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eCentaur

President's Message

Together, we are RMDS,

Happy May! It was great to see so many RMDS members in Omaha at the World Cup last month. All of us were thrilled and honored to see our very own Coloradan and former local Rodeo Queen Janet Foy judging, along with Heather Petersen as her scribe at one of the highest levels of dressage competition.

The RMDS Board knows you are HUNGRY for shows and educational opportunities, and if you check out the calendar at <https://www.rmids.org/calendar>, I know you will not be disappointed! We have something for everyone.

I hope you will attend at least one event this month! We have many volunteer opportunities that need filling. Come on out and volunteer. It's a great way to meet new people and learn more about our sport.

If you have any questions or suggestions, I would love to hear from you. This is YOUR organization!

Lets Ride,
Sally O'Dwyer

USDF Region 5 Director's Message

Summer is here and shows are full swing, as are many educational programs, clinics and fun horse activities. I hope many of you were able to join at the World Cup in Omaha. It was an incredible show and some amazing horses and

riders. I'm very much looking forward to returning to Omaha for the 2023 USDF Convention November 29 – December 2nd . The town had great restaurants, lots of fun things to do and the Convention will have some fantastic educational events, along with informative meetings and the annual Awards Banquet.

Our USDF Executive Board Spring meetings have also just concluded as they were held during the World Cup and it's wonderful to see all the programs coming forward from our various committees. There are some interesting rule changes coming forward for consideration that we spent a lot of time discussing, so please take the time to consider them and provide your feedback to both USDF and USEF.

The deadline for Participating Member Delegate nominations was April 15. Our region will have 5 PM delegates for the 2023 USDF Convention. Elections will be held very soon! Our Group Member Organizations need to start the process of appointing or electing who they are going to be sending to the convention as GM delegates.

As of May 1st, our potential candidates for the 2023 FEI North American Junior and Young Rider Championships August 8-13 in Traverse City, Michigan will be finalized. As I write this, we have 8 riders who have declared (3 Juniors and 5 Young Riders). If you would like to contribute or help with their fundraising efforts, please contact Joan Clay, our Region 5 Jr/YR FEI coordinator at jnclay@comcast.net or 970-420-0877. This competition is a reasonable distance for us to travel by trailer, which makes things much more feasible, but we still need your help in order to be able to. If you're a rider, PLEASE DON'T FORGET TO TURN IN YOUR DECLARATIONS!

We are excited to announce that the 2024 Great American USDF Region 5 Championships will be coming back to the Colorado Horse Park in Parker, Colorado September 19-22. It will have been 5 years since Colorado will have hosted the Regionals. It's fantastic to have Arizona as our host for 2023 and get our rotation for the Regional Championships back on track!

I hope everyone stays healthy and happy.

If you have news you'd like to share, please let me know, we're try to get it out and about for you.

Happy Spring!

Till next month!

Heather Petersen

Region 5 Director

Welcome to RMDS's new Marketing Co-Chairs

Kristen Allen just transitioned into the dressage world after riding jumpers for 30 years. She had a great first season, qualifying and competing at both Regionals and Nationals last year. She is looking forward to kicking off this season! She works in corporate America in the veterinary industry

Jessica Reigel is a long-time member of RMDS. Last year, she achieved the goal of competing at USDF Nationals. In her daily life she is a marketing director in the semiconductor business.

Spotlight on our Outstanding Volunteers!

This Month: Ann Shoffstall Volunteer from Grand Valley Dressage Society

My name is Anne Shoffstall and I have been a volunteer for GVDS for 16 wonderful years! Most recently volunteering as the GVDS show announcer, and back up to the show manager.

In New Mexico, I started as a dressage rider and eventer at 12 years old. In high school I lived in Roswell and worked at Bueno Suerte Ranch (home of Mine that Bird and many other famous racehorses). We bred over 1500 mares a year and I oversaw prepping the colts for yearling sales all over the country. I attended college at New Mexico State University in Las Cruces, graduated, and was fortunate enough to move to Europe in 1988 to be a member of USET. I was the navigator for our Combined Driving Pair for 3 years, showing at Windsor, Aachen and throughout Europe.

When I came back to the States I was hired to run a barn that bred mules, and I was hooked! I started riding western and was fortunate to win the Green English Mule Worlds in 1993 and the Champion Driving Mules Singles and Pairs the following year. I evented as well and I have to admit it was a lot of fun to beat the warmbloods on my mule!

I have been a teacher my entire career and am currently working on my doctorate in education. I currently own two corgis and an Aussie, one donkey named "Milton Burro", a mini, two quarter horses and I just bought an Oldenburg yearling! Whew!

