



The Centaur

Educating Horse and Rider as Partners.

An RMDS Publication

April 2011

Know Your Rules

****names and places have been omitted to protect the innocent!**

By Dee Kirby, Spoiled Rotten Sporthorses

Have you ever looked through the “list of shame” at the back of the USEF’s Equestrian Magazine? You know, the list of all those cheaters who have broken the rules and gotten caught? I know I have, and I’ll admit I have been a bit judgmental as I look through the names and offenses. I have thought to myself, “how can you so blatantly break the rules?” Well let me share with you how my name ended up on that list along with the other “rule breakers” and how it is possible you could also inadvertently end up on that same list.

Last summer I hauled my horse and a client’s horse to a horse show on a Thursday afternoon for schooling. As I unloaded my client’s horse, he accidentally ran into the corner of the top door of the trailer and split open his forehead. It didn’t look too terrible at first as his forelock covered the most of it. We tucked both horses into their freshly bedded stalls and took a second look at the cut. Upon further inspection with his owner, we discovered it probably needed some stitches. So off to the show office we went to have the on-site vet paged. This person arrived at our stalls in short order. It was agreed that the horse did indeed need stitches, so we attempted to suture him with just a local anesthetic. This was not going to happen. The horse, rightly so, took offense at us trying to stitch up his head, so the vet had no choice but to give the horse sedation. This worked like a charm. When the procedure was completed, we asked the vet if he would be okay to show. We were told “yes,” and that we could school him after 7:00pm after the sedative had completely worn off. We consulted with the show office to fill out the appropriate paperwork, waited for the sedative to wear off and schooled the horse that evening without incident.



Continued on page 9

Region 5 Report

Spring is finally here! Show season is coming in to full swing around the country and there are plenty of clinics and educational events to choose from in most areas. Please be sure to let me know if your barn, GMO, club, chapter, or other groups are hosting events and we'll get them in our monthly USDF newsletter and on the Region 5 website.

The deadline for Participating Member Delegate nominations is April 15. Our region will have 5 PM delegates. You can check the status of our delegate nominees by going to the following link: <http://www.usdf.org/about/about-usdf/governance/nominating/accepted.asp>. Please check your status to make sure your acceptance is there

if you would like to be a PM delegate candidate. If you are not listed and you would like to be a PM delegate, please contact Kay Lorenzen at kaylorenzen@cox.net.

As of April 1st, our potential candidates for the 2011 FEI North American Junior and Young Rider Championships will be finalized. As I write this in early March, we have 13 folks who have declared, so hopefully Region 5 will field two full teams. If you would like to contribute or help with fundraising efforts, please contact Kathleen Donnelly, our Region 5 Jr/YR FEI coordinator at kathleendonnelly20@hotmail.com, or 970-310-8729.

We are looking for nominations for our 2011 Region 5 Lifetime Achievement Award. This award was started in 2009 by our then Regional Director Theresa Hunt. It recognizes folks who have made significant contributions to dressage in our region. If you have someone you feel has made a contribution to our dressage community, please send me their name and a brief nomination letter. We will award one or more recipients this year and we would love input from folks throughout the region. Please email me nominations at slush@drwgw.net. Our previous winners are Barbara Stine and Dr. Rudolf Vlatten.

'Til next month!

-Heather Petersen, Region 5 Director

Important Things to Know this Month

Re: Nominations:

Nominations are being accepted for President, Vice President (one year only), Secretary, and Treasurer for the 2012-13 term.

Re: Awards: Anyone who wants to submit a new award must do so by June. The award will be voted on in the July Executive Board meeting.

Re: Colorado Springs Chapter Shannon Lemons has stepped in as President of the chapter. Big Thanks!

RMDS Has a New Chapter! The **Platte River Dressage** Chapter was officially welcomed in March. The president is Laura Speer, and can be reached at 970-330-7233.

Protective Headgear Rules for Dressage

Short summary statement for use in prize lists:

Effective March 1, 2011, for dressage: Anyone mounted on a horse must wear protective headgear except those riders age 18 and over while on horses that are competing only in FEI levels and tests at the Prix St. Georges level and above (including FEI Young Rider Tests, the USEF Developing Prix St. Georges Test and the USEF Brentina Cup Test).

Boulder Valley

It's springtime again, time to get geared up for the show season! Come join BV at the Spring Fling this April 24th at *Singletree Farm* in Boulder! Check your Omnibus for info!

A big thank you from the Boulder Valley Youth Connection goes out to Jessica Greer for performing a Freestyle Demo aboard Ravenelli's Wizard, owned by Jana Ward, at the March 12th Schooling Show held at *Triple Creek Ranch*. Please join us for the April 2nd Schooling Show at *Triple Creek* where Greta Barringer-Richers will perform a Freestyle Demo! Thank you Gwen for all of your work in organizing these demos!

BVD executive board is excited to announce a new venue for our Awards Banquet this January. We will be at the Hotel Boulderado!

-*Kim Lampert*, Boulder Valley President

High Plains

High Plains wishes Sharon Soos the best as she undertakes her new role as

Treasurer of the Platte River Chapter. We want to take this time to express our appreciation for Sharon's dedication to the High Plains chapter. Our new Treasurer is Ashley Koren. Welcome Ashley! We are currently talking with several people to line up education events for this year. Some of them will be offered at our monthly meetings, so look for communication about these upcoming events. With our Volunteer Seminar behind us, we hope you will take a moment to review the RMDS calendar of events and make plans for volunteering this year.

-*Cindi O'Shea*, President, High Plains

Foothills

The Foothills Chapter started 2011 with a warmly-received and very successful New Test Clinic featuring Dolly Hannon and Debbie Riehl-Rodriguez, who provided didactic and practical education regarding the goals of the tests through 4th level. Dolly will offer the program again on April 17 (details in a recent RMDS Region 5 email).

The chapter now turns its attention to the next education offering, the Ride-A-Test at *A Rising Star Equestrian Center* on May 1. Riders will have the opportunity to ride Intro level through Grand Prix for Dolly or Debbie, or both. This RAT closes on April 22, 2011. Registration information is available on the chapter website: www.foothillsdressage.org.

The chapter is also actively planning the Last Chance Show on September 18, 2011 as well as confirming details for an education symposium in the fall. More to follow!

-*Heather Fitzgerald*, Chapter Secretary

Northern Colorado April Clinic

Dolly Hannon will do another "Intro to the 2011 Dressage Tests" PowerPoint Presentation on Sunday, April 17th, 2011. The morning lecture will be at Lazy J Bar S at 3756 W. County Road 16, Loveland, CO. Kathy Coulson will host the afternoon portion at her home and arena at 2165 E. Highway 402, Loveland, CO, 80537. Lunch will be available for purchase at Kathy's. NCDA is very excited to help with this winning clinic. If you have any questions, please call John or Julie Haugen at 970-217-7820, Susie Reed at 970-416-7831, or Kathy Coulson at 970-669-1001.

Colorado Springs Dressage Association is again sponsoring our annual horse show to support breast cancer victims in Colorado. We are in need of sponsors and donors to make this event a success so that we can make a difference in the lives of women undergoing treatment for breast cancer. For \$50, you can sponsor a class and help a woman with breast cancer fill her gas tank so she can make her medical appointments. For \$150, enjoy prime vendor space at the Colorado Horse Park and help a woman with breast cancer struggling to put food on the table buy groceries. For \$250, sponsor your logo on our t-shirts and bags and help a woman with breast cancer keep the lights and the heat on for another month while getting your business in front of our competitors and the public. We are also accepting donations of items for our silent auction.

Visit us at www.csdressage.org for a sponsor packet.

President's Message

Congratulations to Sharon Soos and Elaine Haberman for a great RMDS display at the Colorado Horse Expo. The booth looked wonderful and many people took the opportunity to find out more about RMDS or reacquaint themselves with the club. We actually had a triple space booth (thanks to Elaine for purchasing one extra space, and the Horse Expo for giving us one extra space), which made our booth quite impressive. Thank you also to all the volunteers that helped staff the booth throughout the Expo.

I had a chance to visit the Expo on Saturday. It has grown both in size and educational events. There were seminars and demonstrations going on everywhere, often five or six simultaneously. I also met a few of our members with their own booths and it was fun to catch up. The "Mane Event" was held both on Friday and Saturday evenings, and has also grown in size and quality. There were quite a few fun acts to watch. Most of the performers were from Colorado which demonstrated that we have a

sizable horse community with a lot of diversity.

Speaking of diversity, we are excited to announce that the Colorado Friesian Horse Club will host the 2011 KFPS/FHANA Keuring on Sep 24th at the Colorado Horse Park. That means it will happen during the RMDS Championships and you will have the opportunity to watch some great horses and learn more about this breed. As many of you know, there are more and more Friesians in dressage and we are looking forward to partnering with the local club for this event.

Mark your calendars for the Adult Amateur clinic, June 4-5, 2011. This year we are proud to present Heather Robertson as our clinician, a Grand Prix rider and trainer. The event will be hosted by *Normandy Farm and Stables*, a central location, and easily accessible to most RMDS members. Look for more information in this issue of the Centaur or on our website www.rmids.org.

Social media is all the rage these days and we do not want to be left out – therefore, you can now follow us on Facebook. Look for the RMDS Fanpage at www.facebook.com/rockymountaindressage. A huge "thank you" to Nicole Bizzarro and Beth Geier for putting this together. Please check out the fanpage and get the most up-to-date news and information via Facebook.

The Colorado Horse Development Authority (www.CHDA.org) has created a license plate that allows us to show our love and support for horses. Unfortunately, this program might be discontinued since there are not enough people getting one of these great license plates. It was quite an effort to get this established. If you are thinking about a vanity plate anyway, you might consider one. After all, supporting the horse industry in Colorado also will benefit RMDS.

Wishing you all a great Spring and not-too-hairy horses,
-*Simone Windeler*, RMDS President

Omnibus Corrections 2011

ALL SHOWS: USEF Rule Change: Effective March 1, 2011, for dressage:

Anyone mounted on a horse must wear protective headgear except those riders age 18 and over while on horses that are competing only in FEI levels and tests at the Prix St. Georges level and above (including FEI Young Rider Tests, the USEF Developing Prix St. Georges Test and the USEF Brentina Cup Test).

Cross-Training for Horse and Rider

By Andie Lee, Andie Lee Horsemanship, 8th Heaven Farms

Although most equestrians prefer to settle into a single riding discipline that they specifically train for and compete in, the advantages of cross-training for horse and rider in any discipline are innumerable. Taking yourself and your horse away from the “norm” and trying something new will teach you new skills, keep your horse fresh, and make you a more versatile horse and rider team.

