



CENTAUR

educating horse and rider as partners

JULY 2016

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Elite Instructor George Williams Educates Horses, Riders, Audience in Symposia

From Kris Cooper

Kris Cooper of Pine, CO, is president of the Foothills Chapter, a full-time dressage instructor for 24 years at her Anchorage Farm and Executive Director of the nonprofit Centaur Rising.

Schooling RMDS Professionals

Both RMDS amateurs and professionals learned by riding and auditing lessons by USDF President George Williams, an FEI trainer, USDF Instructor Program Honorary Instructor and USEF Youth Coach. He earned 2003 Dressage Horse of Year in USDF Grand Prix with Rocher, below right.

His RMDS Professionals' Symposium was April 18 and 19. The open session on April 20 was for non-pro RMDS members as well. Auditors at both programs watched, listened, learned and asked questions while Williams instructed individual riders for up to one hour each. The program was at Paragon Equestrian Centre near Berthoud, CO.

The professionals' symposium was moderated by RMDS's own Sarah Martin, a member of the USDF Instructor/Trainer Faculty for Training – Fourth Level. Participants both days included Joan Clay, Dolly Hannon, Glenda Needles, Anita Williams, Greta Vowell, Courtney Grey, Sharron Sarchet and Julie Haugen. Horses were schooled in Training Level through Grand Prix exercises. We wish to extend a big thank you to all who made this three-day event possible.



Please enjoy George's many words of wisdom as compiled from Kris's notes of the Professionals' Symposium.

SPOOKING

If the horse is spooky, ride him deeper. It changes his view. Keep the spooky horse on the outside rein. He can spin out if too much contact is in the inside rein. If the horse is tentative, you can't be tentative at all.

EDAP & D4K

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Find out what they are!

Information and articles in the Centaur Newsletter are the sole opinion and responsibility of their authors, and not that of RMDS or its Executives.

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President's Message

Summer is finally here and the rain and hot remind us that the days can change. Shows and clinics are going on every weekend and the Region 5 Junior and Young Rider Championship Teams are working hard for the national competition here at the Colorado Horse Park in July.

RMDS hosted an Adult Amateur clinic and training session in June. I am looking forward to hearing about the success of this clinic. Reports of other clinics already this year are included elsewhere in this Centaur. Riders at all levels are competing and training and meeting their goals.

The members of RMDS are lucky as we have several opportunities every month to enjoy shows and clinics. With the season only half done and the calendar full of more dressage shows and USDF-sponsored clinics,



Safarie helped Gwen Ka'awaloa complete her USDF Gold Medal requirements. Photo by Kathleen Bryan.

we can learn even more. Our equine partners will benefit from our knowledge, as we become more compassionate.

As you experience the joy and frustration that come with the interaction and training of our horses, take the time to write down your feelings and experiences. Then send it in to our Centaur editor to share your experi-

ence and knowledge with the membership.

Enjoy the warm and stormy summer days, take the time and play with your family and friends. Ride your equine partner and feel the wind and sun as you trot or gallop across the arena or field.

Aloha, Gwen Ka'awaloa

WRITE WHAT YOU LEARN, EARN VOLUNTEER HOURS

Attend an event, write an article and share the knowledge.

Members who write an article for Centaur earn credit for two volunteer hours. A photo is great, also. Deadlines are the 5th of every month. For details, contact writers@icloud.com.



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Foothills Chapter

Nearly a dozen Foothills riders tired riding indoors out of the snow and wet this winter and spring rode outdoors at our successful Ride-A-Test clinic on May 22 with one of our often-requested judges, Julie Haugen, 'r'. Two rides with her plus her comments in between made a good start for show season and warm-weather lessons, all held at Table Mountain Ranch, Golden. Another R-A-T has been discussed for this fall.

Check out the chapter's new look and website at www.cfoothillsdressage.org. We thank our secretary and web magician Nicole Riffe. She also is experimenting with a show entry form on the site. Currently it offers a link to our events, including our upcoming Last Chance Show Aug. 27 at Table Mountain Ranch and its prizelist, a button to join the chapter's e-mail list for current information, and photos, chapter meeting dates and meeting minutes.

Also new this year is a Foothills Scholarship for members, available to those who report their credit hours (either three or six) as a volunteer at FH events with a receipt for an educational program they attended. Maximum value of credits annually is \$75. For details and forms, visit the FH website under the Membership tab for Scholarship Information at www.cfoothillsdressage.org or contact Chapter President Kris Cooper at kris@anchoragefarm.com or text Kris at 303-847-9862.

Congratulations to the riders at the chapter's first RMDS show of 2016, Spring Into Summer on June 12. It was our biggest show ever, with 61 tests ridden, running from 8 a.m. to 5:10 p.m. Competitors rode Western dressage, USDF and USEF tests. In addition, those attending watched as Susan Becker, 70, and Geppetto, 30, rode their way into The Century Club, completing a judged test required for a horse-rider pair whose age is at least 100 years. Cheers, flowers, friends, carrots and the Club's special gold and black bridle ribbon helped them celebrate this rare feat.

Many thank-yous are in order for keeping the show on time and incident-free. Thanks to show site Table Mountain Ranch for overnight stabling and keeping the main arena watered and groomed. Special thanks to Show Manager Linda Gaber, Secretary Didi DeKrey, TD Joan Clay, Scribe Sarah Reega and 'L' Judge Michelle Anderson. Volunteers also were fantastic, including Mike Lacey, CC and Bob Ross, Jan Danis, Heather Appel, Kris Cooper, Kristin Canale, Dorathea DeForest, and Bobbi and Kylie Spinsby, many of them working both morning and afternoon shifts. And the ominous clouds did not produce rain till all were gone at 5:40 p.m.

We look forward to meeting you at our next chapter meeting Monday, Aug. 8, at Tuscan Tavern in Evergreen or our events, including an end-of-the-year banquet.

Kris Cooper, FH President

Pikes Peak Chapter

Our PPDS Awards dinner was held in March. Congratulations to the following award winners!

- Intro Level Gold - Sandra Clemons
- Training Level Gold - Shannon Lemons, Linda Clark and Melody Klikus
- Training Level Silver - Linda Clark and Melody Klikus
- Training Level Bronze - Melody Klikus
- First Level Gold - Elizabeth Petersen and Linda Clark
- First Level Silver - Linda Clark
- First Level Bronze - Melody Klikus
- Western Dressage Level One Gold - Kerry-Louise Boucher

Mother Nature squashed our efforts for a 2016 PPDS RMDS show in April. It was fortunate we didn't attempt to reschedule for two weeks later as that date was snowed out as well! Many thanks to all those members who worked so hard to prepare for a show that didn't happen.

Fortunately the great folks at Shiloh Ranch have offered us one of their schooling show dates to reschedule the RMDS show. That will be held on Oct. 15, 2016 and scores will count towards 2017 awards. Simone Windeler has kindly stepped forward to judge as I have a prior engagement.

Our Education Chair Nina Felsenthal has some great programs planned for upcoming meetings this year, including a discussion with a TD (our own Heather Petersen) about show do's and don'ts, equine nutrition (while baking healthy horse cookies) and out-of-the-saddle fitness.

Additional club meetings this year are scheduled for the following Tuesdays: June 14, Aug. 9, Oct. 4 and Nov. 15, all starting at 6:30 p.m. Locations are TBD and we will be moving them around the Colorado Springs area.

For the most current information on our chapter activities, visit our website at pikespeakdressage.org/Main/Home.

Michelle Anderson, Pikes Peak Chapter President

Boulder Valley Dressage

We had a successful Spring Fling and Ride-a-Test in May and really appreciate all of the riders and volunteers that worked hard to make them such a great time!

We are very excited that several of the top North American Junior and Young Riders in Region 5 are from our club!

Our next show will be at Somerset Farms, on August 28, 2016. The So Long to Summer Show. The opening date is August 1. The Prize List can be found on the Boulder Valley Dressage website.

Sandra Rosewell
President, Boulder Valley Dressage

Grand Valley Chapter

Our first schooling show for GVDS was a great success! Even though we had windy stormy weather there was an overwhelming turnout and Judge Megan Bretey agreed to work overtime to get all the entries in. We had Pas de Deux freestyles and side saddle entries along with the full variety we've come to expect at our shows. Our June Schooling show has full entries and should be done by the time this is published. We've added several new classes to our schooling shows to help encourage everyone to play. We've added these classes: a lead-line class with a short test, an in-arena assist test for Intro TOC (following another horse or ponying) and we've changed the Prix Caprilli classes so there are 2 jump heights for the Training Level Test, one of them up to 2 feet. Something else new for this year - we enrolled all our schooling shows in the Western Dressage Association of Colorado's High Point Award Program. We are hoping that this will be another way to help encourage Western dressage entries.

