

THE CENTAUR

Demystifying the Half Halt

by Sarah Dodge

In the May issue of The Centaur, trainer Sarah Martin introduced techniques to master the half-halt. This elemental maneuver is the basis for many advanced dressage movements, but remains an elusive goal for many riders. Here, another trainer, Sarah Dodge, offers her way of considering the half-halt. It is our hope that this knowledge will add to and augment the reader's understanding.

Half Halts. Everyone has heard "ride a half halt" or "you need to half halt more". Do you really know how to ride a half halt? Do you know how to teach your young horse to respond to a half halt? Do you really know the value of the half halt to the advanced horse? Entire books have been written on the subject of half halts; however, many riders still don't have a clear understanding of how to ride an effective half-halt.

I'd like to share with you a simple, effective way to ride half halts.

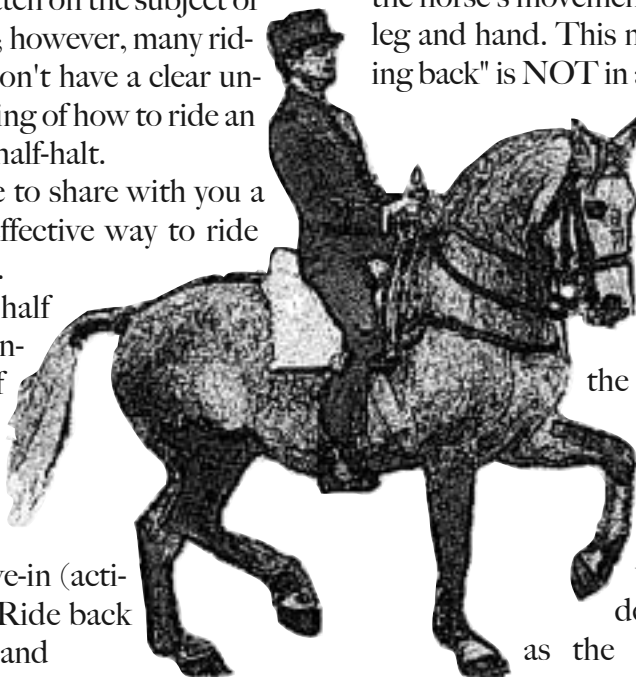
The half halt consists of three basic parts:

1) Drive-in (activate); 2) Ride back (collect); and

3) Drive-out (activate again). The first and 3rd steps are crucial, but often forgotten. In such cases, the result is to simply slow the horse, or shut down his driving power.

1) Drive in: This is a brief moment of actively driving the horse forward to the bit. This ensures that the horse is stepping energetically into both reins, giving the rider something (energy) to collect. In this "driving in" phase, the rider has more contact with horse by using the leg aids to activate the horse, and drive him more forward to the bit. The rider's seat and hand also have more contact as they receive this increased activity from the horse.

2) Ride back: In this phase, the rider momentarily stops following the horse's movement with the seat, leg and hand. This moment of "riding back" is NOT in any way pulling back on the reins in an effort to stop forward motion. It is the moment of redistribution of the horse's weight towards its hindquarters. The rider should feel his weight drop deeper in saddle as the



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RMDS PAID POSITIONS

Accepting Bids for two years for the following contracts:

Centaur Production, Centaur Editing, Omnibus Production, Website Maintenance, 2009/2010 Championship Show management, 2009/2010 Winter Wake-up Show management, and the Central Office manager.

These are paid RMDS positions for qualified persons. Call the Central Office at 720-890-7825 or e-mail rmds@rmds.org for more information. Bids must be received by July 8. Mail to the RMDS Central Office c/o Laura Speer.

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USDF Launches Multi-Lingual Feature of New Web Site

Lexington, KY (May 13, 2008) - The United States Dressage Federation (USDF) launched a multi-lingual translating feature, located on the bottom of every page, on its Web site. Visitors to the site can translate it into ten different languages: Spanish, French, German, Italian, Portuguese, Arabic, Japanese, Korean, Chinese, and Russian.

Chad Compton, Director of IT Services, added that "By making this feature available, USDF is one step closer to its goal of developing a world class Web site that will help establish USDF as the recognized voice and information portal for dressage."

For more information on upcoming Web site enhancements or the language translator, please contact the IT Services department at webmaster@usdf.org or call (859) 971-2277.

Founded in 1973, the

United States Dressage Federation is a nonprofit membership organization dedicated to education, recognition of achievement, and promotion of dressage. For more information on USDF membership or programs, visit www.usdf.org, e-mail usdressage@usdf.org, or call (859) 971-2277.



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Registration Officials.....	RMDS Central Office	720-890-7825	rmds@rmds.org
& Show Standards			
Scheduling & Insurance.....	RMDS Central Office	720-890-7825	rmds@rmds.org
Scholarship	Grace Maddox	303-823-8881	grace.maddox@gmail.com

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

GOVERNING BODIES

RMDS is a USDF Group Member Organization.

RMDS members are automatically USDF Group Members.

United States Dressage Federation (USDF)
4051 Iron Works Pkwy. Lexington, KY 40511
859-971-2277

RMDS Central Office: rmds@rmds.org

2942 Park Lake Drive

Boulder, CO 80301

Phone: 720-890-7825 Online dues paying now available at: www.rmds.org

US Equestrian Federation (USEF)
4047 Iron Works Pkwy. Lexington, KY 40511
859-258-2472

USDF Region 5 Director

Theresa L. Hunt

huntery@mindspring.com

USDF YR Rep: Tammy Fitch, tfitch@lcfsystems.com

USDF Youth Coordinator: Julie Barringer-Richers, 720-341-5033 jbarringerrichers@comcast.net

Federation Equestre Internationale (FEI)

Ave. Mon Repos 24, PO Box 157

1000 Lausanne 5, Switzerland

41 21 310 47 47

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RMDS Meeting Schedules RMDS Executive Board

All RMDS Executive Board meetings occur on the second Thursday of every odd-numbered month. Steering committee meetings are held on the second Monday of every even-numbered month. Board of Governor's meeting is held the second Saturday of Nov. Contact the Central Office for precise dates.