For example, consider riding your western performance horse in a dressage lesson or clinic. You’ll gain a new appreciation for correctness and collection in addition to improving your own riding. Or perhaps, take your horse to a cattle-working practice. Giving your horse a job to do will keep his mind fresh and gives you an opportunity to work on leg cues and refine responsiveness. Finally, a great activity for any horse to do is obstacle work. Approach an obstacle that may typically be a source of anxiety and see if you can tap into your horse’s mind and work through it. Not only will this teach your horse to trust you and your judgment, but he’ll learn to relax and be better prepared to handle potentially “scary” situations in the future. These are just a few suggestions; the potential ways to broaden your equestrian horizons are limitless!

So now that you have all these great ideas, how do you get started? First, try asking around, fellow “horsey” people may know of some good opportunities for you to try something new. Check internet directories,

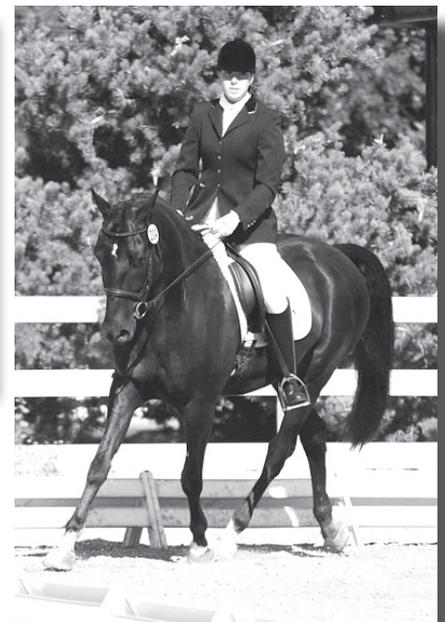
horse periodicals, or attend local events and ask questions. Once you find an event to try, make sure you attend with an open mind. Apply the new skills that work for you and your horse, and file away the ones that don’t. They may come in handy later! Also, know your horse’s abilities and limitations. Have reasonable expectations and try not to push yourself or your horse into something that is beyond your capability or training level. But most of all have fun and enjoy the adventure that you and your horse are embarking on. Even if you find out

it’s something you don’t enjoy doing – you will have learned something and made yourself a better horseman by stepping outside the box.

Whether you decide to hit the open range to herd some cattle, utilize an obstacle to overcome you and your horse’s fears, or clinic with a dressage master to hone your precision riding skills; cross training opens the door to new skills, and in the process keeps you and your horse from getting burned out. Happy riding!



Andie cross-training on 8th Heaven’s Navarre. Andie has shown him successfully in versatility ranch horse and training level dressage championships. Talk about a versatile horse!



Andie Lee operates her business, Andie Lee Horsemanship, out of 8th Heaven Farms in Castle Rock. She is available for training, lessons and clinics specializing in colt starting and basic horsemanship. Please contact her at (303)324-8865, or visit her website, www.AndieLeeHorsemanship.com.



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12635 FLAGG DRIVE, LAFAYETTE

PRICE: \$619,000. Nearly 6 acres just east of Old Town Lafayette, near Coal Creek trail head. Wonderfully updated and renovated farm house with charming outdoor living spaces, two stall Gardner barn, detached garage, storage shed, arena and pasture. Seasonal pond. House has 3 bedrooms, 2 baths, great room w/ fantastic mt views.



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MLS# 646036 NEW PRICE: \$274,900. 3 bed, 2 bath, well maintained home on large lot minutes from old town Lafayette. Close to rec center, library, trails, shopping.



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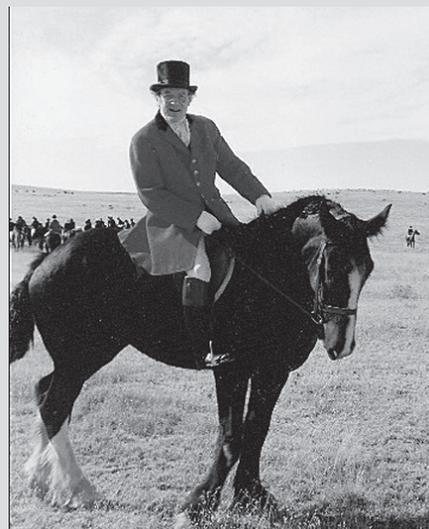


Through the Grapevine

Happenings in the RMDS Community

Charles, owner of *Horse and Hound* in Franktown, died Friday, March 11th, from cancer. Our greatest sympathy goes out to his steadfast and devoted wife, Wendy. The front range will not be the same without Charles and he will be sorely missed.

Jasmin Becker was awarded a \$1,400 grant from The Dressage Foundation's Renee's Fund. She will use the funding to travel to California to train with Nick Wagman during the month of April. Jasmin said, "In a relatively short period of time, I have taken myself from an amateur rider, to a professional rider, to an FEI competitor. I have achieved this success because I believe in a formal training education." She looks forward to the intensive training time to prepare her horses for Grand Prix and is excited to share her newfound knowledge with her students in Colorado. -*Jenny Johnson, The Dressage Foundation*



Charles on his horse, Chaucer.



Don't Miss Our Spring Sale!

Friday & Saturday, April 15-16

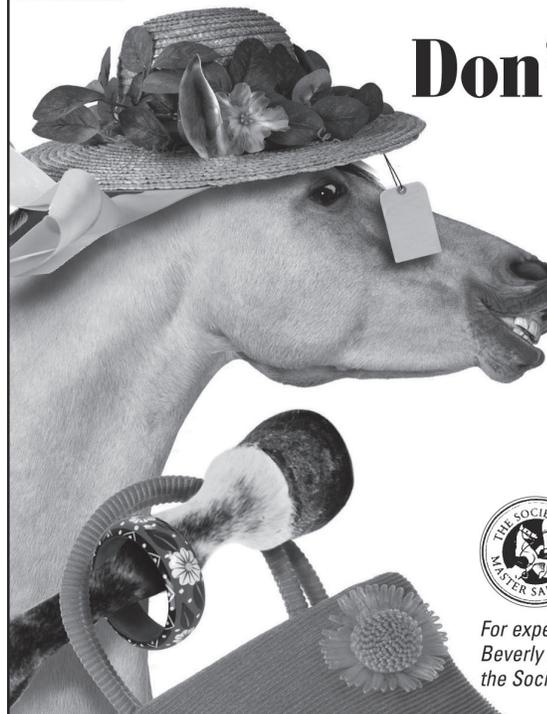
You can't miss this one! We've got Brand New Items at Sale Prices Just for this Special Spring Sale!

Also featuring these great deals as well:

- 20 - 70% off show coats •
- 20 - 70% off our huge assortment of show shirts •
- Fantastic prices on sale items •

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17 hand Morgan Dressage Horse

BCM Unforgettable: 14 year old gelding

“Monty” is an uncomplicated delight to ride. He has been in full time professional dressage training since 2007. He has been successfully shown through 4th level by a professional and 3rd level by an Adult Amateur. Monty has a wonderful, steady temperament at shows as well as on the trails. He has always been a healthy, injury free, no vices, easy keeper.

He is easy enough to ride for a Junior Rider or Adult Amateur to be successful up the levels yet talented enough for a professional.

Monty will be shown PSG this spring and has begun work with half steps and his twos!

Career Highlights

- 2010: USEF Region 9 Morgan Horse of the Year 2nd level and above, USDF Morgan Horse of the Year- 3rd level, USDF Morgan Horse of the Year - 3rd level freestyle, Received a 72.292% on his 3rd level freestyle, Grand National Morgan Show- World Champion 4th level with scores as high as 66%, Grand National Morgan Show- National Champion 3rd level freestyle
- 2009: RMDS Morgan Horse of the Year, Received a 69% from Hilda Gurney at third level
- 2008: USDF American Morgan Horse Reserve Champion Horse of the Year First Level, median of 67.250%, RMDS Morgan Horse of the Year, Grand National Morgan Show- Adult amateur Reserve World Champion Training Level (the 42 year old Adult Amateur’s 1st ever dressage show and 1st time to compete at any equestrian competition since she was 15 years old), Reserve World Champion Open First Level, National Champion First Level Freestyle, USEF Region 9 Morgan Horse of the Year First Level, Written up in the "Chronicle of the Horse" Magazine
- 2007: USDF American Morgan Horse Training level Horse of the Year 68.105% median, Rocky Mountain Dressage Society (RMDS) Morgan Horse of the Year
- Monty spent the first eight years of his life on a Montana cattle ranch. He was then purchased for his size by an Adult Amateur outside of Detroit who wanted to show him in the Morgan western pleasure world. She soon found out that he moves too big for western pleasure horse! In four short years we turned him into a winning 4th level dressage horse with a bright future.

\$50,000 only to a great home!

Monty's owner loves him so much that she is willing to include two years free board in the asking price to keep him at her barn and in the current training system

Inquiries contact: Andrea 303-378-0002 or email: andreadoelling2003@yahoo.com
Currently located in Greenwood Village, CO

The next morning we checked on the poor soul and he seemed to be in good spirits despite the Frankenstein look to his forehead. We decided to go ahead and show the horse. His first test was to be ridden at 1:05pm. My client went through her test preparations and rode her test. As fate would have it, the horse was randomly selected for USEF drug testing. We found this quite comical as of course the horse had been given a “forbidden” substance the night before. We gave this information to the attending drug tester and veterinarian. We directed them to the show office for the appropriate paperwork and according to them, everything appeared to be in order. No big deal, right? We followed all procedures according to show officials and had the appropriate paperwork in order.

Imagine our surprise when 2 months later, the owner and myself both received letters and emails from USEF stating that the horse we showed contained a forbidden substance in his blood at the time of testing and we were in violation of the USEF Drug rule. WHAT? Well, duh, he had a forbidden substance! All of that had been explained to the right people and we had been given the A-OK to go ahead as normal. What do you mean we violated the rule? I assumed there was a misunderstanding. I responded to USEF via email and explained the circumstances surrounding the “forbidden substance.” I assumed that any reasonable person with common sense would see the reason behind the necessity of the sedative and that proper procedures were followed. Boy, would I be proven wrong! The first mistake we

made was that the horse’s barn name was put on the medication form, not his show name. A major faux pas and a big no-no! We sent proof via his coggins that indeed the barn name and show name belonged to the same horse. This was accepted with some scolding but we moved on to the circumstances around the substance being found in the horse’s system.