We rented the local fairgrounds arena in March and plan to do so in July and August as well In order to help members prepare for the show season and encourage membership. The free practice was a benefit for all the current 2016 members and over a dozen members came out to take advantage of this in March. In March, we showed an educational DVD at one of our member's homes. We hope to do a few different events like these during the year. It is a nice way for everyone to connect and have fun with or without their horses.

On a sad note, we lost a dear and longtime friend of Grand Valley Dressage, Diane Nugent. For many years Di was an active supporter and volunteer for the club. Her Arabian



Cyndi Mettler (L), Deb Crooks, and Di Nugent (R).

horse, Riddle, ridden by Deb Crooks, was shown and placed in the RMDS championship at the Prix St. George level. Di had many friends that will miss her kindness and spunkiness. A donation in her name was made by our club to Harmony Acres for their fund-raising auction. One of our members will be honoring her with a special year-end award for a rider that has overcome adversity.

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NCAA, Others Building Support for Equestrians

From National Collegiate Athletic Association



The Committee on Women's Athletics (CWA) confirmed its support for equestrian to remain on the National Collegiate Athletic Association's (NCAA) Emerging Sports list during the April meeting in Indianapolis. The committee voted on and approved a statement

recommending that equestrian remain on the Emerging Sports list due to new organizational efforts, membership feedback and potential growth.

Over the past 12 months, support for the sport of equestrian has surged with renewed enthusiasm from both NCAA membership as well as stakeholders in the equine industry. The National Collegiate Equestrian Association (NCEA) in collaboration with the NCAA oversees the sport of equestrian while under the Emerging Sports umbrella. With renewed focus on expansion of the sport, the NCEA has provided the foundation for a stronger support base for the sport to remain viable within the collegiate setting.

"With the continued support of the NCAA, we look forward to ensuring that equestrian will be part of the effort to maintain meaningful educational opportunities for women through athletics," said Dr. Leah Fiorentino, executive director of the NCEA.

Part of the NCEA's new structure includes a National Advisory Board (NAB) comprised of corporate leaders, philanthropists and equine industry experts. The goal of the NAB is to develop financial support to make equestrian the first financially-independent non-revenue generating collegiate sport. The board's efforts have shown early success in the form of grants to help sustain current NCEA teams, as well as providing financial strategies for the development of new equestrian teams across the nation.

People You Know

Veronica Holt of Colorado and **Lloyd Landkamer** of Minnesota have been awarded posthumous 2016 gold Pegasus medals of honor by the United States Equestrian Federation at their annual meeting in January. They were also honored with The Richard E. McDevitt Award of Merit.

Created as an annual award to recognize individuals who have exhibited outstanding service to horses and the sport

through their dedication, these recipients have excelled in attracting people to the sport and contributing to horse sport by advancing its popularity, according to the USEF. These awards give each recipient the distinctive honor of being one of the best in their field.

Veronica Holt of Elizabeth, CO., worked with RMDS, USEF and USDF as a technical delegate and FEI steward, and a Regional Director for USDF and its Volunteer of the Year in 2006. She was a chef d'équip for a Region 5 bronze-medal-winning team at the North American Junior/Young Rider Championships, as well as RMDS president and managed the region's first CDI. Through her dedication to dressage, she mentored many and become a special friend to a several.

With husband Bill Solyntjes, Lloyd Landkamer was based in Hamel, Minn., where they ran a small breeding operation. He was a long-time friend of many Coloradoans, including FEI4* Judge Janet Foy and FEI4* Para Dressage Judge Kristi Wysocki. He made many dressage friends through his work as a horse show manager, rider and competitor at dressage and para-equestrian competitions, including the World Equestrian Games in 2010, NAJYRC, USEF Festival of Champions, USEF Young Horse Championships and dressage competitions in Wellington, Fla., most recently the Global Dressage Festival. He earned his USDF Bronze Medal, and is a USDF 'L' Education Program graduate.

With a particular interest in youth programs, he underwrote the cost of regional youth competitions and provided anonymous donations to youth programs for years. He was most recently named to the stewarding team for the 2016 Olympic Games in Rio de Janeiro.

Former RMDS member **Beatrice "Trixi" Marinenu** of Oak Creek, CO, competed in May on The Dutta Corp.'s U.S. Dressage Team at the CDI0*** Odense in Denmark in May. The German-turned-American and her own Stefano 8, a 17-year-old Dutch Warmblood gelding, won the CDI3* Grand Prix Freestyle at the Adequan Global Dressage Festival in Florida this winter.

New Deadlines for Centaurs

The RMDS Board approved a new deadline of the 5th of each month for articles for the ECentaur and printed Centaur, to meet production requirements. Questions, articles and photos can be sent to rmds@indra.com.

PARTNERSHIP

Make a correction. Then leave it alone. An over-correction creates new problems. In order to improve the horse or rider, the trainer needs to “push him to the edge.” If it doesn’t work, you don’t have to do it in one session. It doesn’t have to be a battle. Everything must be explained to the horse in a way that he understands. Every horse has limitations. Try to get the horse the best he can be.

Do an exercise three times: 1) Introduce, 2) Do well, 3) Confirm. Always look for a correct response to each aid. Find the exercises that are most effective for your horse. You must be adjustable in adapting to what works. Being diplomatic is better than compromise. Don’t back off. Be more clever. The quicker the horse is to your leg, the quicker he is with his own leg. We need to assess the rider’s mistakes, not punish the horse for the rider mistakes. (This is easier said than done if you are the one riding!) Use moments where you don’t do anything. Just make frequent minor adjustments.

LENGTH OF REIN

George quoted Charlotte Dujardin: Short reins win gold medals. Why is this? If the reins are too long, you don’t have longitudinal suppleness. Hence, you can’t get lateral suppleness. You must be able to bend the horse around your inside leg. Use a shorter rein, but not a heavy contact by any means. You don’t have to bring your hand back. Any tension in the rider’s hand, the horse immediately feels. Soften in how you make your fist, but keep the rein length.

USE OF HANDS

Keep your hands steady, but not still. When the horse’s head and neck are moved around, it destabilizes the horse. Your hands and fingers are there simply to keep the thoroughness. Hands stay in place. Fingers are alive. In order to accomplish thoroughness, you must keep your hands quietly in place. If you move your hands, the horse gets distracted. He does not step underneath. Any time you pull back with your hands, the horse backs off his hindquarters. Every time you touch the rein, the horse must respond appropriately: accept, relax, respond. Don’t fix the horse with your hands. Fix him with the energy from behind. Use little vibrations with your inside hand.

BENDING

Keep the horse stable with the outside rein. If he is supple, the horse does not fall in or bend too much. When the horse gets under himself, the bending improves. The ultimate test is half pass. If the horse does not bend, using

your inside hand only makes the horse stiff in the shoulder. The outside rein keeps the shoulder moving, also the inside knee and thigh. If you try to turn with the inside rein, there is not enough push with the inside leg. When a horse goes around the corner, he must be absolutely level.

RIDER’S POSITION

Keep your hands low, connected to your seat. Your shoulder should be at the same angle as the horse’s shoulder, your hips should be at the same angle as the horse’s hips. Your chin should be pointing the same direction as the horse’s poll. Going from the stretchy chewy to the free walk (with no hands) is a test of the horse listening to the rider’s seat. In the circle, turn, turn and relax. The movement loses its effectiveness if you just hold. Allow the horse to stretch in the canter. Go into the rising trot (from the canter) without using your hands. The rider must move the outside leg from the hip. Doing exercises correctly forces you to sit correctly.

ACTIVITY

Staying in the same tempo is mesmerizing to the horse. Most mouth issues are related to a lack of power in the hind end. Any unsteadiness is related to the hind legs not pushing through. The moment a horse becomes stuck or “awkward,” go forward. The more active the inside leg, the better the topline. Ask the horse to be round, to go to the hand. Trot – forward and back.

LOOSENESS

You want the inside hind leg to be loose, “well oiled.” When the horse is soft and loose, it is easier to maintain energy. Focus on softness and looseness. If you go forward enough to get fluid and loose, the horse figures it out. The horse must stretch from the base of the neck. He becomes looser, with more swing, longitudinal balance and lightness in the shoulder. Think lateral suppleness.

STRETCHY CHEWY

If you give with the reins, does the horse stay in self-carriage, in the same tempo? She should do so for three strides. If it is longer than three strides, the horse should stretch down. In the stretchy chewy, keep the horse supple on the inside. Let him take the rein on the outside. George questioned judges’ rewarding horses for stretching down immediately when asked for the stretchy chewy. Dolly Hannon, a USEF ‘S’ judge, said, “Use one-quarter of the circle to develop the stretch, one-half to demonstrate (the area in front of the withers should stay up) and one-quarter

cont. on pg. 7

ter to bring the horse back together. The goal should be to develop the back, to create looseness.”

