love him.

At the clinic, I realized that Capone is much more sensitive than I realized. In addition, I learned that my hands bounce around when I am posting. Catherine was very sweet about the corrections, which she was able to communicate so I understood. I really can't wait to see how these items impact my scores this upcoming show season!”

Maria Albers



Abby O. Roasa, DVM

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Region 4 News

We are happy to announce that every participant of the NDA L Program passed their final exams, with two receiving notes of distinction.

The following candidates graduated from the Nebraska Dressage Association's USDF L Education Program Final Exam
(Held September 29-30, 2018 in Lake Elmo, MN)

Scot Fernandez
Nancy Gorton
Loline Johnson
Laura Killian
*Sydni Nusink
Kathryn Kostenbader
*Jo Renn
Heidi Williams

*Denotes those who have graduated with distinction from the USDF L Education Program and may be eligible to enter the USEF 'r' program.

The graduates will be listed on the USDF website.

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.

BARN HELP WANTED:

Rusty Acres is a small, private barn located on 77 acres a few miles south of Hickman on S. 68th Street and Olive Creek Road. There are currently four geldings on the property. I am looking for an experienced and reliable person to look after the horses when I am out of town or have to be away from the barn during a time when horses should be coming in or going out to pasture and/or feeding time. The right person should be able to properly handle horses and be willing to feed, clean stalls, etc.

If it would work out better for you to work and board at Rusty Acres, I currently have one stall available and would be willing to fill it with a working boarder. This boarder would receive reduced board if they are willing and able to provide help around the barn as detailed above. Boarder and horse will enjoy the following at Rusty Acres: fully insulated barn with a fly spray system and fans in each stall for summer and a heater for winter months to take the chill off; 12' x 14' stalls with Nelson auto waterers, dutch windows to the outside world so those rainy days aren't so boring and gossip doors; 10-12 hours of pasture turnout each day (weather allowing) with run-in sheds and Nelson auto waterer; cooled and heated tack room with a viewing area of the arena; and a 72' x 153' indoor arena with excellent footing and extra-large double doors on the east and west ends to provide plenty of circulation and a beautiful view.



Or, maybe it would work out better for you if you lived at Rusty Acres. There are living quarters on the property – 800 square feet, one bedroom, large walk-in closet with washer and dryer, stainless steel appliances and partially

furnished. A person with the right qualifications could pay \$0 rent and only pay utilities in exchange for providing the help detailed above.

If you are interested and would like additional information, please call **Annette Wiltgen at 402-525-8292**. References will be requested.