

## 2010 NDA Board

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# Contact

February 2010

# How Can Pilates Help us Become Better Dressage Riders?

Submitted by Karen Stricklett

On October 9, 10 and 11, 2009, Janice Dulak and Sarah Martin presented their Pilates for Dressage Riders Symposium at the Lincoln Equestrian Center. Despite the inclement weather, there was an enthusiastic group of 14 horse/rider combinations and 2 participating auditors. The participating auditors performed the mat work each day, which took place from

8:00 AM to 10:00 AM on Saturday and Sunday morning, and then observed the riders apply what they had learned "on the ground" to their work under saddle.

The symposium began on Friday evening with a dinner and lecture at Misty's restaurant in downtown Lincoln. We all had the opportunity to visit with Janice and Sarah in an informal setting and Janice gave a short Power Point presentation describing the principles of Pilates. Janice explained that becoming an effective dressage rider requires developing greater body awareness, learning how to breathe correctly, and learning how to stabilize and



strengthen the core muscles, otherwise known as "the box".

On Saturday morning, after spending two hours in the basement of Cheri Harker's home working on our floor exercises, we rode in groups of three with Janice, who observed our posture in the saddle as our horses walked and trotted. Janice then helped us make the appropriate adjustments by giving directions such as "stomach in and up", "knit those ribs together", "scoop that pelvis", "wrap those inner thighs" and "armpits down" to maximize proper engagement of our core muscles and to establish that perfect balance between horse



and rider. After that, we each had a 30 minute private lesson with Sarah, who provided further instruction about proper use of the rider's body and its effect upon the horse's ability to balance and move freely forward.

On Sunday morning, after spending another two hours working on floor exercises, which were a bit more complex the second day, we paired up into groups of two and each pair had a 45 minute lesson with both Janice and Sarah. Janice would give us instructions about what we were doing with our bodies and Sarah would give us further

instructions that were more specific to influencing our horses.

The results were amazing! Most of us were using muscles that we didn't even know that we had; the slightest change in muscle tone or balance was readily felt by the horses. My horse



was thrilled with the changes that she felt in me; her response was to move forward in a relaxed, balanced and rhythmic way. I realized that my hands and arms alone do not create connection and thoroughness. Instead, it comes from the effective use of my seat and core muscles.

Sarah and Janice are hoping to return in the Spring to provide a followup symposium with a different twist. Sarah mentioned that, in addition to learning or brushing up on the floor exercises, they have considered helping the riders to work on specific test movements so that they can learn how to use their body awareness and core muscles to effectively perform such critical test movements as transitions, lateral work, lengthening, and collection.

Janice is a Level 2 Romana's Pilates Instructor with a background in dance and

dressage. Janice is also author of the book, Pilates for the Dressage Rider, which is also available in a DVD format. Sarah is a USDF T-4 Instructor and USDF Gold Medalist who travels from her beautiful ranch in Southern Colorado to the Lincoln Equestrian Center on a regular basis to teach clinics.

On another note, I would like to give thank Cheri Harker, for opening up her home each morning to the participants, and to Sandie McConnell for putting this symposium together and for making us all feel comfortable despite the unseasonably cold and wet weather.



Shows are in Italics

# NDA 2010 Calendar

9	NDA Board Meeting
12-14	Clayton Martin Clinic, Lincoln Equestrian Center Free Auditing! Contact Sandie McConnell: rsmac@inebraska.com
15	Cornhusker Classic Committee Meeting - Breadeaux Pizza, Ashland. 6:30pm Contact: Steve Gerdes, sajgerdes@juno.com
March:	
9	NDA Board Meeting
12-14	Nebraska Horse Expo, Lancaster Event Center, Lincoln, NE. Presented by the Nebraska Horse Council. Dressage clinician Matt McLaughlin is back by popular demand!
15	Cornhusker Classic Committee Meeting - Breadeaux Pizza, Ashland. 6:30pm Contact: Steve Gerdes, sajgerdes@juno.com
April:	
9-11	Sarah Martin Clinic, Lincoln Equestrian Center Contact Sandie McConnell: rsmac@inebraska.com
13	NDA Board Meeting
19	Cornhusker Classic Committee Meeting - Breadeaux Pizza, Ashland. 6:30pm Contact: Steve Gerdes, sajgerdes@juno.com
24-25	Cornhusker Pony Club Shaggy Horse Dressage Show, Fremont, NE
May:	
11	NDA Board Meeting
19	Cornhusker Classic Committee Meeting - Breadeaux Pizza, Ashland. 6:30pm Contact: Steve Gerdes, sajgerdes@juno.com
21	Cornhusker Classic Schooling Show, Lancaster Event Center, Lincoln, NE
22,23	Cornhusker Classic I & II, USEF Recognized Dressage Competition Lancaster Event Center, Lincoln, NE





