



The Centaur

Educating Horse and Rider as Partners.

An RMDS Publication

April 2012

Introducing Western Dressage, Part II

By Jennifer C. Chisholm-Hoibråten

First Appearing in the February 2012 issue of *Hastfocus* in Sweden

Submitted by Neide Cooley, Western Dressage Association™ of America

The philosophy behind Western Dressage is defined as follows:

“Through the study and use of classical dressage principles, the western rider improves the cadence, balance and carriage of the western horse. The western horse becomes stronger, more supple and flexible as it moves up the levels, working more off its hindquarters, which allows for increased lightness of the forehand and encourages a natural head carriage.”

Likewise for the rider, the classical approach also improves the capabilities of the rider and teaches him or her how to ride a horse properly.



Jack Brainard, a legend who has bred and trained horses for over 60 years, is on the Advising Board of the Western Dressage Association™ of America. At 89 Jack says that he hopes to still be riding and teaching at one of his many clinics across the country when he is 100!

It's Not About Turning Quarter Horses Into Warmbloods

It should be made immediately clear that Western Dressage as both a discipline and competition form in no way redefines classical principles or modifies them into a new template to fit the western horse. It has never been the intent to transform the stock horse into a Warmblood dressage horse under western tack. Likewise the Warmblood or Friesian being ridden in Western Dressage is not expected to adopt the frame and gaits of a Quarter Horse. Western Dressage accepts the horse as he is, whatever his breed,

and conformation, and trains him to be the best of his potential using classical dressage principles. In training and showing, Western Dressage asks riders and judges to always remember that the horse is an individual with individual talents and limitations. Nothing can be forced if the horse is to last and remain sound. Perhaps an equipage will meet with barriers in the form of conformation faults or soundness issues that prevent them from going as far as they might like.

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Region 5 Report

I have been lucky to spend some time this spring in Florida, working on my licenses and officiating at some shows outside of our Region and it's been a great experience. I have seen several wonderful horses, some great riders, and what was more reassuring for me, some juniors and adult amateurs who are working hard with their education and showing. Show season is coming to full swing now around most of the rest of the country and starting to wrap up down in Florida 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 for the 2012 USDF Convention in New Orleans December 5-8. You can check the status of our delegate nominees by going to the link below. 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.

<http://www.usdf.org/about/about-usdf/governance/nominating/accepted.asp>

As of April 1st, our potential candidates for the 2012 FEI North American Junior and Young Rider Championships will be finalized. As I write

this in early March, we have 21 folks who have declared, so hopefully Region 5 will field two full teams. 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.

We are looking for nominations for our 2012 Region 5 Lifetime Achievement Award. This award was started in 2009 by our then Regional Director Theresa Hunt and 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, Dr. Rudolf Vlatten, Theresa Hunt and Janet Foy.

Till next month!

Heather Petersen, Region 5 Director



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Colorado Springs

I know there have been many concerns and questions about what is happening with CSDA during and since the Chapters split in January. I believe the worst of the upheaval has been dealt with, leaving the CSDA board eager to move the chapter membership in a more productive, open and transparent direction. I am using this opportunity to let everyone know what is going on and what the CSDA board is working on for the future of the Chapter.

First and foremost, CSDA is strong and financially sound, and there are no plans now or in the foreseeable future to dissolve the Chapter for any reason. The latest membership count provided by RMDS has 55 individuals selecting CSDA as their Chapter of choice. This number continues to grow as people renew their memberships this spring. It is very exciting to see many members renewing and selecting CSDA after having been gone from the membership lists for the last several years.

The sale of the four USEF competition licenses previously held by CSDA was completed as of February 14, 2012. CSDA is no longer involved in any way with these shows and volunteer hours worked by CSDA members at these competitions will not count toward fulfilling any CSDA Year-End Award requirements.

Due to the timing of the competition license sale, the board feels that there is no way we can organize and host quality USEF/USDF recognized competitions in 2012. The board has committed to try to organize two schooling shows and one RMDS recognized competition this year and is working to get USEF/USDF recognition for two competition dates on separate weekends for 2013 and beyond. The CSDA membership and board will finalize the dates, ratings, show names, and details at the March 20 CSDA meeting.

The CSDA website at www.csdrsage.org has undergone a complete makeover and now includes updated information about the Chapter. One of the new features included in the website is the CSDA Forum where members can log in and talk about dressage, showing, the Chapter, and general horse related topics. Check out the forum, post your introduction, and let us all know more about who you are and what you are doing. Another section of the forum is for classified ads, which are free to all CSDA members. Feel free to post items you have for sale or list items that you would like to purchase. The website will be the primary tool CSDA uses to let the membership know about upcoming meetings, clinics, educational events, and competitions.

CSDA has also done a survey of the membership this spring to determine what the membership expects from CSDA and what they want the board to provide. The board will be taking this feedback and discussing the results at the March 20 membership meeting.

Educational events are also in the planning stages for 2012. While we do not have any firm commitments for clinics or events at this point, please check the CSDA website periodically for updates to the schedule.

The CSDA Year-End Awards program is also undergoing a major update as we look at making the process of qualifying and winning an award much easier for the membership. One thing we have found by doing an inventory of the year-end trophies is that several of them are missing. If you have, or know of someone who has a CSDA Year End Award trophy that was not awarded at this year's banquet, please contact Joan Stang at (719) 633-7549 to arrange for the trophy's return.

With all of the changes happening to CSDA in the last few months, the board is now shifting our focus to providing the membership with what they tell us they want – quality clinics, competitions, and educational events. Having additional competitions in Southern Colorado will be

Cont'd on pg 5

President's Message



Lori and Unico GPA

LET THE SHOW SEASON BEGIN!

I hope that you all enjoy the upcoming show season and have much success.

As I write the April President's message to you all, I am getting ready to head out to San Diego for the Rancho Valencia Dressage Affaire, Del Mar Horsepark, Del Mar, California (March 8-11) to work as a volunteer. Not only am I looking forward to experiencing the sun and warmth of California, but also the opportunity to watch some of the top riders in the world compete at the level 5 competition. I am particularly looking forward to the Saturday night freestyles, parties and dancing. I would have never thought I would be attending an Olympic Qualifier and a Para Olympic Game Qualifier in the same weekend! I am very excited and

hope to be able to share some photos and stories with you all upon returning.

I will ask that as the show season begins and we are out and about with our horses; thank a volunteer, show manager, TD, judge, clinic organizer, chapter president, or board member. Smile at a fellow competitor and tell them how well they did in the ring or compliment the beauty of their equine partner.

Thank you all for being RMDS members. It is your membership in RMDS that provides the support for all our events.

-Lori Mitchell, President, RMDS

Important Things to Know This Month

Attention RMDS Members that own Westfalen Horses!

Do you own or compete a Westfalen horse? Have you submitted your horse's breed papers the RMDS Central Office? We have an RMDS family that would like to sponsor a Westfalen Horse Award for the RMDS Year-End Awards Program, but we are a couple horses short to meet the requirements for a new trophy. Please submit a copy of your horse's Westfalen breed registration papers to RMDS no later than June 15, 2012!