USE OF THE WHIP

When you use the whip, the horse should come under himself, not hollow out. There are so many ways to use the whip: press with the whip, tickle with the whip, touch with the whip. Be careful where the whip is. Tickle with the whip to keep the horse going. Use a little tickle from the whip to move the horse forward from the leg.

STRAIGHTNESS

Straighten the head and neck in front of the chest, the chest in front of the hind legs. To straighten the canter, use half of a renvers. Use half halt in the outside rein to make the horse straighter. Hold when you sit in the rising trot. Hold in the sitting trot when the inside knee goes down. Head tilting means the horse is not using his shoulder correctly. A quick fix like lifting the hand does not address the problem. In training, we must address the actual problem, not just have the horse look good for a class.

Evaluate the canter. It should be straight with the hind legs. Straighten the horse, judge the quality of the work. When your seat rocks forward in the canter, sit. Does the horse land on the outside shoulder? Move the shoulder more to the inside. Good counter flexion can help the horse to become more stable in the shoulder. When you do a half pass across the diagonal, make the horse straight first. In the half pirouette to the renvers, you need to be sufficiently active with the inside leg to fill up the outside rein. Do shoulder in to renvers. Watch the ears. If you see a tilt, decrease the angle. In shoulder fore, you want the horse to reach for the contact of the outside rein. In the canter, create a little bend to the inside, but keep straight on the outside. Counter canter is one of the best straightening exercises. The horse must be straight before collection. Use outside leg and outside thigh to get the ears level.

LEG YIELDING

You must have the ability to move the shoulders. The horse must be obedient to the outside holding leg. If there is trouble with the canter transitions, use leg yield on the circle. In nose-to-the-wall leg yielding, when your knee drops, apply that leg. In the canter, leg yield to the wall from the quarter line. Do it gradually. Do not lose balance. Use leg yield on the circle to put the horse into the canter. When you start leg yielding, there will be more bend than in a finished leg yield. Halt from a nose-to-the-wall leg yield. Do a turn on the forehand. In the halt from the leg

yield, if not balanced, the horse will fall out to maintain balance. The turn on the forehand reinforces obedience to the leg. There must be immobility before the turn on the forehand. There needs to be “punctuation” between the exercises. In the leg yield, there should be more focus on forward than sideways. Get a very good cross-over. Make sure the horse fills out the outside rein. The outside rein in the leg yield must allow for stretch and suppleness. It can be a leading rein in the beginning.

TRANSITIONS

Think shoulder in for the trot/walk transition. Do 100s of collected trot and then forward briefly. Do the same with the canter. Shoulder fore, canter, walk, canter. In the canter-to-trot transition, the horse should land lightly on the outside front. Do medium-to-collected trot on the circle. Think shoulder in for the trot/walk transition. In shoulder fore, you want the horse to reach for contact of the outside rein. When you go to the canter from the trot, involve the back. Walk to improve balance. Canter/walk/canter. Use the horse’s shoulder to walk. If you shorten the canter and it gets awkward, supple; and when he gets softer, it becomes easier for him. Use canter/walk transitions to get you to sit into her.

USE OF CIRCLES/VOLTES

Keep the horse stable with the outside rein. If he is supple, the horse does not fall in or bend too much. Make a circle no smaller than 12 strides. On the circle, aim the horse to the next quarter point. Keep the horse’s blaze in front of the center of the shoulder. Keep the shoulder turning. Do circles at the sitting trot. Soften the horse behind the ear. Spiral in and out in the trot and canter. If you don’t like the feel, do a counter flexion. Do a volte to get softer.

REIN BACK

Halt with inside rein, rein back with outside rein. Halt with outside rein, rein back with inside rein. Affect that side of the horse.

COLLECTION

A horse naturally uses his head and neck for balance. Try to get the horse to use his legs for balance, not his head and neck. Have the horse balanced, relaxed, supple and in front of the leg. The horse must look organized. You can evaluate the canter by how much the inside hind leg comes under the horse. In collection, the inside hind leg must be under his body, as though he were ready for a half pirouette.

cont. on pg 8

LATERAL MOVEMENTS

Use your weight to keep her weight back. The horse will stay under herself at the pirouette. She must carry the weight behind. She must respect your outside leg. You must have the ability to move the shoulders. The horse must be obedient to the outside holding leg. Mixing renvers and travers make the horse more supple.

SHOULDER IN

Use shoulder in, then a medium trot across the diagonal. When you do shoulder in, you should feel that you can immediately go diagonally across the arena in the medium trot. Lateral movements require collection. The horse should become lighter in the inside rein in the shoulder in.

TRAVERS

If you keep your hands in place in travers, the horse yields. Do travers at pirouette tempo. Keep him in front of the inside leg. It helps the hind legs get organized. It separates the outside hind legs.

RENVERS

Do a walk pirouette and then renvers. Half halt in the outside rein for a quicker hind end. Push shoulders over in renvers so that the outside leg steps under. In renvers, hold the shoulder in line. A good renvers to travers should collect the horse, bring him up in front.

George's many exercises to improve the half pass and flying changes will be the topic of a future article.

The symposiums were sponsored by RMDS, Susan DeSylvia's Pro-Horse Productions, Paragon Equestrian Centre and McAlister's Deli.

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PROFESSIONALS CHAIR SARAH DODGE

1. Committee Chair, please introduce yourself and explain why you volunteered for this post.



*Sarah Dodge
and Carolo 3,
owned by Olga
Hendrickson*

As a dressage trainer who has lived in Colorado for 25 years I was excited at the opportunity to get involved with RMDS. I believe that the professionals of our sport have an extra duty to promote our sport through high levels of horsemanship, sportsmanship and integrity. My passion for dressage started at a very early age. I started riding dressage at 13, and haven't gone a day without eating, sleeping and breathing dressage since. I have a training business in Franktown, CO, that emphasizes compassionate, correct training principles. I have

been fortunate enough to work in Germany with several of the sports most respected trainers, including Conrad Schumacher. I am forever amazed at the transformation that happens when horses are trained according to classical principles and that drives my passion for promoting dressage.

2. What does your committee do for members?

The Professional's Committee was created to support RMDS trainers and coaches. One of the avenues of support is through the Trainer's Symposiums. There have been three so far and they have been very well received. In addition, the committee chairperson has a column in the printed Centaur "Ask the Pros." This is a Q and A-type column for members to have their questions answered by RMDS trainers and coaches. This is a great way for the RMDS members to gain insight on any dressage-related topic and to share the depth of knowledge our trainers have. Any trainer or member interested in submitting a Q/A for the Centaur "Ask the Pros" should contact me.

3. How can members support and be involved in RMDS?

I would encourage all trainers who have ideas or input on how RMDS can better serve their needs to reach out to me. The position is a point of contact as well and I would love to bring feedback to the Board meetings directly from other professionals. As the Professional's Committee chairperson I am looking for 10 trainers to co-sponsor a competitor's dinner at the 2016 RMDS Championships in Estes Park. This dinner is going to have dancing, food and great door prizes! The dinner sponsorship is \$250, which includes plenty of advertising throughout the weekend!

RMDS Apparel for Sale!

Show your pride with the new updated RMDS branded clothing choices. If you would like to order, please contact the Central Office at 720-890-7825, email: rmds@indra.com



*Sport Jacket in Red - \$40
White RMDS Logo*



*Sport Tek Shirt in White - \$35
Blue RMDS Logo*



front



back



*Sleeveless Polo in Navy - \$25
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Creating A Winning Partnership With Your Horse

Kathy Connelly and Betsy Steiner

October 8-9, 2016

Reverie Farms

10975 Lookout Rd.

Longmont, Colorado

The USDF Adult Clinics are intended to provide USDF members affordable access to renowned clinicians in a symposium-style format for maximum auditor benefit. Eight adult riders and horses, working in private sessions each day, are selected to demonstrate a variety of levels, breeds, types and training issues to maximize the learning experiences for auditors of all ages. Each series is a little different with the clinician offering their expertise.

Kathy Connelly is a highly respected international dressage rider, trainer, coach, 'S' judge, and USDF Honorary Instructor. She represented the United States at the World Cup in Sweden, and was the highest placed Grand Prix rider on the U.S. Bronze Medal Team at the North American Championships. She is known for her amicable personality and non-intimidating training style. Kathy's success is evident through her work with both U. S. Team riders and amateurs, who have won many titles. She trains amateurs at every level. In addition, she has served as coach at both the World Equestrian Games and the World Cup, and as coach of the Individual Silver Medalist at the Pan American Games, a U.S. Champion at the North American Young Rider Championships, and the United States Silver Medal Young Rider Team in Australia. She is the Vice Chair of the USET High Performance Dressage Committee and has served as a USET Olympic and World Games Selector. She has provided live commentary internationally and nationally, for events such as the 2010 World Equestrian Games and the 2013 and 2014 US Dressage Finals.

