



The Centaur

Educating Horse and Rider as Partners.

An RMDS Publication

February 2012

Update from the USDF Convention

by MaryJo Hoepner, RMDS Vice President

RMDS attendees from Region 5 (right) report major items discussed at the USDF Convention in December.

1. USDF delegates voted to approve the creation of a national competition. It will start out at the Kentucky Horse Park, November 2013. Qualifications will come from USDF Regional Champions. More to be decided.

This decision was hotly contested. We heard very much the same arguments we hear in other disciplines. Concern about location. Concern about the dates. Concern about qualifying. Concern about getting the best horses and riders to attend.

I voted for it. I know a lot of people will not attend. I know a lot of people WILL attend. We could not go forward with making exact plans and getting sponsorships without having approved the concept. So we will see what happens. It will either work or it will not. I hope it works.

2. As of December 1, 2011, judges will be able to use .5 marks in all dressage tests. They were in use at CDI's last year (something different to get used to as a scribe).

As a scribe you now have to write 6.0 or 7.0 or 4.0. Apparently some FEI competitors got creative last year and gave themselves some .5 marks and brought the tests back because "they had been scored incorrectly."



Convention attendees (L to R) MaryJo Hoepner, Laura Speer, Rusty Cook, Beth Geier, Shannon Lemons, Heather Petersen, Simone Windeler, and Sarah Martin

Hope everyone is having a great start to the New Year! I received the news right before the holiday season that I could put my wonderful upper level horse back to a little trot work after almost a year of successive injuries. I can't tell you how amazing that first trot down the road was, although many of you probably already know! I have missed my therapy sessions on the back of my horse over the last few months. No matter how bad a day I've had or how many things are on my mind, once I join my dancing partner in the arena or down the road, my day is always great. He has provided me comfort from the ground, as have his barn mates, but the conversations we have when I'm in the saddle are so special. What a remarkable animal we

are partnered with and what a wonderful sport we participate in.

2012 brings a new structure to the USDF Executive Board that should strengthen our organization. We have introduced three new board members that are At Large Directors. These At Large Directors represent each of the three councils that contain the working committees of the organization. The committees themselves nominate the potential candidates, thus helping to choose folks who will communicate their goals to the board well and provide a stronger line of communication from the board back to the committees. The initial folks elected to these positions bring a wealth of

knowledge to the board and we are excited to have them. Welcome to Lisa Gorretta, Kevin Bradbury, and Carolyn Vandenberg.

Auditor registration is now open for the FarmVet/USDF Region 5 Adult Clinic Series with Lilo Fore. The clinic will be hosted by the Utah Dressage Society at the Golden Spike Event Center in Ogden, Utah April 21-22. The reviews we've received from other Regions about this clinic have been excellent. If you can, put it on your calendar and don't miss this great educational weekend.

Till next month!

-Heather Petersen, Region 5 Director

Important Things to Know this Month

RMDS PAID POSITIONS

The Central Office is accepting bids for 2012 paid positions.

See page 21 for details.

REMINDER

When registering for shows this year, if you're entering as an Adult Amateur, the USEF AA card needs to be sent to the Central Office as well as the office for your show.

OPEN TO EVERYONE!

Saturday, February 11
Continuing Education:

TD and Show Management

More info on page 25.

Boulder Valley

It's a New Year and BVD started it off right with a fantastic party January 7th at the Hotel Boulderado! We had a record attendance of over 60 party goers! On a snowy night no less! A huge THANK YOU to all of our members who came and supported the banquet this year. BVD appreciates you!

Julie Barringer-Richers was our fabulous MC for the night. She made the night come alive! Thank you Julie!

Thank you to our new Western Dressage ambassador Keith Jacobson who came and gave us all a glimpse into the new discipline of Western Dressage. (Although he thought he was just coming to dinner we called upon him to give a speech.) Thanks for stepping up Keith! RMDS has approved this new type of dressage into their shows for the first time this year. There will be a few shows in Boulder Valley including the new tests this year. BVD's Spring Fling this April is at Single Tree Farm and So-Long-to-Summer in August at Sextant will include them. Autumn Hill summer Sunday series and Dressage in Pink in October are also including them.

Many, many thanks go out to the people behind the scenes who made it all happen! Thanks to Gwen Dordick and her assistant Kelly, for her super woman organizing skills and for getting door prizes for our members. Thank you to Natalie Equestrian for their donation of full seat show breeches; the Tack Collection for a terrific vest; Stephanie Boyles of Unbridled Rider for her 101 Dres-

sage Exercises application; Kathleen Bryan for a personal photo donation; and Foxcreek for an Equine Spa package!

Thank you to Bill Terry for the dauntless job of getting all the calculations done, ordering the ribbons and rounding up the perpetual trophies and having them engraved and ready for the show! Bill graciously donated the cost of engraving each one of those awards for the winners. THANK YOU BILL for your donation to the club of your time and money.

I would like to thank Stephanie Boyles, owner of Unbridled Rider social website, for donating her time and skills to put together an DVD of BVD horses and riders that played through out the night.

Thank you to Kathleen Bryan who donated 70 pictures of our riders! It was extremely well received!

Thank you to Dani Culver, our information technology guru who got the word out on Facebook and Unbridled Rider! Thank you to Kathie Hibbard, our Secretary; Wiley Gilmore, our treasurer; and Beth Geier for getting things going, organizing the details, and getting information and ideas out to put together this shindig! All of your hard work is appreciated!

