

The

Contact

March 2010

2010 NDA Board

Gillian Howell, President ghmetson@cox.net (2012)

Sydney Ash, Vice President sydneypageash@hotmail.com (2011)

Diana Spaulding, Treasurer dspaulding@windstream.net (2011)

Karen Stricklett, Secretary kstricklett@stricklett.com (2010)

Hannah Brummer banana635@hotmail.com (2010)

Nancy Dostal ndostal@windstream.net (2010)

> Amy Blum amy@neb.rr.com (2012)

Loye Jaeger fourrosesstable@cox.net (2010)

Lisa Van Stratten dalevanstratten@huntel.net (2012)

Olympian Courtney King-Dye Injured

Written by Molly Pearson

A fall on March 5, 2010 has left United States Olympic Dressage competitor Courtney King-Dye in a coma in a Florida hospital. The fall occurred in a schooling session. Reportedly, King-Dye was cantering on her last horse of the day when the horses haunches were falling in. She applied her leg to the horse in a leg yielding fashion and the horse's legs got tangled up causing the pair to tumble to the ground. Courtney was knocked

unconscious and was air lifted to an area hospital. She was not wearing a helmet.

Originally, Courtney was placed in a medically induced coma. The sedation has since been removed and yet she remains in a coma. While her prognosis is largely unknown at this time, there have been small signs of improvement. The breathing machines have been removed and Courtney is able to breathe on her own. In addition, she has shown some action with her arms and fluttered her eyes.

On March 18, 2010, Courtney was moved to a stepdown intensive care unit for the next stages of her care. The dressage community at large is waiting with breath held for news that Courtney has woken up, but no one knows if or when that may happen.



Courtney's husband, Jason is posting periodic updates on her condition at www.courtneykingdressage.com. A t-shirt has been created on www.etsy.com with the phrase "Come Back Court" and 100% of the profits are going towards Courtney's medical bills. Jason has also set up a special email account where fans and supporters can send Courtney inspirational words that he prints out and reads to her. Messages can be sent to comebackcourt@gmail.com. Or Courtney Dye, 2442 Muir Circle, Wellington, FL 33414.

Continued...

Courtney King, Continued

Courtney's accident has renewed thoughts on safety helmet use in the sport of dressage. Many dressage riders, especially those at the higher levels, choose not to wear a safety helmet and don a baseball cap instead. USEF dressage competition rules permit the use of a safety helmet at all levels of competition. Shows are reporting more helmets being worn in warm up areas and in competition rings following Courtney's accident. In addition, some competitors are wearing a green ribbon that signifies TBI (traumatic brain injury) awareness.

Seeing one of our country's hopeful younger stars face such horrible consequences serves as a reminder to us all how dangerous this sport and our animals can be. It is my hope that this terrible accident will help jump start a movement for safety helmets to become more widely worn not only while schooling, but also in the show ring.

In the meantime, Come Back Court!



Adrienne Lee, Steffan Peters, and Guenter Seidel all wearing safety helmets at a show in California.



Georgetown Medical, P.C.

"Always wear a helmet." - Dr. Hutfless

George Hutfless, M.D. Internal Medicine

3440 South 50th Street Omaha, NE 68106 Phone: 402-556-3000

Proud to Sponsor the Nebraska Dressage Association

Trophy Donations Sought

NDA needs to replace some of its perpetual trophies. The Third and Fourth Level Horse of the Year trophies and also the Jr/YR Cornhusker Classic Perpetual Trophy need to be replaced this year. You could donate it in your name, your family's name, or also in memory of a special horse or friend. Please contact NDAawards@gmail.com if you interested in donating.

A Horse's View of the World- Author Unknown

Do you ever wonder what your horse is actually thinking? How often have you ever wondered if you are on the same page or even talking the same language? Take a look at some of the definitions from the horse's dictionary and compare them to yours.

Arena: Place where humans can take the fun out of forward motion.

Bit: Means by which a rider's every motion is transmitted to the sensitive tissues of the mouth.

Bucking: counter-irritant. Crossties: Gymnastic apparatus.

Dressage: Process by which some riders can eventually be taught to respect the bit.

Fence: Barrier that protects good grazing. Grain: Sole virtue of domestication.

Hitching rail: Means by which to test one's strength.

Horse trailer: Mobile cave bear den. Hotwalker: The lesser of two evils. Jump: An opportunity for self-expression.

Latch: Type of puzzle.

Longeing: Procedure for keeping a prospective rider at bay. Owner: Human assigned responsibility for one's feeding.