RMDS CHAPTER MEETING SCHEDULE

Arkansas Valley 3rd Thurs,
Quality Inn, Canon City, 6 pm.
Brenda Haley 719-275-0118
shininghorse@copper.net
www.horsetop.net

Boulder Valley, 2nd Mon.,
even months.
Claudia Barkmeier 303-417-1675
cbarkmeier@rwbaird.com

Colorado Springs, 3rd Tues,
Location TBD.
(Check CSDressage.org website).
Simone Windeler 719-540-2000
wjsimone@msn.com

Foothills, 1st Thurs. each month.
Dolly Hannon, 303-919-4112
dollyhannon@msn.com

Grand Valley, 1st Tues. each month,
location TBD.
Tiger Adams, 970-523-7464
tiger@thehorseinsport.com

High Plains, 3rd Tues. each month,
7 pm, location TBD.
Alex Curnutte 303-663-0358
curnuttes@msn.com

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

Penrose, 1st Wed, each month,
location TBD.
Sharon Ghilarducci 719-462-5760
quailridgedrsg@hotmail.com

Tri State, TBA,
Tammy Fagan 307-856-5451
tfagan@wyoming.com

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

RMDS SPONSORED EDUCATIONAL EVENTS

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

2008	
June 29-July 2	Junior Camp - KC Parkins-Kyle 303-841-9953
August 23-24	USEF 'r' exam - Janet Foy & Lois Yukins - Parker
Sept 25	Rocky Mountain Series-Sport Horse Breeding Finals & USDFBC Finals - Colo. Horse Park
Sept 26-28	RMDS Open and Championship Show - Colo. Horse Park
Dec 3-7	USDF Convention-Denver, CO Contact Laura Speer to volunteer 970-330-7233 riversidestables_evans@yahoo.com
Dec 6-7	Adequan/USDF National Symposium - Kyra Kyrklund Contact Heather Petersen to volunteer 719-683-8435 slush@drwg.net
2009	
Sept 24	Rocky Mountain Series-Sport Horse Breeding Finals & USDFBC Finals - Colo. Horse Park
Sept 25-27	RMDS Open and Championship Show - Colo. Horse Park

For details on these and other RMDS events, contact Educational Chairman Heather Petersen
719-683-8435 slush@drwg.net or
Read the Centaur
Go on the website - www.rmids.org
Contact the RMDS Central Office 720-890-7825 or rmids@rmids.com

Show Managers & Show Secretaries

**Wonderful booklet of
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Calendar Info

Always contact the individual to check calendar information, as dates, times and places may change. SHOW COMPETITORS SHOULD DO A SCORE CHECK WITH THE CENTRAL OFFICE OR ON-LINE at www.rmids.org. Send calendar items and events requiring RMDS sanction to Beth Geier, RMDS Central Office, 720-890-7825.

THE CENTAUR NEWSLETTER

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

CONTACT INFORMATION

For article suggestions, articles, columns, letters to the editor: Centaur editor Gavin Ehringer, PO Box 9, Colorado Springs, CO 80901 ph. 719-471-8764, e-mail gavinhringer@earthlink.net.

ADVERTISING

RMDS office, Beth Geier, 2942 Park Lake Dr., Boulder, CO 80301 ph. 720-890-7825, e-mail 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 only. Acceptable forms include: JPG, PDF, TIFF, EPS, Quark XPress (include all fonts and image files). IF UNSURE ABOUT AD FORMATTING, please contact editor (contact info above) for consultation and advice. **Microsoft Word IS NOT an acceptable form of advertisement submission, except in the case of classified ads.**

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 \$35, 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 e-mail 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

E-mail ads to: RMDs@rmds.org, and cc the electronic copy to: gavinhringer@earthlink.net. Send payment and hard-copy to: 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.....	7.5" x 9.5"
Half page	\$90.....	7.5" x 4.75"
Outside back half.....	\$105.....	7.5" x 4.75"
1/4 page (Vertical Only).....	\$55.....	3.75" x 4.25" (vertical only)
1/8 page (business card)	\$30.....	3.625" x 2.25" (horizontal only)

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

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, not necessarily the RMDS, its officers or employees.

TRAINERS AND INSTRUCTORS - Get on the World Wide Web and Build New Business.

If you wish to increase business, you can place your information on the RMDS website at very low cost. Send information to: Michael Petersen, 12395 Gull Lane, Peyton, CO 80831, ph. 719-683-8435 or e-mail: webmaster@rmds.org (note on the subject line "trainer info").

Please include your name, phone number(s), postal addresses, e-mail, locations where you train and other pertinent info, i.e. awards, certifications, lesson types, schooling horses, etc.

The website averages 200 hits per month on the trainer page and RMDS receives 25-30 e-mails per month requesting names of trainers/instructors 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 webmaster is notified in advance (webmaster@rmds.org), the ad will be removed from the website once the date of the event advertised has passed.

Please limit content of the ads to 20 words. E-mail and website addresses will be displayed as links.

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

1. Refuse any ad.
2. Edit ad content.
3. 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 emailing the Central Office at rmds@rmds.org

Proof of adult amateur status must be sent to the Central Office every year. Showing proof at shows is not enough for the year-end awards. Owner, rider, 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.



RMDS Membership Form

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

Individual Membership - \$55.00 (prior & renewing members add \$5 after January 1)

Additional family members (same address) - \$40

Business Memberships- \$75.00 Centaur newsletter only - \$35.00 Life Membership - \$650.00

All business memberships include one individual membership.

Please include all information for person designated as individual member.

All individual members will receive Centaur newsletter & the Omnibus.

