

NEWSLETTER

April 2014



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Message from the President

Some say the definition of insanity is doing the same thing over and over and expecting different results. This is particularly true in dressage. If you want to break this circuit, you need fresh input.

Lessons are a good approach, but they are limited. There is no way you can acquire enough information about what you are doing while also trying to manage to ride the horse. You may 'hear' a great deal of information, but your brain is busy trying to incorporate one message, 'feel' what the horse is doing in response, and then make appropriate corrections. There just isn't enough time to take in all the information being offered.

Reading and videos are both excellent approaches to acquiring additional education. They do require attention, study, and then application. These are not interactive, so although the information is presented, there is no opportunity to respond or ask questions.

ODS offers an educational opportunity each year. This is an excellent place to both have the information told to you, and still be able to ask questions as they occur to you. You have the visual in front of you, while someone is pointing out the essentials you need to learn. This is a particularly important way to develop your 'eye' for both mistakes and improvements in the horse and the rider.

Some feel the seminars are too costly, so let me explain how the cost for auditors and demonstration riders are set. ODS has to pay for the venue and all clinician expenses such as airfare, parking, and meals, in addition to their daily fee. Additionally there are costs for lunches, coffee, speakers -- all the minutia that go into making the experience comfortable and enjoyable. Even at the prices we set, we tend to need help covering the costs. The Dressage Foundation offers money, but that also means they can suggest we set prices that would be more likely to cover our expenses. We have had them suggest we raise auditor prices and demonstration rider prices in the past---if we want to receive their grant.

No matter what the cost, it is cheaper than a trip to LA or Florida AND cheaper than a trip to the local shrink to cure your insanity!

Sherry Guess, ODS President

Newsletter Change

The monthly publishing date for the ODS Newsletter has moved to the first of each month. Please submit information for publication to the editor, Carol Miller, no later than the 23rd of each month at carol_lee_miller@yahoo.com.

Report: Improving Your Collective Dressage Scores with Bill Solyntjes

ODS Symposium - March 22-23, 2014

by Sherry Guess

"S" judge Bill Solyntjes is also a "R" sport horse judge, which gives him a unique perspective on how the horse must be allowed to move in order to receive the highest marks possible. There was a strong biomechanic approach to both the horse and rider throughout the presentation. He had a charming, casual speaking style, but was relentless in insisting riders ride as correctly as they could and that the basics must be addressed before movements could be productive.

Rather than write *about* the clinic, I will offer some of the direct comments made by Solyntjes throughout the two days:

- If we don't improve our riding in this country, we won't progress.
- Sitting straight is the most important thing the rider can do. No leaning forward or back and no tipping from side to side. Do NOT let the horse disorganize you.
- Harmony isn't busy.
- Never use the leg continuously -- give the horse time to respond
- Sitting trot is like posting without rising.
- Turn your body in the direction of travel --- keep your face looking between the horse's ears, not to the inside
- Keep an elastic outside rein, not gripping. Allow the horse's outside neck to get long.
- Keep elbows back and down, hands low. Bend with inside rein, half-halt release on outside.
- Strong with core, gentle with aids. Half halt with core, not hands
- No pulling on reins for downward transitions.
- In the canter, give as the horse's neck goes down.
- When you ask for 'forward' before the horse is supple, you cause tension and tightness. Don't push for impulsion at the beginning of the ride--work for suppleness.
- Suppleness of the loin area is of major importance. Hind can be active but this 'bridge' may be missing. If they don't stretch well, they don't have suppleness of the back, and your impulsion score will be lowered. Stretchy circle is not a gravity drop. The horse does not need to be lower than its own elbow, but should show elasticity over topline and stretch into contact.
- Horse that has its belly down may hit their stifle on the last rib, causing them to travel out behind.
- The nuchal ligament (top of neck) is first cousin to the hind legs.
- Proper bending moves ribs to outside so rear can step under.
- Quick is not in the horse's best interest because there isn't enough time to load the rear legs.
- There is only a small window of use when you do new or really hard work. They truly tire quickly.
- If you start getting resistance, you went too far or too long.