NOTE: Mecklenburg horses are also eligible to be registered for the Westfalen Breed Award.

Please contact Shannon Lemons at lemons_shannon@yahoo.com if you have any questions.



Cont'd from pg 3

a major plus for competitors in this area by providing more opportunities to earn qualifying scores at all levels closer to home.

The next CSDA general meeting will be held at 6:30 pm on March 20 at the Old Colorado City Library Branch, 2418 West Pikes Peak Ave Colorado Springs, CO 80904. All CSDA members and their guests are welcome to attend what is expected to be a very full business meeting agenda. Directions are up on the website now and the agenda will be posted about one week prior to the meeting.

-Patricia Leech, CSDA President

Arkansas Valley Chapter

The Arkansas Valley has been enjoying a lot of nice weather and an upswing in activity. The show committee has been actively planning two Ride-A-Test shows to be held at Palomino Gaits facility in Canon City, CO on May 19th and October 6, 2012.

The Ride-A-Test clinics will be set up exactly like a horse show with entry forms, classes, and ribbons. Each rider will get a 10 minute lesson after each ride. These shows will also offer a Western division. The show committee is currently arranging for officials and setting a budget. Our marketing chairperson, Marcy Wadlington, has been very active re-designing the club's website. Visit www.arkansas-valleydressage.org to see the excellent work she has done.

The first educational meeting was held on February 21st at the Pen-

rose Library. Jamee Amundson gave a seminar to club members entitled "Dressage 101" where she explained the various memberships, types of dressage shows, age divisions, levels offered at shows, and other special classes and special types of dressage shows. The next meeting will be on Tuesday, March 20. It will be a board meeting. The meeting on April 17th will be an educational meeting where Jamee will present the equipment and apparel rules for dressage competition.

-Jamee Amundson, President, Arkansas Valley

Northern Colorado

NCDA members celebrated Mardi Gras while holding its business meeting on Feb. 21, 2012 with "bling" and cupcakes provided by secretary, Kathleen Kilkelly. Plans for several upcoming activities were solidified at the meeting.

"A Visit with the Trainers" featuring Jessica Greer and Joan Clay will be held from 1:30 to 3:30 pm on Sunday March 25th at Stone Gate Ranch in Fort Collins. Jessica and Joan will talk about the training scale while showcasing a variety of breeds and levels of training. They would like to emphasize that dressage is for everyone and every horse. This educational experience would suit both the uninitiated as well as the experienced rider.

To encourage riders at all levels, NCDA will offer an opportunity to "Ride-A-Test" with Kathleen Donnelly on Saturday April 7th. This

event will be graciously hosted by Mimi White at Stone Gate Ranch. Here is a chance for riders to dip their toe in the dressage pond, or just give a young horse a good, low key experience. Expect a visit from the Easter Bunny too! Forms and directions will be posted on the NCDA website.

Hang on and keep from blowing away, March is on its way!

-Hana Van Campen, NCDA President

Boulder Valley

Our chapter is pleased to announce our new board member Stephanie Boyles as Vice President. Assisting her with her awards duties we welcome Julie Barringer-Richers back as our awesome Awards Chair! So start amassing those year end points!

Our first activity for 2012 is our hugely popular Ride-a-Test at *Single-tree Farm* this April 28th. It is followed by our show, the Spring Fling, also at Singletree on the 29th.

Our big social event of the spring will be our Volunteer party April 14th hosted by *Somerset Farms*. If you are a volunteer, have volunteered or are interested in volunteering at any of our Boulder County shows this coming year, please join us in thanking all of those who make our shows happen! The party is open to everyone who makes the shows happen! April 14th, 5:30pm at the Somerset indoor arena. Hope to see lots of you there!

-Kim Lampert, BVD President



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RMDS SPONSORED EDUCATIONAL EVENTS

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

2012

June 9-10	RMDS Winter Wake-Up (in the Summer), Tomora Training Center, Greeley
July 18-21	RMDS Junior Camp, Tomora Training Center, Greeley, CO
July 22	USDF Youth & Adult Team Competition, Tomora Training Center, Greeley, CO
Sept 20	RMDS Breed Show, Colorado Horse Park, Parker, CO
Sept 21-23	RMDS Championships, Colorado Horse Park, Parker, CO
Nov 10	RMDS Board of Governors' Meeting & Awards' Banquet

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.

RMDS PAID POSITIONS

Every two years, RMDS goes through the open bid process for paid positions. Bids should be emailed to RMDS President Lori Mitchell at bandwdressage@aol.com. The following positions are up for bid and/or renewal:

- **Website Maintenance and hosting, effective August 1**
- **Central Office Manager, effective September 1. Will train.**

These are paid RMDS positions for qualified persons. Contracts will be awarded at the July Executive Board meeting.

Call the RMDS Central Office, email rmids@rmids.org, or go to the RMDS website for guidelines about each position.

Bids must be received by **June 15, 2012**. We hope you will plan to attend the July 10th Executive Board meeting as there may be questions asked of you.

USDF Adult Clinic Series

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Instructor



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Judge & Breeder

Photos courtesy of Mary McDonald, Lilo Fore and USDF.

Lilo will present:

- "Tricks of the Trade" to enhance a horse's understanding of the rider's expectations
- The importance of half steps in the early stages of training to help develop the feel of engagement and collection
- The importance of lateral exercises and transitions to improve impulsion and throughness
- The basics as applied to the Pyramid of Training while moving through the levels

Region 5: April 21-22, 2012
Golden Spike Event Center
Ogden, UT

WWW.USDF.ORG

Pre-registration is strongly encouraged. Current USDF members receive a pre-register discount.
For information on this or future clinics plus other educational events, visit www.usdf.org.

Dressage
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If the horse is to remain sound, these natural limitations and boundaries must be accepted and not forced. As the old European masters used to say, "The dressage should be for the benefit of the horse, not the horse for the dressage." Hence the word "dressage" in the context of Western Dressage is understood in its original meaning, i.e. "training," not Dressage the FEI sport with its stylistic developments and concomitant expectations as to conformation, form, gaits, and way of going and expression. The goal of dressage training for the western horse is the same as basic dressage training in any discipline, namely to have a horse that works well for its natural conformation and gaits and that is a pleasure to ride.

"I personally think it's a good development," says Al Dunning, one of the western performance horse industry's most respected authorities on cutting and reining horses:

"A lot of western performance riders have been utilizing the dressage concept for years, but Western Dressage formalizes the approach. I believe it could be a positive development in raising the overall general standard of riding and training, particularly at the grassroots level. Something we competition riders have perhaps failed to grasp is that there are a lot of riders out there who don't necessarily want to compete at high levels, but still want to do something quality with their horse. This gives them a place to go and a goal to work for. It could also be an interesting way to develop a really well-broke horse."