Indicate Local Chapter (only one):

Boulder Valley

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Tri-State (Wyoming, Adjacent States)

Arkansas Valley

Colorado Springs

Northern Colorado (Fort Collins)

Western Colorado (Aspen, Vail etc)

Foothills (Golden, Evergreen)

Penrose (Canon City)

Grand Valley (Grand Junction)

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Type of Membership: (check one) Individual Business Family Centaur Only

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

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Name of Representative (If owner is a business) _____

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

to: RMDS Central Office - 2942 Park Lake Dr. - Boulder, CO 80301 720-890-7825

Editor's Page

From the desk of RMDS President Laura Speer

July will be here before you know it and that means the JR/YR Championships will be here! Volunteers are still needed so if you can help, please contact Kristi Wysocki at: 303-348-9877 or send her an email at: sk.wysock@att.net.

There is an ad in this Centaur for several paid RMDS positions. Don't worry, there isn't a mass exodus of RMDS members, it just happened that all of these contracts were up for renewal at the same time. I would strongly encourage anybody who is qualified to apply. Please remember when bidding that RMDS is a non-profit organization on a budget so we will be looking to hire the best we can afford. This is a good opportunity for those who are skilled but maybe need more experience or an additional future referral to your re-

sume. All bids will be considered and welcome!

Two items that are important topics for our RMDS Board: developing a super Scholarship Program that all members can apply for and a larger, more exciting Awards Banquet. We are really trying to make this organization give back to the members and volunteers. Actually, I can't wait to go to the Banquet this year! I'm not showing and won't be receiving any awards but BVD is revving things up and this will be the place to be in November!

RMDS Treasurer Lisa Wiggins has unfortunately resigned from the Treasurer position for family reasons (a new baby!). For the rest of her term, our VP Sharon Soos has been appointed to the Treasurer's position. Thank you, Sharon! Best wishes to

Lisa and her family!

One last note directed to those of you who show. I had an eye opening experience last month by running the NCDA schooling show. After a multitude of hours spent organizing this rather small event, I realized that there is not enough appreciation (or money) involved with those people who take time year after year to hold these shows. The kind ladies who volunteered to help me were absolute God sends! Please, if you are at a show try to volunteer for at least a little bit. If you can't, please at least thank the people in the office who worked hard to put the show together. This acknowledgement goes a long way!

With forward thoughts,
Laura Speer, RMDS President

Region 5 Report

The USDF Spring Executive Board meeting was held at the USDF National Education Center at the Kentucky Horse Park in Lexington on April 18-19. One of the hot topics was the revised USEF Dressage Committee proposed performance standards. Be sure to express your view on the standards by June 15th on the USEF website.

However, the majority of our discussions focused on the implementation of the strategic plan. One ad hoc committee analyzed all 30 of USDF's educational programs and will recommend program improvements and reallocation of resources.

The National Championships

committee developed preliminary recommendations to hold championships for adult amateurs from Training Level through Grand Prix and for open riders from Training through Fourth Level. The championships may be held as early as the Fall of 2011. We also started the most challenging aspect of the strategic plan, which is to evaluate our governance structure and process. More detail will be discussed at our next convention in Denver.

Kyra Kyrklund will conduct the USDF Symposium in Denver December 6-7. I attended her symposium in Scottsdale several years ago and she is a wonderful presenter—clear, concise, and

logical. She stresses two-way communication between horse and rider, using the lightest aides possible.

Vote for your participating delegates by June 30th! USDF is a grassroots organization and these individuals will represent you on decisions made at the next USDF convention. This is your chance to participate, so vote for your delegate. We will have many educational sessions as well as the council and committee meetings, and of course, the Board of Governors assembly. I hope to see many of you at the convention since it is in our region.

Happy Riding!

Theresa Hunt, Region 5 Director

Editor's Page

Editor's Scoop

During my long run as a reporter covering the sport of rodeo for *Western Horseman* magazine, I had the good fortune to meet, talk to, ride with, and get to know Larry Mahan.

Regarded by most as one of the three greatest all-around cowboys in the history of the sport, Larry Mahan earned his fame as one of the toughest, cagiest, most competitive rough stock riders in the business. He was adept on saddle broncs, bareback horses and bulls. He was a perennial contender to win individual titles in every one of these events.

Though I didn't know him during his hey-day on the rodeo circuit, I suspect he was always a bit of an oddball, even among his peers. Rather than spend his time behind the chutes, shooting the breeze with his buddies, Larry would often go sit with committee members or local businessmen. On at least one occasion, Mahan was working the announcing booth and also riding in the competition. After calling the

last rider's efforts, he rushed down stairs, mounted his bronc, made his ride, then hustled back up to the booth to take the mike and tell the audience what he had just done!

So, why am I telling you this? I think because Mahan exemplifies a true student of the horse.

He once admitted to me that he didn't really get an education in riding until after he quit the rodeo circuit. Sure, he could tame the wildest broncs, but what Larry wanted to master was his understanding not of what a horse could do in the wild, frantic stages of bucking, but what a horse could do when brought to the highest degree of education.

While it would be immodest to say that I have followed in Larry's path, I think that our education in horses has followed a similar trajectory.

I used to derive a great deal of enjoyment watching rodeo horses perform. I still do - it is a myth that rodeo horses buck for any other rea-

son than that it is in their constitution.

But I can say this: I derive as much, if not more, pleasure watching the development of a dressage horse.

It is something that unfolds slowly, like a child becoming an adult, and is a process that often takes an equivalent amount of time, work and education. Truly, I have come to understand, the advanced dressage horse is the ultimate expression of a horse's innate capacities.

In an age and a society that embraces instant gratification, 24-hour-entertainment, and spectacle, the performance of a dressage horse is a throwback experience. It harken to a time when people could watch something and appreciate the thousands of hours of work and the years of preparation that it took to arrive at a singular moment of near-perfection.

Larry, better than most, understands that. His perfection came first in the rodeo arena - then later, in his quest to become, as he says simply, "a horseman."

What I liked about Ol' Larry "the Bull," as his friends called him, was that he has never quit trying to be a better student of the horse. Since retiring from rodeo, he has worked steadily on his horsemanship. He has always looked at disciplines like dressage not as something unnecessary to a six-time World Champion All-Around cowboy, but something that could help make him a better student of the horse. It's humbling to know someone like that, I think.

Gavin Ehringer, editor

"California, here she comes....."



