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# eCentaur

## President's Message

RMDS volunteers have truly stepped up to make our organization a huge success!! So far this year RMDS members have logged 2,392 hours NOT including the hours our board members have put into their positions and meetings! RMDS can not be run without the help of volunteers. Most of these hours were spent at shows and without our Volunteers, Show Managers, and Secretaries our shows can not happen. THANK YOU to all the volunteers that have given their time to our organization.

Foothills Chapter put on their first recognized show; a huge CONGRATULATIONS to them and to all our clubs and facilities that have put out the enormous efforts of putting on shows for the RMDS members!!

RMDS is putting on its' first "L" Program in ten years! Gwen Ka'awaloa and MaryJo Hoepner have jumped through many hoops, dotted their I's, and crossed all the T's to put this program together!! It is a three-weekend program starting in November and completing in March. This is open to auditors, not just those interested in becoming an L Judge.

Our JR/YR in have the opportunity to ride with George Williams in October at Nighthawk Equestrian Center. Please see the RMDS Calendar for more information, there are still many events to participate in before the end of the year!

The Trainer Fundraiser for RMDS has raised \$1005 so far. There are still many lessons available. This is an excellent opportunity to ride with a trainer that you always wanted to ride with.

Dorothy Kapaun  
RMDS President

# USDF Region 5 Director's Message

Thank you to everyone who joined us for our Summer Region 5 meeting! It was great to see your faces on Zoom and I look forward to seeing you again for our pre-convention meeting and again at the 2022 USDF Convention. We had some good committee updates, touched on the Regional Championships, and talked about other upcoming educational activities in our Region. Stay tuned for the next meeting link, it should be out in October or November.

Congratulations to our youth from Region 5 who qualified and competed at the North American Youth Championships in Traverse City, Michigan, and the USEF Festival of Champions at the end of August at Lamplight in Illinois! We are so proud of your accomplishments. Our Young Riders ended up 4th place and our Juniors ended up 6th place at NAYC.

Don't forget to declare if you're thinking about attending the US Dressage Finals in November.

<https://www.horseshowoffice.com/usdf.org/>

You need to declare before you compete in the Regional Championships.

I look forward to seeing everyone at the USDF Convention in December! We are going to Lexington, Kentucky this year, November 30th - December 3rd. All Group Member Organizations (GMO) were asked to designate their delegates for the USDF convention Board of Governors meeting by August 31st and if not determined by that date, the GMO president would become the delegate. If the GMO delegate/president is not able to attend the convention, a proxy for that delegate can be submitted at any time up until the night before the BOG meeting at the convention. The advantage for the GMO is that the delegate will be known and can receive communication from the USDF office earlier. GMO Delegates are included on a list of USDF delegates to receive e-mail communications containing pertinent information on issues that will come before the 2022 BOG meeting at the convention. If GMOs have not yet sent in their delegate information, please do so as soon as possible.

Here are a few of the upcoming educational opportunities in our region:

- North, south, and middle Introductions to the new dressage tests –
- RMDS Chapter PPDS - November 3rd with Janet Foy

- Central Arizona - November 26-27 with Gary Rockwell and Jan Ebeling
- Santa Fe Dressage – December, clinician TBA
- Santa Fe Dressage Symposium with Steffen Peters – September 10-11
- Arizona Dressage Association - Bill Warren clinic – October 15-16
- Utah Dressage Society Instructor certification – In the works, contact UDS for more information!
- RMDS L program – more information at [www.rmds.org](http://www.rmds.org) .
- USDF Region 5 Junior/Young Rider clinic with George Williams October 15-16 in Longmont,

Till next month!

Heather Petersen

## The L Judge Program is HERE!!!

Thanks to our education team and their hard work and commitment to helping us become better riders, competitors, and even Judges! RMDS has received word from USDF that the L program has been accepted. If you are interested in applying, please contact GwenKa'awaloa at this email address:

[kaimana\\_co@hotmail.com](mailto:kaimana_co@hotmail.com), subject 'L' Program

Please make sure you can commit, and then complete the application and pay the amount listed. Participants must pay the full amount to be accepted. Auditors may pay for one session at a time but will not be guaranteed a spot in the next session as it is held by those who have committed with payment. Applications will be accepted as they come in. 15 participants will be accepted and we will have room for 40 auditors. When we have received the applications we will then send out information on hotels and more details on each session. We will send out updates as needed so you can make plans for travel. Please read the application and fill it out accordingly, missing information will hold up your acceptance. We do anticipate a full group as we have already had many inquiries.