Here’s the gist: the drug rule states that the horse may not be shown within 24 hours of the substance entering his system. The horse had been given the sedative at 3:30 pm on Thursday. He was shown at 1:05 pm on Friday. We missed the 24 hour window by 2 hours and 25 minutes. We were in violation of the drug rule. Simple as that. No exceptions. USEF did not care that we were told by the show vet that the horse would be okay to show and that the effects of the drug would be out of his system by 7:00 pm. No one cared that we were operating under the assumption that all proper procedures had been followed. USEF did not care that the owner showed at training level and didn’t have a stellar ride. This was an obvious indication we did not have an unfair advantage, right? Wrong! USEF decided in their infinite wisdom that we needed to be punished for this egregious rule violation. The owner was fined \$300 and I, as the trainer listed on the show entry, was “censured” and fined \$1250. That is the penalty for being honest, following advice of officials, filing proper paperwork and just making an honest mistake. Can you imagine coming up with an extra \$1250, due by December 16th, one week before Christmas? I don’t know about you all, but that is a huge chunk of change to come up with on short notice. What was my recourse if I did not

pay the fine in the appropriate time frame? I could plan on attending a hearing in Lexington, KY at some as-of-yet undetermined time in the future and plead my case. The hearing committee would be the same folks who had already looked at the facts and offered me the “administrative offer.” Also, once at the hearing, the committee could decide on a harsher penalty as well as suspension and who knows what else. So do the math: by the time I fly to Kentucky, get a hotel, rent a car and plead my case to the committee, I’m already out more money than the fine I’m being offered, and the committee could decide I’m a pain in their rear and fine me a bunch more. As I looked at the fines listed in the magazine for past violators of the same rule, I discovered that the lowest fine being assessed by the committee was \$2500. Who knew I was getting such a deal (sarcasm intended)? So I decided to accept the deal and pay the fine against every fiber in my body screaming for justice! We made an honest mistake! Yes, we should have known the rules, but I personally don’t study the drug rules because I don’t illegally drug my horses! We operated under the assumption we were following the rules. USEF doesn’t care.

So I want all of you to know how to handle a situation like this so you don’t fall into the same boat. Know your rules. Check and recheck with officials. Don’t assume if the substance is given by a vet that it is legal. I also did some research on the hearing committee procedures. I did not find any guidelines for fining violators. There is no chart giving fine amounts based on 1st-time offense, type of offense, etc. I expected there to be something like you see with traf-

Monthly Fitness Tip: Static Lunge with Bicep Curl

By Jessica Carlin and Lindy Thompson, Sound Mind & Body Lifestyle Coaching

Continuing a series that started in last month's issue on fitness exercises that correspond with the dressage training scale, this month we will be focusing on an exercise that will aid the next step of the training scale – RELAXATION.

Key for a horse to achieve both mental and physical RELAXATION is balance, something that is heavily influenced by the rider. In order for the horse to be balanced and to help encourage RELAXATION, the rider must maintain a strong vertical axis, which allows shock absorption in the joints and increases core strength. To help create the strongest possible position in the saddle and find your balance, this month we will be performing a **Static Lunge with a Bicep Curl**.

This exercise will help you:

- Stabilize your hips and gluteal muscles while performing the static lunge
- Improve your balance
- Activate your abdominals, obliques and lower back by helping to maintain balance
- Using the bicep curl, encourage a bent elbow which aids the core in a strong core/upper body position
- Encourage deep breathing to aid RELAXATION in the body

WHAT YOU NEED:

- Light weights - 3 lb or 5lb dumbbells/water bottles/canned goods

STATIC SQUAT W/ BICEP CURL

1. Stand with your feet shoulder-width apart, with a slight bend

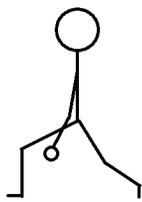
in your knees. Step one foot forward about 3-5 feet (dependent on the length of your leg). Your feet should remain hip width apart and you should now be balancing between the heel of your front foot and the toes of your back foot

2. Draw belly-button in towards spine to create support in the lower back. Maintain a vertical axis, with shoulders squarely over hips and keeping weight in the corresponding heel and toe
3. Inhale, and drop your hips down (do not move them forward or back) and you will hold yourself in suspension between your feet for the duration of the exercise (static lunge).
4. Once in this position, exhale and keeping elbows locked against the ribcage, curl both arms towards your shoulders three quarters of the way up. Inhale, and slowly lower arms to starting position. Complete your bicep curls on 1 side before you switch to the other.

5. Do 3 sets of 20 repetitions on each leg, taking a 45 second break in between sets.

TIPS and PROGRESSION

- Keep core activated throughout exercise by pulling belly-button in towards spine. Your active core will 1) protect your spine, 2) aid your balance 3) be an extra muscle group that is actively burning calories!
- In the lunge, keep back straight – do not lean forward! Keep weight suspended evenly between your feet. Do not let knees go beyond toes.
- In bicep curl, do not swing the weights and arch the back. Keep the back flat and supported with elbows locked against ribcage.
- To make the lunge more difficult, perform on a BOSU ball or balance discs (place front foot onto balance implement).
- To make the bicep curl easier or more difficult, decrease or increase the weight



In static lunge with arms in starting position



In static lunge with active arms

Sound Mind & Body Lifestyle Coaching is dedicated to whole body wellness, from physical fitness to mental performance. Focusing on fitness for the equestrian, SMB Lifestyle recently launched SaddleFit boot camps designed to improve your fitness to improve your riding. Visit www.smbfitnesscoach.com for more information.

June 11-12, 2011
RMDS Winter Wake-Up
Organized in Conjunction with
Northern Colorado Dressage Association
Tomora Training Center – Greeley, Colorado

Sponsored by BizTek International, LLC
And Tomora Training Center

**Official Qualifying Competition for the FEI North American Junior and Young Riders' Championships
and Collecting Gaits Farm/USEF National Pony Rider, Junior, Young Rider & Brentina Cup
Championships.**

**Official Qualifying Competition for the Markel/USEF Young Horse Dressage Program and USEF
National Developing Horse Dressage Championship**
(sponsored by the Dutta Corp & PSI)

A GREAT SHOW FOR EVERYONE AT A GREAT FACILITY!

Organizers:
2White Feet

Judges:
Brian Ross (S), Fairfield, Virginia
Sue Curry Shaffer (S), Santa Rosa, California

Opening date – May 9, 2011

Closing Date – June 2, 2011

Fees (complete list in prizelist)

Training - Fourth Level	\$35.00
FEI Level / Musical Freestyles	\$45.00
Stabling	\$35 per night
Day Stall	\$30 per day (7am-7pm) as available
Office fee	\$20 (non-refundable)
Post-entry Surcharge	\$20.00

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CONTACT HEATHER FOR MORE INFO!**

Arenas

All weather footing in competition and warm-up arenas. Two outdoor show arenas and outdoor warmup arena. For longeing area inquire at show office. No foot traffic, or lessons, in warm-up area. Trainers and friends must abide by and respect these rules and their enforcement by our hard-working stewards.

Complete prizelist available at www.rmids.org or www.2whitefeet.com
or by calling/emailing Heather Petersen at 719-683-8435 / slush@drgw.net

2011 RMDS Executive Board

President	Simone Windeler	719-540-2000	simonedressage@gmail.com
Past President	Laura Speer	970-371-2934	riversidestables_evans@yahoo.com
Vice President	Mary Jo Hoepner	719-495-3648	vicepresident@rmds.org
Secretary	Susan Rudman	303-697-8528	sewrunred@msn.com
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Permanent Committees

Adult Amateur	Lori Mitchell	303-816-2375	bandwdressage@aol.com
Awards	Shannon Lemons	719-686-0064	lemons_shannon@yahoo.com
Results	Central Office	720-890-7825	rmds@rmds.org
Championship/March Show ..	Laura Speer	970-371-2934	riversidestables_evans@yahoo.com
Communications	Nicole Bizzarro	303-939-0110	nicolebizzarro@yahoo.com
Centaur Production	Cathy Van Berg	303-916-6136	vanbergc@yahoo.com
Omnibus Advertising	Central Office	720-890-7825	rmds@rmds.org
Omnibus Production	Burke Design	303-447-0993	rmds@rmds.org
Webmaster	Michael Petersen	719-683-8435	webmaster@rmds.org
Constitution, By-laws	Central Office	720-890-7825	rmds@rmds.org
Education	Michelle Anderson	303-646-1375	michand@hotmail.com
Insurance, Show Standards	Central Office	720-890-7825	rmds@rmds.org
Junior/Young Riders	Cindi O'Shea	720-951-3517	cindioshea@yahoo.com
Junior Camp	tba		
Marketing	Elaine Haberman	719-358-1577	stabiledicavallo@gmail.com
Membership			
Horse Registration	Central Office	720-890-7825	rmds@rmds.org
Registration Officials and			
Show Standards	Central Office	720-890-7825	rmds@rmds.org
RMDS Show Liason	Laura Speer	970-371-2934	riversidestables_evans@yahoo.com
Scheduling	Central Office	720-890-7825	rmds@rmds.org
Scholarship	Elaine Haberman	719-358-1577	stabiledicavallo@gmail.com

Chapter Presidents

Arkansas Valley	Mary Rae	719-784-6853	marraelams@hotmail.com
Boulder Valley	Kim Lampert	303-638-3606	Dive4java@comcast.net
Colorado Springs	Shannon Lemons	719-686-0064	lemons_shannon@yahoo.com
Foothills	Dolly Hannon	303-919-4112	dollyhannon@msn.com
Grand Valley	Inka Spatafora	970-260-2660	classicaldressage@earthlink.net
High Plains	Cindi O'Shea	720-951-3517	cindioshea@yahoo.com
Northern Colorado	Susie Reed	970-416-7831	the.reed3s@gmail.com
Platte River Dressage	Laura Speer	970-330-7233	riversidestables_evans@yahoo.com
Wasatch Mountains	Linda Nickerson	801-647-3291	mail@snowypeaksranch.com
Western Colorado	Judith Family	970-923-8832	dns@rof.net

Governing Bodies

UNITED STATES DRESSAGE FEDERATION

USDF

859-971-2277

www.usdf.org

4051 Iron Works Parkway, Lexington, KY 40511

USDF Region 5

Director

Heather Petersen

719-683-8435

slush@drwg.net

FEI JRYR Coordinator

Kathleen Donnelly

970-310-8729

Kathleendonnelly20@hotmail.com

Website

www.usdfregion5.org

US EQUESTRIAN FEDERATION, INC

859-258-2472

www.usef.org

USEF

4047 Iron Works Parkway, Lexington, KY 40511

RMDS is a USDF Group Member Organization and RMDS members are automatically USDF Group Members.

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RMDS CHAPTER MEETING SCHEDULE

Arkansas Valley: 2nd Saturday, 1 pm,
location TBD. Mary Rae, 719-784-6853,
marraelambs@hotmail.com

Boulder Valley: 2nd Mon., even months,
location TBD, Kim Lampert, 303-638-3606,
Dive4java@comcast.net

Colorado Springs: 3rd Tues., For location
information contact Shannon Lemons,
719-686-0064, lemons_shannon@yahoo.
com, www.CSDressage.org

Foothills: quarterly meetings, location TBD,
Dolly Hannon, 303-919-4112,
dollyhannon@msn.com

Grand Valley: 2nd Thurs. each month,
location TBD, Inka Spatafora,
970-260-2660,
classicaldressage@earthlink.net

High Plains: Mtg time and location TBD.
Cindi O'Shea, 720-951-3517, cindioshea@
yahoo.com, www.highplainsdressage.com

Northern Colo.: 3rd Tues., each month,
location TBD, Susie Reed, 970-416-7831,
the.reed3s@gmail.com

Platte River Dressage: Mtg time and
location TBD, Laura Speer, 970-330-7233,
riversidestables_evans@yahoo.com

Wasatch Mountains
Linda Nickerson, 801-647-3291, mail@
snowypeaksranch.com, Location TBD

Western Colorado: Judith Family,
970-923-8832, dns@rof.net

Meeting Schedule of the RMDS Executive Board

All RMDS Executive Board meetings are open to all and occur on the second Thursday of every odd-numbered month. Meeting time is 6:30 pm. Meeting dates in 2011 are January 13, March 10, May 12, July 14, September 8. Contact the RMDS Central Office for location. Steering Committee meetings are held on the second Monday of every even-numbered month. Board of Governor's meeting is held the second Saturday of Nov. Contact the Central Office for precise details.