WD As A Competition Form

Western Dressage is also offered as a form of competition, and currently offers two tests at the Basic level (per-

formed at the walk and jog) and four at the Primary Level in which walk, jog, and lope are performed. All tests are ridden under western tack, with snaffles and curb bits permitted regardless of level. More advanced tests for more advanced levels are being developed, and there are plans too for the Western Dressage equivalent of the Grand Prix kür to music. The novice classes are useful both for establishing a good foundation on the young horse and improving the rideability of the older western horse. The tests are judged by licensed dressage judges who are schooled and trained in classical riding (not western judges) and the tests are adapted to western horses from regular dressage tests used in USEF and USDF dressage competition. In time, depending on public demand, western dressage tests may also be developed for gaited horses whereby instead of jog, horses will demonstrate rack, tölt, foxtrot, flat walk, running walk or whatever their extra gait is.

Judging Guidelines

The Western Dressage judging guidelines define the gaits of the western horse as these are expressed a little differently to those of a traditional dressage horse, but the requirements for proper impulsion, acceptance of the bit, relaxation through the back, elasticity, engagement of the hind quarters, cadence and rhythm in the gaits, etc, remain the same regardless of breed or type. Furthermore, Western Dressage horses are not shown on bowed reins as is commonly seen in other forms of western competition. Horses may be ridden with one hand or two, regardless of choice of bit, but the Western Dressage horse is ridden with a light contact, far lighter than

that of the FEI dressage horse but more than is seen on western performance horses. The head carriage is expected to be "in relationship to the individual horse's natural conformation showing the proper flexion at the poll and lightness of mouth achieved through proper training techniques which allow the horse to move in total balance and harmony.....the emphasis is on a quiet mouth with head carriage that reflects the degree of collection and appropriate balance for the individual horse."¹

The Question Of Riding With One Hand

The matter of whether Western Dressage tests should be ridden with one or two hands on the reins has elicited considerable debate in the western dressage community. The dressage camp argues that a horse cannot be schooled properly without two hands, whereas western aficionados say that it isn't western riding unless one rides with one hand. Riding with one hand is after all one of the hallmarks of western riding and the signature of a fully trained, finished western horse. In traditional western competition, all western classes, except snaffle bit classes for young horses, call for riding with one hand because that was how the work on the range was done. The mission statement of WDAA itself states that one of WDAA's tasks is to "honor the western tradition." As one WDAA member asked on the forum, "Throw out that goal of riding with one hand and the only difference between western dressage and

1 From the Western Dressage Judging Guidelines, link from USEF on www.wdaa.com

2012 RMDS Executive Board

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RMDS CHAPTER MEETING SCHEDULE

Arkansas Valley: 3rd Tuesday, 5 pm, location TBD. Jamee Amundson, 308-672-1364, piaffenpassage@aol.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 Pat Leech, 719-749-2860, pat.leech@skybeam.com www.CSDressage.org

Foothills: quarterly meetings, location TBD, Lori Mitchell, 303-816-2375, bandwdressage@aol.com

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

High Plains: Bi-monthly mtg, location TBA. Wendy Cibis, 720-570-6413, wcibis@comcast.net, www.highplainsdressage.com

Northern Colo.: 3rd Tues., each month, location TBD, Hana van Campen, 303-918-3863, bigsprucefarms@bendelow.net

Pikes Peak: Mtg time and location TBD. Simone Windeler, 719-287-2040, simonedressage@gmail.com

Platte River Dressage: Mtg time and location TBD, Laura Speer, 970-371-2934, 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 2012 are January 12, March 15, May 10, July 10, September 13, and October 11. Contact the RMDS Central Office for location. Steering Committee meetings are held on the second Monday of every even-numbered month. Board of Governors' meeting is held the second Saturday of Nov (this year is Nov 10). Contact the Central Office for precise details.

Horse Terminology! ~ Submitted by Simone Windeler



In Good Condition = Foundered

Free Moving = Bolts

Quiet = Lameness in Both Front Legs

Dead Quiet = Lameness in All Four Legs

Good in Traffic (Bombproof) = Lameness all Round, Deaf and Blind

Loves Children = Kicks and Bites

Pony Type = Small and Hairy

Arab Type = Looks startled

TB Type = Looks Terrified

Quarter Horse Type = Fat

Warmblood Type = Big and Hairy

Draught Type = Big and Exceedingly Hairy

Easy to Catch = Very Old

Must Sell = Wife has left home and taking kids

All Offers Considered = I am in Traction for 6 months

Reluctant = Sale Comes with Title Deeds to Sydney Harbor Bridge

Proper scientific name for horses: *Equus keepus brokeus*.



Frank Waters out in the desert in Doha during the Pan-Arabian Games last month; this was for the Endurance Ride. Look whose jacket he's wearing.

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 7th of the month prior to the month of publication, i.e. January 7th 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 7th of the month. If not received by the following 7th 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 that of 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 AA 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	Status	Status	Levels
"L"	Learner*	Training - Second (RMDS only)	"S"	Senior	All
"r"	Recorded	Training - Second	3* (FEI C)		All
"R"	Registered	Training - Fourth	4* (FEI I) International		All
			5* (FEI O)		All

*may only judge at RMDS recognized shows.

FEI PARA Dressage 3*

Kristi Wysocki 303-648-9877

FEI 4*

Janet Foy^ 719-260-1566

USEF 'S'

Debbie Riehl-Rodriguez^* 303-263-0768

Sandra Hotz^ 303-817-2030

Anita Owen 303-953-9904

Janet "Dolly" Hannon^* 303-919-4112

Kristi Wysocki^* 303-648-9877

^ = FEI Young Horse Certified

* = Dressage Seat Equitation Certified

USEF 'r'

Loni Gaudet 985-966-3832

Amy Jablonovsky 970-493-2833

Gwen Ka'awaloa 303-917-3679

USDF 'L' Graduates (Schooling and RMDS

Only recognized shows)

Simone Ahern* 719-749-9274

Julie Burt 719-431-2342

Alison Child* (UT) 435-640-3287

Linda Coates-Markle 303-469-0279

Alex Curnutte 303-906-7083

Kathleen Donnelly* 970-310-8729

Amy Fulstone* 775-721-1123

Beth Geier 303-673-9840

Jessica Greer 970-581-5613

Julie Haugen 970-290-8360

Sarah Martin* 719-379-3716

Linda Ohlson-Gross* 303-840-9818

KC Parkins-Kyle 303-841-9953

Kathy Simard* 720-981-4448

Simone Windeler 719-287-2040

*Denotes Graduation with Distinction

Dressage Sport Horse Breeding Judge

Janet Foy 'R' 719-260-1566

Gwen Ka'awaloa 'r' 303-917-3679

Debbie Riehl-Rodriguez 'R' 303-263-0768

Kristi Wysocki 'R' 303-648-9877

FEI Level 1 Dressage Steward

Rusty Cook 505-877-1456

Heather Petersen 719-683-8435

Technical Delegates USEF

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

Rusty Cook (NM), r 505-877-1456

Laurie Mactavish (CO), R . 970-390-5160

Debbie Moloznik (CO), r ... 818-515-0377

Heather Petersen (CO), r . 719-683-8435

Catherine Siemiet (CO), r . 719-942-5311

Dianne Stanley (MT), R 406-652-4061

Technical Delegates, RMDS sanctioned shows only

Joan Clay 970-420-0887

Jeannette Hillery 303-494-7718

Mary Jo Hoepner 719-495-3648

Mindy Maguire 720-301-0089

Dee Stiers 970-876-2987

USDF Certified Instructors

Training - Second

Julie Burt 719-431-2342

Jill Cantor Lee 970-209-8491

RaeAnn Cook 970-225-1408

Janet "Dolly" Hannon 303-279-4546

Ellene Kloepper 303-523-0191

Clayton Martin 719-379-3716

Bridget Milnes 303-660-4986

Kristi Wysocki 303-648-9877

Training - Fourth

Simone Ahern 719-749-9274

Nancy DeVaney 303-681-2516

Loma Fowler 303-841-0417

Sarah Martin 719-379-3716

Kathy Simard 720-981-4448

Melinda Weatherford 970-484-5218

Shows and Events

All shows are RMDS recognized except schooling shows.