Betsy Steiner is also a USDF Honorary Instructor, as well as an international dressage rider, trainer, and coach. Betsy has represented the United States at the World Equestrian Games in Stockholm, Sweden in 1990, as well as providing commentary for videos of the 1995 World Cup, the 1996

Olympic Games, and most recently the 2014 World Equestrian Games Trials at Gladstone. Her book A Gymnastic Training System Using the Mind, Body, Spirit Approach has sold over 16,000 copies in the U.S. and U.K., and has been translated into German. She holds the prestigious honor of being the only U.S. author to have her book approved by the German FN. She is also the creator of EQUILATES™ — a sport-specific Pilates-based exercise and body awareness program for the equestrian. Betsy currently trains her own horses and students in Frenchtown, NJ, and Wellington, Fla.

The Seminar will run approximately 8:30-5 each day with registration beginning at 8. Box lunches will be provided for all pre-registrants and demonstration riders.

For participants and rider applications, go to: www.usdf.org to download the forms and get the rest of the information.

Auditor Registration Forms also available at www.usdf.org but prices are below.

Type of Registration	Fees One-Day/ Two-Day
Pre-Registered Auditor Fee (non-member)	\$65.00/\$115.00
Pre-Registered Auditor Fee (USDF member)	\$45.00/\$80.00
Pre-Registered Group Fee (groups of 6 or more) Per Person	----- /\$70.00
Walk In Fee (non-member)	\$70.00/\$125.00
Walk In Fee (USDF member)	\$50.00/\$90.00



KL Realty

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Real Estate Broker



8187 Ouray Drive \$2,500,000

Rich in history, this 160-acre property is one of the last Boulder County homestead farms. Sunrise views of Flatirons are stunning and wildlife is abundant. Fix-up existing home or rebuild. Irrigated farm land produces superb hay crop and acres for grazing livestock. Build barn on the west parcel and have horses. The possibilities abound. Location is private and rural yet close to everything. Minutes from Boulder.



10810 N. 49th Street \$1,625,000

Serene oasis on 10 private acres in premiere Boulder County location. Setting is unmatched with canopy of trees, ponds, mature landscaping and abundant wildlife. Home is elegantly designed with high-end finishes, gourmet kitchen, luxurious master bath and new geothermal heating/cooling system. Perfect setting for the backyard horse enthusiast: Open Space trails and back country roads nearby.



7171 Pike Road \$5,500,000

Stunning 70-acre professional horse facility centered around fabulous 36,000-square foot indoor arena and stable complex. Located in heart of Boulder County with amazing mountain views. Beautifully renovated farmhouse and additional caretakers/guest residence. Property features ponds, pastures and hay fields with water rights, and multiple outbuildings including a large workshop.



10500 Foothills Highway \$2,700,000

This vintage ranch is comprised of a 54-acre parcel with historic buildings, manager's house and stock handling facilities on the east side of the highway. Connected by an underpass on the west side are more than 700 acres of foothills undeveloped land. Buyer can build a new residence on the eastern parcel; west is limited by Conservation Easement to riding, hiking, hunting and livestock operations.

www.klrealty.net

303.444.3177

team@klrealty.net

Dressage Youth Learn Early from Top Trainers

From Emily "Bug" Karls

Emily Karls, 17, lives in Salida, CO, when she is in town, and has been a member of the RMDS Pikes Peak Chapter. She has trained with Rusty Hall and Melissa Scott of Doolittle Ranch. This month, she starts as a working student for JJ Tate until she starts college. Emily started riding dressage in Melissa Scott's children's program at age 7. As she advanced, she went to schooling shows and clinics, and spent two weeks in England at a riding school, and then "one thing led to another," she said.

I love dressage. In fact, it's kind of an obsession as I am sure many of you can relate to. The past 12 or so months have been some of the most influential in my life because this love, this obsession, became more than a hobby or a sport; dressage became a future.



Emily Karls and JJ Tate

Last summer, one of my favorite clinicians and one of my idols, JJ Tate, offered me a position as her future working student in South Carolina, which has sent me on an educational adventure this past year. In addition to getting to visit her barn in July, JJ also got me involved in the Emerging Dressage Athlete Program (EDAP) and Lendon Gray's Dressage 4 Kids (D4K). I was able to audit the 2015 Courtney King Dye Horsemastership Clinic in Maryland in July and, just this January, these programs allowed me to be a participating auditor in the 2016 Robert Dover Horsemastership Clinic in Wellington, Fla. These clinics and programs have opened my mind and shown me so much of the big dressage world that I think, many times, we don't get to experience in rural Colorado.

Getting to go to Wellington for the Robert Dover Clinic was absolutely incredible. The caliber of the young riders, trainers and professionals was inspiring. The instructors, Robert Dover, Laura Graves, George Williams, Charlotte Baker-Bredahl and Steffen Peters, were so positive and effective. A common theme I saw throughout lessons was, "Don't work so hard." By making riders "not work so hard," the trainers created a harmony in the horses and riders which I hadn't really realized was missing. I specifically remember Robert creating the piaffe by establishing

so much forward motion with quick upward and downward transitions that the horse quite literally piaffed on its own. Suddenly, constant micromanagement of the horse faded into mere instinct and the horse could sit in an impeccable effortless piaffe. For the first time, I was able to witness the development of truly invisible aids. We've all seen the greats – those who have accomplished "invisible aids" – and we've all seen the not-so-greats. At this clinic, I got to see the transition to greatness. All I could think of was how much I want to be a part of this and how lucky I am to have the opportunity to get there someday.

I see so much potential in our Colorado young riders whenever I go to clinics or shows and it makes me wonder, Why I am the one getting to watch Adrienne Lyle, Laura Graves and many others ride from the front row seat, getting to work out with Robert's personal trainer, getting to meet Steffen and getting to listen to lectures from the Olympic team veterinarian? This is the dream of every young dressage rider. Is it possible for other youth riders to experience this also?

COLORADO RIDERS CAN APPLY TO PROGRAMS

EDAP isn't some prestigious program only for those who have won a gold medal at North American Junior/Young Rider Championships. If there's one thing I've learned throughout my journey, it's that, regardless of the price tag on your horse, where you live and all the other variables that seem so impossible to overcome, if you are willing to put in the work, time and energy, the world will find a way to help you achieve your goals. I think that expanding EDAP's reaches to Colorado could bring our youth to the next level in the dressage world.

Being a part of EDAP means having the opportunity to participate in these horsemastership clinics, constant newsletters and, with enough EDAP riders and the resources, clinics in Colorado with Lendon. I think it's amazing that the goal of many of these top trainers is really just to help us to achieve our goals. We need to take advantage of these incredible opportunities that we may not have known were so accessible before, because our young riders' goals may be closer than you would have ever imagined.

Another example of another young rider benefitting from these available youth programs is Magnolia, Tex., high school senior Allison Cyprus, who competed at the 2015 U.S. Dressage Finals. She took a lot of confidence into the event from her participation in Lendon's Dressage4Kids program, she said in the latest Welsh Review magazine.



Aim Higher and Achieve More with ANDRIA ALLEN

It's an excellent time to sell property in the Boulder, Larimer and Weld County areas. I'd be happy to provide a market analysis for you, free of charge. Call me at 303-810-8375.



NEW LISTING!



4243 GETAWAY DRIVE, BERTHOUD

PRICE: \$825,000 Three bedrooms, three baths, walkout, finished lower level, ranch style home. Three stall barn with tack room and hay storage. Fully fenced 8 acre pasture. Open space to ride on.



ANDRIA ALLEN

Aim Higher and Achieve More

Visit my blog for interesting information, statistics and articles about the real estate market at www.andriaallen.wordpress.com

SOLD! IN ONLY 12 HOURS!



3786 RIDGEWAY STREET, BOULDER

PRICE: \$939,900 Luxury 5 bedroom 4 bathroom duplex condominium in North Boulder. Luxury features abound. Two car garage. Private, fenced backyard and patio facing soccer fields. Three fireplaces.



To see photos and more information about any of these properties, please visit my website at

www.AndriaAllen.com • 303-810-8375



Shows and Events

All shows are RMDS recognized except schooling shows.