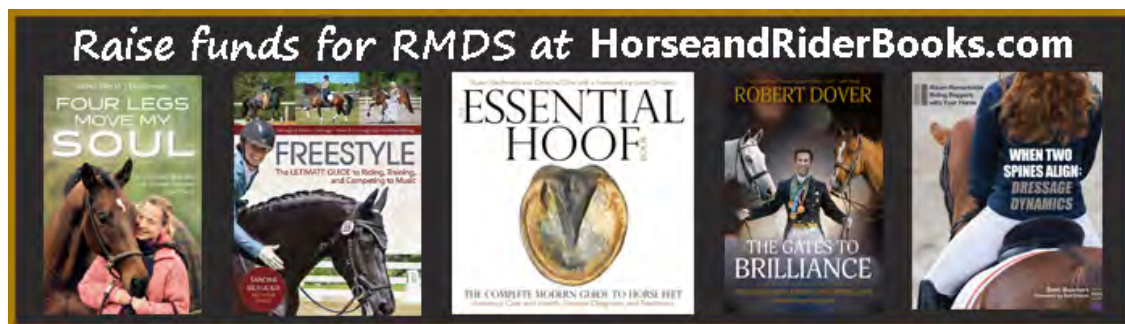
Volunteering has been one of the greatest joys and I encourage everyone to help! I promise you the GVDS club will give back to you more than you can ever give to them!!!



Who is excited for the RMDS Championships?

After several years of hiatus due to COVID-19 and not having a facility at which to host our championships, RMDS will be having our RMDS Championship and Open Show **September 21 - 24 at the Colorado Horse Park in Parker, Colorado**. We're looking forward to seeing you all - whether you're coming to show, volunteer, watch, support your friends, or sponsor and advertise with us.

(Can you tell we're a little excited?)



RMDS is keeping up with the times and we are now affiliate marketers. We all need to make sure we learn as much as we can about our passion, dressage.

Go to the RMDS home page and order your equine texts there. (The banner above this message also takes you there!) Build your library and help your favorite nonprofit-RMDS. For every book you buy through our link on the homepage, RMDS will receive a percentage of the purchase. Thanks in advance for your loyalty, and congratulations on upping your comprehension of our challenging sport through reading.

I just ordered and read *Bolder, Braver, Brighter* by Coach Daniel Stewart, the rider's guide to living your best life on horseback. This is a must-have--the author covers improving mindfulness of actions and reactions, eliminating pressure as a threat, overcoming failure and perfectionism, beating blind spot biases, removing limiting beliefs, and much more. Who doesn't need to know all that?

Happy Reading and let us know if you have a book to recommend to our members!

A Judge's View from C Symposium and Clinic

by Judi DeVore | Volunteer Co-Chair

The weather gods were with the Judge's View from C Symposium and Ride-a-Test Clinic, sponsored by USDF and Grand Valley Dressage Society. Two days of near perfect spring weather at the Stirrup Cup Farms facility in Delta, Colorado, with the fabulous Debbie Riehl-Rodriguez as our instructor, made the event receive rave reviews from the thirty-five participants in attendance.

The first day, Debbie reviewed all of the 2023 test changes in the morning and then instructed the participants in what judges look for on various movements, using a diverse group of horses at each level.

We had excellent demonstration riders that were able to show differences in gaits and certain aspects which may be penalized (a lateral walk); or gain more points (more suspension in the trot.)

Debbie also helped to clarify why accuracy with test riding is so important. Not riding accurately avoids the difficulty of the movement. (e.g. A larger circle than 10 m avoids the difficulty of the movement by not showing the proper amount of bend a 10 meter circle requires) and therefore is scored lower.

The second day was broken into 30 minute ride-a-test sessions, where riders could ride the test of their choice and receive feedback on critical aspects that could improve their test scores. Nearly all participants riding tests from Introductory to 3rd level chose to have Debbie give them a lesson on the areas they could improve rather than try to ride the test a second time. Everyone was so happy with the instruction they received and more than one exclaimed it was the best clinic they'd ever attended.

Many thanks to USDF for their grant and Grand Valley Dressage Society's support to help make this valuable event affordable for our members.



Debbie Riehl-Rodriguez directs the First Level demo riders through various movements (left image). Third Level Demo Riders and Horses: Susan Schneider & Fiderworld; Julie Bert & Percy; Megan Bretey and Believe WS (right image).

2023 RMDS Omnibus Corrections

Page 59:

Grand Valley Show October 7-8: Judge: Amy Jablonovsky "r"

Page 85:

First Level Test 3 Movement #4

2023 USEF FIRST LEVEL TEST 3

		Test	Coefficient	Directive ideas
1.	A X	Enter working trot. Halt, salute. Proceed Working trot.		Regularity and quality of trot; willing, clear transition; straightness; attentiveness; immobility (min. 3 seconds)
2.	C H-X-F F	Track left Change reins, lengthen stride in trot Working trot		Bend and balance in turns; moderate lengthening of frame and stride; regularity and quality of trot; willing, clear transitions; straightness; consistent tempo
3.	V-I	Leg yield right	2	Regularity and quality of trot; consistent tempo; alignment; balance and flow
4.	J I C	Circle left 10m Straight ahead Track left right		Regularity and quality of trot; shape and size of circle; bend; balance; straightness on centerline
5.	B Before B	Circle right 20m rising trot, allowing the horse to stretch forward and downward while maintaining contact. Shorten the reins	2	Forward and downward stretch over the back into a light contact, maintaining balance and quality of trot; bend; shape and size of circle; willing, clear transitions
6.	A	Working Canter right lead		Willing, clear transition; regularity and quality of canter; bend and balance in corner
7.	K-X-H	Slightly after K begin a single loop to X returning to the track slightly before H, maintaining lead	2	Regularity and quality of canter; shape and size of loop; positioning; balance

TESTS

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