Please join us for our next meeting February 13th. Details will be emailed to members.

-Kim Lampert, President, BVD

Colorado Springs

CSDA is working on getting Dressage for the Cure at the Peak organized to start out the season in April. We will again be at the Colorado Horse Park with proceeds from our silent auction to benefit the wonderful folks at Sense of Security, a group that helps make ends meet for women undergoing treatment for breast cancer. The club hopes to have some new and interesting educational events this year, including plans for a lungeing clinic that is in the works to help us all get our seats back after the cold, snowy winter! We are happy to welcome some new members to CSDA this year, and we hope to see you soon at an upcoming meeting. The temperatures are dropping, but at least the days are longer, so I hope you all get some time with your four legged buddies during those sunny days!

-Shannon Lemons, President, CSDA

Arkansas Valley Chapter



The Arkansas Valley Chapter had a wonderful Christmas party at Michael's on Main in Canon City on Dec. 20th. The club had a great time discussing the past year's showing and training successes and all things horses. We presented Marcy Wadlington with her Volunteer of the Year Award. The picture shows all of what

Cont'd on pg 5

President's Message



Lori and Unico GPA

Show season is just around the corner (really it is!) and your 2012 RMDS Omnibus will begin showing up in your mailbox. To prepare for the

2012 season, or just get ready to ride again, why not ride or audit some of the clinics that are being presented in the area? Check the RMDS Calendar on the website and in the Centaur for updates on all events also listed in the 2012 Omnibus.

Speaking of RMDS events, don't miss the TD/Show Management Clinic on February 11th. I have attended this event for the last three years and I learn something new each time. If you do not have any desire to be a TD or manage a show this is still a great way to understand how it all works, what the job of a Show Manager is and what a Technical Delegate is responsible for. This will help when you are at a show and know who to ask when you have a question or concern. Thanks to our Education Chair, Mi-

chelle Anderson, for organizing this event and the recent Judges' Continuing Education at Sun Prairie Stables. Both are not to be missed events for everyone!

As you organize your thoughts for 2012 and which shows and events you plan to attend, I ask that you remember to volunteer at these events. Pick one or two events this year to volunteer for. I have found that volunteering can be an educational experience besides being very rewarding. Thank the volunteers who are giving of their time throughout the year too.

"No person was ever honored for what he received. Honor is given by what he gave." ~Calvin Coolidge

-Lori Mitchell, President, RMDS

Update from the USDF Convention, cont'd

Cont'd from pg 1

It also takes slightly longer to score (2 more keystrokes on the calculator).

3. Proposed rule change for Dressage -- ALL snaffle bits listed will be the same for National as well as High Performance classes. It had been confusing because some popular bits were legal for High Performance but not for the National classes. I suspect this will pass at the USEF convention.

4. Here's another proposed rule change for Dressage that will probably pass and be in effect for this coming year. In the past if you fell off in the ring and remounted (without your horse leaving the ring) you could continue. In the future if you come off you are eliminated. This is proposed by the Safety Committee.

5. The FEI announced a couple weeks ago they intend to require helmets in the FEI classes. USEF has asked to have a year to implement this rule change. So it looks like all of us will

be wearing helmets in the near future (I already do, but many like their top hats for FEI classes).

6. USEF General Rule 14. "No member of a steward or technical delegate's family, nor any cohabitant, companion, domestic partner, housemate, or member of a steward or technical delegate's household, nor any of the steward or technical delegate's clients may take part as a trainer, coach, lessor, lessee, exhibitor, rider, driver,

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was included in her award. We are very grateful for Marcy's dedication to the club in 2011: from concessions and scoring at horse shows, to support, to marketing, and all of her tireless efforts. The chapter will have a planning meeting in mid-January to discuss the goals and direction for 2012. I am looking forward to a fun and active club.

-Jamee Amundson, President Arkansas Valley

Northern Colorado

NCDA members met for the annual Christmas Party graciously hosted by Pat Cole. This is a favorite NCDA event as we all enjoy a chance to socialize with our horse loving friends. Rae Ann Cook, Joan Clay and Susie Reed shared their experiences at the USDF Symposium and committee meetings held in San Diego. Joan introduced the new National Dressage Cham-

pionships and gave a heads-up on rule changes. The NCDA Volunteer Award was awarded to Bill Chunko for his many hours spent washing and setting up arenas, directing traffic and clean-up. Bill is an accomplished dressage dad for his daughter Raisa as well as a pillar of support for the club.

Members shared photos of their horses taken in 2011 and as early as 1955! The stories that went with the photos reinforced the membership's commitment to the Horse. Speaking of photos, check out horse and rider costumes in images from NCDA's Halloween Party, "The Haunted Dressage Arena" on our website.

We said "So long!" but not "Goodbye" to long-time member, Tricia Howley. Tricia will be relocating to southern California with her good horse, Odie. Tricia has generously offered to continue helping us maintain our website. We hope to keep

in touch with Tricia as she and Odie explore their new home. Look for an account of their adventures on the website.

Plans for the upcoming year include educational meetings, a dressage winter trail ride (when else does it make sense to wear a black wool coat), visits with dressage trainers at their respective training facilities, and above all, "fun" social & riding activities. Members are looking forward to "Dance with Your Horse," an informal opportunity to ride to music, tentatively scheduled for May.

Many thanks to Susie Reed and Paula Lunberry for all their hard work and efforts managing club activities this year. Enjoy your horses and give them lots of pets and carrots.