### **Dates:**

A session – November 5 -6, 2022 Instructor Joan Darnell

B session – February 18 – 19, 2022 Instructor Dorie Vlatten Schmitz

C session – March 25 – 26, 2022 Instructor Debbie Rodriguez



# TROPHY

## BEST DRESSAGE RIDER

## **Time to Return Trophies: A Word from our Awards Chair, Shannon Lemons**

By now we've all heard the sad news that RMDS is not having a Championships show this year, which raises a dilemma of how to return trophies. If you were unable to return your trophy at the Estes Park Show, please bring them in person to either the Central Office or Colorado Springs by September 30. There will be no exceptions.

Please note the following from the trophy agreement that everyone read and signed off on at the banquet:

1. The deadline for returning all trophies is September 30, 2022. ALL late trophies will have a \$25 fee assessed for the first month, \$50 if not received by

- October 15, 2022. If late fees are not paid, your membership goes on hold.
2. Silver trophies MUST be cleaned and polished before return and need to be wrapped in PAPER, not plastic. A \$20 cleaning fee will be charged if they are not cleaned. Again, if fees are not paid, your membership goes on hold.
  3. Please remember to bring the 9x12 perpetual plaque with your trophy. The 5x7 plaque is yours to keep, but the bigger one (if your trophy has one) travels back with the trophy.
  4. Trophies must be returned in person to the Central office or the Awards chair. This year, you can also return them to Estes Park Dressage. I will be able to take a few at Region V in Santa Fe if you are not attending Estes Park.

## Save the Date: Lendon Gray is Comming!



We have exciting news for our youth riders! The two-time Olympian dressage rider, Lendon Gray, will be coming to Colorado to provide one of her Dressage4Kids youth clinics the weekend of October 29-30.

The location will be in the Northern Colorado Springs area. Details and registration information will be on the [dressage4kids.org](https://dressage4kids.org) website soon. Don't miss this opportunity to be mentored by one of the legends of our sport who has dedicated her career to supporting young riders!

A Chat with Lendon Gray: <https://youtu.be/42A6BKk6knQ>

Registration information will be here: <https://dressage4kids.org/news-events/event-calendar.html/event/2022/10/30/d4k-team-clinic-/383832>

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## Youth to Youth: Meet Ally Bucknam

By Juliet Mendik

Age 16, Castle Rock, Colorado

Spotlight:

Ally Bucknam

Age 17, Golden, Colorado

Juliet: Tell us why you like dressage.

Ally: I like dressage because I think it builds a harmony between the horse and the rider that is really quite special.

Juliet: What advice do you have for others wanting to improve or learn more about dressage?

Ally: Advice I would give to someone wanting to learn more about dressage is to use the resources around you! There's an unlimited amount of knowledge that is accessible through the internet- find articles on topics you're interested in and read them! Trainers are also good resources whether you work with one in particular or not- don't be afraid to ask questions!

Juliet: What's your favorite dressage movement and why?

Ally: It's hard to pick one favorite movement, but if I had to choose it would either have to be canter/trot extensions, because riding them kinda feels like flying, or walk/canter transitions, which is probably the least glamorous movement to pick, but I just find them really fun to ride.

Juliet: What other activities do you do?

Ally: I spend a lot of my time working on art projects and listening to music.



## From the Central Office

Any suggestions for Bylaw/Standing rule changes due to Central Office by August 31 using the link below:

<https://www.rmids.org/assets/pdfs/rmids-bylaws.pdf>

Please log in to your Dashboard and check your scores for accuracy. No changes can be made after October 10th

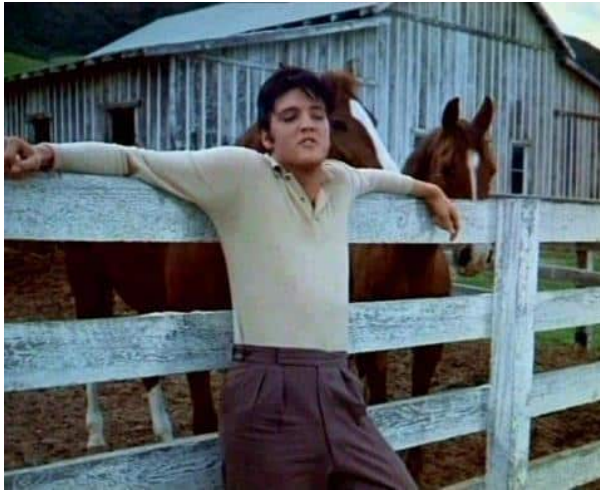
## Got Show Nerves? You Have Something in Common with Elvis

By P.B. O'Dwyer

If anxiety is keeping you out of the show arena, remember:

**You are not alone.** Experiencing anxiety before a competition is normal and natural, even for the most experienced of riders. The great Elvis Presley got the





jitters before every show, even at the apex of his career. The King's legs shook uncontrollably, and the crowd went wild. There is footage of him before concerts joking nervously about forgetting lyrics.

**No one is judging you, except for the judge!** While it feels like everyone has their eyes on you, they really don't! They are busy

worrying about their own rides. Know that judges want to support you, give you good scores if possible, and to help you learn how to be a better rider and competitor.