Scholarship and Grant Opportunities through *The Dressage Foundation*

-Jenny Johnson, The Dressage Foundation Administrative
Director

Violet Hopkins Fund - For GMOs to conduct educational clinics/seminars. Up to \$2,000 can be awarded per year for each GMO or GMO Chapter.

Dancing Horse Fund - Provides smaller grants to assist with freestyle clinics or to help with sound system purchase/repair.

Sally Swift Fund - Up to \$1,000 to conduct a Centered Riding Clinic.

Continuing Education for Instructors - Provides up to \$1,000 for a GMO to conduct educational events for Instructors. These grants CAN be used towards hosting the USDF Instructor Certification Program Workshops and Testing.

Also, as you may know, we have many grants and scholarships available for individuals. Here are a few:

Gifted Fund - for Adult Amateurs riding at ANY level. \$1,000 scholarship to use for a concentrated training time with a horse that is owned.

Continuing Education for Instructors - Individual grants to participate in the USDF Instructor Certification Program.

Renee Isler Dressage Support Fund - Provides grants to Young Riders and Professionals, typically for educational purposes.

Michael Poulin Dressage Fund - Awards grants that will promote and enhance the quality of dressage in the U.S.

For more information about these, and other grants, please visit our website at www.dressagefoundation.org. Click on "Funds and Programs" on the top menu bar. The Dressage Foundation is also on Facebook! Become a fan to keep up-to-date about important deadlines, new funding opportunities and special news: <http://www.facebook.com/home.php#!/pages/The-Dressage-Foundation/103053587073>

Our Young Rider Olympic Dream Program also has its own Facebook page: <http://www.facebook.com/home.php#!/pages/The-Dressage-Foundations-Young-Rider-Olympic-Dream-Program/100308486091>

The Centaur Newsletter

The Centaur newsletter is published monthly. To guarantee that ads and articles will run in a given month, they must be received by the 10th of the month prior to the month of publication, i.e. January 10 for the February edition. If not received by the deadline, articles and ads may be placed in the following issue, if not time sensitive.

CONTACT INFORMATION

For article suggestions, articles, columns, letters-to-the-editor: Centaur Editor, Cathy Van Berg, 1767 Rose Petal Lane, Castle Rock, CO 80109, Phone: 303.916.6136, email: vanbergc@yahoo.com

ADVERTISING

RMDS Office, Beth Geier, 2942 Park Lake Dr., Boulder, CO 80301, Phone: 720.890.7825, email: rmds@rmds.org

DISPLAY ADVERTISING

For information about corporate advertising and/or sponsorship, please contact Beth Geier (contact info above.)

Artwork (ads) must be provided in electronic format. Acceptable forms include: jpeg, pdf, tiff, eps, and doc. IF UNSURE ABOUT AD FORMATTING, please contact the editor (contact info above) for consultation. No substitutions may be accepted. If your ad is submitted in a file format other than those listed above, you will be contacted regarding an additional charge for reformatting or redesign. Hourly charge for redesign/reformat is \$50, in minimal units of one hour.

Please be sure to include a printed version of your ad with your payment so that the ad may be proof-read against the electronic version. Printed ad copy cannot be used as final art.

CLASSIFIED ADS

Classified ads may be submitted via email to the RMDS office (address above.) You may also type or hand-write a classified ad and mail it to RMDS headquarters, attn: Beth Geier, The Centaur. Please limit your classified ad copy to 50 words or less. Exceeding 50 words will result in additional charges per line.

PAYMENT AND AD COPY DELIVERY

Email ads to: rmds@rmds.org, and cc the electronic copy to vanbergc@yahoo.com. Send payment and hard-copy to the RMDS office, Beth Geier, 2942 Park Lake Dr., Boulder, CO 80301.

AD RATES AND SIZE SPECIFICATIONS

Classified \$20 per item for sale (includes web listing.) 50 words maximum. Classified w/photo \$32 per item for sale.

Full Page \$150 7" x 9.5"
Half Page \$90 7" x 4.5"
Outside back half \$105 7" x 4.5"
1/4 Page (Vertical Only) . \$55 3.25" x 4.5"
1/8 Page (Business Card) \$30 3.5" x 2"

(horizontal only)

Ask about discounts for multi-month or annual ad contracts.

Payment for ads is due on the 10th of the month. If not received by the following 10th of the month, the person will be listed on the RMDS website under the suspended category.

EDITORIAL POLICY

Articles submitted for publication will not be returned. Please contact the editor before submitting unsolicited articles or photos. Articles represent the work and views of their authors, and not necessarily the RMDS, its officers or employees.

Utilize the RMDS Network:

Trainers and Instructors:

Use the RMDS Website to Build New Business

If you wish to increase business, you can place your information on the RMDS website at very low cost. Send information to: RMDS Central Office, 2942 Park Lake Dr, Boulder, CO 80301, Phone 720.890.7825, or email: rmds@rmds.org (note on subject line "Trainer Info".) Please include your name, phone, address, email, training locations and other pertinent info such as awards, certifications, lesson types, schooling horses, etc.

The website averages 200 hits per month on the trainer page and RMDS receives 25-30 emails per month requesting names of trainers in the RMDS region. Don't miss the opportunity to expand your client base and gain recognition.

Cost is \$50 annually. Mail check to: RMDS Central Office, 2942 Park Lake Drive. Boulder, CO 80301.

Advertise Events on the RMDS Website

Website ads on the RMDS site provide your event with high visibility. Your ad will run for one month from the date it first appears. Unless the RMDS Central Office is notified in advance (rmds@rmds.org), the ad will be removed from the website once the date of the event advertised has passed.

Please limit content of the ad to 20 words. Your email and website addresses will be displayed as links.

Because of the implicit connection to the RMDS, we reserve the rights to:

- Refuse any ad.
- Edit ad content.
- Limit the number of ads displayed at any one time.

Important Info on RMDS membership

Awards are based on the information on your membership card. Be sure to double-check everything very carefully.

Duplicate cards are available for \$2.00. If emailed to you, they are free. Request a new one by mailing the Central Office at rmds@rmds.org.

Proof of adult amateur status must be sent to the Central Office every year. Showing proof at shows is not enough for the year-end awards. Owner, rider, and horse MUST be current members PRIOR to any ride for the score to count towards qualifying for RMDS Championships and for qualifying for any year-end award. If PONY is not listed under breed and you have a pony, send a copy of the measurement form or the permanent pony card to the Central Office. Remember, membership and its details are your responsibility. Be sure corrections are made.

Technical Delegates, Judges, and Certified Instructors

Dressage Judge Ratings and Levels Qualified to Judge

Any class ridden before a judge not qualified to judge at that level must ride "Hors d'concours" where the score does not count.

Status	Status	Levels
"L"	Learner*	Training - Second (RMDS only)
"r"	Recorded	Training - Second
"R"	Registered	Training - Fourth

*may only judge at RMDS recognized shows.

FEI 4*

Janet Foy719-260-1566

FEI ParaEquestrian Dressage 5*

Anita Owen303-953-9904

USEF 'S'

Debbie Riehl-Rodriguez ...303-642-7708

Sandra Hotz303-817-2030

Anita Owen303-953-9904

Janet "Dolly" Hannon303-919-4112

Kristi Wysocki303-648-9877

USEF 'r'

Loni Gaudet985-966-3832

Amy Jablonovsky970-493-2833

Suzanne Zimmer303-478-8325

Gwen Ka'awaloa303-646-4363

USDF 'L' Graduates (Schooling and RMDS

Only recognized shows)

Simone Ahern*719-749-9274

Gigi Brittain*303-646-1506

Julie Burt719-372-6270

Alison Child* (UT)435-640-3287

Linda Coates-Markle303-469-0279

Kathleen Donnelly*970-310-8729

Amy Fulstone775-721-1123

Status	Status	Levels
"S"	Senior	All
3*	(FEI C)	All
4*	(FEI I) International	All
5*	(FEI O)	All

Beth Geier303-673-9840

Jan Goodrich-Spear303-664-0152

Jessica Greer970-581-5613

Julie Haugen970-290-8360

Sarah Martin*719-379-3716

Linda Ohlson-Gross*303-840-9818

KC Parkins-Kyle303-841-9953

Kathy Simard*720-981-4448

Patti Thurman* (UT)435-640-1362

Simone Windeler719-540-2000

*Denotes Graduation with Distinction

Dressage Sport Horse Breeding Judge

Janet Foy 'R'719-260-1566

Debbie Riehl-Rodriguez 'R' 303-642-7708

Kristi Wysocki 'r'303-648-9877

FEI Chief Steward

Veronica Holt303-646-3829

Technical Delegates USEF

Eva-Maria Adolphi (UT), r..801-254-3247

Rusty Cook (NM), r505-877-1456

Veronica Holt, R303-646-3829

Laurie Mactavish, R970-390-5160

Debbie Moloznik, r818-515-0377

Heather Petersen, r719-683-8435

Deeda Randle (WY), R307-638-6737

Catherine Siemiet, r719-942-5311

Dianne Stanley (MT), R406-652-4061

Technical Delegates, RMDS sanctioned shows only

Joan Clay970-420-0887

Jeannette Hillery303-494-7718

Mindy Maguire720-301-0089

Susan Selby970-227-9530

Libby Stokes303-688-2795

USDF Certified Instructors

Training - Second

Julie Burt719-372-6270

Jill Cantor Lee970-209-8491

RaeAnn Cook970-225-1408

Janet "Dolly" Hannon303-279-4546

Ellene Kloefer303-828-3879

Clayton Martin719-379-3716

Bridget Milnes303-660-4986

Kristi Wysocki303-648-9877

Training - Fourth

Simone Ahern719-749-9274

Nancy DeVaney303-681-2516

Loma Fowler303-841-0417

Sarah Martin719-379-3716

Kathy Simard720-981-4448

Melinda Weatherford970-484-5218

When I bestride him, I soar, I am a hawk: he trots the air; the earth sings when he touches it; the basest horn of his hoof is more musical than the pipe of Hermes.

- William Shakespeare, Henry V

Shows and Events

All shows are RMDS recognized except schooling shows.