APRIL 2012

- 7-8 **USDF L Program, Session D2, Tucson Dressage, Tucson, Arizona.**
Contact Dorie Vlatten Schmitz, 480-580-0634, dvschmitz@msn.com
- 14 **Sun Prairie RMDS Show I, Sun Prairie Farms, Peyton, CO**
Contact Camille Griffin, camillegriffin@msn.com, 719-287-9197
- 14 **Triple Creek Ranch Schooling Dressage Show, Longmont, CO.** Contact Lynn McChesney, 303-444-4291, www.triplecreek-ranch.com
- 14 **Prairie Springs Farm Schooling Show, Colorado Springs, CO**
Simone Windeler, 719-287-2040, http://eleganttrider.com/schooling.html
- 20 **Dressage for the Cure Warm-Up, Colorado Horse Park, Parker, CO-USEF**
Contact Heater Petersen, 719-683-8435, slush@drwg.net
- 21-22 **Dressage for the Cure at the Peak, Colorado Horse Park, Parker, CO-USEF**
Contact Heater Petersen, 719-683-8435, slush@drwg.net
- 21-22 **Region 5 USDF Adult Clinic with Lilo Fore, Utah**
Contact Nance Allen, 801-274-1288, nance@xmission.com
- 28 **Boulder Valley Ride-A-Test with Janet Hannon, Singletree Farm, Boulder, CO**
Contact Beth Geier, 303-673-9840, bethgeier1@comcast.net
- 28 **Mariah Farms Schooling Show, Mariah Farms, Castle Rock, CO.** Contact Lisa Lamke, 303-660-2456, llamke@msn.com
- 29 **Boulder Valley Spring Fling, Singletree Farm, Boulder, CO-RMDS**
Contact Beth Geier, 303-673-9840, bethgeier1@comcast.net

MAY 2012

- 5 **Flying Star Farm Schooling Show, Brighton, CO**
Contact Kim Benson 303-655-1815 info@flyingstarstables.com
- 5 **Schooling Show, Lazy J Bar S, Loveland, CO**
Contact Julie Haugen, 970-290-8360, defiancesport@q.com
- 5-6 **GVDS Spring Schooling Show I, Mesa County Fairgrounds, Grand Junction, CO**
Contact Inka Spatafora, 970-260-2660, classicaldressage@earthlink.net
- 10 **RMDS Executive Board Meeting, OPEN TO ALL, 6:30 PM**
Contact RMDS Central Office for more details, 720-890-7825, rmds@rmds.org
- 11-13 **Patrice Edwards Clinic, Glory Falls Ranch, Black Forest, CO**
Contact Kim Martin, 719-440-8875, glory.falls@yahoo.com
- 12 **Mariah Farms Schooling Show, Mariah Farms, Castle Rock, CO.** Contact Lisa Lamke, 303-660-2456, llamke@msn.com
- 12-13 **Rocky Mountain Dressage I & II, Somerset Farm, Longmont, CO**
Contact Heather Petersen, 719-683-8435, slush@drwg.net
- 19 **CDEC Annual Spring Schooling Show, Cheyenne, WY**
Contact Jane Swanhorst Ringolsby, 307-634-2870, swanhorst@aol.com
- 19 **Prairie Springs Farm Schooling Show, Colorado Springs, CO**
Simone Windeler, 719-287-2040, http://eleganttrider.com/schooling.html

- 19-20 **Heather Robertson Clinic, Capricorn Farm, Golden, CO**
Contact Lori Mitchell, 303-816-2375, bandwdressage@aol.com

- 20 **AHIEC Sunday Series #1, Autumn Hill Equestrian Center, Longmont, CO**
Contact Julie Barringer-Richers, 720-341-5033, jbarringerrichers@comcast.net

- 25-27 **Dressage in the Plains I & II, Sun Prairie Farms, Peyton, CO-USEF**
Contact Camille Griffin, camillegriffin@msn.com, 719-287-9197

JUNE 2012

- 1-3 **High Prairie Dressage I, II, III, Colorado Horse Park, Parker, CO-USEF**
Glenda McElroy, 818-841-3554, glenda@glenroys.com
- 2-3 **GVDS Ned Marshall Schooling Show II, Mesa County Fairgrounds, Grand Junction, CO**
Contact Inka Spatafora, 970-260-2660, classicaldressage@earthlink.net
- 9-10 **RMDS Winter Wake-Up In Summer, Tomora Farm, Greeley, CO-USEF**
Contact Heather Petersen, 719-683-8435, slush@drwg.net
- 15-16 **Sage Creek I & II, Sage Creek Equestrian, Heber, UT-USEF**
Contact Bobbie Jo Derksen, 801-376-9062, bbsagecreek@hotmail.com
- 16 **Foothills Chapter Ride-A-Test with Janet Hannon, Roberts Ranch, Littleton, CO**
Contact Lori Mitchell, 303-816-2375, bandwdressage@aol.com
- 17 **Centaur Rising Dressage Show I, Pine, CO, RMDS**
Contact Kristann Cooper, 303-838-5086, kris@anchoragefarm.com
- 23 **Prairie Springs Farm Schooling Show, Colorado Springs, CO**
Simone Windeler, 719-287-2040, http://eleganttrider.com/schooling.html
- 23-24 **Autumn Hill Dressage Festival I & II, Autumn Hill Equestrian Center, Longmont, CO-USEF**
Contact Julie Barringer-Richers, 720-341-5033, jbarringerrichers@comcast.net
- 30 **Sun Prairie RMDS Show II, Sun Prairie Farms, Peyton, CO**
Contact Camille Griffin, camillegriffin@msn.com, 719-287-9197

JULY 2012

- 1 **Sun Prairie RMDS Show III, Sun Prairie Farms, Peyton, CO**
Contact Camille Griffin, camillegriffin@msn.com, 719-287-9197
- 7-8 **Rocky Mountain Dressage III & IV, Somerset Farm, Longmont, CO**
Contact Heather Petersen, 719-683-8435, slush@drwg.net
- 10 **RMDS Executive Board Meeting, OPEN TO ALL, 6:30 PM**
Contact RMDS Central Office for more details, 720-890-7825, rmds@rmds.org
- 13 **Dressage at the Peak Summer Warm-Up, Fountain Valley School, Colorado Spgs, CO-USEF**
Contact Heater Petersen, 719-683-8435, slush@drwg.net
- 13 **Wasatch Back I, Heber City, UT-USEF**
Contact Alison Child, 435-640-3287, achild@kirwin.com
- 14 **Wasatch Mountain Dressage Show, Heber City, UT-USEF**
Contact Heater Petersen, 719-683-8435, slush@drwg.net
- 14 **Dressage at the Peak Summer II, Fountain Valley School, Colorado Spgs, CO-USEF**
Contact Heater Petersen, 719-683-8435, slush@drwg.net