-Hana Van Campen, President, NCDA



Congratulations to our brand new RMDS Chapter: Pikes Peak Dressage



"Deepest, flat knee, low heel, and a bottom that never left the saddle, always elastically flexed abdominal and back muscles, and gently swinging hips with upright head carriage and elastically absorbing shoulders, elbows, and wrists achieved such a steady, closed, elastic contact between horse and rider that a yielding of the poll and back was the automatic consequence." ~ Felix Burkner

Update from the USDF Convention, cont'd

Cont'd from pg 4

handler, or vaulter at a competition where the steward or technical delegate is officiating.

In addition, the trainer or coach of a steward or technical delegate, or an individual from whom the steward or technical delegate has purchased or leased a horse within 90 days, may not participate at a competition where the steward or technical delegate is officiating. Technical delegates and stewards may not officiate unless the client, trainer or coach relationship is terminated 30 days in advance.

This could be a hard one to police. I know several families who have TD's and/or stewards in their midst. Conceivably one family member could sell a horse somewhere a long way away. Horse could go to a show where another family member is officiating. Show official may not know the horse. Buyer may not know that someone with a very different last name was related to the seller.

I understand COI with judges. With TD's and stewards, if they don't behave properly and write up infractions, and a spectator or exhibitor reports an infraction that TD or steward didn't address, they will be set down.

7. General Rule that will affect ALL of us -- GR1317.2. Has to do with fall or injury. Poorly written so that it

is NOT clear who can be eliminated for "unconsciousness." The intent is to eliminate anyone with possible head injuries due to impact.

However, point 4 is written: "Unconsciousness/Concussion. If qualified medical personnel determines that a competitor has sustained unconsciousness or a concussion, he/she must be precluded from competing until cleared to compete under paragraph 6 below. he/she is subject to the following:

a. No loss of consciousness but with brief symptoms of concussion e.g. confusion, loss of memory, altered mental state (all symptoms of concussion must have resolved within 15 minutes both at rest and exercise) - minimum 7 days mandatory suspension. The day of injury counts as the first day of the suspension.

So, if you have an asthma attack and are confused, have loss of memory, etc., you could be suspended for 7 days. Same if you are diabetic and have a blood sugar episode.

I spoke to this point and the USEF Dressage Committee was going to ask for clarification. I also sent comments.

What this would do would cause someone who has had blackouts at a

show due to health issues, to not seek treatment or help rather than risk not being able to compete in next week's show they had already paid \$600 for.

It needs to be clarified this is for head injuries. Not pre-existing illness.

I attended several committee meetings. One was a forum to discuss a variety of topics. One of the topics was conducted by the Dressage Foundation. There are many grants available for a variety of purposes from the Dressage Foundation. Some are targeted toward individuals (amateur and professional). Some are targeted for clubs. It turns out that even if one of our local chapters has applied for and received an education grant, other chapters in RMDS can also apply for those education grants. It is not just for RMDS, but for the individual chapters. So, chapters who want to apply for grants, go to http://www.dressagefoundation.org/Funds_Programs.htm.

There were many discussions about how to engage new members. How to provide services to ALL dressage enthusiasts. If you as an individual have a program that you would like RMDS or your local chapter to pursue, please let us know.



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

Feb 11	Show Management & TD Training, Staybridge Suites, Lonetree, CO
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.rmds.org, or contact the RMDS Central Office at 720-890-7825, rmds@rmds.org.



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Let Him Take The Reins

Permission to Reprint from the June 1995 issue of *Practical Horseman* by Jessica Ranshousen and Cathy Laws
Original Article by Oded Shimoni and Jessica Ranshousen, Submitted by Amy Jablonovsky, USEF 'r' Judge

Learn the how, the why, and the wherefore of this movement from trainer/FEI competitor Oded Shimoni and test writer/judge Jessica Ranshousen.

What three-time Olympic dressage competitor and two-time USET chefd'equipe Jessica Ranshousen calls "one of the most intriguing movements in the Training and First Level Tests when you give your horse the opportunity to take the reins out of your hands on a twenty-meter circle. Of course, he doesn't actually remove the reins from your hands; he just gently eases a short stretch of reins through your relaxed fingers by stretching his frame, lowering his neck, moving his head forward and slightly downward, and relaxing and swinging the muscles of his back. Beginning below, rider Oded Shimoni shows you how to ride this new movement; then Jessica explains what she and the others who designed the tests

hoped to achieve with this movement.

Oded Explains The Movement

Letting your horse stretch down and gradually take the reins out of your hands, is one of the most basic tools in classical dressage. It:

- shows that he is relaxed and carrying himself in self-balance, without your having to hold him together.
- gives him a little break in the middle of his work and unlocks his hard-working back and neck muscles. A big part of dressage training is building his muscles, but you inevitably reach a point where muscles get "stuck" and you can't build them any more. Stretching loosens them again

and prepares them for the next round of strengthening.

- teaches you to ride your horse's back and hind legs. When you try to stretch him forward without first getting him to step energetically under from behind, he'll do one or more of the following: fall on his forehead, stick his head and neck in the air, hollow his back, roll up his neck and come behind the bit, speed up, or slow down.