# WISHING ALL COMPETITORS A SUCCESSFUL 2010 SHOW SEASON!



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# The Trip Harting Fund at The Dressage Foundation

Raised in Potomac, MD, where his father founded the Potomac Horse Center, Trip Harting began riding when he was 6 years old. By the age of 15, he became the youngest member of the U.S. Pentathlon Team.

Trip showed jumpers at the grand prix level and competed internationally in three-day events, but he found his true passion in the Dressage ring. Outside of competition, Trip was revered as a brilliant trainer and clinician. He taught hunt seat equitation, Dressage and eventing for more than 30 years. Trip's real love, however, was working with juniors and young riders.

His extensive involvement with the Junior/Young Rider Dressage program included serving as the chairman for the California Dressage Society and the USDF, directing and managing the CDS junior championships and serving as USDF Region 7 oordinator. In 2001, Trip accepted the position of coach and chef d'equipe of the U.S. Pony Clubs team at the North American Junior Dressage Championship (Ohio). The USPC honored him as a living legend in 2004.

Trip was a longtime member of the US Pony Clubs Dressage Committee, and judged the Dressage division at the USPC Championships on many occasions. He promoted the introduction of musical freestyles and quadrilles into the team competition at Pony Club rallies, and was known for his cheerful encouragement to every rider, "Have a great ride!"

Trip taught young riders many times at the USPC Festival, and was a frequent guest speaker on "The View From C" at USPC Annual Meetings. Trip also helped create the USPC upper level specialty ratings in Dressage, introduced in 2007. For his last four years, Trip performed countless hours of volunteer work for recovering drug and alcohol addicts and shared his own personal battle with drugs in the documentary film entitled, Trip To Hell And Back, released in early August.The biography won grand prize for best short documentary at the Rhode Island International Film Festival.

> Trip Harting, beloved judge, coach and clinician, died on August 21, 2008 in his Los Angeles, CA, home after a short battle with liver cancer. He was 62.



#### Purpose

The purpose of the Trip Harting Fund at The Dressage Foundation is to provide funding assistance for a Pony Club rider to attend the United States Dressage Federation 'L' Education Program or Instructor Certification Program. Applicants must be current or graduate Pony Club members with a B or A rating.

One annual grant of \$500 is available to the chosen rider, as determined by the Selection Committee. As the Trip Harting Fund grows, additional annual grants may become available.

The Dressage Foundation and the Trip Harting Fund Selection Committee are looking for applicants interested in advancing their position in the sport of Dressage in the United States.

#### How the Fund Operates

The Trip Harting Fund will continue to grow over time as new donations flow into The Dressage Foundation. The Foundation will continue to award grants based on recommendations of the Selection Committee for as long as the fund balance allows.

Applications can be obtained from our website, www.dressagefoundation.org, or by contacting our office at (402) 434-8585.

# USDF Dressage Competition Levels Chart

As a follow up to the Lead Changes article from last month, the following chart explains the newly approved and enacted USDF dressage competition levels. The Cornhusker Classic will be classified as a Level 3 competiton.