RMDS CALENDAR

JULY 2016

- 8-10 **Michelle Gibson Clinic-Denver Equestrian Riding School**
Denver, CO. Corinne Lettau 612-964-6467 clettau@msn.com
- 9 **Schooling Show-Shiloh Ranch-Black Forest, CO**
Contact Simone Windeler 719-287-2040 simonedressage@gmail.com
- 9-10 **Millbrook Farms Summer Dressage Festival-Millbrook Farms-Utah-USEF**
Contact Jan Lawrence 801-631-2516 millbrk@xmission.com
- 10 **Ride-A-Test Clinic with Linda Ohlson Gross-WinDancer Farm**
Parker, CO. Contact Sue Kreutzer 303-840-5362
- 10-12 **Andreas Hausberger Clinic-Stellar Stables-Franktown, CO**
Contact Suzie Halle suzie.halle@comcast.net
- 10 **Centaur Rising Dressage Show I-Anchorage Farm-Pine, CO**
Contact Kris Cooper 303-838-5086, kris@anchoragefarm.com
- 12 **RMDS Executive Board Meeting-Darcy's Pub-Denver-6:30 p.m.**
Contact RMDS Central Office-720-890-7825 rmds@rmds.org
- 15-16 **Dressage at the Peak Warm-up and at the Peak II-Fountain Valley School-Colorado Springs, CO-USEF**
Contact Heather Petersen 303-648-3164 slush@drgw.net
- 16-17 **Rocky Mountain Dressage III, IV-Somerset Farms-Longmont, CO**
Contact Dian Seabury 520-906-5545 dfseabury@gmail.com
- 22-23 **Sage Creek Dressage I & II-Sage Creek Equestrian Center-Heber City, UT USEF**
Contact Simone Windeler 719-287-2040 simonedressage@gmail.com
- 23 **Hidden Creek Schooling Show-Hidden Creek Equestrian Center**
Falcon Sue Borders 719-740-1099 susan.e.borders@gmail.com
- 23-24 **Autumn Hill Dressage III, IV-CSU Equine Center-Ft Collins-USEF**
Contact Heather Petersen 303-648-3164 slush@drgw.net
- 23-24 **Dressage at Santa Fe-Hipico Santa Fe-NM-USEF**
Debbie Garris 312-401-1157 dgarris@horseshowolutions.com
- 26-31 **NAJYRC – Colorado Horse Park-Parker, CO-USEF**
Contact USEF 859-258-2472 www.usef.org
- 30 **Summer Clinic with Simone Windeler-Transitions-Black Forest, CO.** Contact Simone Windeler 719-287-2040 www.theeleganttrider.com
- 30 **Bijou Pair Pace-Butte Open Space-Castle Rock, CO**
Contact Deb Hurni 303-918-9156 2016bijouairpace@outlook.com

AUGUST 2016

- 5-7 **Dressage in the Rockies I, II, III-Colo Horse Park, Parker, CO USEF**
Contact Geoff Combs 303-841-5550 geoffcombs@cohorsepark.com
- 6-7 **USDF 'L' Program Session D2-Parker, CO**
Contact Dorie Vlaten Schmitz, 480-580-0645, dvschmitz@msn.com
- 6-7 **Dressage in the Big Sky-White Aspen Ranch-Billings, MT**
Contact Emily Brewster 406-652-1530 e_luoma@hotmail.com
- 13 **Summer Clinic with Simone Windeler-Lateral Movements-Black Forest, CO.** Contact Simone Windeler 719-287-2040 www.theeleganttrider.com
- 13 **Triple Creek Schooling Show-Triple Creek Ranch-Longmont, CO**
Contact Lynn McChesney 303-444-4291 www.triplecreek-ranch.com
- 13-14 **Millbrook Farms Dressage Show-Millbrook Farms-Utah-USEF**
Contact Jan Lawrence 801-631-2516 millbrk@xmission.com
- 14 **Centaur Rising Dressage Show II-Anchorage Farm-Pine, CO**
Contact Kris Cooper 303-838-5086, kris@anchoragefarm.com
- 16 **ISR/Oldenburger Inspection-Millbrook Farms, UT**
Contact Jan Lawrence 801-631-2516 millbrk@xmission.com
- 19-21 **Estes Park I, II-Stanley Park Fairgrounds-Estes Park, CO-USEF**
Contact Heather Petersen 303-648-3164 slush@drgw.net

- 20-21 **Utah Dressage Shows I, II-Salt Lake City Equestrian Park-S. Jordan, UT-USEF**
Contact Stacey Hornsby 801-712-9621 stacey.hornsby@gmail.com
- 27 **Hidden Creek Schooling Show-Hidden Creek Equestrian Center**
Falcon Sue Borders 719-740-1099 susan.e.borders@gmail.com
- 27 **Foothills Last Chance Show-Table Mountain Ranch-Golden, CO**
Contact Jan Danis 505-490-2805 jandalusian@gmail.com
- 28 **BVD So Long to Summer Show-Somerset Farm-Longmont, CO**
Contact Beth Geier 303-673-9840 bethgeier1@comcast.net

SEPTEMBER 2016

- 2-3 **Grand Valley Fall Show-Mesa County Fairgrounds-Grand Junction, CO-Janet Foy-USEF**
Contact Arlene Rhodes 970-201-1779 arlene@skypony.org
- 4 **GVDS Schooling Show -Grand Junction, CO**
Contact Arlene Rhodes Arlene@skypony.org
- 8 **RMDS Executive Board Meeting-Darcy's Pub-Denver-6:30 p.m.**
Contact RMDS Central Office-720-890-7825 rmds@rmds.org
- 10 **Triple Creek Schooling Show-Triple Creek Ranch-Longmont, CO**
Contact Lynn McChesney 303-444-4291 www.triplecreek-ranch.com
- 10 **Schooling Show-Shiloh Ranch-Black Forest, CO**
Contact Simone Windeler 719-287-2040 simonedressage@gmail.com
- 14 **X Halt Salute RMDS Show-Estes Park, CO**
Contact Heather Petersen 303-648-3164 slush@drgw.net
- 14 **RMDS Sport Horse Championships-Estes Park, CO USEF**
Contact Heather Petersen 303-648-3164 slush@drgw.net
- 15-18 **RMDS & Reg 5 Championships-Estes Park, CO USEF**
Contact Heather Petersen 303-648-3164 slush@drgw.net
- 24 **Summer Clinic with Simone Windeler-Collection-Black Forest, CO.** Contact Simone Windeler 719-287-2040 www.theeleganttrider.com

OCTOBER 2016

- 1-2 **USDF 'L' Program Final-Burbank, CA**
Contact Dorie Vlaten Schmitz, 480-580-0645, dvschmitz@msn.com
- 8-9 **USDF Reg. 5 Adult Clinic: Kathy Connelly & Betsy Steiner Reverie Farms, Longmont CO**
Contact Victoria Trout at USDF 859-271-7882 vtrout@usdf.org
- 8-9 **GVDS Schooling Show with Jessica Greer-Grand Junction, CO**
Contact Arlene Rhodes Arlene@skypony.org
- 13 **RMDS Executive Board Meeting-Darcy's Pub-Denver-6:30 p.m.**
Contact RMDS Central Office-720-890-7825 rmds@rmds.org
- 14-16 **Michelle Gibson Clinic-Denver Equestrian Riding School**
Denver, CO. Corinne Lettau 612-964-6467 clettau@msn.com
- 15 **Pikes Peak RMDS Show-Shiloh Ranch-Black Forest, CO**
Contact Heather Petersen 303-648-3164 slush@drgw.net
- 16 **NCDA Schooling Show-Tomora Traing Center-Greeley, CO**
Contact Didi DeKrey denisedekrey@gmail.com
- 22 **Triple Creek Schooling Show-Triple Creek Ranch-Longmont, CO**
Contact Lynn McChesney 303-444-4291 www.triplecreek-ranch.com

NOVEMBER 2016

- 5 **RMDS Board of Governors-**
Contact RMDS Central Office-720-890-7825 rmds@rmds.org
- 10-13 **Natl Championships-Kentucky Horse Park-Lexington, KY USEF**
- 12 **Triple Creek Schooling Show-Triple Creek Ranch-Longmont, CO**
Contact Lynn McChesney 303-444-4291 www.triplecreek-ranch.com

2017

JANUARY 2017

- 14 **RMDS Awards Banquet-Renaissance Hotel-**
3801 Quebec Street-Denver
Contact RMDS Central Office 720-890-7825 rmds@rmds.org

SEPTEMBER 2017

- 13 **Great American Insurance Group/USDF Breeders'**
Championships & RMDS Sport Horse Championships-
Contact Heather Petersen 303-648-3164 slush@drwgw.net
- 14-17 **RMDS Championships**
Contact Heather Petersen 303-648-3164 slush@drwgw.net

EXECUTIVE BOARD MEETINGS – open to all-2nd Thursday of the odd months-6:30 p.m. See Calendar listings for dates, contact RMDS Central Office for location updates. For latest updates to the calendar, check the website at www.rmds.org

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

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

EXECUTIVE BOARD MEETINGS – open to all-2nd Thursday of the odd months-6:30 p.m.

Contact RMDS Central Office for location

A REMINDER TO ALL WHO ARE SHOWING:

If you are using the Online Registration for your entries, there is not a place provided for your RMDS numbers. (so I have been told) Please be sure you email your membership card to the show secretary so they can include your identification number for RMDS into their database.