Jessica Ranshousen gives you the background of this movement on page 19; here I'm going to give you the how-to. I'll tell you what your horse will need to be able to do before he starts, identify some common pitfalls you and he can fall into (along with ways to avoid them), give



The Process Of Stretching

Throughout the exercise, I use the same forward aids as in the regular trot. I don't do anything different with my legs. Here's how it works:

1. We've just left B in rising trot. I'm simply maintaining the rhythm and forwardness as I tell my horse that stretching is coming by beginning to soften my fingers and lower my hands down the withers.
2. I'm continuing to move my hands lower and forward, toward his mouth, as he starts to lengthen his neck and open his throatlatch.
3. Now he begins to lower his neck, too. I continue to maintain his balance by making sure he doesn't fall on my inside leg, and by keeping a steady contact on the outside rein.

you guidelines about when and how to practice at home, and offer some tips for handling that awful day at the show when you think he's too stiff, tense, or distracted to ever relax and stretch down.

Before You Try

Before your horse can automatically and properly stretch, "chew" the reins through your fingers, and reach forward and down with his nose, he needs to know how to move forward energetically and rhythmically, bend evenly around a twenty-meter circle, move away from your leg, and maintain a steady, elastic, even, conversational contact on the bit. If he has a tendency to be above the bit and tries to avoid submitting to the reins with a stiff poll and rigid under-neck muscles, he'll get strung out and on the forehead and won't stretch properly. If he tends to evade contact by moving his head backward and dropping

behind the bit, he'll get very low and roll up. In either case, and in or out of the show ring, his response is a dead giveaway that you need to go back with him and do some very, very basic groundwork that's beyond the scope of this article.

Even at Training Level, your horse should understand and listen to half-halts. When you lightly press your legs against his sides and momentarily squeeze your outside hand on the rein, he should bend his hocks a bit more, slightly lower his hindquarters, carry some weight toward the rear, and step farther under himself from behind. (For more on half-halts, see Jane Savoie's "The Three-Second Solution.") He should be able to travel straight, with his hind feet stepping in the track of his front feet, whether he's going down the long side or curving around a corner or a circle, and stay in some reasonable form of balance: not leaning against one of your

legs, not hanging on one side of the bit, and giving you a healthy, even, non-pulling contact on the reins.

I'd love to be able to tell you exactly how much contact that is, but I can't measure it for you by weight. As a rider, you'll have to consider quality and elasticity, and those are very individual things. You and your horse may feel comfortable with fifteen pounds of contact, and your friend and her horse may feel comfortable with five, but that doesn't necessarily make five pounds better. I've seen two pounds of awful contact and twenty pounds of excellent, and vice versa. It's all relative to your physique and to what works for you and your horse — as long as you're able to maintain contact without pulling and nagging, and he responds to your half-halts by shifting into what I call "practical balance": He doesn't need to be as engaged and "under" himself as a grand prix horse, but he's taking his

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4. Lowering his neck and stretching even more, he's almost to the point we want. In this split second he's a tad behind the vertical, but...

5. ...a moment later he's at the ideal point of stretching down. This is what the judges will be looking for — and, most important, they'll see that while stretching forward and lower, he's maintained his balance. In this photo, he's clearly showing the point of the whole exercise: His outside hind leg is taking a bigger stride, more under his body, than when we began, and his back is rounding up — he certainly isn't falling on his forehead!



2012 RMDS Executive Board

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RMDS CHAPTER MEETING SCHEDULE

Arkansas Valley: 2nd Saturday, 1 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 Shannon Lemons,
719-686-0064, lemons_shannon@yahoo.
com, www.CSDressage.org

Foothills: quarterly meetings, location TBD,
Lori Mitchell, 303-816-2375,
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Grand Valley: 2nd Thurs. each month,
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High Plains: Mtg time and location TBD.
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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 8, May 10, July 12, 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.

Ah, steeds, steeds, what steeds!

Has the whirlwind a home in your manes?

Is there a sensitive ear, alert as a flame, in your every fiber?

*Hearing the familiar song from above, all in one accord
you strain your bronze chests and, hooves barely touching
the ground, turn into straight lines cleaving the air, and all
inspired by God it rushes on!*

~ Nikolai V. Gogol, translated from Russian

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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 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 303-646-4363

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

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 719-540-2000

*Denotes Graduation with Distinction

Dressage Sport Horse Breeding Judge

Janet Foy 'R' 719-260-1566

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

Kristi Wysocki 'r' 303-648-9877

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 303-828-3879

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.

FEBRUARY 2012

- 9-10 **Cynthia Spaulding Clinic, Arvada and Franktown**
Contact Cindy LeFevre, 303-981-8996, cinride@aol.com
- 11 **RMDS Show Manager & TD Clinic, Staybridge Suites, Lonetree, CO**
Contact Michelle Anderson, michand@hotmail.com
303-646-1375
- 11 **Mariah Farms Schooling Show, Mariah Farms, Castle Rock, CO.** Contact Lisa Lamke, 303-660-2456, llamke@msn.com
- 11-12 **Patrice Edwards Clinic, Glory Falls Ranch, Black Forest, CO**
Contact Kim Martin, 719-440-8875, glory.falls@yahoo.com
- 18 **Triple Creek Ranch Schooling Dressage Show, Longmont, CO.** Contact Lynn McChesney, 303-444-4291, www.triplecreek-ranch.com