Gu	Criteria USEF HP Selection Trials (11- HP (11) and off		Regional Championships, HP (11) and other competitions that (choose	Level 3 Developing Program Qualifiers (JRV/R/YA, YH& DH) and other competitions that (choose to) meet the criteria	Level 2 Other licensed Dressage shows	Level 1 "Introduction" to Upensed Competitions
	s cria lovear level	Optional national classes – standards for national classes must be at Level 3 or higher			n'a	181
"no tree	nity Classes styles & all rules apply	NA (Cannot offer)	N/A (Cannot offer)			Two tests per level per day @ 2nd.avel/below
Length of	f competition	Three or more days minimum	Three or more days minimum	Two or more days minimum – each day may be separate competition	One or more days	One day only,
Number	Number of horses No limit		No limit	Nolimit	No limit, except must offer stabling if 150 or more horses	Limited to 75 horses.
	Footing and arena Per FEI rules/ Nati Championshi rules . Minimum of one "msin" are with sale fending (no plastic chain Good all weather tooling that stan up to climate and inclement weath good depth, consistent quality- n grass rings		Minimum of one "main" areas with safe fencing (no pisstic chains) Good all weather fooling that stands up to climate, good depth, consistent quality – no grass rings	Minimum of one "main" arena with safe tending (no pisstic chains). Good footing that can stand up to dimete – no grass rings	Can use chain rings. Grass comp. rings permitted	Can use chain rings. Grass comp. rings permitted
1	lodifications additional ule changes clarify[	Not permitted (accept per special FEI permission)	Not permitted.	Not permitted.	Fermitted except for Regional Championships qualitying classes and freestyles per DR125.	Permitted except for Regional Championships qualifying classes any freestyles per DR126
	nup: size, er, footing	Per FEI rules/ Nafi Championship rules	Minimum size of standard arena, isimilar footing to main arena	Minimum size of standard arena, similar footing to main arena – no gress compirings	Warmup must be provided but no minimum specs	Warmup must be provided but no minimum specs
	teing and ise areas	Must have separate designated exercise areas if three or more rings. Must have sep designated lungeing area	Must have separate designated langeing area. Separate warmup required for championship entries	Must have sop designated lungeing area or lungeing not permitted in area with riders	Lungeing not permitted in area with riders	Lungeing not permitte In area with riders
Footing n	Footing maintenance History of good footing maintenance explinindement weather, maintenance copin indement, maintenance copin indement, weather, maintenance minimum three timestcally		History of good footing maintenance Maintenance required at least twice daily.	Ring maintenance required minimum once cally.	No min requirements	

Equipment for maintenance: deagging/watering	Must have appropriate maintenance equipment for all types of fooling at the compatition. Wakering equipment strongly rec.	Must have accreptiate meintenance equipment for all types of looking of the competition. Watering equipment strongly rec	Equipment for ring maintenance required.	Equipment for ring maintanance required.	No min requirements
Stateling	Required on grounds. Minimum 3m x 3m (9.8) squard). Sale: accommodate stations No trailer in for COL Selection or Championalip diasses.	Required on grounds. Minimum	Required on grounds Minimum Smx3m rec. 959 req. Safe, accommodate stallions	Stabling required in more from 150 horses. If offered must be per LBEF rules	Stabling optional, if offered must be per USEF rules
Show office	Adequate space, internet eccess onsite or offsite and phone access	Adequate space, internet access onsite or offsite and phone access	Adequate space, internet access onsite or offsite and phone access	No min requirements except phone access required	No min requirements as phone access required
Facilities (electric, water, manure disposal, restrooms)	eater availability. Fighting, electric plugs convenient to stalls, stall doors provided. Sufficient number of restrictions	eater evaluability, lighting, diactric plugs convertient to stails, stall chore provided. Sufficient number of restrooms	water availability. Ighting, electric plugs convenient to stalls, stall doors provided. Sufficient number of reatisoms	Miniper current USEF rules: Minione restroom raquired	Nominiek, per surren USEF rules, Minione restroom required
Communication	Announcer & good quality sound system req. Announcements heard through taskity (nd stabling warrup & arena/office anax) Rack/cell communication wall staff req.	noements heard Announcements heard through communication what staff req stabling, warmup tability (including stabling, warmup eas) Resclude# & arena/office area/, Radis/cell		Radiotodi communication wiali stati req	No min requirements
Start	Staft Announcer, stable mgr, avaids Announcer, stable mgr, avaids Nomin requirem		No min requirements except per current USEP rules	Nominitequitements exceptiper current USEF rules	No min requirements except per current USEF rules
Feed hey, bedding availability	Adequate supply and availability required. On site availability reg for bedding only.	Adequate supply and availability required. On sits availability req for bedding only.	Nomin requirements except per current USEF rules.	No min requirements except per current USEF rules.	N/A
Security - nightwatch	Fields ted	Required	Recommended	Optional	NA.
Parking for competitors, trailers and spectators	Available and organized	Available and organized	Available	hvzilable	Avail able
Judges, taking and tumber per class	Per FEI rules/ Nati Chempionanip rules	3 FEI judgesnequined per HP rules. RC classes per Regional Chempionships rules	Minimum of 2 "S" Judges	No min requirements except per current USEF rulies	No min requirements except per current USEF rules.
10	One or more 'R' TD required per OR126 and FEI Steward	One of mote 'R' 1D required per DR125	One or more per DR125	Dae or more par IDR125	"R" or "T" DTD
Awards and catemonies	Prizes req. per FEI rules	Frizes req per USDF rules	No min requirements	No min requirements	No min requirements