A special thanks should be extended to our demonstration riders who rode tests from the USDF Introductory Level to FEI Intermediare I: **Christina Harmon** on Dancer; **Patty Couch** on Prince; **Nancy Trait-Lira** on Katie; **Lindsey Hankins** on Alec; **Tamera Mayo** on Clair; **Hannah Bossler** on Color Me Not; **Kailey Devore** on Tango; **Lynn Vandenberg** on Zuni; **Roberta Clark** on Davino and World Classic; and **Carolyn Hoekstra** on Promenade.

This was also a continuing education event for our USDF "L" Graduates in attendance: **Roberta Clark, Lyn Francik, Sherry Guess, Robin Hessel, Carolyn Hoekstra, and Kay Kamish.**

Thanks to **Sharon O'Banion** for organizing this event and to all of those who helped throughout.

Introduction to Para-Equestrian Dressage

by Marsha Cullen

This is the first of several articles I will write about Para-Equestrian Dressage. First, I will answer the question, what is a Para-Equestrian? Then, I will tell you the story of how I got involved in Para-Equestrian competitions. Finally, I will conclude this article with information about upcoming events and how a physically disabled person can get involved.

A para-equestrian is an equestrian who has a permanent, measurable disability and desires to compete in Para-Equestrian (PE) Classes. These classes are offered at FEI/USEF PE shows or at open USEF/USDF shows. Many PE require compensating aids or adaptations in order to compete. In order for a rider to become a PE, the [application](#) must be filled out and returned to Laureen Johnson at 908-326-1155 or emailed to Laureen at lkjohnson@usef.org. It is important to note that these cannot confer any advantage but must only be compensating in nature. Hope Hand, Director of United States Para-Equestrian Association (USPEA) is also able to help with para questions. Her number is 610-356-6481 and USPEA website can be found at uspea.org.

I first heard of PE Classes while attending the Green Country Dressage Classic (GCDC) in Claremore, Oklahoma. Lynn Seidemann, two time Paralympic team member and Paralympic Freestyle silver medal recipient, competed at the GCDC the second year I attended the GCDC. Being a disabled person myself, I was amazed at how much Lynn did from her wheelchair! I introduced myself and we talked for several minutes. During this time Lynn invited me to a clinic she was organizing the next February in Flower Mounds, Texas for PEs. While attending this clinic, I met Jonathon Wentz among others who were trying to make the PE team. Some of you may remember Jonathon as he went on to compete successfully at the WEG in Lexington, KY and the Paralympics in London, England. In grade Ib, he placed fourth in the individual championship test and fifth in the freestyle at the 2012 Paralympics in London and ended the year as tenth among all para-equestrians worldwide. My goal this year is to qualify for the National Championships held on June 2-5th in Gladstone, New Jersey.

The following is a list of upcoming PE events specifically for PEs leading up to the National Championship in Gladstone, NJ June 2-5, 2014 and then the WEG in Normandy, France August 23- Sept 7th, 2014. There is one CPEDI3* competition before the June Championship and it is in Rancho Murieta, CA on March 4th, 2014. There is another show in Calgary, Canada at Anderson Ranch AB from June 27th - 29th, 2014 (CPEDI2*). A final CPEDI3* is being held in Wellington, Florida on December 3rd, 2014. Several open USEF shows are being held right here in Oklahoma where PEs can earn qualifying scores for the National Championship in Gladstone, NJ June 2-5th. Great Plains chapter has a show on April 26th with "S" judge Melissa Creswick then the ODS SPRING I & II held May 10-11th, 2014 at Shawnee. More information is available at www.dressageoklahoma.org. It's not too late to get classified and qualify! I look forward to writing to you all again SOON with more details from this para-equestrian journey!

Are You Enjoying Your USDF Member Perks?