MARCH 2012

- 8 **RMDS Executive Board Meeting, OPEN TO ALL, 6:30 PM**
Contact RMDS Central Office for more details, 720-890-7825, rmds@rmds.org
- 10 **Triple Creek Ranch Schooling Dressage Show, Longmont, CO.** Contact Lynn McChesney, 303-444-4291, www.triplecreek-ranch.com
- 17-18 **GVDS Schooling Show & Clinic, Mesa County Fairgrounds, Grand Junction, CO**
Contact Inka Spatafora, 970-260-2660, classicaldressage@earthlink.net
- 24 **Mariah Farms Schooling Show, Mariah Farms, Castle Rock, CO.** Contact Lisa Lamke 303-660-2456 llamke@msn.com

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
- 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

- 5-6 **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
- 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
- 19-20 **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, bbjsagecreek@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
- 23-24 **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

- 12 **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@drwgw.net
- 13 **Wasatch Back I, Heber City, UT-USEF**
Contact Alison Child, 435-640-3287, achild@kirwin.com
- 14 **Dressage at the Peak Summer II, Fountain Valley School, Colorado Spgs, CO-USEF**
Contact Heater Petersen, 719-683-8435, slush@drwgw.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
- 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

- 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
- 11-12 **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@drwgw.net
- 26 **Boulder Valley So Long to Summer, Sextant Farm, Longmont, CO-RMDS**
Contact Beth Geier, 303-673-9840, bethgeier1@comcast.net
- 26-27 **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
- 20 **RMDS Breed Show, Championships & Open Show, Parker, CO-USEF**
Contact Heather Petersen, 719-683-8435, slush@drwgw.net
- 21-23 **RMDS Championship & Open Show, Parker, CO-USEF**
Contact Heather Petersen, 719-683-8435, slush@drwgw.net

OCTOBER 2012

- 5-7 **USDF/Great American Region 5 Championships, Wasatch Event Center, Heber City, UT**
Contact Heather Petersen, 719-683-8435, slush@drwgw.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
- 20 **Dressage in Pink, Sextant Farms, Longmont, CO**
Contact Donna Baxter, 303-857-3879, highbrowbling@mesanetworks.net
- 20-21 **GVDS Fall Harvest Schooling Show, Mesa County Fairgrounds, Grand Junction, CO-USEF**
Contact Inka Spatafora, 970-260-2660, classicaldressage@earthlink.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**

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!

first steps toward becoming a dressage horse, starting to bend his hocks and carry some weight toward the rear.

How will that feel?

Again, your horse will give you even contact on both reins, he'll step farther under himself with his hind legs, he'll swing the muscles in his back, which will come up and round underneath you, and you'll get a little sense of riding uphill. Those are all signs that he's starting to carry weight behind.

Riding The Movement

Here's the movement as it appears in Training Level. (Before you come to it, by the way, you're sitting the trot).

B - Circle right 20m trot rising, letting the horse gradually take the reins out of the hands.

Before B - Gradually take up the reins.

B - Working trot sitting and proceed straight ahead.

Whether you're schooling at home or riding a test at the show, the technique you'll need is pretty straightforward. It stays the same even though minor details can change; at home, for example, you can vary the exercise by stretching forward and down on a serpentine or circling two or three times.

Here's the basic how-to:

Here's How

Divide the twenty-meter circle roughly into quarters. In the first quarter, between B and the center line, gradually ask your horse to stretch forward

and down. In the second and third quarters, from the center line to E to the center line, ride him stretched. In the fourth quarter, from the center line to B, gradually take him back up. (For more on riding an accurate twenty-meter circle, see Trip Harting's "Dressage-Test Accuracy: The Five-Day Fix.")

Now let's look at the movement step by step:

Tracking right toward B, establish an energetic sitting trot. Several strides before B, prepare yourself to pick up the correct posting diagonal immediately and seamlessly, without having to bounce and change. Glance at your horse's left shoulder with your eyes only (lowering your head or — even worse — leaning over looks amateurish and upsets your balance and control), so that you can get in time with his left foreleg coming forward. Look ahead around the circle, toward the center line; half-halt him, with a squeeze of your legs and a squeeze of your fist on the outside rein, to alert him that a change is coming and to rebalance him. And as his shoulder or your knee arrives at B, start posting. Turn his shoulders onto the track of the circle by bringing your outside rein against that shoulder and squeezing the fingers of your inside hand to create a soft bend in the jaw. Step more deeply into your inside stirrup, keep your inside leg against the girth to prevent him from falling in on the circle, and bring your outside leg about a hand's width behind your inside leg to help him bend and prevent his haunches from sliding to the outside.

Keep your hand, arm, and upper-body position the same (tilting for-

ward can unbalance your horse, and straightening your arms, spreading your hands wide, or dropping them toward your knees are all no-no's) as you slightly relax your fingers on the reins without opening, or straightening them and move your hands a couple of inches lower and toward his mouth. Help him to understand what you want by touching his withers as you move your hands; he'll gradually associate the feeling with stretching and respond more readily.

SHORTENING THE REINS

1. As you come toward B to close your twenty-meter circle, shorten your reins by bridging them. Shorten the outside (left) rein first by bridging the reins in your inside (right) hand...
2. ...and then the inside rein by switching the bridge from your inside hand...
3. ...to your outside. This shortening will help you bring your horse's head and neck smoothly back up to his normal working frame.

Over the next three or four strides, allow your horse to stretch freely forward over his back and neck muscles, "seek the bit," poke his nose forward, and gently and evenly and lengthen the reins three or four inches, easing them through your relaxed fingers. (During training, I actually don't mind if my horse comes behind the vertical a little, as long as all the other qualities I've mentioned stay in place, but we're talking here about a test.

