

THE CENTAUR

Dressage Through the Levels

Featuring Janet Foy and Steffen Peters

- Tara Nolan

This is what dressage is all about!

“Dry August and warm, Doth
harvest no harm.” -Thomas Tusser

The information in the Centaur Newsletter is the sole opinion
and responsibility of the authors, and not that of RMDS.

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Janet and Steffen brought special focus and fun to dressage, and how lucky we are to have Janet in our back yard. This unique program combined a world class judge with a world class trainer/rider. So the judging comments generated were coupled with immediate feedback and relevant training techniques. The clinic was super fun because Janet and Steffen were constantly cracking up with great jokes and quips. Janet laid the groundrules for the clinic saying to Steffen, “I’m going to judge ‘em and then you are going to fix ‘em.”

Each day started at training level with 3 demo riders in the group. Janet offered insight to judge’s expectations at that level and then selected a movement to be ridden. After she scored and commented on each rider’s execution, Janet handed the riders over to Steffen. Steffen then addressed the underlying issues and created exercises to help train the horses and riders. Here is a small hint for anyone that may ever ride for Steffen. If Steffen asks you a question there are probably one of three possible answers you can give him: start with suppleness, then collection, and finally try energy.



An amazing team: Steffen Peters and Janet Foy

I’ve gathered highlights from each level that I’ll share with you. This symposium was packed with nuggets of wisdom and information. I find I am able to process more information and apply it to my riding today differently than I did 4 years ago. I will use some examples of how I am personally implementing the information and how I found it relevant.

Training Level

Steffen:
 At this level you must ensure your horse understands the aids. Start at square one: the halt. Does your horse flex at the poll easily in both directions? When you move into the walk, can you still flex easily in both directions? If not,

go back to the halt and refresh the lesson. Steffen uses the whip to engage to the hind legs and uses his calves as the gas pedal.

Words of wisdom from Steffen:

“Engagement of the hind leg does not come with fitness; you have to ask for it.”

He also uses the whip to “bring to the horses’ attention” that curling, pulling, or lifting of the head are not correct responses. He pointed out that a young horse will close

Region 5 Report

Congratulations to our riders who represented Region 5 at the 2010 USDF/Platinum Performance North American Junior/Young Riders Dressage Championships at the Adequan FEI North American Junior/Young Riders Championships presented by Gotham North at the Kentucky Horse Park.

Region 5 NAJC Team—Chef d'Equipe, Susan Rudman

Catherine Chamberlain/Verdicci

Jordan Farr/Phoenix

Aylin Corapcioglu/Ruhmann

Region 5 NAYRC Team—Chef d'Equipe, Eleanor Stine-Masek

Brandi Roenick/Nobel

Laura DeCesari/Cheenook II

Madeleine Birch/Starlight

Thanks to all the shows that held qualifying competitions, and to everyone who donated to the Region 5 FEI Junior/Young Rider fund to help with the expenses for our teams.

Congratulations to Region 5 riders who have qualified for the Collecting Gaits Farm/USEF Festival of Champions held at Gladstone, NJ---Junior, Catherine Chamberlain; Young Rider, Brandi Roenick, and Intermediare I, Cyndi Jackson.

Deadlines: Region 5 GMO volunteer of the year award is due to USDF by August 31. The Ruth Arvanette Grant for three members to go to the USDF convention (up to \$500 airfare expense, plus free registration, and ½ hotel expense) is due to USDF by August 31. Also it is time to start thinking about GMO baskets for the convention, a great way to show off your GMO.

Stay Cool and Happy Riding!

-Theresa Hunt, Region 5 Director

New Perpetual Trophy in Honor of Patsy Albers for USDF/Platinum Performance North American Junior /Young Riders Dressage Championships at the Adequan FEI North American Junior/Young Riders Championships presented by Gotham North

The United States Dressage Federation (USDF) is pleased to announce that a new perpetual trophy donated by an anonymous patron will be awarded at this year's USDF/Platinum Performance North American Junior /Young Riders Dressage Championships at the Adequan FEI North American Junior/Young Riders Championships presented by Gotham North (NAJYRC) to be held July 27-August 1, 2010 at the Kentucky Horse Park.

"The Albers Award," is named in honor of long time USDF Region 1 Chef d'Equipe, supporter and good friend, Patsy Albers. The award will be presented annually at the USDF/Platinum Performance North American Junior /Young Riders Dressage Championships to the dressage Chef d'Equipe who best demonstrates the same level of dedication, enthusiasm and team spirit that Patsy has shown throughout the years. The award is open to all of the dressage Chefs d'Equipe to be nominated by any competitor or Chef d'Equipe by submitting a written explanation as to why that chef deserves to win the Albers Award. The final selection will be made by the USDF and United States Equestrian Federation (USEF) staff, NAJYRC Management Team and the FEI Chief Dressage Steward.

The NAJYRC is the premier equestrian competition in North America for Junior and Young Riders, age 14-21. Teams are invited from the United States, Canada, Mexico and the Caribbean to compete for team and individual medals in the three Olympic equestrian disciplines of show jumping, dressage, eventing and the World Equestrian Games discipline of reining. Founded in 1973, the United States Dressage Federation is a nonprofit membership organization dedicated to education, recognition of achievement, and promotion of dressage. For more information about USDF membership or programs visit www.usdf.org, e-mail usdressage@usdf.org, or call (859) 971-2277.

Contact: Erica Minks, (859) 271-7878

Chapter News

High Plains Chapter

Mary Buckley resigned as HP Chapter President due to a permanent move to Florida. Our most sincere thanks to her for the energy and time spent working for the betterment of the High Plains Chapter. Our acting President is the current Vice President, Cindi O'Shea.

We had our Chapter meeting on July 15th to gather nominations for new Officers. Open positions are President, Vice President, and Secretary. We are making a call to all High Plains members for nominations. Officers have agreed that the nomination process can be made via email to both Cindi O'Shea and Sharon Soos. Emails are cindioshea@yahoo.com and sksoos@mesanetworks.net. Currently, Cindi has thrown her hat in for the office of President.

Another agenda item discussed was the Hilda Gurney Clinic which will be held the first weekend in November at Cresta Farm in Franktown. We are also firming up dates for 2 schooling shows in 2011.

Reminder to members to send pics and a short bio of horse/ rider for the HP website.

-Cindi O'Shea, Acting President

Boulder Valley Chapter

Boulder Valley held our June meeting at Sextant Farms in Longmont on Monday, June 14th. Barn manager Chris Curton

kindly put on a reining demonstration and answered questions afterward; we had a lot of good discussion about the differences and similarities of reining vs. dressage training and riding, and all members who attended enjoyed it very much.

We also had a lot of discussion about the August Region 5 Youth and Adult Team Competition, including the need for sponsors and prizes, generating more interest and entries, and attracting and rewarding volunteers by offering them tee shirts or hats with the BVD logo, in addition to lunch and many words of thanks for their time and efforts. If you aren't riding in this competition, please consider volunteering a few hours of your time, or just come out and support the riders!

Remember, it's not too late to enter the Boulder Valley RMDS recognized *So Long To Summer* show at Somerset on August 29th! Closing date is August 18th, so get your entries in!

We also had a lively discussion about changing our Year-End Awards banquet from an evening dinner to a mid-day brunch on a Sunday; hopefully this change will encourage more Boulder Valley members to attend the banquet in 2011. Last year's was a lot of fun!

We are continuing with the formula of having an educational presentation as part of our chapter meetings; we may do one on saddle fitting for our next meeting in August. I hope to see you there!

-Nicole Donohue, BVD president

RMDS Special Business

Check Year-End Scores at www.rmids.org. Oct. 5 is the last day to make changes.

Return Trophies at Championships, or mail to Shannon Lemons at 187 CR 51, Divide, CO 80814

President's Message

Hi to all:

We're about half way through our show season already and I've had the opportunity to see many of you out there showing and enjoying yourselves. How fun to be able to show off your horse after all the hard work you've done over the last few months to get to this point.