Autumn Hill IEC
and the Friends and Family of
Greta Barringer-Richers
wish her the Very Best on her move
to
ROYAL OAKS FARM
Thousand Oaks, California

WE ARE VERY EXCITED FOR GRETA TO HAVE THIS OPPORTUNITY TO WORK
WITH HEAD TRAINER, SUE HALASZ and OWNER, ANKE MAGNUSSON

*"Everyone at Autumn Hill IEC will miss your presence in the barn Greta,
as a Trainer & Instructor and as a Mentor to our younger riders."*

2008 Omnibus Corrections

- Page B-3 Effective 4/1/08
All FEI Pony Rider Tests are equivalent to Second Level.
All FEI Junior Rider Tests are equivalent to Third Level.
- Page C-59 AHIEC June Show - Add Classes:
June 28 Class 139 Young Horse TOC O
Class 140 Developing Horse Test O
June 29 Class 239 Young Horse TOC Markel/USEF Q
Class 240 Developing Horse Test USEF Q/Gr.Amer.USDF Q
- Page C-65 Dressage at the Peak II Summer Show - Add Classes:
Saturday Class 150 Young Horse TOC O
Class 151 Developing Horse Test O,Q
Sunday Class 250 Young Horse TOC O USEF Qualifying
Class 251 Developing Horse Test O,Q USEF Qualifying
- Page C-71 Dressage at Sun Prairie Stables-Aug 16 & 17-
ADD Sunday to prize list – now have stalls
Change TD to Debbie Moloznik

Visit the RMDS website: www.rmds.org

Contact the RMDS Central Office 720-890-7825 or rmds@rmds.com

Technical Delegates, Judges & Certified Instructors

Dressage Judges Ratings & Levels Qualified to Judge

Status	Status	Levels	Status	Status	Levels
"L"	Learner*	Training-Second (RMDS only)	"S"	Senior	All Levels
"r"	Recorded	Training-Second	"I"	International	All Levels
"R"	Registered	Training-Fourth	"O"	Olympic	All Levels
* May only judge at RMDS shows.			Any class ridden before a judge not qualified to judge at that level must ride "Hors d'concours" (score does not count).		
FEI 'I'		Beth Geier303-673-9840	TECHNICAL DELEGATES USEF		Sabine Kallas307-733-9497
Janet Foy719-260-1566		Ilyse Gold970-588-3859	Eva-Maria Adolphi (UT) -r		Ellene Kloepfer303-828-3879
USEF 'S'		Jan Goodrich-Spear.....303-664-0152	801-254-3247		Clayton Martin.....719-379-3716
Debbie Riehl-Rodriguez ..303-642-7708		Gwen Ka'awaloa *303-646-4363	Veronica Holt - R303-646-3829		Sheri Mattei-Mead970-669-3733
Sandra Hotz303-817-2030		Linda Coates-Markle.....303-469-0279	Laurie Mactavish - R970-390-5160		Kathryn Meistrell303-646-9059
Anita Owen.....303-953-9904		Sarah Martin *719-379-3716	Deeda Randle (WY) - R ...307-638-6737		Bridget Milnes303-660-4986
USEF 'R'		Kathleen Mayger*970-310-8729	Catherine Siemiet - r719-942-5311		Kristi Wysocki303-648-9877
Janet "Dolly" Hannon.....303-919-4112		Linda Ohlson-Gross *303-840-9818	Dianne Stanley - r (MT) - 406-652-4061		USDF CERTIFIED INSTRUCTORS
Kristi Wysocki303-648-9877		KC Parkins-Kyle.....303-841-9953	Libby Stokes - r.....303-688-2795		TRAINING – 4th
USEF 'r'		Sally Robertson.....303-237-6915	RMDS - (RMDS sanctioned shows only)		Simone Ahern-Harless719-749-9274
Loni Gaudet970-532-0852		Kathy Simard*720-981-4448	Joan Clay970-490-1927		Nancy DeVaney303-681-2516
Amy Jablonovsky970-493-2833		Maria Wasson303-682-9594	Rusty Cook505-877-1456		Loma Fowler303-841-0417
Suzanne Zimmer303-478-8325		Regina Wendler970-879-7505	Jeannette Hillery303-494-7718		Sarah Martin.....719-379-3716
USDF 'L' Graduate – Schooling & RMDS only recognized shows		Simone Windeler719-540-2000	Susan Selby970-227-9530		Kathy Simard.....720-981-4448
Simone Ahern-Harless* ...719-749-9274		<i>*Denotes graduating with distinction</i>	M. Elaine Thomas719-495-1510		Melinda Weatherford970-484-5218
Francie Brashear.....303-840-7626		DRESSAGE SPORT HORSE BREEDING JUDGES	USDF CERTIFIED INSTRUCTORS		
Gigi Brittain*303-646-1506		TRAINING – 2ND	TRAINING – 2ND		
Julie Burt719-372-6270		Janet Foy 'R'719-260-1566	Julie Burt719-372-6270		
Rae Ann Cook *970-225-1408		Debbie Riehl-Rodriguez 'R' .303-642-7708	Jill Cantor Lee970-686-9163		
Emmy Detlof.....719-495-4188		Kristi Wysocki 'r'303-648-9877	RaeAnn Cook970-225-1408		
Marti Foster *303-277-1132			Janet "Dolly" Hannon.....303-279-4546		