Did you know that you are entitled to a discount on merchandise in the USDF store, and discounts on memberships and subscriptions with USDF's Member Perks partners? The discount codes are listed below for your convenience. For more information, contact mschoedlbauer@usdf.org.

[USDF Store](#) (10% discount) – **2014MEM**

[Premier Equestrian](#) (5% discount) – **MyUSDF**

[DressageTrainingOnline.com](#) (25% discount) – **95122014**

[MyDressageStats.com](#) (One free month) – **USDF2014**

[DressageClinic.com](#) (15% discount) – **USDF20108070**

[DressageMeetingOnline.com](#) (15% discount) – **USDF4DMO**

[USRider](#) (\$29 reduction in the activation fee for new USRider members) – **USDF14**

Clinician Change for Houston Dressage Society April 12-13 Symposium

Houston Dressage Society announced that Anne Gribbons had to withdraw from their April 12-13 symposium due to family problems. However, with Anne's help, they have arranged to have Lisa Wilcox replace her. Lisa Wilcox will be joining Christine Traurig in the symposium that will be held at Isabella Farms in Texas.

Lisa Wilcox has been a USET member, earning an Olympic team bronze, and a World Championship team silver. Additionally, she was the first American rider to be ranked in the top ten of the World's Best Dressage Riders. Lisa's top horses include Relevant, Rhodiamant and Condor M.

Hassler and Pape Return for the 2014 USDF Sport Horse Prospect Development Forum

The United States Dressage Federation (USDF) is pleased to announce the return of Scott Hassler and Ingo Pape for the 2014 USDF Sport Horse Prospect Development Forum, presented by Dressage at Devon, a USDF Education Partner. This year's event will, again, feature a live forum approach and provide a correct, fundamental system for starting sport horse prospects. The program is intended for trainers, owners, and breeders nationwide, with the goal of developing a consistent training foundation for all sport horse prospects as they progress from in-hand to under-saddle, and eventual competition.

This year's forum will be held October 4-5, 2014 at DG Bar Ranch in Hanford, CA. Trainers and horses will be identified to participate through a selection process, and will work with the instructors throughout the forum. The forum environment will also engage auditors, consisting of breeders, trainers, and owners, throughout the sessions, in an interactive setting. Participants and auditors will also learn the necessary tools to be able to select and evaluate sport horse prospects before purchase, as well as the key elements needed in a trainer.

The forum will be led by Scott Hassler, USEF National Young Dressage Horse Coach. Joining Scott will be Ingo Pape, one of Germany's most respected breeders and horseman.

"The USDF Sport Horse Committee is very excited to bring the forum to the West Coast for 2014. This new program, launched in 2013, is designed to provide a consistent educational program for starting young dressage prospects. We greatly appreciate DG Bar Ranch for offering to host this year's forum, and we look forward to another great weekend with Scott Hassler and Ingo Pape," stated Kristi Wysocki, Chair of the USDF Sport Horse Committee.

For more information about the USDF Sport Horse Prospect Development Forum, presented by Dressage at Devon, a USDF Education Partner, contact the USDF office at shprospect@usdf.org, or call (859) 971-2277.

Instructor Education Opportunities

Arkansas Dressage Society will host a Riding Workshop on May 31-June 1, and a Teaching Workshop on June 28-29. Both workshops will be held at Diamond TR Ranch in Little Rock, AR. Click [here](#) for details.

New Online Course

Earn USDF University Credit for completing the *Beyond Horse Massage Home Study Course*, part of the Masterson Method. You can enroll in the course through their [website](#).

See all of the education offerings on the [USDF Education Calendar](#).

USDF Announces Honorary Instructor Program

The United States Dressage Federation (USDF) is pleased to announce the establishment of the USDF Honorary Instructor Program. This program has been carefully developed with great consideration over the last several years, by the Instruction Certification Strategic Planning Group (ICSPG) together with the Instructor/Trainer Committee. The final proposal was presented to the USDF Executive Board and, after thoughtful examination, has been endorsed. The purpose of this new program is to complement and enhance the present Instructor/Trainer Program. The goal is to promote our instruction programs and to advance them to the current national and global standards that we espouse as the national educational organization for dressage.