I also wanted to send out a big "Thank You" to all the volunteers who've spent countless hours setting up arenas, running tests to the show office, helping competitors get in the ring on time as ring stewards, scribing for judges, and the many other jobs that make a show great. No show could do it without you – so pat yourselves on the back. By the way, Championships are coming – this year we are hosting not only RMDS but also USDF Region 5 Championships which means we will need more volunteers than we normally do – so if you want to help let us know. Personally I always enjoy scribing as you learn so much. You get a very clear idea of what a judge is looking for and probably a few hints about what you can improve in your own riding. If you have no experience scribing yet, find a schooling show and offer to help. They will be happy to have you and as you gain experience you can scribe for a bigger show. Sitting with the judge I find they really are in favor of the horse and rider and try to give a higher score if at all possible. After all they are horsemen and horsewomen, too. They know how nervous we all get and how it affects our horses and our performance. So take a deep breath before your test and know that the person sitting in the judge's stand is trying hard to give you 7s and 8s.

I recently read an excellent article about trailer safety which made me go out and check the trailer thoroughly – after all

there's a lot riding on those wheels. The obvious check is the floor – we have all heard horror stories about horses breaking through the floor while traveling. But here are a few other tips: check the tires for cracks, and check the pressure. Most trailers are stored outside due to their size, and here in CO we have sun on those tires almost every day. If a tire fails at 55 mph or more one could be in big trouble. Double check the walls – some trailers have mats glued to them. The glue eventually fails and the mat could come off while driving. How solid are the windows and vents? Again something could fall off and cause the vent to blow off or the window to fall off while you're driving. How about those trailer-ties – been hanging in the trailer for a while? Some of that elastic simply crumbles. Obviously check the brakes and make sure all lights are working before taking the trailer out on the road. And one last observation: I have seen several horses get their feet stuck in hay nets either in the trailer or while tied to the trailer. You now can get hay bags that just have a small opening. It's less messy (though my horse still can take all the hay out and throw it on the floor in about 2 minutes) and a lot safer than the nets... a rather small investment for the safety of your horse. And on those hot days be sure to have some water on board especially if you have a long drive ahead of you.

We are still looking for some daring individuals (just kidding) to take on Junior camp for the next two years. If you want to hold the camp but don't have the space we can help you find a place. If you are interested and need more information you can contact me personally, or the Central Office.

Happy riding and many good scores,
Simone

Russ Fawcett Memorial Award

Donated by *Janet Foy*

RMDS To Recognize 'Lifetime Achievement'

The "RFMA" will be awarded to an individual (professional or Amateur) who has shown dedication to the sport of dressage through education and "giving back." The RFMA will be awarded based on individual written nominations sent to the RMDS Central Office received by September 1.

A committee will review applications and choose the winner. Please send your nominations to the Central Office at:
RMDS, 2942 Park Lake Road, Boulder, CO 80301 – rmds@rmds.org - fax-720-890-7825

Janet/Steffen cont'd from pg 1

their mouth once they learn to accept the bit and to expect the most resistance in the transitions. What really stood out for me was the correction for a horse that starts pulling in the transition. Stop; go back to the walk if you were trotting, or even the halt. Flexing at the poll is a standard requirement and is not negotiable—ever. Steffen said, “People say I’m good with tempis and I say I just have high standards for the basic transitions.”

Janet:

Janet then wrapped up training level with several key nuggets of information from the judge’s perspective. At training level it is better to be a little early or late in a movement rather than have tightness in your horse.

“As a judge it is our job to notice and comment on these of minor deviations but we will also notice your rider effectiveness.”

-Janet Foy

The trot loop is 2 corners and 1 loop. Check to make sure the haunches don’t fall out on the second half of the loop as this reduces the bending. Remember that you lose engagement when the hind legs deviate sideways or the legs are out behind. In the free walk it is more important for the neck to go out than it is to drop down in a “gravity stretch.” And finally, don’t sit the trot when you don’t have to. Do what is best for the horse and again, your rider effectiveness will be appreciated.

First Level

Janet:

Janet discussed the pendulum of trot from Piaffe to extended work. She highlighted that the test specifies thrust which means covering more ground versus focusing on being uphill. This ground cover will not be accomplished by running. She talked about the more uphill frame in first level from training level and how you may have a horse on the day of your test that needs to be ridden a little deep to avoid tension. Her advice to the rider is to know your horse and do what you need to do and just understand that the judge will still have to comment if the horse is a little deep. For the change of direction take note that the trot is 3-5 trot steps not trot strides. Make sure the circle halves are equal.

Steffen:

Steffen tackled lengthenings in both trot and canter and the two common problems of running and diving. He had riders school the lengthening on the circle first. He had the rider move forward (with calf pressure) 2 strides and then back. Step one was to check the suppleness of the poll. Step two was the aid forward—and the horse needed to respond immediately. Step three was to check suppleness of the poll with the added energy. Step four was to bring the horse back to the initial working trot or canter. For me this became a very clear training process and one that I personally need to be stricter with each time. Steffen asked riders if they liked the

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response in their horse. Sometimes he asked, "Why did you accept that transition?" Steffen asked why would you ride a bad transition and hope for things to get better next time. I realized he was talking to me.

Steffen reminded us that the goal was to develop true adjustability. When schooling the canter lengthening to collected canter the young horse will always break to the trot. This is okay because the horse needs to learn about the extra gear between trot and canter. These "mistakes" are just training opportunities and as riders we should not avoid them. We need to ask the horse for what we want and create reasons to reward the horse with a release of pressure.

Second Level

Janet:

At second level, engagement is required in addition to thrust. She said to go to the USEF rule book and review definitions. Medium trot is the most "off the ground" while extended trot "covers" the most ground. A change for next year is that travers and renvers will now be 4 track movements. She said one area to school is the 10-meter circle as she sees many riders falling out or not riding equal halves. Janet had a unique explanation for sitting the trot. The up-beat is the easy part to sit because the horse is lifting your body. The challenge comes

in the down-beat because the 1000 pound animal is dropping down with gravity more quickly than your 100 pounds. So, think about moving down with the horse and allow the horse to lift you up.

Steffen:

In this lesson Steffen taught a particularly useful correction for me personally. I find travers to be an unnatural position to assume as a rider as I always want to hang to the outside of the horse versus sitting to the inside. Steffen explained that this often happens because we are using so much outside leg to keep the horse in the movement that it becomes biomechanically impossible to sit correctly to the inside. The horse must move their haunches in with a light aid and not require the rider to "hold" the haunches in position. Now that I understand the problem, I find it easier to school the aid in the walk gait. This is the same process Steffen taught at training level when he had the riders bring their horses down a gait to deal with resistance to the bit. I am now applying this same concept to myself as a rider. If I am losing control of my seat at the trot and hanging on the outside, I am dropping back to the walk to establish my position and then reestablish the trot.

Third Level

Janet:

Janet discussed using a double bridle and reviewed its

Cont'd on pg 7



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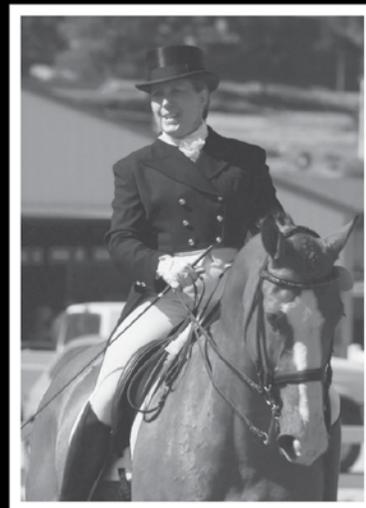
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6 Daily Warm-up Touchpoints from Steffen and Janet

1. Check Suppleness
 - a. Flex at Poll
 - b. Bend in Neck
 - c. Ribs move away from inside leg
2. In front of the leg. Does horse always move forward easily from the leg
3. Collection. Does your horse sit or just slow down?
4. Rider position. Are your spurs in the horse too much, are you vertical or leaning forward
5. Set a Higher Standard. Do not accept less than you want in a transition. Do not let the horse dive down, brace in the topline or neck; you need to stop and start again
6. Is this a horse I would want to bring into the show ring? If not, what do I need to correct specifically.

purpose. She explained that the snaffle bit creates lateral flexion. The curb adds longitudinal flexion of the poll. A horse needs significant power and engagement otherwise a double bridle tends to result in curling. For next year's test the rider score will be broken down into 3 parts to allow the judges to pinpoint areas for improvement. Janet reminded riders that 90% of the horse's body is not the head and neck. Judges look at the entire picture and the head and neck should be the result of a balanced and supple body.