Tests have rules, and one of the rules — in all the classic references, such as the Official Instruction Handbook of the German National Equestrian Federation — is that your horse never come behind the vertical. Remember to make the transition gradual, over three or four strides. It's not a dropping or throwing away of your horse; nor is it an attack. (Nothing good in riding is ever abrupt — not even explosive transitions you see when the

great two-time Olympic gold medalist, Rembrandt, appears to go from collected to extended canter in one stride again; he really builds smoothly over three strides.)

As your horse stretches forward, he should almost feel as if he's becoming lighter, without the slightest glimpse of a loss of balance. You shouldn't feel him grab the reins out of your fingers and pull. You shouldn't feel him sud-

Cont'd on pg 18

FROM SLAM DUNK TO PIAFFE AND PASSAGE

Growing up in Tel Aviv, Israel, Oded Shimoni was a self-described "basketball fanatic." He was taller than other kids his age, he was in a basketball futurity, he created a children's basketball team, and everybody agreed that he was building himself a basketball career. When Oded was thirteen, though, he took a lesson at the riding school of the National Park of Israel in Ramat Gan, a Tel Aviv suburb, where, he says, "they did something resembling dressage." In a few short months of riding, he decided that riding, and more specifically, dressage, was "it" — and, to the astonishment of those who knew him, he dropped basketball cold. By the time he was sixteen, he'd gone to Germany and England on summer vacations with exchange groups of riders, and his penchant for leaving Israel on his own to ride abroad finally convinced family and friends that the sport of basketball would have to manage without him.

Oded went to England to ride under several dressage instructors, returned home to Israel for his obligatory three years of national army service, then went back to England to ride with trainer David Pincus (who now occasionally comes to the US to help Oded and his students). From England, the peripatetic Oded traveled to Switzerland, where he signed on as a working student with the Austrian "trainer's trainer," and mentor of the great rider/trainer Christine Stuckelberger, George Wahl. Wahl ran a tight ship, Oded remembers. "Even the paying customers were working students. Everybody worked, including himself. He was sixty when I was there, and every morning he mucked out stalls."

After his time with George Wahl, Oded went to Germany to take a job training stallions. Then he came to the United States, established permanent residency, opened his business, Kingsclere, Ltd., in North Potomac, Maryland, and started to train, teach, and compete.

These days Oded operates Kingsclere out of Wellington, Florida, where he has seventeen students and their horses in his barn, most riding at Prix St. Georges through Grand Prix. Among them are Nancy Later and her English Thoroughbred, Wickenden, competing successfully at the FEI levels. Oded teaches, trains, gives about twenty clinics a year across the United States, and competes at Intermediare II on his nine-year-old Dutch Warmblood, Destiny.

An able and natural teacher, Oded says, "I love to see obvious results, and I can see those when my students listen and progress." He believes his strong points include his ability to convey what he feels and how he wants the horse to be, and to get on a horse and clarify a situation without letting a student feel inept or foolish." I always make sure my student knows that what I'm doing is not as easy as it may seem, even if it looks easy. I may be sitting a bit more quietly than she did — but feel my back and I'm sweating like a pig!"

I don't recommend that you stretch him in the beginning of your training session; if you do, your whole ride may end up being stretched out.

Cont'd from pg 17, Take the Reins

denly get heavy. You shouldn't feel him lean against one leg or the other. You should feel a tremendous release and looseness over and through his back and neck. You should even, through the reins, feel his throatlatch open and the muscles on the underside of his neck get loose, soft, relaxed, and almost floppy. (This is a very important aspect of stretching your horse, because those under-neck muscles can get braced and overdeveloped and start working against us.) And while he should neither speed up nor slow down — two typical accommodations to loss of balance — he may take slightly bigger, more enthusiastic, energetic steps with his hind legs (and, of course, his front legs will follow suit).

Maintain contact, continue to look ahead around the circle (a sure-fire way to tell the judge you're confident and in charge), and make sure your outside rein is continuing to guide and bring your horse's shoulders around. As you cross the center line on the way back to B, smoothly press your legs a little more firmly against his sides, half-halt, and in the next three or four strides before you arrive at B, shorten the reins — outside rein first by bridging the reins in your inside hand, then inside by switching the bridge to the outside — and bring him back up to his normal working frame. As you arrive at B, sit the trot, give another half-halt to energize him

behind and tell him something new is coming, and go straight down the long side.

When Your Horse Is Tense

What do you do if you get to the show and your horse is a bundle of nerves (say it's cold and windy, or there's a lot going on)? You can try to get him a little tired and not so fresh by lunging, but I suggest you lunge only as a last resort. Though at home lunging a fresh horse is usually fine, I prefer to stay away from lunging in a show situation — where, because the horse tends to be distracted and therefore susceptible to injuring himself, lunging could do more harm than good. Better to relax him and get him listening and responding by picking up an energetic rising trot and doing lots and lots of figures: fifteen-meter circles, serpentines, half-circles in reverse even things you wouldn't ordinarily do on a normal, sunny, quiet day, like ten-meter circles, or anything else that will get him physically working and mentally paying attention.

When your horse starts to simmer down, you can throw in some walk-trot transitions and canter circles. And when you feel that you have his full attention and he's balanced and listening, go on a twenty-meter circle, practice the movement, and let him stretch down.