- 15 **Centaur Rising Dressage Show II, Pine, CO, RMDS**
Contact Kristann Cooper, 303-838-5086,
kris@anchoragefarm.com
- 15 **AHIEC Sunday Series #2, Autumn Hill Equestrian Center, Longmont, CO**
Contact Julie Barringer-Richers 720-341-5033,
jbarringerrichers@comcast.net
- 18-21 **RMDS Junior Camp, Tomora Training Center, Greeley, CO**
Contact Julie Haugen, defiancesport@q.com
- 21 **Prairie Springs Farm Schooling Show, Colorado Springs, CO**
Simone Windeler, 719-287-2040,
http://eleganttrider.com/schooling.html
- 22 **USDF Youth & Adult Team Competition, Tomora Training Center, Greeley, CO**
Contact Julie Haugen, defiancesport@q.com
- 27-28 **Sage Creek III & IV, Sage Creek Equestrian, Heber, UT-USEF**
Contact Bobbie Jo Derksen,-801-376-9062,
bbjsagecreek@hotmail.com
- 28-29 **Autumn Hill Dressage Festival III & IV, Autumn Hill Equestrian Center, Longmont, CO-USEF**
Contact Julie Barringer-Richers, 720-341-5033,
jbarringerrichers@comcast.net

AUGUST 2012

- 1 **Ballet on Horseback, Boulder County Fairgrounds, Boulder, CO**
Two performances
- 3-5 **Dressage in the Rockies I, II, III, Colorado Horse Park, Parker, CO-USEF**
Glenda McElroy, 818-841-3554, glenda@glenroys.com
- 4-5 **Cheyenne Dressage & Eventing Dressage Show, Cheyenne, WY-USEF**
Contact Steve Siegel, 307-632-7587,
steve@wyomingcarriages.com
- 4-5 **Heather Robertson Clinic, Capricorn Farm, Golden, CO**
Contact Lori Mitchell, 303-816-2375, bandwdressage@aol.com
- 10-12 **Dressage at Sun Prairie I & II, Sun Prairie Farms, Peyton, CO-USEF**
Contact Camille Griffin, camillegriffin@msn.com, 719-287-9197
- 11 **Prairie Springs Farm Schooling Show, Colorado Springs, CO**
Simone Windeler, 719-287-2040,
http://eleganttrider.com/schooling.html
- 11-12 **Millbrook Farms Dressage Show, Fairfield, UT-USEF**
Contact Jan Lawrence, 801-631-2516, millbrk@xmission.com
- 12 **Centaur Rising Dressage Show III, Pine, CO-RMDS**
Contact Kristann Cooper, 303-838-5086,
kris@anchoragefarm.com
- 17-19 **Paragon I, II, III CDI***, Estes Park, CO-USEF**
Contact Heather Petersen, 719-683-8435, slush@drwg.net
- 26 **Boulder Valley So Long to Summer, Sextant Farm, Longmont, CO-RMDS**
Contact Beth Geier, 303-673-9840, bethgeier1@comcast.net
- 25-26 **Utah Dressage Society Annual Show I & II, Heber, UT-USEF**
Contact Susan Jero, 801-330-5763, sjero@aol.com

SEPTEMBER 2012

- 1 **Foothills Chapter Ride-A-Test-with Debbie Riehl-Rodriguez, A Rising Star, Arvada, CO**
Contact Lori Mitchell, 303-816-2375, bandwdressage@aol.com

- 1-2 **GVDS Fall Show, Mesa County Fairgrounds, Grand Junction, CO-USEF**
Contact Inka Spatafora, 970-260-2660,
classicaldressage@earthlink.net
- 2 **Foothills Last Chance Dressage Show, A Rising Star, Arvada, CO**
Contact Lori Mitchell, 303-816-2375, bandwdressage@aol.com
- 8 **Pendragon Stud Dressage Show II, Larkspur, CO-RMDS**
Contact Leslie Terry, 303-688-4147, Lt2@kellin.net
- 13 **RMDS Executive Board Meeting, OPEN TO ALL, 6:30 PM**
Contact RMDS Central Office for more details, 720-890-7825,
rmds@rmds.org
- 15 **Prairie Springs Farm Schooling Show, Colorado Springs, CO**
Simone Windeler, 719-287-2040,
http://eleganttrider.com/schooling.html
- 20 **RMDS Breed Show, Championships & Open Show, Parker, CO-USEF**
Contact Heather Petersen, 719-683-8435, slush@drwg.net
- 21-23 **RMDS Championship & Open Show, Parker, CO-USEF**
Contact Heather Petersen, 719-683-8435, slush@drwg.net

OCTOBER 2012

- 5-7 **USDF/Great American Region 5 Championships, Wasatch Event Center, Heber City, UT**
Contact Heather Petersen, 719-683-8435, slush@drwg.net
- 11 **RMDS Executive Board Meeting, OPEN TO ALL, 6:30 PM**
Contact RMDS Central Office for more details, 720-890-7825,
rmds@rmds.org
- 13-14 **GVDS Fall Harvest Schooling Show III Mesa County Fairgrounds, Grand Junction, CO**
Contact Inka Spatafora, 970-260-2660,
classicaldressage@earthlink.net
- 20 **Dressage in Pink, Sextant Farms, Longmont, CO**
Contact Donna Baxter, 303-857-3879,
highbrowbling@mesanetworks.net

NOVEMBER 2012

- 3-4 **USDF L Program, Final Exam, ADA Fall Fiesta, Scottsdale, Arizona.**
Contact Dorie Vlatten Schmitz, 480-580-0634,
dvschmitz@msn.com
- 10 **RMDS Board of Governors'**
- 10 **RMDS Awards' Banquet**

DECEMBER 2012

- 5-8 **2012 Adequan/USDF Annual Convention, New Orleans, LA**
Contact USDF.org/convention

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!

Horse Lovers... Take a Look!



35621 Weld County Road 25, Eaton
Gorgeous property on 3.14 acres!
\$385,000, 4 bed, 3 bath, 3533 sq ft



8961 Weld County Road 70, Windsor
Country Living Yet Close to Town!
\$435,000, 4 bed, 3 bath, 3489 sq ft



5505 N. Highway 1, Fort Collins
**One of the Finest Equestrian Centers
in Northern Colorado!**
\$599,000, 3 bed, 2 bath, 2145 sq ft



11395 N. County Road 17, Fort Collins
Welcome to Paradise on 35 acres!
\$1,150,000, 6 bed, 6 bath, 8529 sq ft



7426 Douglas Lake Ranch Road, Fort Collins
Lake & Mountain Views are Exquisite!
\$1,550,000, 5 bed, 5 bath, 7455 sq ft



796 Abrams Way, Loveland
Fabulous Irrigated Custom Estate on 36 acres!
\$1,695,000, 4 bed, 5 bath, 6852 sq ft



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any other competition using dressage is the tack. What happens to 'honoring the western tradition' then?"