Steffen:

Steffen was tasked to work on self-carriage and balance. Steffen used the forward and back exercise (see first level) and showed how this addition of power goes hand in hand with suppleness. A horse will brace as it adds power because they use their neck for balance. You must supple the horse's poll, neck and ribs to cause the horse to rebalance over the hind legs resulting in more self-carriage. He explained that suppling the horse should not result in wagging the horse's head back and forth. You can ask for counter flexion for a few strides and then return to the true bend. If the horse will not counter flex, halt, refresh the response and try again. Steffen also discussed the warm-up. Your warm-up should be planned and you should be mentally warming up the horse as much as their muscles. This is not a time to just cruise around.

Fourth Level/Prix St George

Janet:

Janet pointed out the mechanics of the half-pass from centerline. If you start the half-pass immediately upon entering centerline, you will lead with the haunches. You must straighten first. Also, when you salute—sit still. Don't adjust your legs and fix your hair. Do not give points away. For example, collect in the corner before the extended canter to show an extra difference. Make sure to execute the flying change before the wall—not on the wall.

Steffen:

Steffen said at this level your standard of riding needs to be more instinctual and the horse needs to offer more—you cannot be sucked into aiding every stride to keep your horse going. For example, if the horse is against your leg in the canter transition use the leg yield to bring the horse's attention to the correct response. You need to spend time suppling the topline so the horse does not confuse adjustments with aids. At this

level there are more movements added but it all comes back to the basic quality of the gait. If the quality of the half-pass disintegrates, immediately transition to a leg yield and demand the horse offer the forward and sideways response. Never accept less or try to just get through a movement. Steffen used a funny example of talking to a foreigner and starting to speak louder hoping they'd understand. He added, "This doesn't work with our horses either."

A key point made is that riders need to make decisions. By the time the ground person sees the problem, the correction is already a few strides late. This is the transition from being purely a student to riding the horse. It is the same concept as teaching the horse there is a gait between trot and canter (collected canter). The horse will make mistakes but this becomes a training opportunity. As riders we need to ride our horses and then allow our instructors to fix us too!

Grand Prix

Janet:

At Grand Prix the zigzag is one of the most difficult movements because so many prerequisite basics must be fluid. For the zigzag movement, judges do not count the first set because they cannot know where you started. The key to this movement is an effortless half-pass. And, remember the inside rein leads the turn like a car turn signal.

Steffen:

Steffen emphasized riders should be creative with their hands. Ask for counter flexion before the corner, then leg yield a bit in the corner. Keep asking for suppleness to match the power. Remember the horse will only give what you ask for and fitness and strength are not the same. Steffen had specific refinements for each horse at this level.

It was a special treat to see Steffen ride a few selected horses. He said he needed to practice what he taught. After he rode a horse, Steffen put the rider back on and let them feel what he'd just done with their horse. I know all the auditors I talked with headed home with lots of positive training techniques to use and try out.

*"When you see a top rider sitting, hands still, remember you are seeing the end product, the pair has arrived there after this work."
—Steffen Peters*

Special thanks to Heather Peterson and Janet Foy for organizing such a unique educational opportunity for us in Colorado. Thanks to Steffen Peters for traveling to Colorado and sharing his knowledge with RMDS. Kudos to the demo riders for putting themselves on the spot for the audience's learning process. Thank you to volunteers: Beth Geier, Mindy Maguire, Robin Gay and Debbie Voigt.

5 Things Judges Want You to Do

1. Read the USEF Rule book. It's full of free information that will help with test preparation
2. Do not give away points in a test. If the test says "turn before C" then do not wait until C to turn.
3. Ride at the level you are ready for or even over-prepared for. Judges want you to do well and it is no fun to have to hand out low scores and comments.
4. Know your horse. Ride to his strengths.
5. Ride your horse. In training make your corrections without waiting to be told. In the show ring, see step 4.

Kathy Simard Shares her Clinic Experience

Because I am lucky enough to ride with Janet Foy on a somewhat regular basis, I will focus on what I learned from Steffen Peters.

It is hard to believe that just 10 to 15 minutes of one-on-one time can result in big changes in my approach to training horses and teaching students. Of course auditing a majority of the clinic helped these concepts sink in, but to have them remain weeks later means the concepts went deep. During my rides Steffen continually suggested I raise my expectations and be creative. I always felt my expectations were fairly high, but under his watchful eye even the smallest detail does not go unnoticed nor uncorrected. For example in what might otherwise be an on-the-bit square halt (sounds pretty good right?), the horse opened its throat latch an inch, and that needed to be corrected immediately.

I had always been taught to use exercises to fix problems. Steffen's approach was to stop the horse and make crystal clear what he was doing wrong. For example if the horse is against your inside leg, instead of doing a series of leg yields off that leg, halt or at least do a downward transition, and sternly bump him off your inside leg for a few steps and tap with the whip by that leg to say "hello, do you feel that leg?!" Once the horse steps away from the leg, go directly back to the exercise or movement you were doing before the problem came up. In other words, three direct steps of leg yield are more clear and creative than three long sides of leg yield.

I have seen this work with all the horses I ride and teach. Some may have a bit of a reaction to the quick correction, but once

they are over it, they get it! I have even seen this transfer in one horse from under saddle to driving. The mare came above the bit with the owner driving and I instructed her to correct her the same way I had been doing under saddle. The result was an almost instantaneous giving to the bit, although the mare did have a look on her face of "hey when did she learn that?!"

I am still very excited by everything I learned and am enjoying sharing it with my clients and their horses.

Shannon Lemons Reveals What She Learned

I had the great opportunity to bring my average horse and my average riding skills to the *Through the Levels* clinic with Steffen Peters and Janet Foy. In addition to my own lessons, I attended many of the higher level classes. Although I expected to just ooh and aaah at the gorgeous horses and lovely riders and not get much out of the upper level rides, I was pleasantly surprised to learn that in some ways we are all in the same boat. Peters' advice was similar for a lot of us from Training Level on up to 3rd and 4th. My daily training consists of much more attention to detail and not accepting substandard work from my horse, remembering that my horse will only work as hard as I ask him to. "Don't accept it" if it isn't exactly what you want is my new mantra. The absolute icing on the cake was that Steffen rode my little Arab cross. Wouldn't I have loved to have been a fly on the wall in Shaman's brain when he realized that an exceptional rider was on his back! It was wonderful to see a professional (I realized that I've never actually had a pro ride him!) at first experience the same difficulties that I have, but given his incredible skill set, bring Shaman into a lovely, through frame, improving the quality of his gaits in only about 20 minutes. That alone showed me that bringing my horse

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along IS POSSIBLE with the right consistent work. Thanks to all at Somerset Farms and RMDS who worked to put this great opportunity together!

Julie Breen Forman riding Garand Paradox (Solo) Reviews the Clinic

Riding with Steffen Peters was amazing! I am lucky enough to ride with Janet Foy on a regular basis at Reiterhof Ranch, but the two of them together was a lot of fun. I was in the group riding 2nd Level and Steffen really emphasized the point about first having energy and suppleness, and then adding collection. He had my horse Solo and me on a twenty meter circle using the "two-steps forward method" to activate him, both in trot and canter. The two-steps were to engage the horse from both hind legs. He also wanted me to keep my leg off him, and keep my toe turned in, as this was making him dull. Steffen had me use quick aids to activate him and then leave him alone and let him do the work and carry me. He also wanted him lighter

in the contact. With the "two-steps forward," coming back, then repeat method - I was able to get Solo more active, lighter to my aids and much easier to ride. After working on the basics, he had me try the second level movements again and they were much improved.

I really enjoyed watching all the other levels, as well. As I am preparing for third level I found some very useful tips during those sessions. Steffen talked about a "cruise" canter which is a very balanced and easy canter to ride. To get this "cruise" canter use the centerline and 1/4-line to work on the quality and straightness of the canter. You must have this canter before asking for a change. This concept has really helped me at home.

For me, the biggest lesson learned was to be picky and to raise my standards. It was a fabulous experience riding with Steffen and Janet. Somerset Farms was wonderful. What a great weekend! 

CONGRATULATIONS

**To our 2010 USDF Region 5
Junior and Young Rider Team Members!**

JUNIORS

Catherine Chamberlain, AZ

Aylin Corapcioglu, CO

Jordan Farr, CO

YOUNG RIDERS

Madeleine Birch, UT

Laura DeCesari, AZ

Brandi Roenick, CA

These top riders will represent our region competing at the North American Junior & Young Rider Championships @ the Kentucky Horse Park in Lexington, KY July 28h through August 1st.

Good Luck! Ride Well!