Rider: Owner overstepping its bounds.

Farrier: Disposable surrogate owner; useful for acting out aggression without compromising food supply.

Trainer: Owner with mob connections. Veterinarian: Flightless albino vulture

Only Horse People...

- believe in an 11th commandment: inside leg to outside rein...
- know that all topical medications come in either indelible blue or neon yellow.
- think nothing of eating a sandwich while mucking out a stall.
- know why a thermometer has a yard of yarn attached to the end of it.
- are banned from Laundromats.
- fail to associate whips, chains and leather with sexual deviancy.
- can magically lower their voices five octaves to bellow at a pawing horse.
- will end relationships over their hobby.
- cluck to their cars to help them up hills.
- insure their horses for more than their cars.
- know (and care) more about their horse's nutrition than their own.
- have no problem speaking of semen, abscesses and colic surgery at the dinner table.
- have a smaller wardrobe than their horse..
- engage in a hobby that is more work than their day job.
- know that a good ride is better than Zoloft any day.



Minutes- NDA Board Meeting January 12, 2010

President Gillian Howell called the January meeting to order at Breadeaux Pizza in Ashland at 6:40 p.m.

Board Members Present: Loye Jaeger, Hannah Brummer, Diana Spaulding, Sydney Ash, Amy Blum, Lisa Van Stratten, Gillian Howell, and Karen Stricklett.

Board Members Absent: Nancy Dostal

NDA Members Present: Donna Michelson, Suzanne Eggert and Julie Hutfless

Donna moved to approve the October 2009 Board Meeting Minutes; Hannah seconded. Motion carried.

REPORTS OF OFFICERS

President: No Report

Vice President: No Report

Treasurer: Diana presented the Treasurer's Report as of January 12, 2010. The balance in the Main Account as of 1/12/10 was reported to be \$8659.45. The balance in the Show Account as of 1/12/10 was reported to be \$3535.97. Suzanne moved to approve the Treasurer's Report; Sydney seconded. Motion carried.

Secretary: No Report

REPORTS OF COMMITTEES

Membership: As of January 8, NDA had 55 individual and/or participating members and 12 supporting members. Of those totals, we have 6 new members. Karen is currently working on the horse registration list and will be sending lifetime horse registration certificates to all horse owners by March 1st. The "drop dead" deadline for members to be included in the 2010 NDA Handbook is March 12, 2010. Membership committee members are Karen Stricklett, Donna Michelson, Lisa Van Stratten and Amy Blum. Donna Michelson has agreed to serve as the Chairperson.

<u>Competitions:</u> The first Competition Committee meeting will take place on Monday, January 18th. Tracie Wang and Steve Gerdes will be heading up the 2010 Competitions Committee once again this year. The minutes form that meeting and upcoming meeting dates will be submitted to the Board and published in the Contact.

Awards: Julie reported that she will "stay on" as the Awards Chairperson for one more year, but is seeking a replacement to train for the 2011 competition year. A discussion was held regarding changing the Score report form to include the volunteer hours form on the same document. Proposed 2010 changes to the NDA awards program were also presented by Julie. A total of 9 rule changes were presented for Board approval and all changes were unanimously approved with the exception of the proposed changes to Rule 6. With respect to Rule 3, it was decided that the required volunteer hours would be increased to 6 with the option of raising \$60.00 in sponsorship money or contributing 3 hours of service and raising \$30 in sponsorship money. All proposed changes will be published online on the NDA website and in the 2010 Handbook.

Communication: Molly Pearson will continue to serve as Editor of The Contact in 2010 and has stated that she will be "back on track" publishing monthly issues this year. It was recommended that the sponsorship levels be adjusted. Molly will be submitting revised sponsorship forms to all members within the next few weeks. Lisa Van Stratten and Amy Blum agreed to research printing costs for the Contact and for the 2010 Handbook. As of 1/8/10, there were only 10 NDA members for 2010 who had requested receipt of The Contact via mail rather than online.

<u>Publicity:</u> Loye Jaeger has agreed to be in charge of the Horse Expo once again this year and will need assistance with setting up and managing the NDA Booth. She will be seeking volunteers to help manage the booth. The Expo is scheduled to take place at the Lancaster Event Center in Lincoln on March 13, 14 and 15.

<u>Fund Raising:</u> Although not confirmed, Suzanne Eggert stated that she thought that Heidi Helmer would graciously agree to handle the Silent Auction for the Banquet again this year and to assist with fund raising. Hannah Brummer volunteered to assist with fund raising in 2010 as well.