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LACE-\$32,000



ELVIS-\$20,000



BLUE MOON-\$12,000

2008 Shows & Events

JUNE 2008

- 5 Riverwalk Series Schooling Show** Pathfinder Park, Florence
Contact Brenda Haley 719-369-2421 or Karen Randall 719-275-4220 or go to www.horsetop.net
- 6 Dressage at High Prairie #1** Parker USEF-YR Qualifier
Contact Glenda McElroy 818-841-3554 jennifer@glenroys.com
- 7 Dressage at High Prairie #2** Parker USEF-YR Qualifier
USDFBC Sport Horse Competition
Contact Glenda McElroy 818-841-3554 jennifer@glenroys.com
- 7 Dressage Schooling Show** Stone Gate Ranch, Fort Collins
Contact Miriam White 970-430-0181
- 8 Dressage at High Prairie #3** Parker USEF-YR Qualifier
Contact Glenda McElroy 818-841-3554 jennifer@glenroys.com
- 8 Dressage Schooling Show** Stone Gate Ranch, Fort Collins
Contact Miriam White 970-430-0181
- 9 Dolly Hannon Clinic** Meadow Creek Farms, Erie
Contact Gwen 303-885-3363 clinics@meadowcreekfarms.net
- 10 Janet Foy Clinic** Reiterhof Ranch
Contact Jody 303-646-9520 www.geocities.com/ingolfn
- 14-15 NCDA Rocky Mountain Classic** Cheyenne, WY
Contact Jane Donnelly 970-669-5775 dendy20@msn.com
- 14-15 Millbrook Farms Dressage Show** Lehi, UT USEF
Contact Jan Lawrence 801-768-8739 millbrk@xmission.com
- 14-15 Black Hills Dressage Classic** Rapid City, SD USEF
Contact Eve Vavra 605-267-2407, www.sddressagesociety.com
- 15 Centaur Rising Dressage Show I** Pine - RMDS
Contact Kristin Cooper, 303-838-5086.
- 20 Sage Creek Dressage #1** Charleston, UT USEF YR Qualifier
Contact Alison Childs 435-640-3287
- 21 Sage Creek Dressage #2** Charleston, UT USEF YR Qualifier
Contact Alison Childs 435-640-3287
- 24 Janet Foy Clinic** Reiterhof Ranch
Contact Jody 303-646-9520 www.geocities.com/ingolfn
- 28 Autumn Hill Dressage Festival #1** Longmont USEF-YR Qualif.
Contact Heather Petersen 719-683-8435, slush@drwg.net
- 28 Cottonwood Riding Club Schooling Show** Littleton
Contact Tara Heib 303-791-7656,
www.cottonwoodridingclub.com
- 29 Autumn Hill Dressage Festival #2** Longmont-USEF-YR Qualif.
Contact Heather Petersen 719-683-8435, slush@drwg.net
- 29-7/2 RMDS Junior Dressage Camp** 8th Heaven Equestrian Facility
Contact KC Parkins-Kyle 303-841-9953
- 30 Dolly Hannon Clinic** Meadow Creek Farms, Erie
Contact Gwen 303-885-3363 clinics@meadowcreekfarms.net

JULY 2008

- 8 Janet Foy Clinic** Reiterhof Ranch
Contact Jody 303-646-9520 www.geocities.com/ingolfn
- 11-12 Dennis Callin Clinic** A Rising Star Stable, Arvada
Contact Glenda Needles, 303-619-8292
geminidr@geminidressage-11c.com
- 12 Taka Chi Dressage Summer RMDS Show** Blanca
Contact Sarah Martin 719-379-3716
- 12 Dolly Hannon Clinic** Meadow Creek Farms, Erie
Contact Gwen 303-885-3363 clinics@meadowcreekfarms.net
- 13 Autumn Hill Sunday Series #2** Longmont
Contact Camille Griffin 719-488-2812 camillegriffin@msn.com
- 13-14 Dennis Callin Clinic** Kaimana Farms, Elizabeth
Contact Gwen 303-646-2795 kaimanafarms@hotmail.com
- 17-20 Boulder Valley Adult Camp** Longmont
Contact Barbara Goldman boelandjarb@hotmail.com
- 18 Dressage at the Peak Summer Warm Up** Estes Park USEF
Contact Heather Petersen 719-683-8435, slush@drwg.net
- 19-20 Dressage at the Peak II Summer Show** Estes Park USEF
Contact Heather Petersen 719-683-8435, slush@drwg.net
- 20 Centaur Rising Dressage Show II** Pine - RMDS
Contact Kristann Cooper, 303-838-5086.
- 22 Dolly Hannon Clinic** Meadow Creek Farms, Erie
Contact Gwen 303-885-3363 clinics@meadowcreekfarms.net
- 22 Janet Foy Clinic** Reiterhoff Ranch
Contact Jody 303-646-9520 www.geocities.com/ingolfn/
- 25 Sage Creek Dressage #3** Charleston, UT USEF YR Qualifier
Contact Alison Childs 435-640-3287
- 26 Sage Creek Dressage #4** Charleston, UT USEF YR Qualifier
Contact Alison Childs 435-640-3287
- 26 Autumn Hill Dressage Festival #3** Longmont USEF
Contact Heather Petersen 719-683-8435, slush@drwg.net
- 27 Autumn Hill Dressage Festival #4** Longmont-USEF
Contact Heather Petersen 719-683-8435, slush@drwg.net
- 29-8/3 Platinum NAJYRC Championships** Parker.
Contact USDF 859-971-2277
VOLUNTEERS contact: Kristi Wysocki, sk.wysocki@att.net, 303-648-9877
- AUGUST 2008**
- 2-3 Cheyenne Dressage & Eventing Open Show** Cheyenne USEF.
Contact Rowena Heckert 3007-632-4151 rlheckert@msn.com
- 4 Dolly Hannon Clinic** Meadow Creek Farms, Erie
Contact Gwen 303-885-3363 clinics@meadowcreekfarms.net
- 5 Janet Foy Clinic** Reiterhoff Ranch
Contact Jody 303-646-9520 www.geocities.com/ingolfn/