With special thanks to each and every one of you for your support!

Susan Rudman

USDF REGION 5 YOUTH AND ADULT AMATEUR COMPETITION

Registration **NOW OPEN!**

This is a fun event!

\$50 fee covers it all!

Trainers – this is a great way to get some students out showing with others in a relaxed and fun environment.

Friday night eat pizza with your scramble team members while learning from Margot Nacey as she talks about Sports Psychology and Competition.

Who couldn't benefit from some calories and education and dressage?

FREE GIFTS from some of the best vendors who support us...

Saturday continue the fun...

Make your team stand out with ribbons, bows, glitter, you make it as wild or silly as you wish!

Each member of each team will ride a test of choice, equitation test and take a written test.
(study guides will be provided)

Don't miss out on the fun and camaraderie!
Closing date is July 30th

Judges –
Simone Windeler
Linda Coates-Markle

TD –
Jeannette Hillery

Location –
Autumn Hill Equestrian Center, Longmont

Friday, August 13th (Evening Education)
Saturday, August 14th (FUN SHOW)

More details in the RMDS Omnibus C-79

ROCKYMOUNTAINDRESSAGE SOCIETY

SUGGESTED BYLAW/STANDING RULE CHANGE

- Please use the current Bylaws and Standing Rules for your reference.
- Email (or mail) your suggested changes to the RMDS Central Office (rmds@rmds.org) by September 1 for consideration at the Board of Governors meeting in November.

Bylaw change _____ Standing Rule change _____

Page number _____ Article # _____ (be specific)

Rewrite section you wish to change and show what is to be deleted (if anything):

Name: _____ E-Mail: _____

Reason for change: _____

RMDS Central Office-2942 Park Lake Drive-Boulder, CO 80301

Omnibus Corrections 2010

- C-31 Boulder Valley Dressage So Long to Summer, August 29th. Anyone under 18 must wear an ASTM approved helmet at all times when mounted.
- C-33 Dressage in the Rockies: August 6-8. **A 2010 Regional Championship Qualifier**
- C-75 Foothills Chapter "Last Chance Show" CANCELLED
- C-76 Cheyenne Dressage & Eventing Dressage Show. **A 2010 Regional Championship Qualifier**
- C-79 USDF Region 5 Youth & Adult Team Competition. Judges: Linda Coates-Markle "L" & Simone Windeler "L"
TD: Jeannette Hillery

About RMDS

2010 RMDS Executive Board

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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
Treasurer	Sharon Soos	303-904-7534	sksoos@mesanetworks.net

Permanent Committees

Adult Amateur	Lori Mitchell	303-816-2375	baffledaddressage@aol.com
Awards	Shannon Lemons	719-686-0064	lemons_shannon@yahoo.com
Results	Central Office	720-890-7825	rmds@rmds.org
Championship Show	Laura Speer	970-371-2934	riversidestables_evans@yahoo.com
Communications	Nicole Bizzaro	720-890-7825	nicoleb@burkedes.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, Nicole Bizzarro	720-890-7825	rmds@rmds.org
Webmaster	Michael Petersen	719-683-8435	webmaster@rmds.org
Constitution, By-laws	Central Office	720-890-7825	rmds@rmds.org
Education	Heather Petersen	719-683-8435	slush@drwgw.net
Insurance, Show Standards	Central Office	720-890-7825	rmds@rmds.org
Junior/Young Riders	Colleen McFadden	303-665-2631	Mcfadden_colleen@hotmail.com
Junior Camp	KC Parkins-Kyle	303-841-9953	murphyhors@aol.com
Marketing	Heather J. McEntee	719-338-9913	heather@hjmcdressage.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
Scheduling	Central Office	720-890-7825	rmds@rmds.org
Scholarship	Loni Gaudet	970-532-0852	lonigaudet@earthlink.net

Chapter Presidents

Arkansas Valley	Brenda Haley	719-275-0118	shininghorse@copper.net
Boulder Valley	Nicole Donohue	303-827-6150	hobbyhorse6789@yahoo.com
Colorado Springs	Elaine Haberman	719-358-1577	stabiledicavallo@gmail.com
Foothills	Dolly Hannon	303-919-4112	dollyhannon@msn.com
Grand Valley	Lisa Binse	970-243-8543	lbpawprints@yahoo.com
High Plains	Mary Buckley	303-627-4413	topbuckley@comcast.net
Northern Colorado	Laura Speer	970-371-2934	riversidestables_evans@yahoo.com
Wasatch Mountains	Sally Shaffer	435-640-8797	wasatchmtnsdressage@yahoo.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 Theresa L Hunt hunterry@mindspring.com
 FEI JRYR Coordinator Susan Rudman 303-697-8528 sewrunred@msn.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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About RMDS

RMDS CHAPTER MEETING SCHEDULE

Arkansas Valley: 3rd Thurs., location TBD, 6 pm.
Brenda Haley, 719-275-0118,
www.horsetop.net

Boulder Valley: 2nd Mon., even months, location TBD,
Nicole Donohue, 303-827-6150,
hobbyhorse6789@yahoo.com

Colorado Springs: 3rd Tues., Colorado Springs City Hall,
Elaine Haberman, 719-358-1577,
stabiledicavallo@gmail.com
www.CSDressage.org

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

Grand Valley: 1st Thurs. each month, location TBD,
Lisa Binse, 970-243-8543,
Lbpawprints@yahoo.com

High Plains: 3rd Tues. each month, 6:30pm,
August Moon Grill in Parker, on East Main Street. Mary Buckley, 303-627-4413,
topbuckley@comcast.net
www.highplainsdressage.com

Northern Colo.: 3rd Tues., each month, location TBD,
Laura Speer, 970-330-7233,
riversidestables_evans@yahoo.com

Wasatch Mountains
Sally Shaffer, 435-640-8797
Location TBD

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

Meeting Schedule of the RMDS Executive Board

All RMDS Executive Board meetings occur on the second Thursday of every odd-numbered month. 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.

RMDS SPONSORED EDUCATIONAL EVENTS



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

2010

- August 14** USDF Region V Adult & Youth Team Competition- Autumn Hill IEC, Longmont
- September 1** Rocky Mountain Series-Sport Horse Breeding Finals & USDFBC Finals, Colorado Horse Park
- September 2-5** RMDS Open & Championship Show, and Region V Championships, Colorado Horse Park

For details on these and other RMDS events:

- Contact Heather Petersen, 719-683-8435, slush@drwgw.net - Education Chairman
- Read the Centaur, or go to the website at www.rmids.org
- Contact the RMDS Central Office 720-890-7825, or email rmids@rmids.org

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.....	\$1507.5" x 9.5"
Half Page.....	\$907.5" x 4.75"
Outside back half	\$1057.5" x 4.75"
1/4 Page (Vertical Only)	\$553.75" x 4.25"
1/8 Page (Business Card)	\$30	.. 3.625" x 2.25" (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 - Get on the Web and 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, postal address, email, training locations and other pertinent info, i.e. award, 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.

About RMDS

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
"I"	Recorded	Training - Second	"I"	International	All
"R"	Registered	Training - Fourth	"O"	Olympic	All

*may only judge at RMDS recognized shows.

