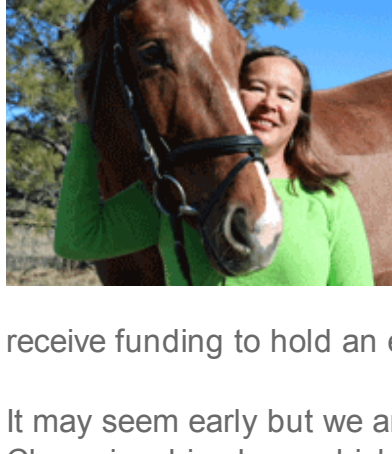


**e-Centaur  
June 2017****CHECK THE [RMDS CALENDAR!](#)  
SHOWS, EVENTS, CLINICS COMING!****REMEMBER TO CLICK FOR LINKS!****USEF YOUTH  
SPORTSMAN'S AWARD****UPDATED NCDA CONTACT****USDF PHOTOGRAPHY  
AWARD****JR/YR SUMMER INTENSIVE  
JULY 5-7****USDF REGION 5  
ADULT/YOUTH TEAM  
COMPETITION JULY 8****PRESIDENT'S MESSAGE**

Warmer weather & longer days means lots more time to ride. Shows are going strong and the inaugural Dressage Symposium in the Rockies has been a great success.

USDF has kicked off the National Education Initiative, making it easier for GMOs and their Chapters to hold educational events by providing the ability to apply for grant monies to help fund those events. I encourage all Chapter Presidents to go online with USDF and learn how you can receive funding to hold an event for your membership.

It may seem early but we are already working on putting together our Championship show, which is also the Region 5 Championship and USDF Region 5 Breeders Championship. To bring the best that RMDS has to offer we need sponsors! Please contact our Marketing Chairperson, [Una Schade](#), for more information.

I hope that RMDS members are taking advantage of the many educational events that we have to offer. Next year's selections are in the works. If you have an idea or suggestion contact your Executive Board Chairs and see if they can assist you in organizing an educational opportunity for your area.

I am looking forward to talking with each of you throughout the year.

*Aloha, Gwen Ka'awaloa*

**THE COLORADO HORSE PARK****TDF's Shannon Foundation Fund  
Awards Two Grants to Dressage Judges:  
Gwen Ka'awaloa a Recipient**

*Excerpted from TDF Press Release May 3, 2017*

TDF is pleased to announce that dressage judges Katy Barglow (CA) and **Gwen Ka'awaloa (CO)** have received the first Shannon Foundation Fund Grants for Judges' Licensing. The purpose of the Shannon Foundation Fund for Judges' Licensing is to provide financial support for dressage judges to participate in activities related to obtaining a judging license of "recorded" ("small r") or higher.

Gwen Ka'awaloa intends to use her \$1,450 grant to obtain her "R" license at the final testing in September. *"Thank you to TDF's Shannon Foundation Fund for awarding me a grant to help in the completion of my goal to become an "R" dressage judge. As most judges know, the road to becoming a judge, and then the road to moving up, is time consuming and also a stress on the budget. The grant will help with the final testing expenses,"* Gwen said.

The amount of the grants can vary depending on the need and request of the applicants, but will typically range from \$500 - \$2,500. One or more grants will be available each year to qualified applicants, chosen by an independent selection committee. The online application form and all required documents must be submitted to The Dressage Foundation on or before March 15th of each year. Gifts of any amount are welcome for TDF's Shannon Foundation Fund for Judges' Licensing. Donations by check can be mailed to TDF's office at 1314 'O' Street, Suite 305, Lincoln, Nebraska, 68508. Donations can be made by credit card online.



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**Improve Your Riding  
with Pilates Conditioning**

*By Sharon Meazell, PPDS member*

**What is Pilates?** Pilates (pronounced Puh-LAH-teez) conditioning is often described as a combination of weight training and yoga. Pilates develops "core" (abdomen and back), arm, leg flexibility and strength. Horseback riders find Pilates helps them find "their seat", develop neutral spine awareness, improve control, precision, and flow essential aspects of riding well.



**Think of Pilates as dressage for humans.**

**Pilates builds core strength.** Pilates builds core strength, a common need in horseback riding. Weak abdominal muscles can allow your lower back to hollow and pelvis tip forward, making it difficult to achieve good posture in the saddle. Pilates core strength exercises enables the rider to better control back, pelvis, and posture and to give more specific seat, center and breath cues to the horse. As your strength improves with Pilates you feel more energy throughout your day.

**Pilates improves breathing.** Pilates helps teach a rider to breathe using their diaphragm while maintaining core muscle engagement. With Pilates you'll learn rhythmic breathing, in tune with your body movements, which translates to being able to breathe in tune with your horse's movement.

**Pilates improves body awareness and feel.** Many Pilates exercises are done lying on the back, which allows you to find correct "neutral" spine and build the strength to support this posture. Pilates enable the rider to develop body awareness skills which can improve awareness of how your body moves on a horse.



*Sharon has over 20 years' experience teaching Pilates and personal training. She and her horse Scorpio train and compete in Colorado Springs dressage events.*

**DRESSAGE SYMPOSIUM RECAP**

*Intro from Linda Gaber, Foothills Chapter Member and Past RMDS Communications Chair*

When you saw your trainer, and then your trainer's trainer, at the 2017 Dressage Symposium in the Rockies in May at the Colorado Horse Park, you knew you were in the right place.