2008/09 Shows & Events

- 5 Ballet on Horseback** Boulder County Fair, Longmont (7 PM)
Contact 303-772-7170
- 8 Dressage in the Rockies #1** Parker-USEF
Contact Glenda McElroy 818-841-3554 jennifer@glenroys.com
- 9 Dressage in the Rockies #2 (USEF) & USDFBC Sport Horse Competition** Parker
Contact Glenda McElroy 818-841-3554 jennifer@glenroys.com
- 10 Dressage in the Rockies #3** Parker-USEF
Contact Glenda McElroy 818-841-3554 jennifer@glenroys.com
- 16-17 Dressage at Sun Prairie (USEF) & USDFBC Sport Horse Competition** Peyton
Contact Camille Griffin 719-488-2812 camillegriffin@msn.com
- 16-17 Paul Belasik Classical Dressage Clinic**-Grand Junction
Contact Lynea Schultz-Ela 970-872-3961 lynea@paonia.com
- 17 Autumn Hill Sunday Series #3**, Longmont. Contact Contact
Camille Griffin 719-488-2812 camillegriffin@msn.com
- 19 Janet Foy Clinic** Reiterhof Ranch
Contact Jody 303-646-9520 www.geocities.com/ingolfrn/
- 22 Paragon Dressage I & USDFBC Sport Horse Competition**
Parker USEF
Contact Heather Petersen 719-683-8435, slush@drwg.net
- 23 Paragon Dressage II** Parker USEF
Contact Heather Petersen 719-683-8435, slush@drwg.net
- 24 Paragon Dressage III** Parker USEF
Contact Heather Petersen 719-683-8435, slush@drwg.net
- 23-24 USEF "r"-Paragon Dressage, Parker**
Contact Heather Petersen
719-683-8435, slush@drwg.net
- 23 Utah Dressage Society Annual Show #1** USEF
Contact Eva-Marie Adolphi 801-254-3247
- 24 Utah Dressage Society Annual Show #2** USEF
Contact Eva-Marie Adolphi 801-254-3247
- 24 Centaur Rising Dressage Show III** Pine RMDS
Contact Kristin Cooper, 303-838-5086.
- 25 Dolly Hannon Clinic** Meadow Creek Farms, Erie
Contact Gwen 303-885-3363 clinics@meadowcreekfarms.net
- 30 2008 Dressage Classic Boulder Valley/Meadow Creek** Erie
Contact Jeannette Hillery 303-494-7718
or Sarah Barns 303-817-2783
- 30 Aspen Ridge Schooling Show** Monument
Contact Simone Windeler 719-287-2040 wjsimone@msn.com
- 31 Aspen Ridge RMDS Dressage Show** Monument.
Contact Simone Windeler 719-287-2040 wjsimone@msn.com
- 31 - 9/1 Sarah Martin Clinic** Meadow Creek Farms, Erie
Contact Beth Geier 303-673-9840
- SEPTEMBER 2008**
- 5 RMIHC All-Breed Dressage Show** Castle Rock
Contact Tracy Vale 719-495-0248 valmoo@aol.com
- 6 Pendragon Stud RMDS Dressage Show** Larkspur
Contact Leslie Terry 303-688-4147 leslieT34@aol.com
- 6 Grand Valley Dressage Fall Show** Grand Junction USEF
Contact Lisa Binse 970-243-8543
- 7 Western Slope Championships & Open Show**
Contact Lisa Binse 970-243-8543
- 6-7 Boulder Valley/Meadow Creek Dressage Classic #2**, Erie.
Contact Sarah Barnes 303-817-2783
- 13-14 Biomechanics Symposium with J Ashton Moore** Durango
Contact Mary Ann Towsley 970-382-3485
mtowsley@animas.net
- 14 Foothills Last Chance Show** Golden
Contact Aimee Edwards 720-981-0996
aimeeedwards@msn.com
- 20 Cottonwood Riding Club Show** Littleton
Contact Tara 303-791-7656 www.cottonwoodridingclub.com
- 25 Rocky Mountain Sport Horse Breeding Championships & Qualifying Open Breed Show (USEF) & USDFBC Sport Horse Competition**
Contact Heather Petersen 719-683-8435, slush@drwg.net
- 26-28 RMDS Championships & Open Show** Parker-USEF
Contact Heather Petersen 719-683-8435 slush@drwg.net
- OCTOBER 2008**
- 11-12 Milbrook Farms Autumn Dressage Show** Lehi, Utah-USEF
Contact Jan Lawrence, 801-768-8739 millbrk@xmission.com
- 31-11/2 Great American Insurance Group/USDF Regional V Dressage Championship** Scottsdale, AZ
Contact Sue Plasman 530-695-0509 splasman@comcast.net
- DECEMBER 2008**
- 3-7 USDF Convention** Denver
Contact RMDS President Laura Speer to volunteer
970-330-7233 riversidestables_evans@yahoo.com
- 6-7 Adequan/USDF National Symposium * Kyra Kyrklund**
Denver
Contact USDF www.usdf.org 859-971-2277
- SEPTEMBER 2009**
- 24 Rocky Mountain Sport Horse Breeding Championships & Qualifying Open Breed Show** USEF
Contact Heather Petersen 719-683-8435, slush@drwg.net
- 25-27 RMDS Championships and Open Show** Parker-USEF
Contact Heather Petersen 719-683-8435, slush@drwg.net

For updates to the calendar, go to the website: www.rmds.org. These events depend upon volunteers. If you can help, please contact the event organizer.

** Symposium volunteers contact Heather Petersen 719-683-8435, slush@drwg.net*

Chapter News

Arkansas Valley Dressage Assoc.

Two of our three shows have passed, which were huge successes, and our 3rd "AVDA Riverwalk Schooling Series" show will be held on June 7th. Our shows have brought in over 40 riders per event. We have offered not only the traditional classes but also dressage tests for gaited horses and western riders, as well as prix caprelli and in hand sport horse classes. The "cowboy dressage" has been growing to the point that it filled half of our second show and the western riders expressed a desire to continue. Cowboys and cowgirls came with their western pleasure, reining and trail horses to do USDF tests and for the most part had better scores than the typical dressage rider! It was super to see the support they gave each other and there was much cheering and enthusiasm. Most of these riders came from the same facility and said that they were thrilled to be offered the dressage venue. Now, they and the "English" riders can all participate together for a day of fun! They agreed that the dressage would help them improve in their chosen disciplines.