There are good arguments for both. Riding one-handed IS more difficult and requires a higher degree of tact. The horse must work off the rider's seat and legs with the hand truly only receiving energy. Lateral work is more difficult to perform correctly one-handed, not to mention when teaching a young horse. Faults typically encountered when riding one-handed are horses that do not arc (bend) around the rider's inside leg on curves, and leading with the hind quarters in lateral work or counter bending. Furthermore, in an advanced western freestyle for example, riding two handed increases the range of communication nuances when higher degrees of expression are needed in keeping with the music – especially when the choreography entails more complicated lateral movements. NRHA judge and western performance horse trainer Rod Miller contributed the following remarks to the debate on the WDAA forum:

"To be able to ride a horse one handed they must be very soft, and you cannot maintain the level of softness needed to guide a horse one handed through many maneuvers by riding one-handed. Riding only with one hand over long periods leads to lost softness and less response to the one-handed guiding.

Then there is the question why would you want to ride one handed unless you were roping or shooting a gun? I always wondered about the concept of western riding requiring riding with one hand. It is about maintaining heritage, I presume so that begs the question: did all people who rode in western saddles work as cowboys

or outlaws or sheriffs? And if they did, did they always ride one handed when not roping or shooting? Watch a warm-up pen at a western horse show and you will seldom see the horses being readied for competition being ridden one-handed. Most people tune them two-handed, then go in and show the judge that they can shoot or rope for a bit one handed, and then they go back to fixing and fine-tuning again riding the horse two-handed."

Seeing merit in both arguments, the Western Dressage rule committee wisely adopted competition rules that preserved WDAA's mission to improve the standards by allowing riders to keep riding two-handed for as long as they want to or need to as they train and develop their horse, yet opening for "extra credit" to reward those fully trained western horses who can perform while ridden with one hand on the reins. Under the current Western Dressage rules therefore, riding with two hands on the reins is permitted in all classes, but riding the tests with one hand earns the equirage double points throughout the test.

Competition: Not The Ultimate Destination But A Gauge Of Improvement And Progress

One of the points that perhaps distinguishes Western Dressage and sets it apart from other forms of Western competition is the rather different spirit by which it is governed. Western Dressage is different in its thrust and intent to other forms of equestrian competition, and its adherents are not first and foremost competition riders seeking to reach the upper echelons in either FEI sport dressage or the western performance disciplines.

Yet developing an advanced western dressage horse takes a lot of time, just as developing the Grand Prix dressage horse takes years. Western Dressage emphasizes the partnership between horse and rider, and developing a good partnership between any living creatures requires substantial investments of time and commitment. As former rodeo rider Larry Mahan said of the new discipline, "it's about the journey." Hence Western Dressage riders view competition first and foremost as a means of receiving an objective assessment of their progress rather than winning as an end in itself. The discipline fosters a more patient attitude and long-term view with respect to the training of the horse as well: it takes a long time to train an advanced western dressage horse – the turnaround can never be fast and shortcut methods just don't work, just as they don't work when developing the FEI competition dressage horse. Sooner or later as the equirage moves up the levels, omissions and holes in the foundation will lead to errors and trip them up, especially as the movements become more advanced and when riding to music. Many riders find it both a relief and liberating to participate in a discipline that is completely devoid of the pressures to do whatever will make the sale or win the blue ribbon. As Morgan breeder and WDAA founding director Ellen DiBella exclaimed, "What a joy to ride to a 'standard' and not for a ribbon!"

Riding For The Sheer Pleasure And The Art

As Western Dressage continues to develop and equipages to advance, the possibility of a Western Dressage musical freestyle class will give horse

and rider a place to express themselves as a unique equiptage – to show what they have achieved and be graded on it. Many recreational riders dream of advancing in their riding and experiencing higher level movements from various disciplines on their horse simply for the joy of the experience and the achievement. Who has not wondered what the beautiful expressive passage feels like to ride? And does it have to be a dizzying spin or an 11 foot competition slide in order for a rider to experience the thrill of a hard-stopping western horse? Competition is not the principal motivating factor towards achievement for many riders. Correct training on the other hand, culminating in the ability to perform advanced movements correctly and harmoniously, is. The expression of more advanced movements in a skillfully ridden, well-choreographed program to music then invites the equiptage to explore Western Dressage at another level – to elevate it to an art form.

A New Lease On Life For The Older Or Soured Horse

A major benefit of Western Dressage is that it prolongs the useful life of the western horse. Not only does it ensure a good foundation for the young horse, but it also gives older horses a new lease on life and a new place to go. All kinds of horses from all kinds of disciplines and all kinds of backyards find a new usefulness, a new focus and a new place to go – not just young horses, but older reiners and cow horses who are done with the futurities and need a new job. Older or soured competition horses from other disciplines can be readily reschooled in Western Dressage and

become competitive in it. Al Dunning observes:

“Competition has become so specialized now, whether you are talking reining or dressage. The movements have become highly specialized, and with the standards so high and the margins between top riders now so small, you need to be riding a really talented horse bred specifically for the discipline in order to be competitive. That leaves a lot of fine horses out there who are really good individuals in their own right but lack that extra edge to win in specialized competition. Western Dressage as a discipline has the potential to give these kinds of horses an arena in which they could be really competitive.”

It's good for the riders too. Western Dressage rewards good riding, but it also builds up riders who are timid. Riders who have lost their nerve can find their courage again as they work their way up the levels in competition from Basic and on up.

Who Does The Discipline Appeal To?

Western Dressage has caught on with an intensity that has surprised everyone and is moving like brushfire across among the grassroots, drawing and capturing the interest of professionals and backyard amateurs, young and old riders alike. A Western Dressage division was offered for the first time this year at the Morgan Grand National Horse Show in Oklahoma City, and several of the competing riders were over 40. Some have found it greatly beneficial in re-vitalizing a ring-sour show horse. Ellen DeBella writes from Colorado:

“Western dressage has humbled me and given me new standards and goals. My much-loved but ring sour horse loves western dressage and is enjoying it almost as much as I am. I am also riding a young horse and bringing him along to be my next western dressage horse. And I have a 14 year old granddaughter who is as excited about western dressage as she is her current boyfriend!”



Older riders coming back to horses after a long hiatus away or owning horses for the first time in their lives find it a super place to be – riding with the comfort and security of the western saddle but enjoying the benefits of greater responsiveness, elasticity and soundness in their horses that emanate from classical training. It also seems to open the door to horses and promotes better mental and physical health in the rider. From California, American Saddlebred breeder and WDAA founding director Barbara Molland writes:

“I think one of the best things about Western Dressage is that it makes learning to ride so possible for the forty, fifty, or sixty year old person. I recall reading once that one in three people in the United States would love to have a horse of their own. That is a pretty amazing statistic. Equally amazing is that so many people I have known who do ride live to be 90 or more and seem to continue riding until very late in life. There must be something about a horse that really is very good for the inside of a person (I think Winston Churchill said that.)”