FEI 4*

Janet Foy 719-260-1566

FEI ParaEquestrian Dressage 'O'

Anita Owen 303-953-9904

USEF 'S'

Debbie Riehl-Rodriguez 303-642-7708
Sandra Hotz 303-817-2030
Anita Owen 303-953-9904
Janet "Dolly" Hannon 303-919-4112

USEF 'R'

Kristi Wysocki 303-648-9877

USEF 'r'

Loni Gaudet 970-532-0852
Amy Jablonovsky 970-493-2833
Suzanne Zimmer 303-478-8325

USDF 'L' Graduates (Schooling and RMDS

Only recognized shows)

Simone Ahern* 719-749-9274
Barbara Bell (WY) 307-548-7079
Gigi Brittain* 303-646-1506
Julie Burt 719-372-6270
Alison Child* (UT) 435-640-3287
Linda Coates-Markle 303-469-0279
Kathleen Donnelly* 970-310-8729

Beth Geier 303-673-9840
Jan Goodrich-Spear 303-664-0152
Jessica Greer 970-581-5613
Gwen Ka'awaloa* 303-646-4363
Sarah Martin* 719-379-3716
Linda Ohlson-Gross* 303-840-9818
KC Parkins-Kyle 303-841-9953
Kathy Simard* 720-981-4448
Patti Thurman* (UT) 435-640-1362
Maria Wasson 303-682-9594
Simone Windeler 719-540-2000

*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 Holt 303-646-3829

Technical Delegates USEF

Eva-Maria Adolphi (UT), r 801-254-3247
Rusty Cook (NM), r 505-877-1456
Veronica Holt, R 303-646-3829
Laurie Mactavish, R 970-390-5160
Heather Petersen, r 719-683-8435
Deeda Randle (WY), R 307-638-6737
Catherine Siemiet, r 719-942-5311

Dianne Stanley (MT), r 406-652-4061
Libby Stokes, r 303-688-2795

Technical Delegates, RMDS sanctioned shows only

Joan Clay 970-420-0887
Jeannette Hillery 303-494-7718
Mindy Maguire 720-301-0089
Susan Selby 970-227-9530
M. Elaine Thomas 719-495-1510

USDF Certified Instructors

Training - Second

Julie Burt 719-372-6270
Jill Cantor Lee 970-209-8491
RaeAnn Cook 970-225-1408
Janet "Dolly" Hannon 303-279-4546
Ellene Kloepfer 303-828-3879
Clayton Martin 719-379-3716
Kathryn Meistrell 303-550-5130
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

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AQHA Blue Roan
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offspring for
sale

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*"Gypsy gold does not chink and glitter. It
gleams in the sun and neighs in the dark."*

-Saying of the Gladdagh Gypsies of Galway

2010 Shows and Events

All shows are RMDS recognized except schooling shows.

AUGUST 2010

- 1 **Sage Creek IV, Sage Creek Equestrian, Heber City, UT-USEF-YR**
Contact Jennifer Layman, 435-901-3480, jenn_layman@yahoo.com
- 6 **Dressage in the Rockies I, Colorado Horse Park, Parker-USEF 2010 Region 5 Championship Qualifier**
Contact Glenda McElroy, 818-841-3554, glenda@glenroys.com
- 6-7 **Bill Woods Dressage Clinic, Taos Equestrian Center, NM**
Contact Alex Sternhagen, 575-770-6507, asternhagen@yahoo.com
- 7 **Dressage in the Rockies II, Colorado Horse Park, Parker-USEF-BREED, 2010 Region 5 Championship Qualifier**
Contact Glenda McElroy, 818-841-3554, glenda@glenroys.com
- 7-8 **Lyndon Rife Clinic, Ft Collins Equestrian Center, CO**
Contact Caryn Malone, 720-975-7271, bugsymalone76@aol.com
- 7-8 **Cheyenne Dressage & Eventing Dressage Show, 2010 Regional Championship Qualifier, Cheyenne, WY, USEF**
Contact Rowena Heckert, 307-632-4151, rlheckert@msn.com
- 8 **Dressage in the Rockies III, Colorado Horse Park, Parker-USEF 2010 Region 5 Championship Qualifier**
Contact Glenda McElroy, 818-841-3554, glenda@glenroys.com
- 8 **New Mexico Dressage Association Schooling Show, Taos Equestrian Center, NM**
Contact Judy Huddleston, 575-377-3401, cshjjh@aol.com
- 10 **Janet Foy Clinic, Reiterhof Ranch, Franktown, CO**
Contact Jody, 303-646-9520, jbdrrsj@hotmail.com
- 12 **RMDS Executive Board Meeting, Perkins Restaurant, I-25 & Colorado Blvd**
Contact RMDS Central Office, 720-890-7825, rmds@rmds.org
- 13-15 **Dr. Gerd Heuschmann meets Susan Harris Clinic, MM Equestrian Center, Fountain, CO**
Contact Alex Robinson, 719-351-9721, therobinsons4@msn.com
- 14 **USDF Region V Youth & Adult Team Competition, Autumn Hill IEC, Longmont**
Contact Lori Mitchell, 303 816-2375, Colleen McFadden, 303-618-8198
- 14-15 **Dressage at Sun Prairie, Sun Prairie Stables, Peyton-USEF**
Contact Simone Ahern, 719-339-2286, simone@sunprairiestables.com
- 15 **Centaur Rising Dressage Show III, Anchorage Farm, Pine**
Contact Kris Cooper, 303-838-5086
- 15 **Autumn Hill Sunday Series III, Autumn Hill IEC, Longmont**
Contact Julie Barringer-Richers, 720-341-5033, jbbarringerichers@comcast
- 20 **Paragon Dressage Shows I, Estes Park, CDI*-BREED**
Contact Heather Petersen, 719-683-8435, slush@drwg.net
- 21 **Paragon Dressage Shows II, Estes Park, CDI*-2011 YR**
Contact Heather Petersen, 719-683-8435, slush@drwg.net
- 21-22 **Grand Valley Dressage Fall Show & Western Slope Championships, Grand Junction-USEF**
Contact Lisa Binse, 970-243-8543, lbpawprints@yahoo.com
- 22 **Paragon Dressage Shows III, Estes Park, CDI*-2011 YR**
Contact Heather Petersen, 719-683-8435, slush@drwg.net
- 24 **Janet Foy Clinic, Reiterhof Ranch, Franktown, CO**
Contact Jody, 303-646-9520, jbdrrsj@hotmail.com
- 28 **Whispering Winds Schooling Show 5, Whispering Winds, Monument**
Contact Simone Windeler, 719-540-2000, simonedressage@gmail.com
windelerdressage.com
- 29 **Boulder Valley So Long to Summer, Somerset Farm, Longmont**
Contact Jeannette Hillery, 303-494-7718, jmhillery915@comcast.net

SEPTEMBER 2010

- 1 **Rocky Mountain Sport Horse Breeding Championships & Qualifying Open Breed Show, Colorado Horse Park, Parker, USEF**
Contact Heather Petersen, 719-683-8435, slush@drwg.net
- 2-5 **RMDS Championships and Open Show, Colorado Horse Park, Parker-USEF**
Contact Heather Petersen, 719-683-8435, slush@drwg.net
- 7 **Janet Foy Clinic, Reiterhof Ranch, Franktown, CO**
Contact Jody, 303-646-9520, jbdrrsj@hotmail.com
- 9 **RMDS Executive Board Meeting, Perkins Restaurant, I-25 & Colorado Blvd**
Contact RMDS Central Office, 720-890-7825, rmds@rmds.org
- 11 **Rancho del Soule Dressage Schooling Show, Grand Junction, CO**
Contact Stephanie Soule, 970-201-0747, stephanie.soule@msn.com
- 21 **Janet Foy Clinic, Reiterhof Ranch, Franktown, CO**
Contact Jody, 303-646-9520, jbdrrsj@hotmail.com

OCTOBER 2010

- 2 **Rancho del Soule Dressage Schooling Show, Grand Junction, CO**
Contact Stephanie Soule, 970-201-0747, stephanie.soule@msn.com
- 5 **Janet Foy Clinic, Reiterhof Ranch, Franktown, CO**
Contact Jody, 303-646-9520, jbdrrsj@hotmail.com
- 16-17 **Debbie McDonald Clinic, Plum Creek Hollow Farm, Larkspur**
Contact Debbie Landy, 303-435-2000, deblandy@mac.com
- 19 **Janet Foy Clinic, Reiterhof Ranch, Franktown, CO**
Contact Jody, 303-646-9520, jbdrrsj@hotmail.com
- 23-24 **USDF L Program, Session A, Central Arizona Riding Academy, Arizona**
Contact Dorie Vlaten Schmitz, dvschmitz@msn.com

NOVEMBER 2010

- 2 **Janet Foy Clinic, Reiterhof Ranch, Franktown, CO**
Contact Jody, 303-646-9520, jbdrrsj@hotmail.com
- 13 **RMDS Board of Governors Meeting, High Plains Chapter Hosting**
- 16 **Janet Foy Clinic, Reiterhof Ranch, Franktown, CO**
Contact Jody, 303-646-9520, jbdrrsj@hotmail.com

DECEMBER 2010

- 7 **Janet Foy Clinic, Reiterhof Ranch, Franktown, CO**
Contact Jody, 303-646-9520, jbdrrsj@hotmail.com
- 11-12 **USDF L Program, Session B, Central Arizona Riding Academy, Arizona**
Contact Dorie Vlaten Schmitz, dvschmitz@msn.com