This year there are several people with the same name or very similar names and there is confusion. Several horses have the same name as well.

Score checks through the RMDS website is more important than ever!

SAVE THE DATES!

RMDS AWARDS BANQUET

January 16, 2017

STEINER/CONNELLY CLINIC

October 8-9, 2016

NAJYRC REGION 5 COMPETITION

July 26 - 31, 2016

RMDS CHAMPIONSHIPS

September 15-18, 2016

2016 OMNIBUS CORRECTIONS

- Page A-11 Julie Haugen is now a USEF 'r' judge
- Page C-5 Date Change: Dressage at Santa Fe from August 19-21 to July 23-24
- Page C-53 Dressage in the Big Sky - Change dates to: August 6-7

2016 RMDS EXECUTIVE BOARD

President	Gwen Ka'awalo	303-917-3679	Kaimana_co@hotmail.com
Past President.....	Simone Windeler.....	719-287-2040	simonedressage@gmail.com
Vice President.....	Joan Clay	970-420-0887	jncly@comcast.net
Secretary	Heather Petersen	303-648-3164	slush@drwg.net
Treasurer	Sharon Soos.....	303-904-7534	sksoos@mesanetworks.net

PERMANENT COMMITTEES

Adult Amateur	Didi DeKrey.....	970-222-3104	denisedekrey@gmail.com
Awards.....	Shannon Lemons.....	719-686-0064	lemons_shannon@yahoo.com
Results.....	Central Office.....	720-890-7825	rmlds@indra.com
Communications.....	Linda Gaber	785-470-7569	writers@icloud.com
Centaur Editor.....	Linda Gaber	785-470-7569	writers@icloud.com
Centaur Production.....	Beverly Swanson	720-401-0357	bj@piaffedesign.com
Advertising.....	Central Office.....	720-890-7825	rmlds@rmlds.org
Omnibus Production	Nicole Bizarro.....	303-939-0110	nicbiz@indra.com
Webmaster	Michael Petersen.....	719-683-8435	webmaster@rmlds.org
Education.....	Carie Sciss	719-264-9742	carie.sciss@q.com
Junior/Young Riders.....	Julie Burt.....	720-347-8084	greeniemtn@msn.com
Marketing	Una Schade	720-862-4444	unaschade@gmail.com
Professional Trainers/Riders	Sarah Dodge	303-726-2127	sarahdodge3@gmail.com
RMDS Show Liaison	Beverly Swanson	720-401-0357	ShowLiasionRMDS@gmail.com
Scholarship	MaryJo Hoepner	719-495-3648	scholarship@rmlds.org

APPOINTED COMMITTEES

Banquet	TBA		
Western Dressage Liaison.....	Frances Carbonnel.....	720-979-3120	classicallegacy@aol.com

RMDS CENTRAL OFFICE

Constitution, By-laws.....	Central Office.....	720-890-7825	rmlds@indra.com
Insurance, Show Standards	Central Office.....	720-890-7825	rmlds@indra.com
Registration Officials and Show Standards	Central Office.....	720-890-7825	rmlds@indra.com
Scheduling	Central Office	720-890-7825	rmlds@indra.com

CHAPTER PRESIDENTS

Arkansas Valley.....	Beth Hart	719-821-9354	bethhart7@gmail.com
Boulder Valley	Sandra Rosewell	303-638-2525	sandra.rosewell@colorado.edu
Colorado Springs	Pat Leech	719-749-2860	pat.leech@skybeam.com
Foothills.....	Kris Cooper	303-838-5086	kris@anchoragefarm.com
Grand Valley	Arlene Rhodes.....	970-201-1779	arlene@skypony.org
High Plains.....	Kathy Simard	303-525-8284	katsimard@msn.com
Northern Colorado	Didi DeKrey.....	970-222-1304	denisedekrey@gmail.com
On the Bit Dressage.....	Jessica Ford.....	307-460-1738	info@onthebitdressage.com
Pikes Peak.....	Michelle Anderson	303-646-1375	michand@hotmail.com
Platte River Dressage.....	Laura Speer	970-371-2934	riversidestables_evans@yahoo.com
Western Colorado.....	Barbara Graham Terry	970-963-4649	bgterry1@comcast.net

GOVERNING BODIES

United States Dressage Federation (USDF)	859-971-227	www.usdf.org
4051 Iron Works Parkway, Lexington, KY 40511		

USDF REGION 5

Director	Heather Petersen	303-648-3164	slush@drwg.net
FEI Jr/YR Coordinator	Joan Clay.....	970-420-0887	jncly@comcast.net
Website			www.usdfregion5.org
US Equestrian Federation, Inc (USEF)		859-258-2472	www.usef.org
4047 Iron Works Parkway, Lexington, KY 40511			

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

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RMDS CHAPTER MEETING SCHEDULE

Arkansas Valley: 2nd Thurs.-monthly, location TBD, Beth Hart, 719-821-9354, bethhart7@gmail.com1 check www.arkansasvalleydressage.org for times and locations

Boulder Valley: 2nd Mon., even months, location TBD, Robin Gay 303-516-1917 blondie17536@yahoo.com

Colorado Springs: 3rd Tues.-even months, location TBD, Pat Leech 719-749-2860 pat.leech@skybeam.com

Foothills: quarterly meetings, location TBD, Kris Cooper 303-838-5086 kris@anchoragefarm.com

Grand Valley: third Monday of the month, February through November at Canyon View Vineyard Church, Classroom T106, at 736 25 1/2 Rd, Grand Junction, Arlene Rhodes 970-201-1779, arlene@skypony.org

High Plains: Bimonthly- location-TBD, Olga Hendrickson 720-556-4852 olgahendrickson@gmail.com

Northern Colo.: 2nd Tues., each month, location TBD Renee Martig 970-278-0500 silverpony@frii.com

On the Bit: location TBD, Jessica Ford 307-797-2478 aprilscomet97@yahoo.com

Pikes Peak: 2nd Tuesday of the month - check www.pikespeakdressage.org for dates & location, Susan Borders susan.e.borders@gmail.com 719-740-1099

Platte River: location TBD, Laura Speer 970-371-2934 riversidestables_evans@yahoo.com

Western Colorado: location TBD, Barbara Graham Terry 970-963-4649

RMDS EXECUTIVE BOARD MEETING SCHEDULE

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 p.m. Meeting dates in 2016 may be variable, please check the calendar or the website. Contact the RMDS Central Office for location.

2016 RMDS-SPONSORED EDUCATIONAL EVENTS

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

A lot is happening in RMDS throughout the year - DO NOT MISS OUT!

Register for these events at www.rmids.org

Sept. 14-18 RMDS Championships & Region 5 Championships – Stanley Park Fairgrounds – Estes Park, CO

For details on these and other RMDS events:

- Contact the Education Chairman: education@rmids.org
- Read the Centaur
- Go on the website - www.rmids.org
- Contact the RMDS Central Office 720-890-7825 rmids@indra.com

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 5th of the month prior to the month of publication, i.e. January 5th 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: RMDS Office, Beth Geier, 2942 Park Lake Dr., Boulder, CO 80301, Phone: 720.890.7825, email: rmds@indra.com

ADVERTISING

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

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@indra.com, and cc the electronic copy to nicbiz@indra.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@indra.com (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 marketplace receives between 300-400 hits per month, and the trainer page averages about 80. RMDS receives emails 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@indra.com), 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. If emailed to you, they are free. Request a new one by mailing the Central Office at rmds@indra.com.

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

All Current RMDS Members

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
"r"	Recorded	Training - Second	3*	(FEI C)	All
"R"	Registered	Training - Fourth	4*	(FEI I) International	All
"S"	Senior	All	5*	(FEI O)	All

FEI 4*

Janet Foy^{^*}719-260-1566
Sandra Hotz [^].....303-817-2030

FEI PARA Dressage 4*

Kristi Wysocki303-648-9877

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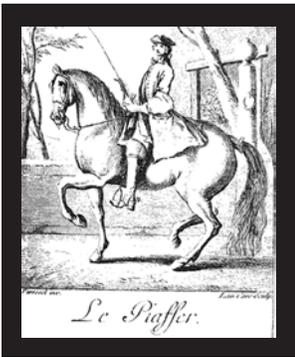
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Note: If you are a TD, Judge, or Certified Instructor and a current RMDS member and your name is not listed here, please contact the Central Office at 720-890-7825 or email: rmds@indra.com

Ask the Pros

Lets YOU Ask the Question



Sarah Dodge, 2016 Professional Liaison for RMDS, edits this feature column. RMDS members are encouraged to send questions to Sarah for area trainers to answer in the Ask The Pros column. RMDS professionals who are interested in contributing as a guest responder also are asked to contact her at sarahdodge3@gmail.com.

What's Your Question?