People who have been riding western for years report that Western Dressage has made a huge difference in the quality of their riding. A Colorado rider reports on the WDAA forum:

“The more I learn, the more I realize how little I know. I thought I was a good rider. Now I am realizing that I was a good passenger. Western Dressage has brought me back to the basics. I purchased a new horse late last year and I am determined to make sure I do it right this time. Now I watch other riders and see them pulling on their horses’ mouths and I think ‘that was me just last year.’ How wonderful it has been to learn to ride my horse with my seat and legs and light hands. I definitely see the difference in my horse from when I started to now. He is much happier and isn’t fighting the bit.”

Popular With The Grassroots But The Breed Associations Remain On The Fence

With Western Dressage having been accepted by the United States Equestrian Federation, WDAA hopes that in time the new discipline will be incorporated into shows sponsored

by breed associations throughout the United States and beyond. At this time, points earned in Western Dressage competitions are currently recognized only by the American Morgan Horse Association. But even though other breed associations are sitting on the fence about Western Dressage, the prognoses for its further growth look very promising indeed. In the 12 months that have passed since Western Dressage was first launched, the discipline has spread like wildfire with WDAA affiliate associations in more than 17 states and more forming all the time. It has also attracted foreign attention in countries where western riding has a strong foothold such as the United Kingdom, Germany, and Australia. Solihull Riding Club, a member of the UK’s Western Equestrian Federation, held its first Western Dressage classes summer 2011 at one of its western shows, and the Nordic American Saddlebred Society in Sweden is considering the possibility of offering these classes as an exciting new avenue to explore for Saddlebreds and Morgans as western horses at joint shows in Sweden. Articles are also starting to appear in foreign magazines about the discipline and WDAA has attracted a number of foreign members. In the United States and Canada, independent organizers of horse shows in several different states have started to include Western Dressage classes in their lists of class offerings, and western dressage schooling shows are cropping up like toadstools all over the country. Even the market senses that there is something new and exciting in the wind: there are at least two designs for western dressage saddles now available, one of which was designed by noted Quarter Horse

trainer Lynn Palm, and another by Grand Prix dressage rider Pam Fowler Grace which is manufactured by Circle Y Saddlery. Yet despite these developments, certain sectors of the western horse industry remain skeptical. Some feel that Western Dressage is “neither fish nor fowl” – neither dressage nor western riding. Others, like AQHA, feel that the discipline is simply too new and they are waiting to see how it develops before taking more concrete action. Tom Persechino, Executive Director of Competition and Breed Integrity probably stated the position of several when Hästfocus recently contacted the association to discover Western Dressage’s standing with AQHA:

”While we have seen demonstrations of Western Dressage, at this time AQHA does not recognize it as a discipline; nor have any decisions been made or any pending to include it in our points system. We do have an alliance with the USEF and USDF to recognize points earned in ordinary dressage classes, but not yet Western Dressage. However, that of course could change, depending on member demand. AQHA is always interested in promoting the western lifestyle and welcomes opportunities to do that.”

It will be exciting to follow Western Dressage as it continues to develop. For this is a discipline that could revolutionize the world of western riding, and improve the overall standard of western riders and the lot of western horses everywhere for the better.



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Fitness

By *Debbie Riehl-Rodriguez*, USEF 'S' Judge, and Dressage Sport Horse Breeding Judge

As a judge traveling extensively around the country, the most frequent problem I see among riders is lack of balance and inability to maintain a stable core. Our 2011 dressage tests now have three components in the rider score which include seat and position, correct and effective use of the aids, and harmony. For me this is a great addition so that we can highlight specific problems in order to help the rider see where their strengths and weaknesses are. We are all aware of the importance of a stable core and learning to use our aids independently but what can we do to improve ourselves?

With the abundance of fitness articles available to us we may feel a bit overwhelmed. It is easy to read these and think “this is too hard for me” or “I’ll try this tomorrow” but we never get around to it.

I am going to demonstrate some simple but very effective exercises designed to help you improve your balance, coordination, and core strength. These are easy and designed for the average every-day rider. They can be performed at home in only a few minutes a day and you will be pleasantly surprised at the benefits you’ll achieve if you practice these regularly.



Gliders

You will need a piece of equipment called gliding discs. These are round flat discs that you will be placing under your feet while performing the exercises.

The gliders can be obtained online or at sporting good stores for around \$15.00 I suggest ordering them online because for a bit more money you can get an instructional DVD that can be used for many more exercises. Googling “gliding discs” brings up several places to purchase them. They come available for use on either hardwood floors or carpet so you will need to consider the type of floor you will be using them on. A very inexpensive and fairly effective substitute for the gliders is to use fabric softener sheets but these can only be used on wood type floors. Be sure to wear tennis shoes while using either of these.

Get the feel of your gliders by sliding around on them a bit before you begin the exercises. Keep your knees

slightly bent and you will have to raise your heels and stand on the ball of your foot to move them. A huge benefit of working on the gliders is it will help you to learn to keep your weight properly in your stirrups. Those of you that have difficulty with the stirrups sliding back and not being able to keep them under the ball of your feet, will notice that you will have to press slightly into the glider in order to keep it moving with you. Now lets try the exercises!

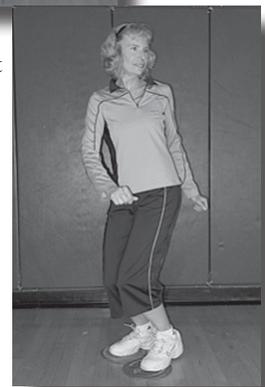
Exercise 1: Do The Twist

Begin with this simple exercise to test your balance and improve your core and waistline. Remember the old Chubby Checker song called “The Twist?” This is the same movement you will be doing with your feet on your gliders. Stand on your gliders



Twist Right

Twist Left



with your feet together and knees slightly bent. Twist your hips from side to side as far as comfortable while keeping your knees close to each other. Start with slow twists then increase your speed to challenge your balance. Allow your arms to swing in the opposite direction of your hips to add more momentum. If you have back problems then keep the motion very small. Too easy? Bend your knees more and drop down lower to the floor like a squat while maintaining the twist. Keep your abs tight, knees together and come as low as you can before returning to a standing position. Try to feel that you are twisting evenly to each side.

Advanced option: do the same with both feet on only one glider.

Exercise 2: Controlled Leg Press

Standing on your gliders, push one leg at a time away from your body with the angles like the hands of a clock. Start with your right leg and slowly push the glider to the 1:00 position and return it slowly back to center. Keep your left knee bent slightly while you are moving your right leg as you never want to lock your knees with these. Slide the glider to 3:00 and back, then to 5:00 and back. This should be done in a slow controlled motion, concentrating on your inner thigh as you pull the glider back to your starting position. Keep your hips facing forward and spine in neutral so you are working your leg independently. Extend your leg to where it is comfortable for you to maintain but still challenge your balance. Now try the same with your left leg pushing the glider to 11:00, 9:00, and 7:00 positions. Which direction is the hardest for you? Like our horses

we are all weaker and stronger on one side. This exercise allows you to focus on moving each leg independently while using your core for stability.