Stretching During Schooling

Stretching your horse is a tremendous tool for helping you ride his hind legs, test his balance, and relax his muscles. During a single forty-five-minute schooling session, let him take the reins out of your hands several times, but be careful you don't get too hung up on stretching down. When that happens, you end up focusing on and riding his neck and nothing more. Besides, that much stretching isn't for everybody. If you and he are a little green, I don't recommend that you stretch him in the beginning of your training session; if you do, your whole ride may end up being stretched out. Instead, first make sure he's round and moving forward off your leg in a normal frame, able to maintain some semblance of balance. Make sure he's really on the bit and listening to your half-halts, and make sure he's giving to your leg by bending and going forward, before you test whether he can stay in balance when he stretches forward and down.

And remember always that allowing your horse to take the reins out of your hands is not simply a show-ring movement. As Jessica says, stretching forward and down at the trot was included in the Training and First Level tests because it's something you should be doing at home, during every training session. If you are, doing it during a test will be a piece of cake!



What We Were After; What We Want To See

By *Jessica Ransehausen*

Letting your horse take the reins out of your hands — a movement never before seen in our tests before 1995 — can be quite attractive when it's done well. But we members of the test-writing committee had more than an attractive novelty in mind when we included it. Adding this movement was part of our effort to make the entire series of tests — from Training Level through Fourth Level — into a workable blueprint for the correct, systematic, step-by-step, daily training of your dressage horse.

We designed these tests to help you, the rider — particularly if, like so many American dressage enthusiasts, you live where there are few or no trainers, so you rely on test scores to tell you how your training is going, and on the upcoming levels to tell you where to take it next. We wanted the tests to discourage riding with too much hand and muscle and not enough seat and leg. We wanted them to make unhappy, tense, "Swiss-cheese horses" (horses that are full of holes) with restricted gaits a thing of the past. We wanted to encourage lighter, happier, better-balanced horses, stepping freely and energetically under themselves from behind and not relying on their riders to hold them together. And we wanted the tests to progress logically and "doably," the way training should.

For those reasons, we dumped some ill-conceived movements (such as the three-loop serpentine from quarter line to quarter line), ill-timed figures (such as ten-meter circles before the horse is ready), and rapid-fire transitions (such as sitting the trot at K, cantering between K and A, and circling at A). And we emphasized (in many cases with double coefficients) the classical training tools of dressage that you should be using at home every day, such as...

- clear transitions (between and within gaits, they challenge your and your horse's balance — and by so doing, improve it)
- changes of bend and direction (they supple your horse and teach him obedience)
- lateral work, such as leg-yields (to supple and strengthen him)
- and this movement, taking the reins out of the hands, which tests and improves your horse's ability to stay balanced on his own.

What do I, as a judge, want to see from this movement? A relaxed, balanced horse, on an accurate circle, smoothly and quietly stretching down, maintaining his rhythm and energy, then coming back up without resistance or hesitation. As you start the circle, I want to see you gradually giving the reins (by relaxing your fingers; not by chucking the reins and making them loopy, leaving your horse to his own devices — because he can do some fairly smart planning on his own when that happens). I want to see him respond to your "invitation" by evenly and politely easing three or four inches of rein through your fingers without rooting, jerking, or flipping his head. I want to see him stay in the same flowing, energetic trot rhythm as he stretches his nose forward and down, neither putting his head up in the air nor rolling up in a ball and bringing his head to his chest or knees. And I want to see you keeping things pretty much under control by maintaining your position and contact with his mouth — because you still have an accurate twenty-meter circle to ride. When, several strides before you finish the circle, you gradually begin to shorten the reins, I want to see your horse raise his frame without resisting, tensing up, opening his mouth, throwing his head, or slowing down. Then you'll sit the trot and off you'll go.

What difference should I see between Training and First Level? Not much; just the increased animation and "bounce to the ounce" that naturally goes along with a First Level horse.

Simple, huh? This movement really isn't radically different. It's just an extension of what I hope you're already doing in your daily training. All we test writers are interested in is seeing your horse relax and swing through his back and stay balanced and comfortable when you give him a little longer rein and allow him to lower his frame, nose, neck, and ears.

If you accustom your horse to doing this movement at home during his regular schooling sessions, you shouldn't have a problem at the show — unless you go to extremes, taking the whole thing a bit too literally and letting him go down, down, down until his nose almost scrapes the ground, he falls on his forehead, and his stride starts to build. Or unless — and we've all been here — the weather is cold and windy, the crowd is noisy, or there are other distractions making him so tight and excited that nothing much in the way of stretching or relaxing is going to happen at all.



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RMDS PAID POSITIONS

Every two years, RMDS goes through the open bid process for paid positions. The following positions are up for bid and/or renewal:

- Centaur Production & Editing, effective with May issue
- Omnibus Production, 2013/2014 Omnibus
- 2013/2014 Winter Wake-Up Show Management
- 2013/2014 Championship Show Management

DEADLINE MOVED TO JANUARY 23RD

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

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

Bids must be received by February 28, 2012. We hope you will plan to attend the March 8th Executive Board meeting as there may be questions asked of you.

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The Cost of a Clinic

By *Lori Mitchell*, President, RMDS; and *Heather Petersen*, Secretary, RMDS

The next time you see a clinic advertised and wonder why it costs so much, you'll now have a bit more insight into the expense of hosting a successful clinic.