JANUARY 2011

- 29 **Judges Continuing Education**
Contact Heather Petersen, 719-683-8435, slush@drwg.net
- 29-30 **USDF L Program, Session C, Central Arizona Riding Academy, Arizona**
Contact Dorie Vlaten Schmitz, dvschmitz@msn.com

APRIL 2011

- 2-3 **USDF L Program, Session D1, Central Arizona Riding Academy, Arizona**
Contact Dorie Vlaten Schmitz, dvschmitz@msn.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

2010 Shows and Events

- 5 **High Prairie Dressage III, Colorado Horse Park, Parker, CO-USEF**
Contact Glenda McElroy, 818-841-3554, glenda@glenroys.com
- 18-19 **USDF L Program, Session D2, Central Arizona Riding Academy, Arizona**
Contact Dorie Vlatten Schmitz, dvschmitz@msn.com

AUGUST 2011

- 5 **High Prairie Dressage I, Colorado Horse Park, Parker, CO-USEF**
Contact Glenda McElroy, 818-841-3554, glenda@glenroys.com
- 6 **High Prairie Dressage II, Colorado Horse Park, Parker, CO-USEF**
Contact Glenda McElroy, 818-841-3554, glenda@glenroys.com
- 7 **High Prairie Dressage III, Colorado Horse Park, Parker, CO-USEF**
Contact Glenda McElroy, 818-841-3554, glenda@glenroys.com

NOVEMBER 2011

- 4-6 **USDF L Program, Final Exam, Central Arizona Riding Academy, Arizona**
Contact Dorie Vlatten Schmitz, dvschmitz@msn.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!

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"Luthier"

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VERY sweet with uphill movement and excellent temperament. He is incredible mellow and lovely to handle. EXCELLENT amateur or jr/yr horse with upper level potential. Best suited for dressage.
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WENDY FRYKE MAKES LONG-LIST OF NOMINEES FOR THE WORLD EQUESTRIAN GAMES

-Suzie Hallé

During the last weekend of June, Colorado's own Wendy Fryke and her equine partner Lateran, headed to the USEF National Championships/ Para Dressage WEG selection trials at Lamplight Equestrian Center, in Wayne IL. The FEI World Equestrian Games combine World Championships of all the FEI disciplines. The games, held concurrently at the same location, will be for the first time in its history, staged here in the US and at one single venue. All eight FEI equestrian disciplines which make up the WEG, including Jumping, Eventing, Driving, Vaulting, Endurance, Reining, Dressage and Para Dressage will convene September 20th-October 3rd at the Kentucky Horse Park. In order to qualify to compete at the WEG, a horse and rider must be selected to the team of the country they represent.

I had the pleasure and privilege of interviewing Wendy about her huge accomplishment in qualifying for the selection trials, then earning a spot on the US Para Dressage squad, about what it takes to make it this far, her incredible stallion Lateran, as well as her training obstacles, inspiration and philosophy. Wendy explains what it takes to achieve at this sport as a para equestrian with a Grade III disability.

Wendy, what is your background in riding?

I started riding as an adult in my early 30's. I had a few pony rides as a kid, but that was in the late '60's early '70's and the idea of putting a disabled little girl on a horse scared my mom to death! It took a vacation trail ride in Colorado to ignite my journey. That trail ride turned into lessons at a Hunter Jumper barn in CA where we lived. After that my husband's job moved us to Colorado (12 years ago). My youngest daughter was starting kindergarten. I had never jumped an oxer until I came to Molly Rinedollars barn in Parker. I rode hunter jumper there for a few years, then switched to eventing...which introduced me to dressage. Lynn Klisavage, a local eventing icon, introduced me to the world of dressage and taught me so much. I actually applied for my first Dispensation Certificate only because I needed some kind of anchor for my right foot. The longer stirrup length required in Dressage made it difficult for me to keep my foot in the stirrup. That started the journey to Para Dressage.

What is your specific disability that makes it difficult to keep your foot in the stirrup?

I was born with mild cerebral palsy causing symptoms mainly on my right side. I am classified as Grade III.

So athletes are classified according to their level of disability. What are the disability ranges, what does grade III mean and with whom do you compete?

Each Para Athlete is classified with a Grade. The grade corresponds to the level or percentage of function. This is so athletes with different disabilities, but similar functional

abilities, can compete on an equal field. In FEI competition, you compete only against other athletes with the same Grade classification. Grade 1 athletes are the most severely disabled (and AMAZING to watch!) and Grade IV athletes are the least disabled. There are all sorts. We have athletes that are paraplegics, amputees, spinal cord and head injuries, MS, CP, neuropathy conditions... all sorts. This may seem daunting, and to lay people even scary. When someone looks at our program, one sees how fragile the human condition is. But I think really more importantly, is when we are able to see beyond that - to see HOW RESILIENT the human spirit is... you witness what strong will and determination LOOK like. And then with the addition of the horse, well then you get to see what nobility and grace look like. To watch a horse carry his para rider confidently forward, well, when you see it, it's truly breathtaking.

Some compensating aids are allowed in competition including voice, whip(s), rein and saddle adaptations, bands to hold feet in the stirrups and others if approved. You mentioned anchoring your foot. Is there a compensating aid you employ?

For me, it's a tether or the ON TYTE magnetic iron system, since my ankles do not move normally. Yes, any compensating aids have to be approved. I am able to have a modified grab strap on my right side for balance and allowed to post and/or sit the trot at will. This is because of the spasticity or inability to let go of a contracture in my pelvis. It's to protect my hips and my horse's back. I do sit an awful lot of trot though, but if I do have a spasm I am allowed to post.

Are your rider aids the same as the able bodied riders? If they are different, does the horse have to learn a new way of communicating with a para rider?

My aids are basically able bodied aids. I might use some "alternate" aids such as shifts of weight a bit more. At lower grades (I and II) the use of voice is sometimes allowed. At my grade and above (III, IV) voice is not permitted.

How did you find a horse that you knew would meet your needs? Do para equestrians require specially trained horses? Are there important qualities a para horse must have?

The horse I am riding is a 13 year old sleek black German Riding Pony and active breeding Stallion named Lateran. He is branded Westfalen and was imported from Germany when he was 6 or 7. Until the selection trials I leased him. His owner was Polly Limond who owns Pepper Knoll Farm in El Cajon, CA. She imports and breeds German Riding Ponies and other quality warmbloods. I am 5' tall and a pony is a great fit for me. He is big bodied, big moving and has a big but gentle attitude. Lateran had been trained and shown through PSG. I have had the pleasure and privilege of riding him since late November

'09. It was Love at first sight. My wonderful news is that I just bought Lateran! I was smitten from the start. The more I rode him the more I knew that he was a once-in-a-lifetime pony. Sometimes you just have to take the leap. And I did! I am thrilled.

The ideal para horse needs to be compassionate and willing to learn an "alternate" set of aids. Most every horse I can think of in the para equestrian program came to it from the able bodied world with no special training for para at all. Mind comes first, but not a dead head - I've always liked a horse with a little spice. Forward thinking with a tolerant brain. Lateran is all of these things.

In his previous show career leading up to PSG, did Lateran have experience as a para horse?

No. Never. Polly hadn't had para experience at all either. She opened her mind and entertained the possibility that it could work. And it did! He has exceeded my every expectation. He makes me better than I am, gives more than he gets, but I try to make up the difference in apples and carrots! We are a relatively new partnership, but I feel like we are speaking the same language. Any girl knows your horse always becomes one of your very best friends.

What movements will you be required to perform in your test at the WEG?

My grade tests include shoulder-in, medium trot, counter-canter, turn on the haunches and reinback. In my freestyle I am allowed to show all lateral movements and single flying changes but not allowed to show canter pirouettes, sequence changes, piaffe or passage.



Wendy Fryke and her Stallion Lateran at Dressage Affaire CPEDI 3*, Del Mar, CA, March, 2010. A Clean Sweep of Grade III classes.

Who is your trainer?

I train at Westmanton Stables. Nicole Glusenkamp puts both Lateran and me through our paces. Sharon Schneidman is both a team coach and a personal mentor. Both these wonderful women have stepped out of their boxes as dressage mavens and carefully trained me, thinking of new ways, seeing with new eyes. They are endlessly patient but relentlessly tough, as it should be.

How long have you been with your trainers, and do you do all the riding of Lateran?