Concessions *Complete service required hour below competition on *Selection of hotbold iten bevarages all meals during hours		"Complete savice required from 1 from balans competition until and "Selection of hotoolditems & bevarages all meals during show hours	Food/beverages required from 1 hour before competition until end	Food and beverages required – limited hours permitted	opitortal
Price money	Per FB rules/ Nat I Championship rules	Required for Championship dusses	(CHICAR (CHICAR)		Notpermitted
Problet and entry process	Online - complete listing of officials	Online – complete listing of officials	No min requirements except per current USEF rules	No min requirements except per current USEF rules.	No min requirements except per current USEF rules.
Wanagement	Minimum 5 years experience of both mgr and seev at USER/USOF Dressage Competitions – apprentice at CDI	Minimum 3 years experience of both mgr and sacy at USEF/USDF Dressage Competitions withree or more rings or 200 or more horses	Minimum of 2 years experience or 4 shows prior to Nov 30 of year prior to application for both mgr and secy at USENUSOF Dressage Comps	Experience not required	Experience not required
Manager and Secretary	separate individuals during perspection. One or more full-time asst secretaries required	separate individuals during compatition. One or more full-time asst secretaries required	separate individuals during composition	No req. One person may do both during comp.	No reg. One person may do both during comp.
Scoring	Per FB rules/ Nafi Championship rules. Electronic scoreboard/ scoring rec. Announcement of provisional scores lequired	Class results must be posted within one hour of final ride in class			Prompt posting but a min, requirements
RC qualifying diasses	yes	yee	Yee	yes	<b>9</b> 98
Year end awards scores	Yee	Yes	Yes – except for Opportunity classes	Yes – except for Opportunity classes	Yes - except for Opportunity classes
Drug rules	FEI/Per Nat I Chempionship rules	USEF	USEF	USEF	USEF
Specialor services	Required, seating at main rings, other services	required: scaling at main rings	Recommended but not required	Optional	optional
Designated Competitors and Officials Feedback	Required	required	required	required	required
Application Approval Process	USEF	USDF regions and USDF Oversight Committee; USEF committees for HP	USDF and USEF	Jointly USDF recognized and USEF licensed	Jointly USOF recognized and USE ficensed
Computer software	Proven to produce all required FEI, USEP and USOF reports and track composition entries	Proven to produce all required USEF and USOF reports and track competition entries	Proven to produce all required USEF and USDF reports and track competition entries	No min requirements, Electronic results ring, par USEF/USDF rules,	Optional, Electronic results optional.
Competito: amenities	Special events and trade fair strongly recommended	Special events and trade ter strangly recommended	Optional	Optional	optional
Show program	required	required	required	Cotional	optional



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# A Letter From Our President...

## Hi Everyone,

As we start the New Year, I thought I would contact you about NDA. As we look forward to the warm

(snowless we hope!) Spring and Summer, I know we all have different goals for our riding this year. Maybe you are starting a young horse or are looking to improve you and your horse's way of going. Others will be looking to move up a level showing or even contemplating that first sortie down the center line in your first competition. As we look ahead to planning events for the New Year, I was thinking I would like to hear from you. What would you like to see for educational clinics? Bear in mind that if you think big name, how much are you prepared to spend for a lesson with that clinician? Maybe some of you would be interested in preparing a Freestyle ride? This is your Association so the Board and I would love to hear any ideas that you have. We would also love to hear about any events /clinics at your barn. How can NDA help? Certainly we can help get the word out.

On that note, we need your help to make these things happen. We are looking for enthusiastic members to volunteer to help with planning and organizing events on the Education Committee. This is an enormous

undertaking. I know Loye Jaeger has been working hard and will be organizing the Horse Expo and other events. Karen Stricklett has also taken on the challenge of the Education Committee. If you have ideas or would like to join the Committee, please let me or another Board Member know. We would love to have you and you don't need to be a member of the Board to join these committees.

I know the Competition Committee is working hard to bring together the Classic. We hope to see you there showing and helping. At the end of the day, NDA needs your help to bring all these events together.