Equipment Management: Currently, the NDA trailer is still "housed" at the Lincoln Equestrian Center. Sydney Ash agreed to sponsor a "clean up party" to prepare the trailer and its contents for the upcoming shows.

JR/YR: Hannah continues to serve as NDA's JR/YR representative and is in the process of obtaining quotes on prices for NDA apparel for 2010. Different apparel options were discussed and it was agreed to obtain quotes for heather grey with black or dark blue lettering. Hannah will present the results of her research at the February Board Meeting. Plans are to have a display at

Show.

the Expo and to have orders ready to go by the Shaggy ber 12. The date for the Annual Banquet has not yet been set.

Education: Loye Jaeger stepped down as Chairperson of the Education Committee. Thus far, there are no educational events scheduled for the 2010 calendar year, the Board meeting. Hannah seconded. Motion carried. although several ideas were discussed. Karen Stricklett, Meeting adjourned at 8:50 p.m. Gillian Howell, Donna Michelson, Amy Blum and Lisa Van Stratten agreed to participate on the Education Committee; there is no official chairperson as yet.

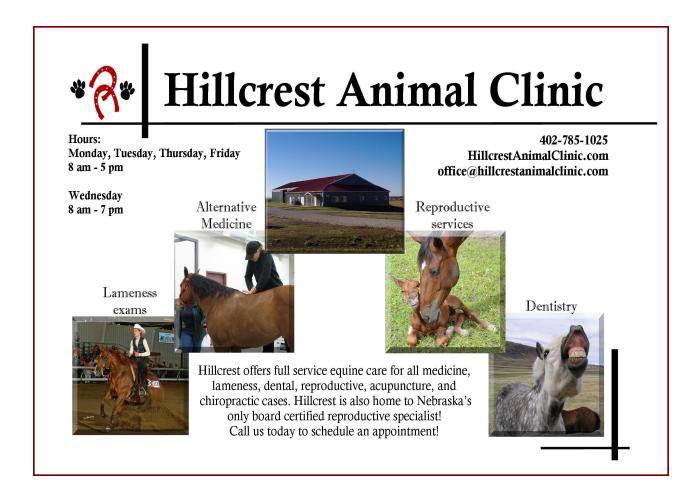
OLD BUSINESS: Diana Spaulding reported that taxes Karen L. Stricklett are due for 2010. She will take care of this matter.

NEW BUSINESS: Diana Spaulding is in charge of sending out blast e-mails. Beth Wood is updating and managing the NDA website. Molly Pearson will be publishing The Contact and the Handbook with the assistance of the membership committee.

The Board Meetings for 2010 were scheduled by Gillian. The dates will be as follows (second Tuesday of every month): February 9, March 9, April 13, May 11, June 8, July 13, August 10, September 14, and Octo-

ADJOURNMENT: Action: Sydney moved to adjourn

Respectfully submitted by **NDA** Secretary



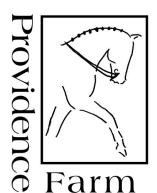
2010 NDA Calendar

March:	
27, 28	Brad Cutshall Clinic at Debbie Sedlacek's Barn in Lincoln, NE Contact: Debbie Sedlacek, 402-782-2166
April:	
9-22	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 See www.nebraskadressage.org for entry form and show bill
May:	
7-9	Clayton Martin Clinic at Elkhorn Equestrian Center in Omaha Contact: Karen Stricklett, kstricklett@stricklett.com or Rachael Norton Boone, rachaelnorton1@aol.com
11	NDA Board Meeting
11-12	Conrad Schumacher Clinic at Providence Farm in Palmyra, NE Contact: Jami Kment, kjkment@yahoo.com
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
June:	
8	NDA Board Meeting
14	Cornhusker Classic Committee Meeting–Post Show meeting and plan for 2011 Breadeaux Pizza in Ashland. Contact: Steve Gerdes, sajgerdes@juno.com
July:	
23-25	NDA Camp Trot to Tunes featuring Melanie S. Michalak Elkhorn Equestrian Center, see this issue for more information Contact: Molly Pearson, mollycpearson@gmail.com

Conrad Schumacher Coming to Providence Farm Palmyra, NE

May 11th and 12th, 2010.

Conrad Schumacher is one of the greatest dressage masters of our time. He brings years of experience to each of his lessons and an expert eye on how to solve all manner of horse and rider problems. Enhancing the rider's physical and mental awareness to create maximum harmony with the horse is the cornerstone of Conrad's training philosophy.