APRIL 2011

- 2 **Wet Lab Clinic: How to Listen to your Horse, Colorado Equine Clinic, Littleton, CO.** Must RSVP to: 303-791-4747, wellness@coequine.com, www.coequine.com
- 2-3 **USDF L Program, Session D1, Central Arizona Riding Academy, Arizona**
Contact Dorie Vlaten Schmitz, dvschmitz@msn.com
- 5 **Janet Foy Clinic, Reiterhof Ranch, Franktown, CO**
Contact Jody, 303-646-9520, jbdrsj@hotmail.com
- 9 **8th Heaven Spring Starter Series II, Castle Rock, CO**
Contact Denise Dunkin, 303-688-5727, eighthheavenhorses@yahoo.com
- 9 **Mariah Farms Schooling Show, Mariah Farms, Castle Rock, CO,** Contact Lisa Lamke, 303-660-2456, www.mariahfarms.net
- 9-10 **Ulf Wadeborn Clinic, Cresta Farm, Franktown, CO**
Contact Jenny Brauer, 303-995-0405, www.crestasporhorses.com
- 16 **RMDS Show at Sun Prairie I, Peyton, CO**
Contact Simone Ahern, 719-749-9274, simone@sunprairiestables.com
- 16 **Whispering Winds Schooling Shows, Monument, CO**
Contact Simone Windeler, 719-287-2040, simonedressage@gmail.com
- 16 **Ft. Collins Equestrian Center Schooling Show**
Contact Lisa Oppenheimer, 970-567-8619, fceinfo@aol.com
- 19 **Janet Foy Clinic, Reiterhof Ranch, Franktown, CO**
Contact Jody, 303-646-9520, jbdrsj@hotmail.com
- 22 **Arabians for the Cure at the Peak, Colorado Horse Park, Parker, CO-USEF**
Contact Heather Petersen, 719-683-8435, slush@drwg.net
- 23 **Boulder Valley Ride-A-Test, Singletree Farm, Boulder, CO**
Contact Beth Geier 303-673-9840
- 23-24 **Dressage for the Cure at the Peak, Colorado Horse Park, Parker, CO-USEF-NAJYRC Qualifier**
Contact Heather Petersen, 719-683-8435, slush@drwg.net
- 24 **Boulder Valley Spring Fling, Singletree Farm, Boulder, CO**
Contact Beth Geier, 303-673-9840
- 29-May 1 **Ralf Schmitzer Classical Riding Academy Clinic**
Contact Simone Windeler, 719-287-2040, simonedressage@gmail.com
- 30 **AVDA Schooling Show, Pathfinder Park, Florence, CO**
Contact Cat Siemiet, 719-429-5696, horsestop.net

MAY 2011

- 1 **Foothills Chapter Ride-A-Test, Rising Star Equestrian Center, Arvada, CO**
Contact Lori Mitchell, 303-816-2375, bandwdressage@aol.com
- 3 **Janet Foy Clinic, Reiterhof Ranch, Franktown, CO**
Contact Jody, 303-646-9520, jbdrsj@hotmail.com
- 3-5 **Ralf Schmitzer Classical Riding Academy Clinic**
Contact Simone Windeler, 719-287-2040, simonedressage@gmail.com
- 7 **8th Heaven Spring Starter Series III, Castle Rock, CO**
Contact Denise Dunkin, 303-688-5727, eighthheavenhorses@yahoo.com
- 7-8 **GVDS Schooling Show, Mesa County Fairgrounds**
Contact Inka Spatafora, 970-260-2660, classicaldressage@earthlink.net

- 7-9 **Ralf Schmitzer Classical Riding Academy Clinic**
Contact Simone Windeler, 719-287-2040, simonedressage@gmail.com
- 12 **RMDS Executive Board meeting, OPEN to all**
Contact rmds@rmds.org
- 14 **CDEC Schooling Dressage Show & Two Phase, Cheyenne, WY.** Contact Rowena Heckert, 307-632-4151, rlheckert@msn.com
- 14 **Mariah Farms Schooling Show, Mariah Farms, Castle Rock, CO,** Contact Lisa Lamke 303-660-2456 www.mariahfarms.net
- 14 **Pendragon Stud Dressage Show, Larkspur, CO**
Contact Leslie Terry, 303-688-4147, lt2@kellin.net
- 14 **Rocky Mountain Dressage I, Somerset Farms, Longmont-USEF-NAJYRC Qualifier**
Contact Heather Petersen, 719-683-8435, slush@drwg.net
- 15 **Rocky Mountain Dressage II, Somerset Farms, Longmont-USEF-NAJYRC Qualifier**
Contact Heather Petersen, 719-683-8435, slush@drwg.net
- 21 **AVDA Schooling Show, Pathfinder Park, Florence, CO**
Contact Cat Siemiet, 719-429-5696, horsestop.net
- 21 **Rancho del Soule Schooling Show, Grand Junction, CO**
Contact Stephanie, 970-201-0747, stephanie.soule@msn.com
- 22 **Autumn Hill Sunday Series #1, Longmont**
Contact Julie Barringer-Richers, 720-341-5033, jbarringerrichers@comcast.net
- 24 **Janet Foy Clinic, Reiterhof Ranch, Franktown, CO**
Contact Jody, 303-646-9520, jbdrsj@hotmail.com
- 27 **Dressage in the Plains I, Sun Prairie Farms, Peyton, CO, USEF.** Contact Simone Ahern, 719-749-9274, simone@sunprairiestables.com
- 27-29 **Leslie O'Neal-Olsen Clinic, Normandy Farms, Littleton, CO**
Contact Lori Mitchell, 303-816-2375, bandwdressage@aol.com
- 28 **Whispering Winds Schooling Shows, Monument, CO**
Contact Simone Windeler, 719-287-2040, simonedressage@gmail.com
- 28-29 **Dressage in the Plains II, Sun Prairie Farms, Peyton, CO, USEF**
Contact Simone Ahern, 719-749-9274, simone@sunprairiestables.com

JUNE 2011

- 3 **High Prairie Dressage I, Colorado Horse Park, Parker, CO, USEF**
Contact Glenda McElroy, 818-841-3554, glenda@glenroys.com
- 4 **High Prairie Dressage II, Colorado Horse Park, Parker, CO, USEF**
Contact Glenda McElroy, 818-841-3554, glenda@glenroys.com
- 4-5 **GVDS Schooling Show, Mesa County Fairgrounds**
Contact Inka Spatafora, 970-260-2660, classicaldressage@earthlink.net
- 4-5 **AA Clinic with Heather Robertson, RMDS Sponsored, Normandy Farms, Littleton, CO.**
Contact Lori Mitchell, 303-816-2375, bandwdressage@aol.com
- 5 **High Prairie Dressage III, Colorado Horse Park, Parker, CO-USEF**
Contact Glenda McElroy, 818-841-3554, glenda@glenroys.com
- 7 **Janet Foy Clinic, Reiterhof Ranch, Franktown, CO**
Contact Jody, 303-646-9520, jbdrsj@hotmail.com

- 11 **Mariah Farms Schooling Show, Mariah Farms, Castle Rock, CO**, Contact Lisa Lamke 303-660-2456 www.mariahfa
- 11-12 **RMDS Winter Wake Up, Tomora Farms, Greeley, CO USEF-NAJYRC Qualifier**
Contact Heather Petersen, 719-683-8435, slush@drwg.net
- 11-12 **Millbrook Farms Dressage Show, Fairfield, UT-USEF**
Contact Jan Lawrence, 801-631-2516, millbrk@xmission.com
- 18 **Rancho del Soule Schooling Show, Grand Junction, CO**
Contact Stephanie, 970-201-0747, stephanie.soule@msn.com
- 18-19 **USDF L Program, Session D2, Central Arizona Riding Academy, Arizona**
Contact Dorie Vlaten Schmitz, dvschmitz@msn.com
- 19 **Centaur Rising Dressage Show I, Anchorage Farms, Pine, CO**
Contact Kris Cooper, 303-838-5086, kris@anchoragefarm.com
- 21 **Janet Foy Clinic, Reiterhof Ranch, Franktown, CO**
Contact Jody, 303-646-9520, jbdrsj@hotmail.com
- 24 **Sage Creek Dressage I, Charleston, UT-USEF**
Contact Chelsea Tracy, 440-376-9208, cohoofdance@gmail.com
- 25 **Sage Creek Dressage II, Charleston, UT-USEF**
Contact Chelsea Tracy, 440-376-9208, cohoofdance@gmail.com
- 25 **Whispering Winds Schooling Shows, Monument, CO**
Contact Simone Windeler, 719-287-2040, simonedressage@gmail.com
- 25 **AVDA Schooling Show, Pathfinder Park, Florence, CO**
Contact Cat Siemiet, 719-429-5696, horsestop.net
- 25 **Autumn Hill Dressage Festival I, Longmont, CO-USEF-NAJYRC Qualifier**
Contact Julie Barringer-Richers, 720-341-5033, jbarringerichers@comcast.net
- 26 **Autumn Hill Dressage Festival II, Longmont, CO, USEF-NAJYRC Qualifier**
Contact Julie Barringer-Richers, 720-341-5033, jbarringerichers@comcast.net
- JULY 2011**
- 2 **RMDS Show at Sun Prairie II, Peyton, CO**
Contact Simone Ahern, 719-749-9274, simone@sunprairiestables.com
- 3 **RMDS Show at Sun Prairie III, Peyton, CO**
Contact Simone Ahern, 719-749-9274, simone@sunprairiestables.com
- 9 **Rocky Mountain Dressage III, Somerset Farms, Longmont-USEF-NAJYRC Qualifier**
Contact Heather Petersen, 719-683-8435, slush@drwg.net
- 10 **Rocky Mountain Dressage IV & Breed Show, Somerset Farms, Longmont-USEF-NAJYRC Qualifier**
Contact Heather Petersen, 719-683-8435, slush@drwg.net
- 14 **RMDS Executive Board meeting, OPEN to all**
Contact rmds@rmds.org
- 15 **Dressage at the Peak Summer Warm-up, Fountain Valley School, Colo. Springs, CO-USEF**
Contact Heather Petersen, 719-683-8435, slush@drwg.net
- 15 **Wasatch Back Dressage Festival I, South Jordan, UT-USEF**
Contact Alison Child, 435-640-3287, achild@kirwin.com
- 16 **Wasatch Back Dressage Festival II, South Jordan, UT-USEF**
Contact Alison Child, 435-640-3287, achild@kirwin.com
- 16 **Dressage In the Pink, Mariah Farms, Castle Rock, CO**
Contact Donna Baxter, 303-229-9085, highbrowbling@mesanetworks.net
- 16 **Rancho del Soule Schooling Show, Grand Junction, CO**
Contact Stephanie, 970-201-0747, stephanie.soule@msn.com
- 16-17 **Dressage at the Peak II Summer, Fountain Valley School, Colo. Springs, CO-USEF**
Contact Heather Petersen, 719-683-8435, slush@drwg.net
- 17 **Centaur Rising Dressage Show II, Anchorage Farms, Pine, CO**
Contact Kris Cooper, 303-838-5086, kris@anchoragefarm.com
- 17 **Autumn Hill Sunday Series #2, Longmont, CO**
Contact Julie Barringer-Richers, 720-341-5033, jbarringerichers@comcast.net
- 23 **Autumn Hill Dressage Festival III, Longmont, CO-USEF**
Contact Julie Barringer-Richers, 720-341-5033, jbarringerichers@comcast.net
- 24 **Autumn Hill Dressage Festival IV, Longmont, CO-USEF**
Contact Julie Barringer-Richers, 720-341-5033, jbarringerichers@comcast.net
- 29 **Sage Creek Dressage III, Charleston, UT-USEF**
Contact Chelsea Tracy, 440-376-9208, cohoofdance@gmail.com
- 30 **Sage Creek Dressage IV, Charleston, UT-USEF**
Contact Chelsea Tracy, 440-376-9208, cohoofdance@gmail.com
- 30 **Whispering Winds Schooling Shows, Monument, CO**
Contact Simone Windeler, 719-287-2040, simonedressage@gmail.com
- 30 **Sport Horse Handling Clinic, TBA**
Contact Michelle Anderson, michand@hotmail.com, 303-646-1375
- 30-31 **USDF Adult/Youth Team Competition**
- AUGUST 2011**
- 5 **Dressage in the Rockies I, Colorado Horse Park, Parker, CO-USEF**
Contact Glenda McElroy, 818-841-3554, glenda@glenroys.com
- 6 **Dressage in the Rockies II, Colorado Horse Park, Parker, CO-USEF**
Contact Glenda McElroy, 818-841-3554, glenda@glenroys.com
- 7 **Dressage in the Rockies III, Colorado Horse Park, Parker, CO-USEF**
Contact Glenda McElroy, 818-841-3554, glenda@glenroys.com
- 6-7 **Cheyenne Dressage & Eventing Dressage Show, Cheyenne, WY, USEF**
Contact Rowena Heckert, 307-632-4151, rlheckert@msn.com
- 12 **Janet Foy Clinic, Reiterhof Ranch, Franktown, CO**
Contact Jody, 303-646-9520, jbdrsj@hotmail.com
- 12 **Utah Dressage Society Annual Show #1, Utah-USEF**
Contact Susan Jero, 801-254-9107, SJero@aol.com
- 13 **Utah Dressage Society Annual Show #2, Utah-USEF**
Contact Susan Jero, 801-254-9107, SJero@aol.com
- 13-14 **Dressage at Sun Prairie, Peyton, CO, USEF**
Contact Simone Ahern, 719-749-9274, simone@sunprairiestables.com
- 14 **Centaur Rising Dressage Show III, Anchorage Farms, Pine, CO**
Contact Kris Cooper, 303-838-5086, kris@anchoragefarm.com