I've been at Westmanton full time since November. Before that I would trailer in to lesson for about 3 years off and on. Nicole rides Lateran twice a week. I ride four days a week and try to get to the gym for myself about 3 days a week. Fitness and stretching are crucial for me. As far as fitness, I try to push hard but not too hard to injure or stress my body. I broke my ankle at a horse trial late last June and am still technically rehabbing. I try to listen to my body but I don't let it whine.

What is your greatest challenge currently?

Aside from half pass...which is eluding me at the moment...my challenges are the same faced by every other adult amateur mom out there...finding time, finding money, staying healthy and fit. Keeping my sanity in the pursuit of "perfection."

What has been your greatest frustration?

Sometimes my body just will not cooperate. No one likes to be told "no," especially by their own bodies!

What is your personal approach to overcoming these obstacles?

I try not to waste too much time on things I can't change. I spend a lot of time finding different ways to move a mountain! I love that there exists an opportunity for me to ride Internationally at the top of my game. I also ride "able bodied" classes all the time. This para program has opened the door to give me the chance to ride for the USA... I mean, how thrilling is that!

Are there any downsides to being an athlete?

Learning to handle the nerves, and getting out of your own way. In dressage we strive for perfection. That can drive you crazy or make you over ride what you need to be doing. Sometimes wanting "it" too much and being too focused on outcomes can obstruct the joy of the ride. I am trying to learn to balance these things and ride only for my personal best.

In what way has your disability helped you?

I've been able to stretch myself, to do the "impossible" thing, to work at something I love, while having to concentrate very hard to master. Sometimes we are steered to "play to our strengths". And there is certainly something there. But it is liberating really to take the path less chosen. Actually, sometimes it can seem like a crazy path! Learn to ride as an adult? Crazy! As an adult with a disability? Insane! Ride Internationally for the USA? Delusion! Wishful thinking! But never underestimate the power of your wishes.

Who are your role models? And who are your achievements for?

My first role model in this sport was Margo O'Callahan. Margo

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was a college professor who had a catastrophic stroke mid-life. She persevered even though she was profoundly affected. We shared the same symptoms though hers were much more severe. Her speech was affected, but she had no trouble communicating. She touched me. I only met her once, spending a weekend together at her home therapeutic center called Little Bit in Seattle, WA. Tragically, Margo was killed in a car accident a few years ago. It was her goal to ride in the Para Olympics. I ride for her, her spirit and her dreams. I also ride for all those who believe I can do it, for the kids I haven't yet met, the ones who don't see how they could possibly do it in their lives. Who are my achievements for? You always achieve so you can make it easier for others just starting out. You hold the door open and mark the path.

You mention children, how important is it to be involved in sports as a child?

I think it is very important that all children have an opportunity to participate in sport. As a child I was definitely NOT an athlete. As a result, I had a bit of a disconnect with my body. Whatever we are given, we have to move it and use it. The para disciplines offer children not only the dream of participation, but a way to realize the dream of excelling.

What was the process and scores needed to qualify for the selection trials? Once long listed, can riders ride any horse or only the one they were riding at selection?

To be invited to a selection trial, a rider must obtain their Certificate of Capability. This is earned at an international (FEI) competition with Paralympic Judges. The minimum score of 60% is required to get that Certificate. This earns you an invitation to ride at Selection. There you ride for spots on the WEG team. A Certificate of Capability belongs to the rider. If something happens to your horse, you are able to bring a different horse to the Selection Trials. Once at the Selection trials the horse/rider combination makes the team. The US is trying to field the strongest team possible. Gold Medal performances at the Beijing para games were in the 69-70% range.... But it all starts with that first qualifying score for the Certificate.

Leading to selection trials, what had been your most successful show?

Lateran and I swept our grade tests by at least 5% at the CPEDI 3 this March in Del Mar. (see photo) The Dressage Affaire graciously opened their CDI to us and we ended up Reserve High Point Para.

Did you have to travel out of state often in order to qualify? Do you do your own trailering?

Big Para National competitions haven't happened in CO yet, so travel is a big part of it on a National level. I've been to Lamplight in Chicago, Paxton Farms in Ohio, Del Mar Horse Park near San Diego, Wayne IL, and soon the WEG in KY. I do all my own trailering.

How do you support your sport financially? Do you have sponsors?

I have been blessed to be able to afford to ride on a local level. The financial demands of International competition are astronomical. I am currently sponsored by ON TYTE magnetic

iron system. Check them out in Dover! Very elegant solution to my "lost" iron problem.

Who has done the most for the para equestrian sport?

In the USA, Hope Hand has been a fearless leader. Hope rode competitively in the program for years. She gives tirelessly to our Sport. Lynn Seidmann is also a huge influence. Lynn has competed in two sports in the Paralympic games. She is a force of nature. Anita Owens was an "O" judge for the USA for years. She did much to promote understanding in the judging world.

What have you seen change for the better in the para sports?

More people are more aware. Show secretaries are offering classes. TDs and judges have been welcoming. Probably most importantly, more riders are coming out to be classified. More therapeutic riding centers are thinking of new areas to open to their students. More little ones are dreaming. That's the BEST thing.

Ok, can you tell us what your score was at selection trials?

I finished with a freestyle score of 70% which was 3rd out of the whole field. I was the highest Grade III rider in the competition, securing the seventh spot in the selection trials.

Fantastic! Have you had time to digest the news that you have actually been long-listed for the us team?

I am feeling proud beyond words. Ten riders will go. The top 7 spots are guaranteed. I'm sure they are waiting for many committees to sign off before announcing who gets which spot on the team. I am anxiously awaiting the official announcement. I've worked very hard to get this far. To wear USA on my dressage coat will be amazing. To ride for all those I mentioned and for all who fight to ride each and every day will be a high honor. I want to really let it sink in and enjoy every last minute of it! I will keep Lateran fit and sound and keep my fingers and toes crossed. As we move closer to the WEG, we will probably train in the Kentucky area for about a month. Then we ride our three tests. It all boils down to three center lines...and the hours and hours of preparation it took to get there.

What is the most valuable horsemanship lesson you received in the past that still serves you today?

Go forward. Always go forward.

Thank you Wendy it has been a pleasure. Congratulations on making the team, and best of luck to you and Lateran at the WEG!

If you are planning on going to the WEG, find Wendy and Lateran and cheer them on. If you are not able to go, please join me from Colorado in wishing Wendy Fryke and Lateran all the best in the exciting weeks ahead, and for straight powerful center lines. I hope after reading this, you find yourself as inspired by Wendy as I have been and that her enthusiasm and positive energy fills you up in your next ride, dares you to dream the seemingly impossible and helps you believe that anything can happen when you put your mind to it. As Wendy says, "never underestimate the power of your wishes." 🐾

RMDS 2010 JRJR Summer Camp

-Meghann Norris



Campers from left to right: Meghann Norris (Director), Sarah Kauffman, Samatha Formica, Callie Nellis, Brook Bolen, Camillie Gilkinson, Chiara Robinson, Raissa Chunko, K.C. Parkins-Kyle (Director), Jon Trujillo, and Madison Lee (Jr. Director)

Camp Schedule

Sunday

- Settle horses
- Check In / Set up tents
- Group Riding Lessons with KC Parkins-Kyle
- Craft: Horseshoe Picture Frames w/...



Not all fun and games, the campers were responsible for cleaning and feeding their horses. Here they work to earn the "Master Mucker Award."

Monday

Wake up

- Feed horses, clean stalls
- Breakfast
- Lessons with Nick Sigler
- Saddle Fitting with Alice Kremers

Lunch

- Walk trough Group Quadrilles
- Obstacle Training w/ Roger...



Brook Bolen, Sarah Kaufman, and Callie Nellis decorate stall signs in the hope of winning the "Picasso Award."



arena

Dr. Karen Unger from Littleton Equine Medical Center along with her assistant Malory, show campers how to check for lameness plus some basic first aid.

Tuesday

Wake up

- Feed horses / clean stalls
- Breakfast
- Lessons with Dee Kirby
- Tack Cleaning and Show Grooming with Jessica Sheppard
- Lunch
- Practice riding group quadrille
- Finish Decorating tee-shirts for final performance
- Dinner
- Scavenger Hunt
- Games
- Prizes and Awards
- Marshmallow roast and SMORs!!

Farrier Al Agnew talks about hoof care and shoeing while he replaces Jack's shoe.