**Repetition is your friend.** Showing is a skill in itself and there is no substitute for experience. The more you do it, the less anxious you will become.

**Breathe.** Turn down the adrenaline with the use of tactical breathing, a technique used by military and law enforcement to manage fear in high-intensity situations and lower your heartbeat. levels. Avoid shallow breathing. It's as simple as drawing, holding, and exhaling in four-second counts.

**Practice gratitude.** Calm your brain by thinking how fortunate you are to have a horse, that you are doing what you love, and that you are at a show. Thank your family, friends, and the hordes of people in your life that wish you well.

**Take the pressure off YOU and focus on your HORSE.** Instead of worrying about yourself, as you ride your test, concentrate on what can you do to help your horse relax, stay supple and perform the movements correctly.

**Prepare.** Make sure that you have planned your show—Start packing for the show a few days before and make sure you allow yourself enough time at the show to braid, groom, warm-up so you don't feel rushed.

**Your biggest competition is you!** It's impossible to compare yourself to anyone else because each horse/rider combination is unique.

You owe it to yourself to compete if that is what you want to do. Don't let anxiety halt you before you even go down centerline. Be calm and enjoy the

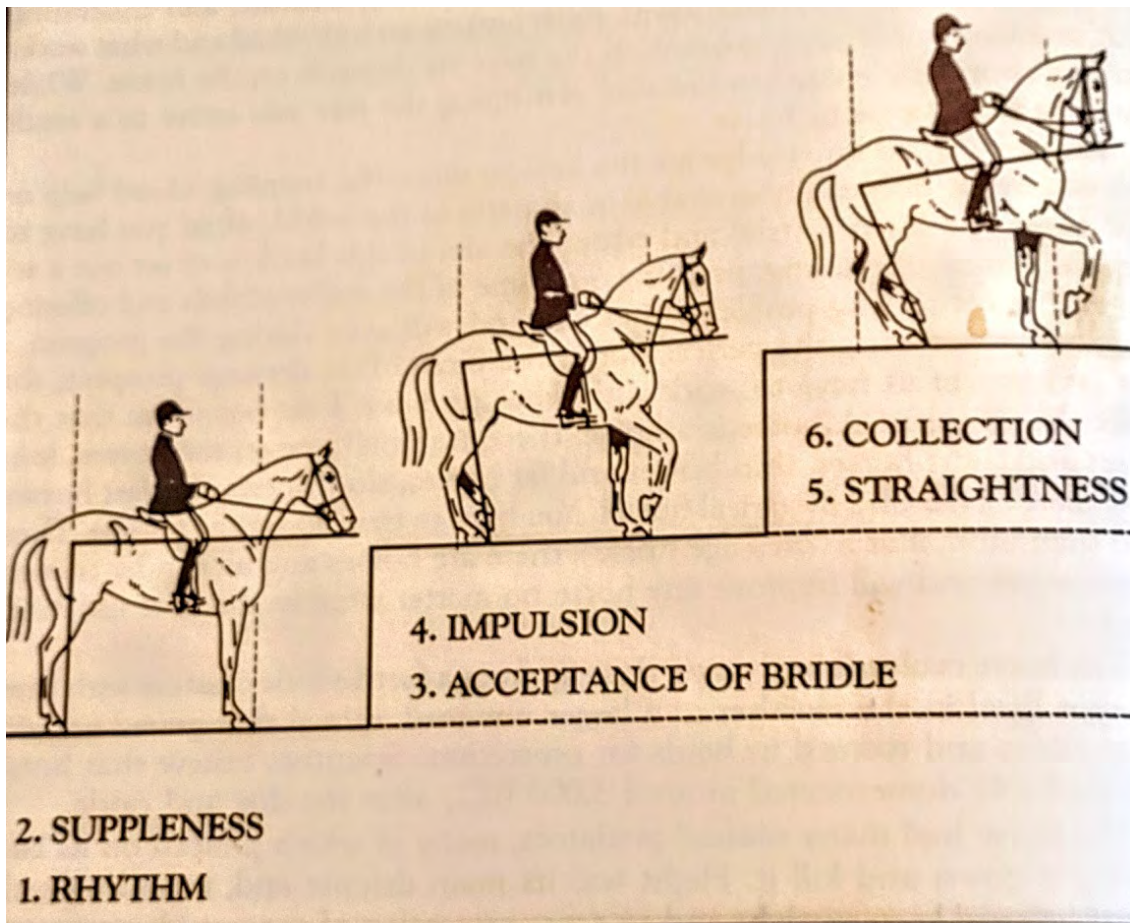


ride.



Ally Dancing on Her Horse

Stages and Requirements of Training  
*From Sally O'Connor's Common Sense Dressage*



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