Continued on page 18

Shows and Events

Continued from page 17

- 14 **Autumn Hill Sunday Series #3, Longmont, CO**
Contact Julie Barringer-Richers, 720-341-5033,
jbarringerrichers@comcast.net
- 19 **Paragon Dressage I & CDI***, Estes Park, CO-USEF**
Contact Heather Petersen, 719-683-8435, slush@drgw.net
- 20 **Paragon Dressage II & CDI***, Estes Park, CO-USEF**
Contact Heather Petersen, 719-683-8435, slush@drgw.net
- 20 **Rancho del Soule Schooling Show, Grand Junction, CO**
Contact Stephanie, 970-201-0747, stephanie.soule@msn.com
- 21 **Paragon Dressage III & CDI***, Estes Park, CO-USEF**
Contact Heather Petersen, 719-683-8435, slush@drgw.net
- 26 **Janet Foy Clinic, Reiterhof Ranch, Franktown, CO**
Contact Jody, 303-646-9520, jbdrrsj@hotmail.com
- 27 **Whispering Winds Schooling Shows, Monument, CO**
Contact Simone Windeler, 719-287-2040, simonedressage@gmail.com
- 28 **Boulder Valley So Long to Summer, Sextant Farm, Longmont, CO.** Contact Beth Geier, 303-673-9840

SEPTEMBER 2011

- 2 **GVDS Fall Show I, Grand Junction, CO USEF**
Contact Inka Spatafora 970-260-2660,
classicaldressage@earthlink.net,
- 3 **GVDS Fall Show II, Grand Junction, CO USEF**
Contact Inka Spatafora, 970-260-2660,
classicaldressage@earthlink.net
- 4 **GVDS Fall Show III, Grand Junction, CO USEF**
Contact Inka Spatafora, 970-260-2660,
classicaldressage@earthlink.net
- 8 **RMDS Executive Board meeting, OPEN to all**
Contact rmds@rmds.org
- 9 **Janet Foy Clinic, Reiterhof Ranch, Franktown, CO**
Contact Jody, 303-646-9520, jbdrrsj@hotmail.com
- 10 **CSDA Fall RMDS Show, M & M Ranch, Fountain, CO,**
Contact Heather Petersen, 719-683-8435, slush@drgw.net
- 10 **Mariah Farms Schooling Show, Mariah Farms, Castle Rock, CO,** Contact Lisa Lamke, 303-660-2456, www.mariahfarms.net
- 17 **Rancho del Soule Schooling Show, Grand Junction, CO**
Contact Stephanie, 970-201-0747, stephanie.soule@msn.com
- 17 **Whispering Winds Schooling Shows, Monument, CO**
Contact Simone Windeler, 719-287-2040, simonedressage@gmail.com
- 18 **Last Chance Show, Rising Star Equestrian Center, Arvada, CO**
Contact Lori Mitchell, 303-816-2375, bandwdressage@aol.com
- 22 **RMDS Sport Horse Open Show & Championships, Colorado Horse Park, Parker, CO, USEF**
Contact Heather Petersen, 719-683-8435, slush@drgw.net
- 23 **Janet Foy Clinic, Reiterhof Ranch, Franktown, CO**
Contact Jody, 303-646-9520, jbdrrsj@hotmail.com

- 23-25 **RMDS Championships, Colorado Horse Park, Parker, CO, USEF**
Contact Heather Petersen, 719-683-8435, slush@drgw.net

OCTOBER 2011

- 4 **Janet Foy Clinic, Reiterhof Ranch, Franktown, CO**
Contact Jody, 303-646-9520, jbdrrsj@hotmail.com
- 8 **Mariah Farms Schooling Show, Mariah Farms, Castle Rock, CO,** Contact Lisa Lamke, 303-660-2456, www.mariahfarms.net
- 15-16 **GVDS Schooling Show, Grand Junction, CO, USEF**
Contact Inka Spatafora, 970-260-2660,
classicaldressage@earthlink.net
- 18 **Janet Foy Clinic, Reiterhof Ranch, Franktown, CO**
Contact Jody, 303-646-9520, jbdrrsj@hotmail.com
- 29 **Rancho del Soule Schooling Show, Grand Junction, CO**
Contact Stephanie, 970-201-0747, stephanie.soule@msn.com

NOVEMBER 2011

- 1 **Janet Foy Clinic, Reiterhof Ranch, Franktown, CO**
Contact Jody, 303-646-9520, jbdrrsj@hotmail.com
- 4-6 **USDF L Program, Final Exam, West World, Scottsdale, Arizona.** Contact Dorie Vlaten Schmitz, dvschmitz@msn.com
- 4-6 **Region 5 Championships, West World, Scottsdale, Arizona.** Contact Jay Chabucos, 623-221-0707
- 12 **RMDS Board of Governors' Meeting, 8:30 am.** RMDS Committee host.
- 12 **RMDS Awards Banquet. 5:30 pm.** RMDS Committee host.
- 12 **Mariah Farms Schooling Show, Mariah Farms, Castle Rock, CO.** Contact Lisa Lamke, 303-660-2456, www.mariahfarms.net
- 15 **Janet Foy Clinic, Reiterhof Ranch, Franktown, CO**
Contact Jody, 303-646-9520, jbdrrsj@hotmail.com
- 30-Dec 4 **USDF Convention and Symposium, San Diego, CA**
Contact USDF, 859-971-2277, www.usdf.org

DECEMBER 2011

- 6 **Janet Foy Clinic, Reiterhof Ranch, Franktown, CO**
Contact Jody, 303-646-9520, jbdrrsj@hotmail.com

JANUARY 2012

- 21 **RMDS Judges' Continuing Education**
Contact Central Office, 720-890-7825, rmds@rmds.org

APRIL 2012

- 21-22 **Region 5 USDF Adult Clinic with Lilo Fore, Utah**
Contact Nance Allen, 801-274-1288, nance@xmission.com

For updates to the calendar, go to www.rmds.org

THESE EVENTS ARE DEPENDENT UPON VOLUNTEERS. IF YOU CAN HELP, PLEASE CONTACT THE EVENT ORGANIZER!

RMDS SPONSORED EDUCATIONAL EVENTS

All events are open to everyone to audit or participate unless otherwise stated. A great opportunity to continue your learning!

2011

June 4-5	AA Clinic with Heather Robertson, Normandy Farms, Littleton, CO
June 11-12	RMDS Winter Wake-Up (in the Summer), Tomora Farms, Greeley, CO
July 30	Sport Horse Handling Clinic, Location TBA
July 30-31	USDF Youth & Adult Team Competition, Loveland, CO
Sept 22	RMDS Breed Show, Colorado Horse Park, Parker, CO
Sept 23-25	RMDS Championships, Colorado Horse Park, Parker, CO
Nov 12	Board of Governors' Meeting and Awards Banquet, RMDS Committee Host

For details on these and other RMDS events:

Contact Michelle Anderson, the RMDS Education Chairman, at 303-646-1375, michand@hotmail.com. Also read the Centaur, go to www.rmids.org, or contact the RMDS Central Office at 720-890-7825, rmids@rmids.org.

**Develop your SEAT
with Sandy Hotz
& Jessica Greer**



**PLAY in 2 outdoor
arenas, our indoor
arena & groomed
galloping track**



**LOVE the highest
standard of care for
both horse & rider**



SEAT PLAY LOVE

Why is Showing So Expensive?

By Michelle Anderson, RMDS Education Chair



Ruan Kinberg's pony Scarlett's Affair viewing the arena after a long day of showing.

We've all said it. We've all heard it. Our friends who show hunter jumpers or quarter horses can't believe we spend hundreds of dollars to ride a handful of times over a 3 day weekend. So why do our shows seem so expensive by comparison? Let's take a look.