Controlled Leg Press



Advanced option: On your standing leg, bend your knee more and try to push the glider further from your body in the same manner.

Exercise 3: Leg Circles

Standing on your gliders, start with your right leg and draw a small circle



Leg Circles:

Draw a small circle from front to back.



from front to back in a smooth continuous motion. Keep your hands on your hips, neutral spine, and hips facing forward. Repeat several times trying to note which area of the circle is hardest for you to maintain your balance. Repeat with your left leg and compare the difference. Try alternating legs with the circles. Feel how much this opens your hip and allows you to adjust your leg position. We all tend to keep one leg further forward or back on our horses and this exercise can help improve our range of motion and control of where we need our leg to be.

Advanced option: Make your leg circles larger, faster, slower, or reverse directions.

You can also try the Leg Press and Circles while sitting on a low stool or chair. Sit evenly on your seatbones, keep your torso erect and be careful not to lean to one side or the other. Keep your hands as if holding the reins and try not to allow your hands to move while you use your gliders. If you really want to test your coordination try doing both legs at the same time, or do the circle with one leg and the leg press with the other!

Exercise 4: Plank with Gliders

This exercise is more advanced and should not be attempted unless you can maintain a plank position for close to a minute.

Lie on the floor face down in a plank with your toes on the gliders. You can do this either on your elbows or your hands but be sure to keep your shoulders over your arms. Maintaining a plank is one of the best core strengthening exercises you can do and adding the gliders will increase the difficulty

Cont'd on pg 22



Plank



Plank: Slide leg away from body.

With any exercise you only get out of it what you put into it. As we get older keeping our balance becomes more difficult and our bodies become less limber. We always expect our horses to give us their best so we need to do the same for them. Have fun with these exercises and your horses will thank you!

even more. Try to slide one leg away from your body in an arc as far as you can then return to starting position. Do the same with the other leg and

notice which direction is the hardest for you. Now slide both legs away at the same time. Repeat as many times as you can endure as these will really engage your core!



Debbie Riehl-Rodriguez is a bronze, silver, and gold medalist from Golden, Colorado. She is an "S" dressage judge, sport horse judge and member of the L faculty. Debbie travels giving clinics and judging around the country but works locally at *ARisingStar Equestrian Center* in Arvada Colorado, and can be reached through email address stablventures@aol.com

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OMNIBUS CORRECTIONS

- Page A-8 Add:
 Platte River Chapter, Laura Speer, 970-371-2934, riversidestables_evans@yahoo.com
 Pikes Peak Chapter, Simone Windeler, 719-540-2000, simonedressage@gmail.com
- Page A-11 Ellene Kloepfer 303-523-0191
- Page C-5 August 25-26 Utah Dressage Society Annual Show I & II
- Page C-7 May 12 Mariah Farms Schooling Show- not the 19th
- Page C-29 Dressage for the Cure Warm Up and Dressage for the Cure at the Peak now being presented by 2 White Feet, Inc.
- Page C-29 Licensee is now 2 White Feet, Inc, Heather Petersen, Owner
- Page C-30 Checks should now be drawn to 2 White Feet and all proceeds will go to Sense of Security.
- Page C-35 Jane Ayers has been replaced by Ida Anderson Norris (S), Maine/Florida
- Page C-35 Technical Delegate is Eva Maria Adolphi (r), Utah
- Page C-43 Second Judge is Eleanor Stine-Masek (S), Arizona
- Page C-63 Dressage at the Peak II Summer Warm-Up and Dressage at the Peak II Summer now presented by 2 White Feet, Inc.
- Page C-64 Checks should now be drawn to 2 White Feet.

USEF Membership Form has been changed. Go to www.USEF.org to get the newest one.



RMDS MEMBERSHIP FORM

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

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

- | | | |
|---|--|--|
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| <input type="checkbox"/> Boulder Valley | <input type="checkbox"/> Grand Valley (Grand Junction) | <input type="checkbox"/> Platte River (Greeley, E. Colorado) |
| <input type="checkbox"/> Colorado Springs | <input type="checkbox"/> High Plains (Parker, Littleton, Aurora) | <input type="checkbox"/> Wasatch Mountains (Utah) |
| | <input type="checkbox"/> N. Colorado (Ft. Collins, Loveland) | <input type="checkbox"/> Western Colorado (Aspen, Vail etc.) |

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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.) _____

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Answers to Olympic Trivia:

1.) True. Up until 1972, the number of judges on the panel would vary from 3 to 7 judges.

From 1972 on, the panel has consisted of 5 judges, with the exception of 1980 (Goodwood) when there were 6 judges.

2.) False. Though equestrian competitions were voted to be included in the "new" Olympic Games, and were listed on the program, no equestrian competition occurred due to a lack of appropriate facilities. Greece, the host country, also lacked the funds to build the facilities.

3.) False. Team dressage competition did not become a part of Olympic dressage until 1928 at the Games in Amsterdam, Holland.

4.) True. Col. Donald Thackeray served as an Olympic Dressage judge in 1976, 1980 (alternative games in Goodwood), 1984 and 1988. He was the first American judge to serve since Lt. Col. Doak at the 1932 Games in Los Angeles, California.

5.) False. Mrs. Liz Hartel of Denmark, aboard Jubilee, was the first woman to win an Olympic medal in Dressage at the 1952 Games in Helsinki, Finland. She won Silver. She went on to win Silver again in 1956. Mrs. Liz Hartel is perhaps the first para-equestrian, as she had to overcome the effects of polio to ride.





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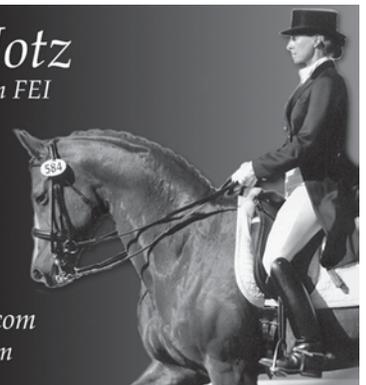
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Olympic Trivia

Another Olympic year is upon us and our equestrian teams will be doing their best to bring home some medals. Olympic Dressage has a long history, and knowing a little bit about it makes watching the dressage competition all that more interesting. Below are five True/False trivia questions about the history of Olympic Dressage. Test your knowledge and see how well you do. Answers are on **page 25**.

- 1.) Until 1972, the number of judges on the Olympic dressage panel varied between 3 and 7 judges. T or F ?
- 2.) 8 countries, including the U.S., sent equestrian teams to the 1896 Games in Athens, Greece. T or F?
- 3.) In 1912 Olympic Dressage competition included a team competition and individual prize riding. T or F?
- 4.) Only one U. S. has served on 4 Olympic Dressage (or alternative Games) judge panels. T or F?
- 5.) Lisolette Linsenhoff, riding Adular, was the first woman to win a medal in Olympic Dressage. T or F?