Kathy Connelly, who has chaired the ICSPG since its inception four years ago and has been instrumental in the development of this project, stated: "We are proud of our past and want to proceed forward towards our future, aligning with the pipeline created with the USEF programs".

The primary criterion to become an Honorary Instructor is that the candidate must be a good ambassador for the sport and art of dressage, in character, in achievement, and in the desire to promote a positive future for all. The individuals invited must uphold the dignity and welfare of the horse, and must characterize the integrity, high standards, and good sportsmanship that is and will continue to be the legacy of the USDF for future generations.

To be invited, candidates need to understand and support the programs of USDF and USEF. USDF firmly believes that there is a strong need to put forth a major effort to certify all instructors. The USDF vision is that anyone entering the field to teach and train professionally will assume they must be certified. Honorary Instructors will be invited to join the program because they understand the importance of our USDF Instructor/Trainer Program and certification. Our goal is to certify instructors and trainers that will champion our efforts to represent the highest standards in the United States.

Additional criteria used to determine the invitations includes US citizenship and for the individual to have represented the United States as a High Performance Rider in Olympics, World Equestrian Games, Pan American Games, or World Cup competitions. In addition, individuals should be known as teachers who have trained horses through the levels and also trained riders who have successfully achieved good results, due to their training and teaching techniques.

The USDF is looking forward to incorporating the knowledge and skills of the Honorary Instructors in future programs and endeavors.

For more information on the USDF Instructor/Trainer Program and the Honorary Instructor Program, visit www.usdf.org or contact the USDF Education Programs department at instructorcertification@usdf.org.

Hall of Fame and Lifetime Achievement Nominations

Do you know someone who has demonstrated longevity of excellence in the sport of dressage, has made outstanding contributions to the growth, development, and popularity of our sport, or has demonstrated a lifelong dedication to USDF and its mission? Consider nominating this individual for induction into [The Roemer Foundation/USDF Hall of Fame](#) or recognition as a Lifetime Achievement Award recipient. Nomination forms can be found [here](#), and are **due May 1**. Contact halloffame@usdf.org for more information.

'NEW' Ravel Education Grants

USDF is pleased to announce the Ravel Education Grant program, supported through proceeds generated by sales of licensed jewelry designs of Ravel, by [Jane Heart Jewelry](#). Developed by the USDF Youth Programs Committee in partnership with Akiko Yamazaki, Ravel's owner, as part of the current USDF Shining Star Award program, this new grant is designed to recognize the most outstanding displays of sportsmanship among USDF youth. Click [HERE](#) to find out more!



Events and Opportunities

April 5

GCC Schooling Show
Inola, Oklahoma

Contact: xhaltsalute10@gmail.com

April 6

WDAOK Western Dressage Clinic
Inola, Oklahoma

Contact: jpwalkerosa@tds.net

April 11

Debbie Riehl-Rodriquez Clinic
Stillwater, Oklahoma

Contact: gtgray@aol.com

April 12

Great Plains Chapter Schooling Show
Stillwater, Oklahoma

Contact: gtgray@aol.com

April 26

Great Plains Chapter Recognized Show
Stillwater, Oklahoma

Contact: gtgray@aol.com

April 27-28

Melissa Creswick Clinic
Stillwater, Oklahoma

Contact: hesselra@gmail.com

May 3

West Equestrian Schooling Show
Sand Springs, Oklahoma

Contact: westequestrian@gmail.com

May 10-11

ODS Spring I and II Shows
Shawnee, Oklahoma

Contact: gtgray@aol.com

May 17

GPC Schooling Show
Stillwater, Oklahoma

Contact: gtgray@aol.com

Horse Registrations Through February 28, 2014

Number	Horse	Owner
2014	XXGaliffi	Tracy Collingsworth
2014	Partytyme	Sarah Field
2014	Lilly Longstocking	Prairie Lane Farm
2181	Bo.com	Pamela Devore
2182	Tango	Pamela Devore
2183	Mantreh	Tamera Mayo
2184	Zachery NAF	Tamera Mayo

Time to Nominate Candidates!