Auditing is \$40 per day or \$60 for both days. We will have breakfast goodies and chairs provided on all days. We look forward to seeing everyone again.

Auditing space is limited, be sure to contact Jami if you are: kjkment@yahoo.com or 402-450-3902

www.providencefarm.net

NDA Educational Event Planned for July

Get ready for Camp Trot to Tunes featuring Melanie S. Michalak

Camp Trot to Tunes is designed to give riders an introduction to musical freestyles and teach riders how to use music to improve their horse's rhythm, relaxation and tempo— and have fun doing it!

Melanie is a musician, a dressage rider, and a world renowned musical freestyle choreographer with a high energy, low pressure style.



Camp tuition includes: Friday night theory lecture Saturday private musical riding lessons Sunday pas de deux lesson Sunday quadrille lesson

July 23, 24, & 25 - Eklhorn Equestrian Center

More information to come.

Contact: Molly Pearson, mollycpearson@gmail.com

NDA Apparel Sales Orders due by May 1st

Make checks payable to: Nebraska Dressage Association

Send order forms (2 pages) to: Hannah Brummer

> 17106 Patterson Dr. Omaha, NE 68135

Name:______Phone:_____

Address:

Orders can be picked up at the Cornhusker Classic

Shipped or

Picked up at: Ideal Images 13747 F Street Omaha, NE 68137

(Please circle option)

Ship order Pick up order at Ideal Images Pick up order at the Cornhusker Classic

T-shirts and sweatshirts will feature a large NDA logo in the center of the chest.

The polo shirt will feature the NDA logo embroidered on the chest.

The sweatpants will feature the NDA logo on the hip.

The hat will feature an embroidered NDA logo.



Feel free to call Hannah Brummer at 402-676-1533 with any questions!

Please return both order sheet pages

NDA Apparel Order Form Page 2 of 2

Short Sleeve T-Shirt:		\$10.00
Gildan 100% preshrunk cotton in dark heather grey with white printing	ıg	
S M L XL 2XL 3XL		
(Please put quantity next to size)	Item Total:	
Long Sleeved T-Shirt:		\$13.00
Gildan 100% preshrunk cotton in dark heather grey with white printin	ıg	
S M L XL 2XL 3XL		
(Please put quantity next to size)	Item Total:	
Hooded Sweatshirt:		\$20.00
Gildan 50/50 cotton/poly in dark heather grey with white printing		
S M L XL 2XL 3XL		
(Please put quantity next to size)	Item Total:	
Crew Neck Sweatshirt:		\$15.00
Gildan 50/50 cotton/poly in dark heather grey with white printing		
S M L XL 2XL 3XL		
(Please put quantity next to size)	Item Total:	
Sweatpants:		\$16.00
Gildan 50/50 cotton poly in dark heather grey with white printing		
S M L XL 2XL 3XL		
(Please put quantity next to size)	Item Total:	
Polo Shirt:		\$20.00
Clique poly-pique mesh in black with white embroidery or white with	black embroide	ry
Men's or Women's Black or White		
(Please circle sex and color)		
S M L XL 2XL 3XL		
(Please put quantity next to size)	Item Total:	
Hat:		\$7.00
Ideal Images 100% cotton in red with white embroidery		
One size fits all		
(Please put quantity)	Item Total:	
	For shippin	g add \$9 00

Total:____

Thank you for your order!

NOTED SADDLE DESIGNER GIVES LECTURE IN NEBRASKA

By Joann Messersmith

The Paddock Saddlery of Omaha Nebraska hosted Peter Menet for a lecture about saddle fit, and biomechanics of the horse as it relates to saddle fit.

Menet, designer of Amerigo and Vega saddles, and a rider, having competed in Europe's jumper young rider program, and continues riding today. Menet titled his presentation "Saddle Fit & Biomechanics: The Saddle as a Success Factor," and this was an apt title, as Menet states, "Saddles do not make a horse or rider better, but they can make them worse."

Menet opened with reminders about the equine origins. He is a flight animal, and he is a prey animal, and his back is the target of his enemies, the predators, and as such, merely allowing a human to sit on his back is against his natural instinct. These factors influence all things, including the saddle fit.

A discussion of where the horse's center of gravity is located ensued. Years ago, the tendency was to design a saddle that put the weight behind the horse's center of gravity, which activated the horses flight response by creating discomfort in the horses back. Now, horses are hotter as there is more thoroughbred influence, and the weight of the rider is moved more forward in the design process of the saddles to lessen the influence of a driving seat.