This first education explosion for western regional dressage riders brought them wisdom from Olympians, U.S. and European champions, international team coaches, nationally recognized young horse trainer and coach, and judges. It was stellar and practical at the same time. And perhaps best of all, this five-day event is returning in May of 2018 with new headliners. You will NOT want to miss it!

In 45-minute clinics, riders and auditors at all levels learned how to improve their horses, their horsemanship and to show their scores. VIP auditors learned from their seats about 30 feet away from action simultaneously in two arenas. More auditors enjoyed occasional sun in grass berm seats abutting the arenas.



Steffen Peters (shown below) rode rider's horses in his clinic to demonstrate improvements.

**Michael Klimke coaching Nadine Horne**



Surely, some watching were hoping to burn his enviable riding position into their muscle memory. Michael Klimke emphasized classical German training in his commentary, and Lars Petersen used humor ("Look, you rode the sh\*t out of your horse!") to put riders at ease. More were equally valuable instructors, including clinicians Scott Hassler, Jane Savoie, retired FEI 5\* Judge Axel Steiner and FEI 4\* Judge Jane Weatherwax.

**Thoughts from Maureen Sterling:**

I woke up this morning reflecting on this incredible week the Colorado horse park has provide us. Starting with the Professional's Clinic with Lars Petersen, that my client and young professional Layne Stowell took part in as a rider. Lars was an impeccable coach, helping with explaining things so it was EASY to understand and follow through. He was lighthearted yet clear with high expectations. Layne and Rolex were such amazing students, it made auditing and learning from the sidelines so much fun! Thank you RMDS and Beth Geier... what an opportunity provided to Colorado's professionals.



Then the open Symposium.... wow, to have such a world class facility providing us this opportunity is hands-down the best thing that has ever happened to Colorado's dressage community as a whole. The footing and the facilities were impeccable the coaching was well... as my kids would say ..."SICK!" Every clinician that took the time to come share their knowledge with us was incredible. Everybody came with their thinking and learning caps on, and I know left with a much fuller understanding of what we need to do in our training everyday. How incredibly lucky are we that the Horse park and the sponsors care about dressage so much that they bring such an experience to us all?

I personally was able to watch Layne and Rolex learn from Michael Klimke, whom I've had the opportunity to work with, and knew what an experience it would be. He was so kind and patient and clear... the two of them were able to focus on building on what they know and have such a positive, successful, FUN time.

My client Jacque McIntyre and her special horse Chispero were able to work with Axel Steiner, one of our retired Olympic judges. She was able to perfect her 4th level skills in preparation for her Freestyle this summer. I was also able to ride with Axel on Judy Brown's sports car Andalusian El Rio. We are preparing for our Intermediate 1 debut this year.. so we can dance away in the freestyles! Axel was able to give me some awesome feedback on how to get higher marks and how not to lose marks!

My personal highlight was working with Steffen Peters, the master himself! He has been the biggest role model for me my whole life, I couldn't wait to ride Judy's Rio with him (shown in picture). We were able to focus our work more geared to the Grand Prix, what a BLAST!! Rio came into my program under 2 years ago with only one clean flying change and no concept of cadence. Yesterday we worked on amazing passage, piaffe, pirouettes, perfecting the 2's and playing with the 1's!!! I'm on cloud nine! Thank you Steffen you are simply the BEST!

Thank you Colorado Horse Park, the incredible sponsors (Adequan and Perfect Products to name a few) for this world class opportunity! I will go home and work diligently until next year!! I can't wait!

A HUGE thank you to my sponsors, LimeLite Saddlery and the stunning MasterMind apparel - I looked my best and felt my best! Thank you from the bottom of my heart.

Thank you so much for hosting the professionals' symposium with Lars Peterson. Everyone was extremely welcoming and courteous and the event ran very smoothly. And it was also fun! Living in Hawaii, I don't get to participate in many dressage events and it was such a great reminder of classical dressage and what tactful riding and teaching can do to benefit horse, rider, instructor, and student. I would definitely consider attending another RMDS event like that in the future. Thank you again!

*Mahalo, Angela Trevithick*

**From Nancy Harrison**

Dear Shelly and Emilee (from Dechra Veterinary Services and Osphos, who sponsored my ride)  
Thank you so much for your support in riding in the Dressage in The Rockies Symposium at the Colorado Horse Park! Michael Klimke was terrific and absolutely assessed where we were and what we could work on. It was such a great experience.

I rode my 10 year old (it was his birthday that day!) Dutch Warmblood, Calisto. I have only had him for 10 months, so this was a terrific bonding experience as it was our first overnight away from home. We have been working through his anxiety as a big piece of our puzzle. So when Michael said I was riding too conservatively and should take more risk, he was right on! I have been careful not to create some of the anxiety we had when I had asked for more when I first got him. But I had slowed him down too much and hadn't kept the positive activity in our work. So I thought, I'll ask for more and either get what we are looking for or get some explosions! At least if he responded with anxiety, I would have help working through it! But Calisto was terrific and responded with some great work at second and third level. So a huge thing I got was the confidence that if Calisto tolerated this work at the Horse Park with everything going on, I could ask more of what Michael suggested to work on. The lesson helped me with establishing my inner metronome at a more active pace that led to much better engagement and self carriage.

Thank you again for this opportunity. What I learned has carried into our work at home and it has carried over to riding my semi-retired PSG horse. I had the best ride on him on Sunday-I wish I had learned this last year when I was showing him! I am so excited to go forward and keep learning!

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