Nominations are being accepted for Participating Member delegates in all regions **through April 15, 2014**. To accept the nomination and to be elected, PM delegate nominees must be current USDF Participating Members, reside in the region in which they are running as a candidate, and attend the 2014 Adequan/USDF Annual Convention in Cambridge, MA. PM delegates serve a one year term, from the time of election in mid-year 2014 through the election in mid-year 2015. All nominations, in addition to any inquiries regarding nominations, should be sent to nominations@usdf.org.

Dressage Riders Must Be Quick Thinkers and Problem Solvers

I instruct my students to break down their difficulties and have them quickly tell me what they need to do as a correction. Many times riders feel overwhelmed with the fact that their figures and movements aren't maintaining quality. I encourage them to think in terms of gradual improvement. Instead of riding for perfection, I have them ride to do better.

As they ride the long side, they tell me what they feel is needed fundamentally to improve. Impulsion, straightness, steadying the tempo, etc. On the short side, they make their corrections. On the next long side, they ride having isolated the main problem. The idea is to quickly use the tools the instructor has given them and do "better" each long side. They must be quick to assess and correct. The fundamentals are the key to achieving the lightness and harmony we all seek to perform the exercises with ease both for us and our horses.

Remember the fundamentals are in the training scale. No matter what sport you engage in or what level you have achieved, the key to success is a strong understanding and ability to perform the "basics".

I encourage all riders to take the responsibility of knowing the fundamentals of our sport and to develop their skills in explaining them to their partners.

Melonie Kessler, USEF "S" Dressage Judge

ODS ADVERTISING RATES

Newsletter Advertising

Basic Ad Rates:

Full Page - \$40

Half Page - \$20

Quarter Page - \$10

Business Card - \$7.50

Schooling Show or

Clinic Announcements:

First Insertion - \$20

Additional Months - \$15

Advertising Deadline:

Copy and payment submitted

by 7th of month

(Newsletter publishes mid-month)

Website Advertising

Banner Ads:

3 Months - \$30

6 Months - \$60

1 Year - \$120.00

*Placement at the discretion of
webmaster; includes site link*

Schooling Show or Clinic

Announcements:

\$20 - First Insertion

Additional Months - \$15

Calendar Listing:

Free (as space allows)

Non-Commercial Classified Ads:

Members - Free

Non-Members - \$5

May be modified if space is limited

PEPPY SUE ZAN (Goldie) is available to raise your next sport/dressage horse. She is a 15-year-old registered QH/Palomino and is a wonderful broodmare and 'mom'. She has raised four big foals sired by Belgian and Percheron stallions. \$1,800

JUNO is a beautiful buckskin QH/Percheron mare. She stands 16 hands and will turn four-years-old in May. She was imprinted as a foal and has some basic ground work. \$3,200

Photographs of both horses are on my Facebook page at Lonesome Dog Photography. For more information, contact Debbie Fimple at 918-244-6627 or

Whispering Willow Stables in Mounds, Oklahoma, currently has **openings for boarding**. Whispering Willow Stables is a private, gated equestrian facility located on 80 lush acres. Amenities include 12 x 12 stalls with mats, indoor wash racks with hot water, tacking stalls, security code tack rooms, fly spray system, day turnout paddocks and free flow exerciser. We offer three arenas: a 100 x 200 covered lighted arena; a 120 x 240 all-weather outdoor arena; and a 280 x 150 outdoor arena. Full board or pasture board (limited availability). Please call Marlee Walker at (918) 364-5009 for further details.