Next Menet reviewed how the back is brought up, and the classical training scale. Remember that a prerequisite for relaxation is balance, for the horse and rider, hence our discussion about the center of gravity. On the topic of straightness, Menet mentions that this is most crucial for a saddle fitter. He recommended that we go home and stand on a step stool behind our horse, and look and compare the front legs from side to side, and the back legs from side to side; many of us will be surprised at our findings.

Additionally, what many riders interpret as unstraightness in their saddle is actually coming into the saddle seat by their own asymmetries, as nearly no one is perfectly straight in the saddle, and this has a direct influence on the saddle, and then ultimately the horse. A collapsed hip in a rider will send the horse away from the pressure, and create a false bend, which the rider may think is a crooked saddle. He also discussed how top clients employ a team of people that evaluate and work with the horse, including the rider, trainer, veterinarian, chiropractic/ massage provider, farrier, and saddle fitter, and all work together towards that horse's soundness, fitness, and performance.

Menet showed that the fundamentals of the classical training scale is mandatory for jumping, dressage, and eventing , discussing how the half halt is used in maintaining the rhythm and connection, bringing the back up and maintaining balance which is essential for any dressage test, cross country course, or show jumping arena. Menet mentioned clients , including Kyra K y rklund and C arl Hester, and Hester's book, Real Life Dressage , as well as Edwina Alexander, who have helped prove the benefits of a well balanced rider and the influence that saddles have on them .

The proper saddle fit will starts with the horse, and after the horse is fitted, addresses the rider, including a proper position that is balanced, allowing the rider's ability to relax and be supple and the rider's ability to adapt to the horse's movement to come through. Menet explained that checking saddle fit always starts with checking the teeth, as a horse's unhappiness because of his teeth can cause e the horse to lock his poll and jaw to protect himself, which ultimately can cause back issues. Next, Menet moves on to checking the salivary glands at the throatlatch, and then the area at the C3 vertebrae, as over-muscling here can show that the horse is protecting his head.

The brachiocephalic muscle is the next area to review, running from the elbow to the neck, as the neck is a mirror of the back, and we can learn about back problems with some of the reactions seen in the neck. Next Menet checks the withers, then T18-L1 vertebra (behind the saddle), both areas most relate to soreness being from saddle fit issues. Next the stifle and the hock are checked, as movements to protect the back can result in soreness here.

- COMPETITOR'S ENTRY FORM -

IMPORTANT: ONLY ONE ENTRY FORM PER HORSE/RIDER COMBINATION

2010 SHAGGY HORSE DRESSAGE SCHOOLING SHOW I & II

Day Phone			ing Phone:				
			,				
Commetites	Junior/Young Rider	Yes	No Pony Club I	Member	·····	Yes _	No
Competitor Information:	(under21) Adult Amateur	Yes 🗌	No Member of	4-H		Yes [No
mormation.	Open	Yes	No Member of				No
Trainer (If App	licable):		Horse:				4
Name:		-	Name:			***	
Address:			Breed:				
			Year Born:		_Color:		
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Make ALL checks payable to Cornhusker Pony Club

Mail signed entry form and check to: Mike Flanagin, 7356 S 32nd, Lincoln, NE 68516



Molly Pearson 7525 N. 186th St. Bennington, NE 68007

www.nebraskadressage.org

Saddle Fitter, Continued

Menet discussed how most horses have a distance of 19 to 21 cm from the back of the scapula to the lowest part of the horses back; the basic shape of the saddle tree must follow the shape of the back, and work with this distance. The points of the saddle tree must be vertical when the saddle is on the back. The gullet width should be reviewed too, as it should be 3 to 4 fingers wide, and never too wide or too narrow. There should never be any sharp points or seams that touch the horses back either. The right shape is more important than a soft consistency for the under side of the saddle. Finally, the head iron of the saddle must allow for movement; have you ever done the 'carrot trick' - using a treat to entice a horse to bring his nose around to his elbow? Try to do this while saddled, and evaluate if the horse can move as free with the saddle as without it. Menet reviewed that saddle fit should be reviewed often, which is why as riders, we need a deep understanding of this complex issue.

About the author: Joann Messersmith is an adult amateur dressage rider, breeder of sport horses, and freelance writer. You may read more about her and her horses on her site, www.YourNextSportHorse.com

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