Quadrille Team II performing a Flawless Death Pass. Brooke Bolen on Detier, Jon Trujillo on Savant, Callie Nellis on Amiga, and Samantha Fromica on Winston

Wednesday

Wake up

- Feed horses / clean stalls

Breakfast

Quadrilles for
and family
and Go Home



Quadrille Team I approach X for their final bow. Camille Gilkinson on Jack, Chiara Robinson on Moon Dancer, Raissa Chunko on Gilligan, and Sarah Kauffman on Mocha

Thank you to 8th Heaven Farm's owner Sarah Bushong-Weeks, the staff, and the boarders. Thanks for allowing us to take over the facility for camp!

Also thanks to the volunteers for donating their valuable time:

- Nick Sigler
- Dee Kirby
- Jody Robinson
- Roger Kyle
- Dr. Karen Unger and Malori Beeghly
- Jessica Sheppard
- Alice Kremer

A very Special Thank you to our Jr. Camp Director Madison Lee without whom Meghann and KC may not have made it out with their sanity.



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Qualifying For The WEG Para-Dressage Competitions In Lexington, Kentucky

-Judith Judd

On June 27 in Chicago, Illinois 17 year-old Holly Bergay of Castle Rock, Colorado, Holly's 15 year-old Oldenburg mare, and Holly's trainer, Sarah Dodge, also of Castle Rock, Colorado completed three days of intensive competition in the combined USEF Para-Equestrian Dressage National Championships and the USEF Para-Dressage Selection Trails for the 2010 Alltech FEI World Equestrian Games ("WEG") to be held in Lexington, Kentucky, September 25-October 10, 2010. By placing in the top ten in Chicago, Holly and Ballerina made the qualifying list for this year's WEG Para-Dressage Competitions.

The World Equestrian Games showcase the world's top riders and the most skilled and talented horses competing in eight different events over 15 days. Many consider the WEG to be more important than the Olympics. Over 60 countries will be represented in Kentucky, with more than 800 riders and 900 horses participating, and approximately 500,000 spectators attending. Holly, Ballerina and Sarah are preparing to take part in this event.

This is an historical year for the WEG not only because it is the first time the it's has been held outside of Western Europe but also because for the first time in the history of international equestrian sports, para-dressage will be included in the World Equestrian Games, and riders with disabilities will have the opportunity to represent their countries at the highest levels of riding regardless of their disabilities.

Para-dressage is comprised of five grades. Riders with the most severe disabilities compete in Grades 1 and 1a. Holly, who was born without a left hand, competes in Grade 4. Under the WEG rules each country's team is limited to 4 horse/rider pairs and each team must have at least one Grade 1 or Grade 2 rider. The host country is permitted to send up to six additional riders to compete for individual medals, and the United States is the 2010 country host.

The selection committee for the U. S. riders will spend much of this summer assessing the strengths and weaknesses of the qualifying rider/horse pairs. They will not announce their selections until the final weeks before the WEG.

Holly moved to Colorado with her family in June, 2009. She arrived with a new and exceedingly difficult horse. As Holly explained, "Ballerina was offered to us. She is small and I am small. She had competed as an I-1 and I-2 horse, but she was nervous, hot, complicated, and mentally hard to ride. Many people said it would not be a good match, but I could not pass up the chance to work with a horse of this caliber."

Holly believes the opportunity to compete in Kentucky has come to her clearly and simply because she has Sarah Dodge as her trainer. As Holly said "I came to Sarah because Debbie McDonald said Sarah has something special. It wouldn't have worked to be in any other program. Sarah is invested in every single aspect of our routine, and she has a unique understanding and intuition about what both the horse and the rider need to succeed. People underestimate para-riders, but Sarah didn't and she had the skill and the patience to bring out the best in us."

Sarah's theory is that a big part of competition preparation is visualization. She says that you can't ride a hundred half passes so you have to visualize the movements over and over again. Holly and Sarah worked hard on this in Chicago with Holly saying the movement and Sarah giving her the score.

Holly Bergay and her Oldenburg mare, Ballerina.



Holly would say, "Enter at the trot, halt, salute." Sarah would say "8, square halt." This allowed Holly to go into the arena thinking the scores she would get.

Holly's first ride was the team ride which is equivalent to a third level test. Sarah said it was a conservative ride, but you could see the potential for brilliance. Ballerina was exhausted from the trip, the heat, and the humidity. Holly's normally hot, energetic mare felt like a different horse. Holly had to really push her every step, something she has never had to do before.

Holly was disappointed with her team test. Then she watched the Grade 1 and 2 riders do their team tests. They only walk and trot, or just walk their horses. But they strive for excellence with everything they have. Both Sarah and Holly talk of watching a Grade 1 equestrian ride her walk test. She took the moment and gave it all she had. Her halts were absolutely square and her ten meter circles were precise. She had a talented horse, and she scored high on the qualifying list. Holly was inspired by these riders and their stories of how para-dressage had changed their lives.

Holly's second ride was the more technical individual test. After more visualizing and mental preparation, Holly was determined to do even better than the day before. Ballerina always gives it her all. "No matter what, she gives me 150%, every single ride. I am so lucky to have that. She is a very special horse," Holly said. Sarah was thrilled with the lateral work and the scores were higher. Sarah said that it was clear that Holly really went for it in this ride as indicated by the heart warming post-ride crowd recognition.

Holly's third test was the musical freestyle. Holly was more confident but she had to dig down and help her horse through every step. Ballerina was very tired by the third day of competition, but it was the musical freestyle so Holly's goal was to have fun. She rode to the music of Abba and both the judges and the crowd enjoyed the test. "The music really fits Holly and Ballerina," Sarah said. "I think everyone could see the strong bond they have developed. They have become a great team."

Now Holly, Ballerina and Sarah are back in Colorado and there is not a minute to lose. Sarah says you can only savor your success for a brief moment. The selection committee is at work all summer and horses and riders must also be at work all summer. Chicago left no doubt for Sarah and



Sarah Dodge in a training session with Holly.

Holly that there is nothing second rate about para-dressage. The horses and riders in Chicago were world-class and they were supported by professional behind-the-scenes teams of grooms, veterinarians, masseurs, farriers, trainers, and family members. The commitment to excellence is every bit as high as it is for able bodied equestrians.

It's no surprise that the opportunity to ride in the WEG comes with significant expenses. Para-dressage is well established in Europe and the European riders receive substantial support. Para-dressage is relatively new in the U.S. and the U.S. para equestrians receive stipends of only \$1,500 dollars. With a budget of at least \$30,000, fundraising has got to be a big part of Holly's challenge this summer. She already has an on-line auction that can be found at her website, hollybergay.com. She is planning a fundraiser at Dark Star Farm on August 28. As she said, "I have a great horse, the best trainer, and an amazing family, but for this to become a reality I still need funding. Everyone involved in Colorado dressage has been extremely welcoming and supportive, and I am proud to represent and be a part of this community."



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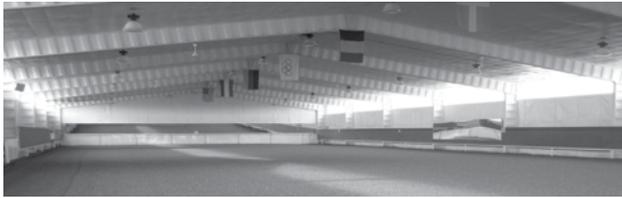
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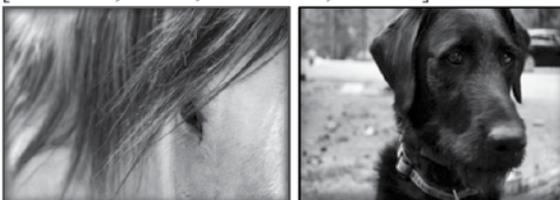
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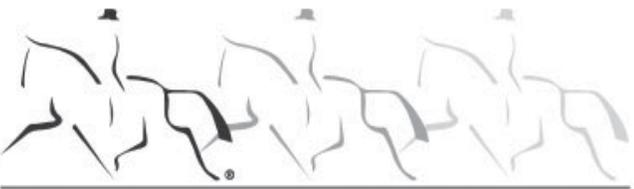
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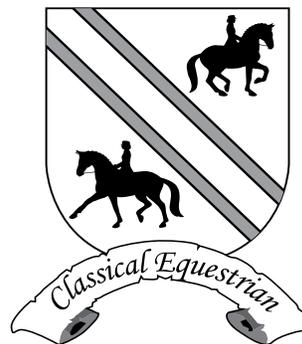
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