As the RMDS AA Chairperson for the past three years, the RMDS Education Chair for six years, and organizers of many other clinics outside RMDS, the amount of money a clinic costs to host, sponsor and attend has always been a subject that is brought up by fellow Adult Amateur riders again and again. In 2009 Lori did a comprehensive survey of the RMDS membership that asked what types of clinics were wanted, and what issues faced the Adult Amateur. The survey yielded the exact same results in 2010 when Lori asked the RMDS Adult Amateurs the same questions again in an email. Everyone wants to clinic and have educational events with top riders and trainers for a minimal charge. People want to save money on auditing and some felt that there should be no charge at all to audit.

We wanted to make sure that everyone knows the costs involved in putting on a clinic. It might not be obvious how the fees to ride with a clinician (or audit) are calculated, so we will attempt to explain the process.

Clinicians can charge by the lesson or by the day or weekend. They must leave their own business and clients to

travel the day before the clinic and return home usually the day after before getting back to work with their own facility and clients. Therefore, they must make sure that they are not losing money by coming to do the clinic. Clinician costs can range from \$100 a lesson to \$5000 a day (internationally). The number of lessons a clinician will teach also ranges from 6 riders to more than 10 riders, and some will only teach individual lessons while other like to work with groups.

Once we decide the clinician and the dates that he/she is available, the next factor is location. Some locations are better than others and therefore cost more to rent for the day. The facilities at times are donated, which is a welcome bonus, but not always the case. We must remember that the facility is basically closing down for the weekend to their boarders or horse activities to accommodate the clinic. Facility costs have ranged from \$200 to \$3500 (ie, the National Western Complex). Considerations for facilities are also seating for auditors, bathrooms, and places for a lecture or lunch. Sometimes the facility will require the renting of porta-potties, bleachers, sound system or dumpsters for the removal of manure. These are

additional costs on top of the facility rental.

Now the clinician needs to have food and transportation. The cost of airfare can range from \$175 to \$3000 (internationally) depending on the departing city. Most clinicians are pretty flexible on times and are perfectly fine with economy seating, but there are some that are a bit more demanding. Transportation to the airport and from the airport on both ends of the trip is also at times an additional charge ranging from \$20 to \$100, along with parking charges for the clinician and the person picking the clinician up from the airport on our end.

The clinician will usually arrive the day before the clinic in time for dinner. The person that picks up the clinician will usually take them out to dinner. The volunteer that is providing the transport pays for their own meal, but the clinician's food costs must be covered. This is for the entire time they are here. This can be breakfast, lunch and dinner all days, and can range from \$50 to \$300 for the weekend. Food should also be available for the riders and/or auditors if the facility location is remote. This

Since the only people we can generally count on coming are the riders, the costs of the clinics are totaled up and split between the number of riders the clinician will instruct each day, and then it's a bonus if auditors show up!

food can be for sale to help with the bottom line of the clinic, but needs to be taken into account when budgeting. It's always nice to have some sort of food and drinks available as the time allowed for lunch is usually limited and it helps encourage riders and auditors to stay and participate further in the learning process.

Hotel accommodations for the clinician also must be covered. There are times that an RMDS member will invite the clinician to stay at their home. This is always a good way to save money, but it is up to the clinician if they wish to stay at home with a family. Hotel rooms can range in the area from \$75 to \$300 a night (including taxes) and usually would include two nights and possibly three.

Now, that we have the clinician and facility taken care of we must advertise the event, obtain insurance, and possibly print programs or handouts, along with other incidentals that seem to come up. Advertising can be as little as \$50 for an RMDS email blast, or \$250 for a couple months in the RMDS Centaur. Insurance runs about \$125 per day with Equisure for a standard clinic.

You're asking about income and auditor charges aren't you? The auditor fees cannot be figured accurately as income since we never know how many auditors will show up. This is why some clinic organizers ask for auditors to pre-register. Since the only people we can generally count on coming are the riders, the costs of the clinics are totaled up and split between the number of riders the clinician will instruct each day, and then it's a bonus if auditors show up! While

it's not always fair to pile all the financial responsibilities on the riders, it's the only way to make sure the clinics break even.

Of course, this is just a rough way of explaining the process. We are very lucky that chapters support some clinics with donations to help offset the cost, plus we also have The Dressage Foundation and USDF that offer grants and special programs.



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RMDS MEMBERSHIP FORM

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

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

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

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

All business memberships include one individual membership.

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

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

Indicate Local Chapter (only one):

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

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Address _____

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

USDF No. _____ Occupation _____

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

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

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

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

RMDS Horse Registration Form

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

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

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

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

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

Horse Name _____ Sex _____ Breed (if known) _____

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

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

Address of Owner _____

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

Name of Representative (If owner is a business) _____

CONTINUING EDUCATION - "TD" & SHOW MANAGEMENT

Saturday, February 11, 2012

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- Want to be a TD?
- Need to hone your skills?
- Need clarification of the rules and/or become aware of the new ones?
-

Show Managers/Secretaries: 1:00 pm with Heather Petersen

- What are the responsibilities of the secretary vs. show manager
- Scheduling, general logistics, necessary forms and information
- Handbook available for \$30

RMDS is strongly encouraging all show management to attend. There are more upcoming changes in the rules!!!

This workshop is for you!

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Reservations are necessary to determine the number of handouts.

Please fill out the form below and return with a check made payable to RMDS to:

Michelle Anderson
302 Lionel Lane
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Name: _____ TD/Show Mgmt/Both _____

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