EYORE - 14.2hh bay gelding, approximately 16 years old. This first level horse has an extensive show career in three-day eventing. Owner no longer has time to show. \$2,500 to approved home. Call Lora Shipley at 918.760.6750 for more

Don't Forget to Renew Your ODS Membership

Your ODS membership provides the following benefits:

- A group membership (GMO) in the USDF that includes the USDF monthly magazine *USDF Connection*
- Region 9 Annual Omnibus that provides detailed information on recognized shows throughout Oklahoma, Texas, Arkansas, and Louisiana
- The on-line ODS newsletter that includes upcoming events statewide, dressage-related articles, show results, news, information, and advertisements, as well as news from the ODS board activities and meetings
- A web site that provides late breaking news, forms, etc., at www.dressageoklahoma.org
- Optional membership in the local dressage chapter of your choice
- Statewide annual membership directory
- ODS supported USEF/USDF recognized shows, ODS recognized schooling shows, clinics, and other educational events and programs
- The Junior/Young Rider Program that includes special activities for riders aged 21 or younger. (Age as of January 1st.)
- You have the opportunity to participate in shows, share your insights, and make new friends!

The Oklahoma Dressage Society's Board of Directors is comprised of volunteer leaders who truly care about the future of dressage in Oklahoma and Region 9. We are planning activities for this year, hoping that we meet the majority of our members' educational and competitive needs, including yours! To renew—or join—please see the membership application elsewhere in this newsletter.

OKLAHOMA DRESSAGE SOCIETY MEMBERSHIP APPLICATION

ODS is a Group Member Organization (GMO) of the United States Dressage Federation (USDF) and belongs to Region 9
See also www.usdf.org and www.usdfregion9.org and www.dressageoklahoma.org

New Membership Renewing Membership Information Change Only

Last Name _____ First Name _____ USDF ID No _____

Address _____

City/State _____ Zip _____

Business Phone _____ Home _____ Cell _____

Email _____ Spouse's Name (for Invitation Use) _____

USDF membership year is December 1 through November 30. Apply this membership to year 20 ____

ODS Membership – Select One Category. *For family memberships consisting of more than two family members, please check both Family and Add third family member.*

\$45 Senior / Adult / Vintage Open Amateur Vintage

\$20 Charter / Life (for ODS founding members and members with lifetime memberships)

\$35 Junior - Under 18 as of December 1 of current membership year _____ Birth Date
For example, for 2013 membership, must be under 18 on December 1, 2013, even though membership year begins in 2012

\$55 Family (for two family members) - Name of second family member _____

\$10 Add third family member - Name of third family member _____
Please include birthdates for junior family members

Chapter Membership – Check the chapter you would like to join. *Chapter membership is not required for ODS membership, but is required to participate in the chapter awards programs. Chapter membership cost is the same for an individual or family.*

\$10 Green Country Chapter (GCC)

\$10 North Central Chapter (NCC)

\$10 Great Plains Chapter (GPC)

_____ OPTIONAL donation to ODS. ODS is a tax exempt 501(c) organization

_____ **TOTAL AMOUNT ENCLOSED**

ODS membership is an opportunity to promote dressage in your community. The club is ONLY as good as it's most ACTIVE members. We need your help! What are your skill sets?

Scribing Scoring Organization/Management Accounting Spreadsheets Website

Photography Fund Raising Other _____

I hereby release the Oklahoma Dressage Society, its officers, members, employees and agents from any liability and all claims of every kind, including costs, expenses, or attorney fees that might result from damages, injuries, or losses resulting directly or indirectly from the negligent act or omissions of the officers, members, employees or agents of the Oklahoma Dressage Society Club. I agree and sign below:

Signature _____ Date _____

(If Junior Rider, this form must be signed by parent or guardian)

Mail this form with appropriate check payable to "Oklahoma Dressage Society" to
Beth Circle, 19705 So 43rd W Place,, Mounds, OK 74047 - bcircle@rentechboilers.com

Please allow 4 to 6 weeks for processing by USDF