Best Wishes for a Happy and Successful New Year!

Gillian Howell, ghmetson@cox.net NDA President.

 Molly Adair - Pearson

 Law

 Molly Adair - Pearson

 Attorney At Law

 Practice areas include: Equine Law, Family Law, Estate Planning, Juvenile Law, Criminal Defense, Civil Litigation, Real Estate

 209 S. 19th Street

 Suite 525

 Omaha, NE 68102

Dear Region 4 Newsletter Editors,

I have sincerely enjoyed our e-communications and, whenever possible, face-to-face opportunities to share our love of dressage and desire to build Region 4 the past three years I have served as USDF Region 4 Director. You guys are the people who help keep our members connected, engaged, and members of a learning/supporting community. Thank you! I know how much work it is and sincerely appreciate your continued enthusiasm and creativity!! I love reading your work and learning what is going on in your GMO and recommend you keep the next Region 4 Director on your distribution lists, as well. One last project of mine as I transition from the USDF executive board is the voluntary USDF Region 4 On-Line Book Club on Facebook. The speed of expressed interest has been heart warming to me. Please go browse around and let me know what you think.

The Region 4 yahoogroup, of course, is still up and going --sharing lots of information and calendar items -- at www.yahoogroups.com/group/USDFRegion4. Please don't hestitate to use that to let others in Region 4 know what is going on at your GMO or to share information from the listserve or web-site with your members, as you see fit. The Digest feature can be useful in minimizing the number of individual emails you receive.

All my best to you in your dressage endeavors and rest of your lives!

Cheers, Sarah

Sarah L. Patrick USDF Region 4 Director CDCTA Roster Coordinator USEF 'r' Dressage Technical Delegate

# Important Announcement from the Membership Committee

We would like to encourage everyone who has not yet joined or renewed their NDA Membership for 2010 to do so IMMEDIATELY! The deadline to be included in the 2010 NDA Handbook is March 1, 2010. Take advantage of our new lower membership rate for those of you willing to receive the Contact online. Benefits to NDA members include discounts at local tack stores, eligibility for year-end awards, USDF group membership, monthly publications including the Contact and the USDF Connection, and discounted fees for educational events.

We look forward to processing your application forms today. They are available online at the NDA website – www.nebraskadressage.org.

> NDA Membership Committee members: Donna Michelson - dresagfan@aol.com Amy Blum – amy@neb.rr.com Karen Stricklett – kstricklett@stricklett.com









## Snapshots from the 2009 NDA Schooling Show Championships Clockwise from Upper Left:

Michelle Rohman and Audacious, Stall Decoration Contest Baskets, Carley Knapp and Eyed Be A Goldmine, Julie Hutfless and Admiral Fuzzy, Sydney Ash and Galiente, 2009 NDA President Suzanne Eggert and Sinatra

# Are these Dressage Riders?

NDA Members Julie Hutfless and Molly Pearson traveled to Lincoln Equestrian Center in early November to attend the Pony Posse's short course event fun day. The event was a smashing success and tons of fun was had by all. Fuzzy and Lucy enjoyed changing up the routine a bit, even if jumping those logs was a little bit scary!



Thanks to Lincoln Equestrian Center and the Pony Posse for a GREAT day!

Left: Julie Hutfless & Admiral Fuzzy

Right: Molly Pearson & JK Ms Lonsum Hancock (Lucy)







### **Advertising Policy**

SALE BARN ads are free to NDA members and will run for three months unless cancelled sooner. Nonmember rate is \$5 per month. Show entry forms or flyers are free to NDA members. Nonmembers will be charged regular ad rates.

Display ad rates: Full Page......\$50 Half Page.....\$25 1/4 Page.....\$10 Business Card.....\$5

Deadline for receipt of advertising copy is the 15th of each month for the following month's issue of the Contact

To view sponsorship packages that include special advertising rates, visit the sponsorship page of the NDA website at www.nebraskadressage.org

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

Advertising copy should be sent to the *Contact* editor at ndanewsletter@gmail.com (electronic copy) or to Molly Pearson, 7525 North 186th Street, Bennington, NE 68007 (hard copy). Checks, made payable to NDA should be sent to the foregoing address. <u>Please indicate clearly what the check is for.</u>

Renew	/ Today to be Incl	uded in t	he 2010 NDA	Membe	ership Har	ndbook!
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# NDA SALE BARN

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