SINGLE ARENA RMDS APPROVED SHOW

Expenses:

- One indoor arena for showing, one outdoor for warmup and the day use of some stalls - \$500
- Awards – ribbons thru 6th and a small prize for 1st - \$350
- Professional fees including L Graduate Judge - \$250, Technical Delegate - \$200, EMT - \$225 and Show Manager - \$500 (vet & farrier on call and donated)
- Other Fees – RMDS recognition, Omnibus, advertising - \$225
- Hospitality – meals for judges, officials & volunteers - \$150

- Misc (printing of tests, office supplies) - \$100
- Travel (reimbursement to professionals) \$200
- Lodging (hopefully not incurred if officials are close enough) \$0

Total costs - \$2700

Income:

- Entries: 60 class entries @ \$30 per class - \$1800
- (At 8 minutes per ride that is 480 minutes or 8 hours. Include at least 30 minute lunch and minimum two 15 minute breaks.)
- Office fees (\$20 per horse/rider combo, estimate 35 combos as many will ride 2 tests) - \$700
- Stabling - \$200

Total Income - \$2700

Show profit - \$0

Your cost to show (2 rides, office fee, day stall@\$25) - \$105

Many factors may impact these costs which could increase the profit, or cause a loss. The facility owners might donate the use of their barn for the show day, saving that cost. The professionals hired may live quite nearby, decreasing the travel costs. If you're lucky you may have sponsorship for the show which would likely cover the cost of the awards.

On the other hand the weather may be terrible in the weeks prior to the event, limiting schooling efforts and causing entries to be quite low.

You can see from this example that hosting a show is certainly not a venture for the financially faint of heart!

Increasing the size and scope of the show increases both the costs and entry fees. USDF & USEF shows require fees paid to those organizations and greater insurance costs. Facilities are rarely donated and multiple show rings drive costs upwards. Judges are most often from out of state and hold "R" or "S" cards so both their day fees and travel costs increase. The same applies to Technical Delegates. Vets and farriers are often onsite so must be paid a day fee to compensate for other business lost. Multiple ring shows require an announcer to keep the show running on schedule. Let's take a closer look.

MULTIPLE ARENA USE/USDF RECOGNIZED SHOW OVER 2 DAYS

Expenses:

- Facility (including stalls, employee OT, 2 show arena grooming & setup) - \$3500

- Awards – ribbons and possibly a small prize for 1st - \$400
- Professional fees for 2 show days including
- Two “S” judges - \$2200
- Technical Delegate - \$400
- EMT - \$550
- Show Manager - \$3000
- Vet on call
- Farrier on site - \$300
- Announcer - \$200
- Other Fees – USEF/USDF recognition, Omnibus, insurance - \$2200
- Hospitality – meals for judges, officials & volunteers - \$550
- Misc (printing of tests, office supplies) - \$500
- Travel - \$1200
- Lodging - \$1200

Total costs - \$16,200

Income:

- Entries: 180 lower level rides @ \$35 each, 45 upper level rides @ \$45 each - \$8325
- Office fees (\$20/horse & rider combo) x 90 combos - \$1800
- Stabling @ \$35/night for 90 horses, 2 nights each - \$6300

Total Income - \$16,425

Show profit - \$225

Your cost to show (2 rides/day, single show office fee, stabling) - \$230

So how do these costs compare to a hunter-jumper or breed show?

Well, the breed shows are often single ring with a warmup, so they may save on facility costs. They will generally

have 2-4 judges per show day though, so no savings there. I can tell you from my past experience on the board of a local Appaloosa club that breed show judges charge day fees similar to dressage judges. However, their shows generally don't require EMTs, veterinarians or farriers onsite.

The greatest difference between these shows and dressage shows is the nature of their competition. Most breed show classes are run in groups. During the 8-10 minutes allocated for a single dressage test, the breed show can run an entire Western Pleasure class with 20-30 entries!

More entries/minute = lower entry cost!

Of course, hunter-jumper shows often run in multiple rings and the classes over fences are run with a single entry at a time, right?

But again, during our 8-10 minute dressage ride time the hunter-jumper show could have 2 or 3 entries complete the course. The flat classes are similar to the breed shows, with 20-30 head in the ring at a single time.

So once again greater entries per minute = lower per entry cost.

Well, we can't change the very nature of dressage competition so . . .

WHAT CAN YOU DO as an individual competitor to lower your horse show costs?

Find sponsors – every class or championship funded by a sponsor helps the

show to save money. If show management has reliable annual sponsorship they can pass that savings on to the competitors.

Learn to braid your own horse if you don't already do so. If you braid well – hire out and recoup some of your show costs.

Bring your own bedding where allowed. You can often save \$1 or more per bag if you buy from your local feed store.

Bring your own food and drink – those concession stand lunches can add up. Better yet, VOLUNTEER at the show and you may receive a meal ticket in thanks for your efforts.

Create a buddy system and save on hotels – if you live close to a show venue offer your spare bedroom to an out of town competitor in exchange for the same when you show in their area.

Show wisely – enter a level & test you are easily capable of performing. Read the directives. Not enough stamina to ride two tests well at the lower levels? Show only one test and ride it well.

Finally, showing is supposed to be (at least for us amateurs) FUN! If you're always worrying about finances you can't enjoy showing. If finances are tight, skip a show or two and focus on training at home. It may just make that next show experience that much sweeter!



The USDF Region 5 FEI Junior and Young Riders are Proud to Announce their 2011 Fundraising Opportunities

Food will be for sale at the following venues:

- Rocky Mountain Dressage I and II, May 14-15
- AA Clinic with Heather Robertson Clinic, June 4-5
- NCDA/RMDS Winter Wake-up, June 11-12
- Rocky Mountain Dressage III and IV, July 9-10

All the food sales will benefit the Region 5 Junior and Young Rider teams.

The 8th annual Silent Auction will be held at the NCDA/RMDS Winter Wake-up Show. Come bid on must-have items. To donate to the silent auction, contact Kathleen Donnelly at (970) 310-8729 or kathleendonnelly20@hotmail.com.

Keep an eye out for more information regarding an exciting exhibition at Autumn Hill.

The proceeds from these events will go to the Region 5 Junior and Young Rider teams for their trip to Kentucky to compete at the North American Junior Young Rider Championships. All Donations are tax deductible.

The Region 5 Juniors and Young Riders wish to extend a big Thank You to those who have already donated to the silent auction, food sales, or supported the Young Riders.

We couldn't do it without you!



USDF REGION FIVE

Please Join Us For Some
HORSIN' AROUND
on a
SUNDAY AFTERNOON!!



Sunday, May 1st, 2011

**Autumn Hill International Equestrian Center
9417 N. Foothills Hwy., Longmont, CO
720-341-5033 www.autumnhillcenter.com**

Doors open at 12:30 p.m. for

*** Farm Tours * * Educational Booths * * Refreshments ***

The show begins at 1:30 with
**"An Extravaganza of
Dancing Horses"**

**12 and over-\$8.00 11 & Under-\$5.00
Family Maximum-\$25.00**

This event is presented by the
Rocky Mountain Dressage Society FEI Junior and Young Riders
and is a benefit for the

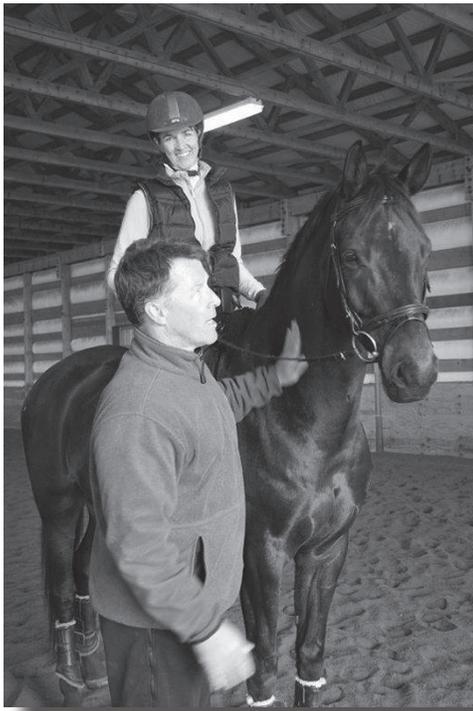


**USDF REGION FIVE
Team for the**

2011 North American Junior & Young Rider Championships
For more info. go to: www.usdf.org/www.rmnds.org/www.youngriders.org

James Shaw Tai Chi Clinic Teaches Riders to Ride from Within

By Julia McSherry



Sarah Barnes on her horse Taz with James Shaw at the February Tai Chi for Dressage Clinic in Longmont.

Twelve lucky participants learned more about riding with less force through releasing areas of tension in their bodies that impede the horse's ability to move freely at the James Shaw Tai Chi for Equestrians Clinic February 26-27 at *Windy Creek Ranch* in Longmont. Sponsored by SVB Equestrian, LLC and *Windy Creek*, the clinic provided an opportunity for two mornings of ground work followed by mounted lessons that created a better understanding of how breath and balance can make a more effective rider.

Shaw, who has worked with Conrad Schumacher, Betsy Steiner, Lyndon

Gray and many riders from beginner through Olympic, offers numerous tips for translating Tai Chi movements into better dressage riding. Concentrating on ground work will help immensely in the saddle.

Tai Chi is similar to yoga and Pilates in that it focuses on breath, balance, and body core to improve communication between horse and rider. But there are differences as well. Tai Chi uses the bones and proper structural alignment over muscles. It is important to identify and bring to consciousness imbalances in our own body, and work to be able to correct them before getting into the saddle.

The horse can feel our imbalances and these imbalances impact the way the horse moves. Tai Chi principles apply to everything and can make you a better rider at age 70 than 40, moving healthier at 80 than 60.

Tai Chi fosters an independent seat for riding by training the body to turn at the waist or belly button for sitting trot.

Foundation in breath and balance is essential. For example, if you hold your breath, nothing gets better. Breath is one thing we can learn to control with practice. Who doesn't forget to breathe when we are in stress conditions, such as in the middle of a test at a show, but it's here where practice on the ground can make deep breathing natural, something we

don't have to remember to do. Since breathing impacts weight in the sit bones, it's possible to breathe into upward and downward transitions rather than relying on the leg aides.

According to Shaw, we have the ability to control our breath 100 per cent of the time. Breath is the only thing we can control 100 percent of the time. Our breath sets the rhythm of our bodies. It impacts our center of balance. When it moves down into our body, the horse's energy comes up to fill that space. It is then that you can feel each step push up through your body. This is key for getting in synch with the horse to feel the movements rather than look for them.

Shaw believes if that you focus too much on your horse, your horse doesn't focus on you. When you focus on you, especially your breath, the horse relaxes and focuses on you as well. Tai Chi also helps one become self aware, to look inward deeper. It is a healing art, which incidentally helps the immune system.

Breath and balance are essential to health and to effective riding. "Breathe in through your nose like smelling a flower," he explains to his students. "Breathe out through your mouth like playing a flute." Breathing out through the nose tightens the throat, creating tension. This tension transfers to the horse.

Smile to relax the jaw. Inhale/exhale one count apart, that is one count longer on the exhale. Releasing all the

air from the abdomen opens the space to breathe in a full belly of air.

Try halting on the exhale. The horse drops its head when the back releases, when breath lowers into the body. Practice at the walk, breathing in for three counts, out for four for a regular walk, and in for five counts, out for six counts for a slower walk, more relaxed on a longer rein. You can change the rhythm of the gait by changing your breath.