Our May meeting was very eye-opening, with a certified Pilates instructor showing us some exercises to do for core strength and also making us aware of the crookedness of our bodies. We now have a better understanding and perhaps some empathy for our horses that we are continuously striving to make ambidextrous! We are looking into the possibility of a group class in the area. Our next speaker for June is a farrier who will present his thoughts on natural hoofcare.

Plans in the making are a fall show with costumes and freestyles, a trail ride in the Hillside area, and a couple of clinics. Meetings are still every 3rd Thursday at 6 pm; the place has been changed to the Forestero Restaurant at 401 Main St in Canon City. Check www.horsetop.net for more details.

Brenda Haley, President

Northern Colorado Dressage Assoc.

Our spring schooling show went off without a hitch. The weather was windy but the riders still had a good day. The show was only half full but we were still able to show a small profit.

We are gearing up for our Rocky Mountain Classic on June 14-15 in Cheyenne. This is always a big, fun show and the facility at Laramie County Community College has been newly remodeled. We hope everyone plans on being there!

NCDA has an ad out for a show secretary for our 2009 show. The 2009 show is actually June 6 & 7 so we hope this opens up the availability for a new show secretary.

NCDA will not have formal meetings during the summer months but this year we will have an ice cream social planned for July.

Laura Speer, President

High Plains Chapter

The Chapter is putting together a lecture for our June meeting to discuss basic nutrition with speaker Dr. Toll, from LLAC. This lecture will address performance horse nutrition, facts and fiction. Check our website, www.highplainsdressage.com for date, time and place. Other events in the works are a trail ride, and possibly a schooling

NAJYRC 2008

VOLUNTEERS NEEDED

WEDNESDAY JULY 30 THRU SUNDAY AUG 3

SCRIBES - MUST BE EXPERIENCED -

MUST WORK FULL DAYS

RUNNERS - CAN WORK HALF DAYS

RING STEWARDS - EXPERIENCE HELPFUL,

CAN WORK HALF DAYS

PRIORITY PLACING WILL BE GIVEN TO THOSE

THAT VOLUNTEER AT DRESSAGE AT HIGH

PRAIRIE OR DRESSAGE IN THE ROCKIES.

DATES FOR THOSE SHOWS ARE

JUN 6-8 AND AUG 8-10.

CONTACT: KRISTI WYSOCKI AT

SK.WYSOCKI@ATT.NET OR 303-648-9877

BETWEEN 9 AM AND 7 PM TO VOLUNTEER FOR

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Chapter News

show. The Chapter has decided not to do the High Plains Dressage Show at High Prairie this year due to other commitments.

Members Hollee Price and Jessica Shepherd are researching criteria needed to start a High School Dressage Team program in Douglas County. They have met with the Douglas County School District and at this time are looking for someone to help with legal paperwork. Hollee and Jessica can be contacted thru our website email. This is a large undertaking and any one interested in assisting is more than welcome.

The RMDS Scholarship Program is almost up and running. Each chapter has been asked to solicit members interested in participating on the committee. Holly Griggs has kindly stepped forward to help but as we are a large chapter, we would like to have two more members on the committee. Email and phone will be the main source of communication for the committee so this is a

chance for some one whom has limited time, to participate and be involved. Contact Alex thru the website for more info or to volunteer.

Alex Curnutte, President

Dennis Callin at Kaimana Farms
 July 13th and 14th
 Elizabeth, CO

↔

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 or 303 646 2795
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Trainer Tips with Sarah Martin

Tune Your Warm Up Routine

The day of the show

Allow more time than you think you will need- you will always use it.

Get to the show grounds early enough to know where competition rings are, warm up, where and if they are allowing lunging [most often in the way back forty!]

Check in at the office- be kind to the office personnel, they have been up much later and much earlier than most of you! Double check your competition arena and your ride times. Do this again mid-day, especially if there is strange weather or riders scratching- proactive riders can help make an efficient show day!

If you need to file a vet report, first thing is the time to do it.

If you had any incident with your horse on the way to the show or overnight that involves even minor scrapes, find your TD, point it out and explain it. That way if it comes up with the judge it has already been clarified.

Carry Desitin or some type of thick cream that can cover a scrape.

Use sugar or apples for treats- no cookies or carrots that color the saliva. Take hay away from your horse and start giving sugar or apple about 15 minutes before you put on the bridle to avoid large green spots on your breeches and down their legs.

In the warm up arena

Know which muscle groups you are warming up, and to what extent. A training level horse will not carry the long list that a 4th level or FEI horse will.

Know how much time your horse needs to mentally start to focus, and what routine best draws that focus. If he is not mentally focused, the physical can not follow.

Remember that "life begins at training level." Warm your horse up THROUGH the levels to the place where you will be showing him.

Think of your test as a series of questions you will be asking your horse in front of a judge. The judge will be providing feedback on how well your horse is answer-

ing the questions.

Much like a multiple choice test, if there is an answer you draw a blank on, move on and come back to it- do not get your warm up stuck on one question.

Be familiar with the movements you will be using in the test pattern. Do not drill the movements, but incorporate them into your warm up pattern.

Do not use movements that are in opposition to what you will be showing- i.e. do not practice series changes starting on the right that will be your count to the left.

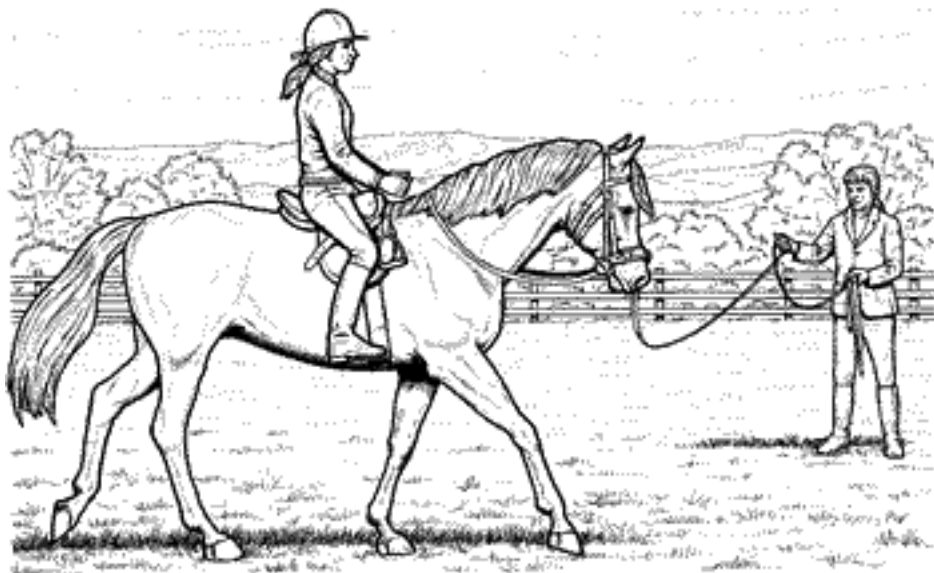
Don't waste time on simple changes if your horse is showing changes through the trot.