Q and A with Janet Foy

Janet Foy's interest in dressage started when she lived in Oxford, England, and she passed several British Horse Society Instructor Exams. She is currently an FEI4 judge, USEF 'S' Dressage Judge, and USEF Sporthorse 'R' Breeding Judge. She has judged at all major shows in the United States, as well as national championships and CDI***/W in Guatemala, England, Colombia, Costa Rica, Barbados, Canada, Poland, Australia, and Mexico, and the FEI World Cup League Finals for the United States, Canada, and Australia. Janet is a former member of the USDF Executive Board and the USA Equestrian Board of Directors, and a current member of the Federation Dressage Committee and the International High Performance Dressage Committee. She is also on the USDF L Faculty and instructs federation judges training programs throughout the United States for dressage and sport horse breeding.*

Janet's books include:

Dressage for the Not-So-Perfect Horse: Riding Through the Levels on the Peculiar, Opinionated, Complicated Mounts We All Love

Dressage Q&A: Hundreds of Your Questions Answered: How to Ride, Train, and Compete--and Love It!

Excerpted from Chapter 2, pg 25: How Riders Learn

Q: "I've struggled with the concept that you need to be uncomfortable sometimes in order to progress. Do you agree?"

A: "Right on! You need to be a bit out of your comfort zone to progress, and so does the horse. The key to a good trainer and rider, however, is to know just how far to push the horse without destroying his confidence and willingness to work. I often tell my students that there are two athletes in this sport, and they need to sweat a bit more."

Excerpt from Chapter 5, pg 63: Rhythm

Q. My Thoroughbred has absolutely the best walk I have ever sat on, and I've only ever seen one I thought looked as good. We waited a very long time to ask for any kind of collected walk, simply because it would have been so easy to mess up when he wasn't strong enough to really hold himself yet! How do I make sure I am able to keep this good walk and the correct rhythm as we train?

- A. Lucky you for having a good walk on your horse. Too many riders are impatient with the walk and only allow the horse short periods of walk on a long rein between exercises. I have found it very important for the rider to wait until the horse relaxes before picking up the reins again. Otherwise, how will the horse ever learn to do that at the show?
- Q. My trainer says you can ruin the walk. I think people ignore the walk because it's the walk, but they might also be ignoring what they are doing in the saddle at the walk, like fidgeting with the seat and reins. It's at the beginning of the ride so no one is warmed up yet. Are there good pointers about how to keep the lovely walks we have?
- A. Riders tend to "push" or "drive" too much with their seats at the walk. They need to remember that walk has no impulsion, which means the gait doesn't have a suspension phase, so the use of the driving seat actually ruins a walk. Instead, use clear alternating leg aids and alternating seat aids. Just allow the horse to move your seat for you. He will rock you a bit from one seat bone to the other. Then feel how his rib cage moves into your lower leg as the ribs move back and forth. When you feel the ribs move into your leg, that is the time to give a quick squeeze—then you are influencing the correct hind leg.

The second factor that causes rhythm problems in the walk is the suppleness of the horse's topline. Any tension in his topline has an immediate effect on the clarity of the rhythm. I think it is very important for a rider to spend enough time in the free walk so that the horse can relax and breathe. She needs to do this several times during her ride. And, she must be patient and really allow the horse to relax. Otherwise, he will never learn! The rider should also practice many transitions from free walk to medium walk to free walk so he doesn't learn that every time she picks up the reins she is going to ask for trot. This is why so many horses jig whenever the reins are picked up.

Problems and Solutions Aha! Moment

I heard it said once, "The horse must be more supple through the topline so he can better use his back." I love this description because my "Aha!" moment was when I learned that tight, quick steps are usually caused by a tight back. Relaxation and suppleness equal bigger strides.

Janet says: As you describe it, the horse's muscles are acting just like wires that conduct electricity! (See more on page 68.)

There is Dressage in China

Or at Least 1 Dressage Shirt

From Linda Gaber

Linda Gaber is Communications Chair, Centaur Editor and a member of the Foothills Chapter. She was Show Manager for Foothills' Spring Into Summer Show.

RMDS Website Comes Through for China

This is an email received by Linda:

From: Kathi Maas
Date: April 11, 2016 at 8:54:05 AM MDT
To: wriders@icloud.com
Subject: White Dressage Competition Blouse

Hello Linda,
My husband has a friend in China who's (sic) daughter is in a competition. She would like him to bring her home a White Dressage Competition Blouse from the states. We know nothing about this. We are curious if you know somewhere to find something that he may be interested in, in the Longmont/Boulder area? I found your name on the Internet when I looked this up. There is a website with information for competitions in the area.

Thanks, and have a great day!

Kathi Maas
Larimer County

One Foot in Front of the Next

From Beverly Swanson

Beverly publishes the Centaur, serves as Championship Show Liaison, and is a member of Pikes Peak Chapter. She received the Leg-Up Scholarship for 2016, and reports here on how she used her scholarship monies.

Before I write a word about my experience using the RMDS Scholarship funds, I want to thank every RMDS member for contributing to the scholarship fund and giving me the opportunity to attend an event I otherwise could not have fit in my budget.



*Beverly Swanson and Elysee
(NOT in Laramie!)*

Decisions, Decisions

When I first applied for the scholarship, I had dreams of going to Portugal with Frances Carbonnel and friends for a week of intensive training on the Lusitano horses. Alas, a diagnosis of hip bursitis with a little arthritis added in for good measure made me rethink that plan. As I looked around for other opportunities, I received an email from On The Bit Dressage, our Wyoming chapter, that they were holding a clinic with Kristi Wysocki. Aha! Perfect! I would use the money on a chapter-sponsored event, and have the great luck to learn from Kristi, whom I've admired for years.

Oh, Wyoming

I lived in Wyoming for several years, so was not surprised by the first weather cancellation. Heaven knows, organizer Stephanie Gies tried to make it happen, but the spring blizzard won out. After a bit of scrambling and hair-pulling, Stephanie managed to get us all back together for a re-schedule May 17-18, and we were on!

Of course, Wyoming (and Colorado) being what it is, we got hit again with only slightly less bad weather – rain instead of snow. (Kristi tells me that bad weather follows her – by now I believe her!) But I had my trailer ready, provisions stocked, the family truck gassed up. All I had to do was load my Elly girl down in Castle Rock, stop by my home in Denver and load the husband, Edgar the Devoted Cocker Spaniel, Zora the Aging Afghan Queen, and get to our bed and breakfast in Laramie, the Cowgirl Horse Hotel.

There is a reason this piece is entitled “One Foot in Front of the Next.” Because that’s exactly what I did for the next three days. What I learned became a lesson in perseverance, patience, and pure endurance.

On the Road

I’m a white-knuckle trailer driver anyway: I cannot stop thinking of my dearest treasure riding behind me. Add pouring rain, semi-trucks roaring by on I-25, and my concentration is so intense that I barely speak a word to my husband the entire trip. As we roll into Laramie, the wind blows up a good spring blizzard as I hunt down the B&B. I hit redial on my phone to the first 307 area code I see, and get Stephanie, who encouragingly talks us in for a landing directly to our destination.

I pull up in front of the barn and immediately run to unload poor Elly after a four-hour haul. It’s mud and flying snow but it barely registers – I just want Elly safe and sound inside a warm barn. Husband and dogs are clueless, I just point them at the house and tell them to go. This was the beginning of a marathon of load/unload/load/unload horse, hook-up/un-hook-up/hook-up/un-hook-up trailer and truck. **NOTE TO SELF AND OTHERS:** Stable your horse at the clinic barn. In my zeal to be close to my horse, this was a serious error on my part.

Cowgirl Horse Hotel is lovely, one of the owners, Pam Clarke, is also riding in the clinic. We settle in for a bit, then head to dinner. (Un-hook-up #1) I’m beat, but my ride time isn’t until 3 the next day, so plenty of time to recover. Night check on my girl, she’s fine. A trailer full of trotters is overnighing, so she has company. Sleep comes quickly until about 2 a.m. when husband falls out of bed and cracks his ribs. Seriously. It’s a high bed and he says the Afghan pushed him off. Right.

We’re Here – Mostly

Slosh through mud to barn first thing in the morning to feed and walk my girl. Weather is cold but no precip. A

cont. on pg 23

One Foot *cont. from pg 22*

little oatmeal for breakfast and head over to clinic at Spur Ridge, hope to watch a few rides. Caught a few minutes of Jessica Ford's ride, when husband tells me he has forgotten his blood sugar meds. Off to pharmacy to get pills, husband has forgotten insurance and Medicare cards. Long wait ensues, many phone calls, punctuated by moans about cracked ribs from falling off bed. **NOTE TO SELF AND OTHERS:** Do not bring husband or anyone else who does not know equestrian lifestyle (horse comes first).