Shaw also explains that the pelvis (sit bones), femur, and lower back comprise the seat. Balancing here, in the core, is what you need to make the horse go straight. If the horse drifts right, breathe into the left sit bone. If the horse drifts left, breathe into the right sit bone.

The sit bones tell you where your weight is and you need to control your weight with breath. A key concept is how your weight drops from your sit bones into the horse.

Ground work and practicing simple breathing exercises mounted at the walk can be amazing to foster riding improvement. Shaw encourages riders every time they ride to get on, and at the walk, check the breath, awareness of the sit bones, making sure all the “gates” (a Tai Chi term) are open in the body. The sit bones drop when the horse’s back foot hits the

ground. Riders can learn to feel each of the horse’s foot falls through the sit bones. This is important for feeling when to give aids for transitions. “You should be able to feel the foot falls all the way up your spine to the back of the skull,” Shaw emphasizes. “Many people block in their lower back. Practicing at the walk is very beneficial and makes the walk much more interesting to ride as well.

If the rider pushes down too much into the stirrups, they can’t feel the sit bones. Riding without stirrups is beneficial. If the rider’s body opens to receive the energy from the foot falls, it creates throughness as the horse moves over the back to the poll. The rider has to have it too.

Weight in the proper sit bone is very important for balance of the horse. For example, more weight should be

on the inside sit bone when working the horse in circles. To get the correct diagonal, ask for the trot as the inside sit bone drops because the rider’s sit bone drops as the horse’s same back foot is stepping forward. More efficient turns can be made when aids are given when the horse’s inside leg is in the air. Seventy percent of the power in the canter is received into the inside sit bone so that means we need to learn how to maintain much more contact with the inside sit bone during the canter. Sit bone weight is critical in canter departs and flying changes. When you lose contact with the sit bones, the horse shortens its stride.

In Tai Chi, as in dressage, relaxation and balance are the root of power. Power, not strength, results in calm and precise movement.



James Shaw works with clinic participants on “Spread the Chest”, an exercise that releases tension in the arms, shoulders and chest to allow for greater sensitivity to the reins and coordination of movement of the entire upper body.

James Shaw will return to Windy Creek Ranch September 9-11. For information, contact Sarah V. Barnes at sarahvbarnes@yahoo.com. James Shaw has been a student of the martial arts for over 20 years and translates Tai Chi to dressage principles with riders throughout the U.S. and United Kingdom. He is the author of Ride from Within: Use Tai Chi Principles to Awaken Your Natural Balance and Rhythm.

RMDS Presents . . . 2011 Adult Amateur Clinic with . . .



Heather, Maguin, and Edward Gal

A Grand Prix dressage rider, Heather Robertson has competed successfully across Europe, North America and Canada. Heather and her home-bred Swedish Warmblood stallion Maguin were Short Listed for the Canadian Equestrian Team every year from 2001 to 2005. After winning Maguin's first Prix St Georges at the Golden State Dressage Show, Heather and Maguin flew to Holland to study under Edward Gal. In four years Heather became Gal's top assistant rider, and showed horses in both the VSN and the Pavo Cup Finals. She also enjoyed great success with Maguin at Prix St Georges and Intermediare 1 at CDI's in Austria, Italy and the Netherlands. In their first Grand Prix in Holland, Heather and Maguin placed second.

Heather works with riders and horses at all levels of dressage. Emphasis is put on developing correct basics. Riders learn to follow the Training Scale: Rhythm, Suppleness, Contact, Impulsion, Straightness and Collection. Attention to the rider's seat and correct aids helps riders develop the grace and effectiveness that makes dressage so beautiful.

Training of young horses is a specialty. Having started over 25 horses under saddle, and competed young stallions in the VSN (Dutch Championships for 3 year olds) the Pavo Cup, (Dutch Championships for 4 & 5 year olds), Heather enjoys working with young horses. Great care is taken to develop a horse that is confident, quiet, and focused on his rider.

Adult Amateurs with young horses are encouraged to ride!

Registration is on a first come basis. All Adult riders welcome!
Adult Amateurs (USEF Card) will be given rider spots first.
Registration deadline – **May 21st** – NO REFUNDS after deadline.

Questions: Lori Mitchell, 303-816-2375
bandwdressage@aol.com

Heather Robertson Dressage Clinic

June 4 – 5th

Hosted by

Normandy Farm and Stables



5200 West Coal Mine, Littleton, CO
(303)973-0077

Contact Stan at barn to arrange stalls/runs and payment.



RMDS Thanks THE DRESSAGE FOUNDATION for their support.

Rider Fee (2 Rides) RMDS Member \$210

Non Member \$260

Auditor Fee RMDS Member \$10/day

Non Member \$20/day



RMDS MEMBERSHIP FORM

RMDS is a USDF Group Member Organization. All members are automatically USDF Group Members.

Individual Membership - \$60.00 (\$65 after January 1-late fee) Additional family members (same address) - \$45

Business Memberships - \$100.00 Centaur newsletter only - \$35.00 Life Membership - \$750.00

Life Business Membership \$1,000.00 - Transfer Life Business to new owner \$100.00

All business memberships include one individual membership.

Please include all information for person designated as individual member. If an adult amateur, include current copy of USEF AA card. All individual members will receive Centaur newsletter & the Omnibus.

Membership & horse registration acknowledged via postcard or email. Mail completed form with check made payable to RMDS.

Indicate Local Chapter (only one):

- | | | |
|---|--|--|
| <input type="checkbox"/> Arkansas Valley | <input type="checkbox"/> Foothills (Golden, Evergreen) | <input type="checkbox"/> No. Colorado (Ft. Collins, Greeley) |
| <input type="checkbox"/> Boulder Valley | <input type="checkbox"/> Grand Valley (Grand Junction) | <input type="checkbox"/> Platte River (Eastern Colorado) |
| <input type="checkbox"/> Colorado Springs | <input type="checkbox"/> High Plains (Parker, Littleton, Aurora) | <input type="checkbox"/> Wasatch Mountains (Utah) |
| | | <input type="checkbox"/> Western Colorado (Aspen, Vail etc.) |

Name _____ Date of Birth _____

Address _____

City _____ State/ZIP _____

Phone (Home) _____ (Work) _____ (E-Mail) _____

USDF No. _____ Occupation _____

Names, DOBs, & USDF #s of additional family members _____

I pledge \$ _____ to go towards the RMDS Scholarship Fund. (Include amount with your membership check)

____ Please remove my name from lists sold by RMDS ____ Renewing member: Needs binder-**include additional \$8.00**

____ Referred by: _____: _____ Permanent Bridle Tag (a pair) **add \$50**

RMDS Horse Registration Form

Horses must be registered with RMDS to be eligible for year-end awards and for horse-of-the year award.

Eligibility starts on the date the envelope containing this form and check is postmarked.

Both rider AND horse AND owner must be current before scores count toward year end awards and qualifying for RMDS championships.

The name and all information on this registration must be the same as that used on horse show entry forms.

Check One: ____ Lifetime Horse Registration - \$40.00 ____ Changes (i.e., owner or horse's name) - \$15.00

Horse Name _____ Sex _____ Breed (if known) _____

Registration # (include copy of papers. List grade if no registry papers available.) _____

Owner Name(s) (one owner must be an RMDS member) _____

Address of Owner _____

Owner's Phone (H) _____ (E-Mail) _____

Name of Representative (If owner is a business) _____

fic violations. So much money per number of miles over, etc. I found nothing. It smacks like a money grab to me. USEF claims to be an organization that is heavily involved in educating its members. Here was a perfect opportunity for them to "educate" us (and the show officials) on the drug rule and let us go on our merry way. Also, the rule does not state a mandatory fine. USEF could have used good judgment and not fined either one of us. Common

sense is no longer a requirement apparently to making good decisions. The rule is black and white and that is that. No one is brave enough to look at each situation individually and make a common sense judgment based on the facts. It is much easier to say a rule is a rule and we can't do anything about it. Kind of takes the responsibility off of folks in decision making roles, doesn't it?

Bottom line for me is this: educate

yourself on all the idiosyncrasies of your sport and know all the rules, not just the ones you think apply to you! And finally, I would like to add if the members of the USEF Hearing Committee think \$1250 is a "lenient" financial hardship, I would like a job with USEF because they obviously make a bunch more money than I do!

Happy Riding!!

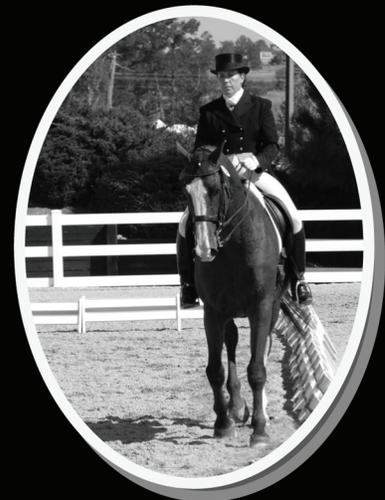


8th Heaven Farms

Education for the Horse *and* Rider
in a Fun, Friendly Environment

Upcoming Events

- **Spring Starter Series Show II & III**
April 9, 2011 & May 7, 2011
RMDS Approved
See Omnibus for Additional information or visit
www.rmids.org for entry forms
- **Paul Belaski Clinic**
May 21 & 22, 2011
See our web-site for registration forms



For more information on boarding, training or clinics call **303-688-5727**

or visit our web site at www.8thheavenhorses.com

Master Card and Visa Accepted

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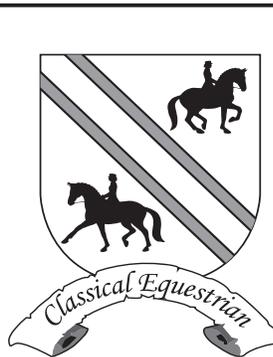
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*Feeling down? Saddle up.
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Jackson Bollocks
(Homage to Jackson Pollock)

6 ft. h x 4 ft. w, acrylic on gallery wrap canvas

by Barbara Wright

2010 Poster horse for
“A Horse IN Art” at Rocky Mountain Horse Expo

Barbara Wright is an artist and founder and Chairman of Harmony HorseWorks, a 501(c)(3) nonprofit corporation and equine sanctuary in Conifer, CO. Barbara considers Victoor, the Harmony HorseWorks spokeshorse, her artistic muse (he is “amusing,” she says) and has developed great patience working with him for the past 11 years. She has learned the meaning of “perseverance is the best armor” since working with him on the 22-piece art exhibit she created, “A Horse IN Art,” to be featured at 2011 Rocky Mtn. Horse Expo. Vic is featured in famous paintings of the ages as reinterpreted by Barbara and “curated” by Vic’s comments. He is a 14 year-old chestnut Arabian gelding with a crooked blaze down his face, four white socks, pointy fluted devil ears and the proud carriage of his forebears. Barbara can be reached through harmonyhorseworks.com.