Keep your awareness of other horses in the ring. Who is the hot one about to jump out of his skin? Pass left to left and stay off the rail when walking. Call a movement to prevent a wreck, but do not narrate your every move.

Do your pre-arena touch up 10-15 minutes before you are due in the competition arena, so you are not rushed and your horse is not coming from a halt to show.

Sarah Martin is a USDF Certified Instructor through 4th level. She holds her USDF Bronze, Silver and Gold Medals. Sarah is a USDF "L" graduate with distinction, and teaches clinics throughout the United States and South America. Twice tapped by The Dressage Foundation to chaperone their Olympic Dream Program [in 2006 and 2007] she does most of her writing on airplanes. Sarah can be reached via the World Wide Web:

www.blancadressage.com.



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\$4,295,000 | Call for info



BEAUTIFUL ACREAGE

35-acre irrigated equestrian property. Fully updated 5 bedroom home, outdoor arena and 4 stall barn.

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122 ACRE ESCAPE

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3.5 acres with pristine barn and 5 bed, 5 bath house

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RMDS JR/YR Camp Registration 2008

This year's JR/YR Camp will be held on June 29, 30, July 1,2 ; at 8th Heaven Farms in Castle Rock, Colorado. K.C. Parkins-Kyle will act as director of the camp. If you would like to attend, this year's cost is \$275 per camper,

This year we will be staying in two person tents. (If weather is poor, indoor option is available). We will ride 2 times daily: One lesson, one fun ride. Three meals a day, tons of informational sessions, and a fun horse show on the last day. Take care of your own horse by cleaning his stall, feeding, watering, etc.... Ages 10-18, boys or girls who ride and can bring a horse. The lease of school horse optional if your horse isn't quite ready yet. (Call K.C. for details).

RIDING SCAVENGER HUNT, GUEST SPEAKERS, EQUINE OBSTACLE COURSE, EVERYTHING HORSEY...

Fill out the form below in order to reserve your spot at camp. A deposit of \$100 written to RMDS, is required to secure your reservation. It is refundable up to June 5th, 2008.

Address of camp: 8th Heaven Farms, 5555 S. Lake Gulch Rd., Castle Rock, CO 80104. Phone: (303) 688-5727

Address of director: K.C. Parkins-Kyle, 2870 Flintwood Rd., Franktown, CO 80116. Phone: (303) 841-9953

Name: _____ AGE: _____

Guardian name(s): _____

Address: _____

Phone number: _____ Other #: _____

Deposit check # _____

Please send registration to 8th Heaven Farms at 5555 S. Lake Gulch Rd., Castle Rock, CO 80104 - attention: 'JR/YR Camp'; with check written to 'RMDS', memo: Jr. Camp

Rmds junior/young rider camp

DAILY DRESSAGE LESSONS.....
RIDING SCAVANGER HUNT, GUEST
SPEAKERS, EQUINE OBSTACLE
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"Half-Halts" Cont. from pg. 1

horse's balance shifts.

3) Drive out: During the final phase, the rider drives out using similar aids as in the drive in phase. Here the rider allows his seat and hand to follow the horse's forward motion. When the horse has stepped forward into the bit again the rider should momentarily soften both reins. This softening of the reins encourages the elevation of the horse's forehand and allows the horse to step energetically forward with an increased degree of self-carriage.

Practical application of half-halts:

When we talk about half halts it is important to consider the age (level of training) of the horse. The half halt on a young horse should be a rebalancing tool, helping the young horse establish proper tempo and find balance on the way to developing self-carriage. Often the rider gives the correct aids for the half halt, but the young horse doesn't respond. This is frequently just a lack of understanding; harsher aids are not the answer. The rider should simply repeat the half halt, or re-emphasize by riding a full downward

transition (for example, trot to walk). The downward transition should be ridden with the same set of aids: drive in, ride back, drive out, though the "riding back" should be emphasized and prolonged to ensure the

change of gait. Once the horse listens to the aids for the full transition, ride almost to the walk and immediately trot out. Shorten (quicken) this cycle of the rider's aids and the pair begins understanding the half halt.

The half halt for an advanced horse is still a rebalancing tool, but the desired outcome is much more about creating and capturing the horse's power. When the mature horse understands half halts, the rider uses them to develop the utmost expression and self carriage



Author Sarah Dodge using the half-halt to re-balance the horse and set up for the next movement.

pushing the horse to the bit. In the "ride back" or collection phase, the rider can sit deeper into the horse and shift the horse's weight back to a greater degree. During "drive out" phase of the half halt, the rider can actively drive the horse uphill to the new connection.

It is very important to understand that half halts are learned through repetition. It is up to the rider to develop the feel and timing of correct half halts so that consistent aids are given. If the horse is not responding to the half halts and is becoming too strong or "running through" the aids, the rider should execute another half halt, or a downward transition. It is not effective to over-utilize the reins with a strong horse as the horse becomes stronger and leans on the bit. It is more productive to ride many small half halts than it is to ride one, big half halt. Be patient- the key is repetition not strength or force.

Sarah Dodge is an FEI competitor and trainer in Castle Rock, CO. She can be reached at (303) 726-2127 or www.sarahdodgedressage.com

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