Back to horse hotel to primp Elly and me for ride. We have our matching polos and breeches all planned out, we are going to look FINE. (Hook-up #2, loading #2) Elly is not a fan of trailering but usually pretty good since I bought her her very own stock trailer. We roll on over to the clinic and we're on!

Drop It At The Door

This is really where the learning begins: Drop everything at the door and just ride. I've attended enough clinics to know what you thought you were going in for turns out to be something completely different. The clinician is often seeing you for the first time, and her impressions can lead you down a wonderful new road. That's what Kristi did with Elly and me. She picked up immediately on our poll and jaw relaxation/roundness problems and got us working on a solution. She commented that mares can require a bit more "discussion" and giving first. She asked me to just softly manipulate the bit with my fingers, asking Elly to come round and give. At the same time, give my inside rein and "push the wheelbarrow." This was a great visual for "pushing" the reins forward, a concept that seems counter-intuitive. As we continued at the walk and then trot, Elly began to respond. Kristi had us add the inside leg, just the upper calf: "Squeeze the toothpaste in the tube," inside leg to outside rein. Our time just flew by. As my riding became more giving and following, Elly did too. Woohoo!

On to Day Two

Back to horse hotel, (un-hook-up #2, unloading #4) dinner for all, doggie walks, horsie walks. All seemed well until night check. Elly having a bad night, she is alone in the barn and churning up her stall. Finally another horse comes in on the other end, but is of little help. Unfortunately, her mood persists in the morning, and she is **NOT** getting on that trailer. (Hook-up #3, loading # questionable, may live in Laramie now.)

I'll spare the details, other than when Elly knocked me flat, hooves went over my head, and she ran off. Loading

#4 was finally accomplished and I didn't cry (it was close). We made it to the clinic with about 5 minutes to spare. My new friends with On The Bit were right there, helping me get on and moving. One foot in front of the next. Drop it all at the door.

I let Kristi know I was a little beat up, so we began slowly, reinforcing the lessons learned the day before. We often forget how much we can learn and train at the walk. A following seat, a soft hand, encouraging legs; all can be the foundation for the rest of the movements. Again, we had excellent success with the giving rein. Elly responded again and again, and once we got home, our success continued.

It seems such a small thing, such a minute change in technique, yet the benefits have resounded ten-fold since we resumed our riding. (We took a few days off from each other. A little separation, time to think, and a massage for each of us were definitely in order.) Now our right lead canter is much more balanced, Elly is relaxed, round and eager to work, and we are happily training at Second Level.

Lessons Learned

I said at the beginning that this trip was a lesson in perseverance, patience and pure endurance – what we do every day in pursuit of the betterment of our riding and our equine partnership. What started as a fun family trip became a test of patience with not just my horse, but with a husband who is getting older. I found myself having to take care of him, the dogs, the horse, the trailer, the driving – and accomplish my goals in attending the clinic too. Maybe what gets us in the saddle day after day is the same dogged perseverance that carried me through this experience. And even though I feel a slight recurrence of PTSD writing this article, I'm proud of how I got all my charges there and back safely, did not become angry or frustrated, and had some wonderful moments with my beautiful mare.

Many thanks to On The Bit members **Stephanie Gies**, **Ginka Kubelka** and **Jessica Ford** who were so kind and helpful, to **Kristi Wysocki** for two enlightening days of instruction, to my friend and trainer **Frances Carbonnel** for prepping me to not embarrass myself, to **Connie Woodruff** at **The Tack Room** for selling me some fabulous fuchsia polos, to the gals who own the **Cowgirl Horse Hotel** for their hospitality, to **Spur Ridge Equestrian** for hosting the clinic, and **RMDS** for all your support.



NAJYRC REGION 5

WHO ARE WE?

The 2016 Region 5 Team is an extremely unique group of young riders.

While all have a goal of making it to NAJYRC, each rider comes from a different background.

- Some own horses, some lease horses, some are sponsored by an owner of a horse.
- Some live on a farm, some travel everyday to get to their horse.
- Some have many months to qualify while others only have a few.

But the riders are also the same in many ways.

All work in some way to contribute to their dressage experience from holding down a job to being a working student.

All excel in school, do volunteer work and are involved in other activities such as National Honors Society, Mock Trial, Soccer, Hiking.

And all have a passion for their horses and their riding making the Region 5 team one of the most diverse and dedicated NAJYRC teams.

WHAT IS NAJYRC?

The NAJYRC is a unique and prestigious competition which brings together the top FEI Junior and Young Riders, age 14-21, from throughout North American and neighboring countries. Teams of qualified riders vie for team and individual FEI medals in the three Olympic equestrian

disciplines of show jumping, dressage, eventing and the FEI World Equestrian Games disciplines of reining, para-dressage and endurance. The competition is the only FEI championship held annually on this continent.

Complete rules and qualifying criteria for the NAJYRC can be found at USDF.org.

HOW CAN YOU GET INVOLVED?

Become a Sponsor! Without the generous support of our sponsors the Region 5 team could not make it to NAJYRC. All athletes, both two and four legged, have logged countless hours in order to compete but it still takes a village in support to get the team to NAJYRC. From trainers to parents to sponsors, the team is made up of more than just the riders and you can be a part of it! Any donations, small and large, are greatly appreciated. We are a Not For Profit Educational Organization and all donations are tax deductible. Your donations go towards offsetting the expenses of the team including but not limited to:

- Entry and stabling fees
- Team tack stalls
- Team travel
- Team Clothing
- Chef d'Equipe golf cart
- Chef d'Equipe travel and lodging

To get involved and/or become a sponsor go to:

<http://region5yrdressage.weebly.com>

**RMDS is hosting the Region 5 Competition this year.
For more info, or to volunteer, please contact Kristi Wysocki at sk.wysocki@att.net**

July 26-31, 2016 at the Colorado Horse Park

Foothills Gives-a-Friend-a-Seat-Lesson Clinic (GAFASL)

From Kris Cooper

Kris Cooper is president of the Foothills Chapter.

How do you bring four dressage barns together, empower 12 participants, add \$600 to the chapter scholarship fund and gain three new members? How about a GAFASL Clinic?

The Foothills Chapter offered a seat lesson clinic for chapter members April 10 at Anchorage Farm in Pine, CO. The purpose of this clinic was:

- To stress the importance of seat lessons for all riders and
- To enable members to be capable of giving seat lessons to one another.

Both Kris and husband Jim, have studied the art of lunging and seat lessons for years, from Violet Hopkins, Gerhard Politz and three USDF instructor pre-certification clinics. Kris also took the instructor certification exam, passing the seat lesson portion. Kris strongly believes that no beginner should learn to post the trot with reins in his/her hands until he/she can post with quiet hands and no reins.

Better Rider Seat, Happier Horse

Seat lessons, Kris explained, are for the benefit of the horse. Every time we snatch the reins for balance we disturb the horse. Furthermore, any stiffness, tension or resistance in the rider's body limits the horse's full potential.

Alex Wortmann, a German Reitlehrer, at one point admonished Kris, "You will never be a good rider without seat lessons." In Alex's mind, this meant nothing but seat lessons for six months – no horse training, no trail riding, just seat lessons six times a week. Kris picked up the gauntlet. Kris's working student, Barbara Reidsma from Holland, gave the prescribed daily seat lessons for four months. Then Alex said, "You are off the hook," only to insist that Kris ride

RMDS SCHOLARSHIP FUND

Your contributions to the RMDS Scholarship Funds assist Adult Amateurs, Professionals, and Jr/YRs with achieving their goals.

Scholarships are awarded on several factors, including volunteer hours. For more information, go to: rmds.org/Organization/Scholarship

with side reins but no reins in her hands for two more months.

GAFASL

How did the GAFASL work? Jim first gave a lunging demo. Participants took lessons on safe and correct lunging. Five Anchorage Farm school horses and Nicole Riffe's gelding, Diamond, were used. In the afternoon participants gave seat lessons to one another. Thank you to all of our participants, volunteers and horses!

In the future, Kris says, she'd like to add a seat lesson demo, offer a diagnosis of each rider's challenges and provide hand-outs for exercises (on and off the horse) to address each issue.

It takes experience to recognize what the rider needs to improve in his/her body. Instructors, clinicians and judges often mention these things. It is Kris' hope that participants can now help one another to address these issues. Do not be dismayed. Everyone has challenges. Everyone benefits from simply riding with no hands holding onto anything.

The upshot of the clinic? Four Foothills barns were represented. Twelve participants and five volunteers made new friends and got to know each other better, and our chapter acquired three new members. Our scholarship fund became \$600 richer through the clinic's net proceeds.

SAVE THE DATES!

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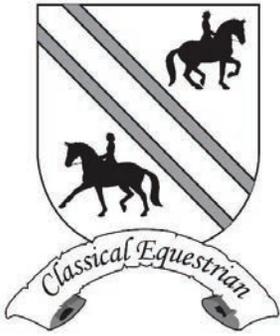
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